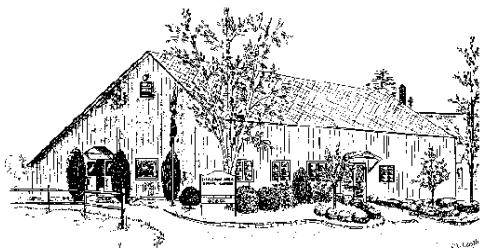


LITTLETON AREA SENIOR CENTER NEWS



77 Riverglen Lane, PO Box 98
Littleton, NH 03561

Phone: (603) 444-6050 FAX: (603) 444-1612
<https://www.facebook.com/littletonseniorcentergcsc>



FEBRUARY 2026

Daily Congregate Lunch We offer a daily lunch Monday thru Friday at 12 pm. Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected.

Home-Delivered Meals We deliver nutritious meals 5 days per week. If you or someone you know could benefit, call the center.

Transportation Services We offer transportation to all towns in our service area. All trips run between 8:00 am to 3:00 pm. Please call for more information and to schedule your ride (603) 444-6050.

GCSCC Virtual Activities Ask for our most recent schedule or visit www.gcsc.org.

ADRC Aging and Disability Resource Center Provides an invaluable service for individuals and their family members to find resources to help them maintain independence and stay healthy. Call (866) 634-9412 for information.

RSVP RSVP AmericaCorps Seniors volunteer's activities focus on helping older adults (age 60+) veterans and their families, family caregivers and adults with disabilities age in place. Call (877) 711-7787 for information.

Food Bank On Tuesdays we give out NH Food Bank food and local fresh produce.

Did you know that contributions from donors like yourself make it possible for GCSCC to provide the programs and services essential for older adults living in communities throughout Grafton County? Only half of our budget comes from state and federal funds. The rest is from local communities and individuals who donate to GCSCC to support us. Please consider donating by mail (GCSCC, POB 433, Lebanon, NH 03766) or by visiting www.gcsc.org. Thank you!

Volunteers Needed Paid volunteer opportunities available through Operation ABLE as well as unpaid positions. Have interest in helping in the kitchen? We've got room for you! Come in and fill out an application!

When you donate to GCSCC, you make it possible for older adults and adults with disabilities living in every town in Grafton County to use our programs and services. To donate:



~ if you're viewing this newsletter online, you can click the photo to the left, visit www.gcsc.org/donate **OR**
~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

We appreciate your consideration and support!

We are open Monday - Friday from 8 to 3!

A location of Grafton County Senior Citizens Council, Inc., whose main office is located at 10 Campbell Street, Lebanon, NH 03766, (603) 448-4897, www.gcsc.org, and on Facebook. Serving the towns of Bethlehem, Easton, Franconia, Landaff, Lisbon, Littleton, Lyman, Monroe and Sugar Hill.

Our Mission is to enrich the lives of older adults and individuals with disabilities by creating opportunities for engagement, fostering healthy aging and delivering compassionate support.

Director.....	Amy Goyette
Program Associate	Carl Stagg
Kitchen Coordinator	Stacey Maranville
Home-Delivered Meals Coordinator	Judy Ash
Home-Delivered Meals and Volunteer Assistant	Amanda Deveno
Activities Coordinator.....	Karin Ripp
Kitchen Aides	Roberta D' Etcheverry, Belinda Larrivee & Catherine Gould
Van Drivers	Scott Kleinschrodt, Andy Comeau, Rick Johnston,
Gary Morneau, Paul Donovan & Connie Wilson	

Karaoke with Phil: Wednesday, Jan. 4 & 11 @ 11: The talented and entertaining Phil Rivera leads the pre-luncheon gathering. Come join the fun and sing along.

Ask a Nurse: Monday, Feb. 2 from 10 - 12: Our nurse will be available to check your blood pressure and answer general health questions the first Monday of each Month.

Chinese Mah Jong: Tuesday, Feb. 3 and 17 @ 1:00: It isn't like the one on the computer nor the popular American version, but it is easy to learn and fun to play.

Hosted BINGO: Thursday, Feb. 5 @ 12:30: Peabody & Smith will do the calling and bring prizes for the winners.

Canasta: Tuesdays in February @ 1:00. We're back.

Tales & Travel: Tuesday, February 10 @ 1:00pm. Take an interactive vacation without leaving Littleton. Wendy from Littleton Library will transport you through picture books and tales from countries participating in the 2026 Olympics.

Pantry Posies: Wednesday, Feb. 11 @ 1:00: A valentine flower activity. Take home an arrangement to enjoy.

NH Fish and Game: Thursday, Feb. 12 @ 10:30: Jack Varin returns to impart his knowledge of local wildlife particularly the moose population.

Painting with Aden: Friday, Feb. 13 @ 10:30. Once again Aden will lend his talent and lead a finger painting project that is fun and decorative.

Stitch in Time: Tuesday, Feb. 17 @ 1:00: Bring your needlework and stitch while chatting. Join friends and/or make new ones. Tea will be served.

LASC Olympics: Wednesday, Feb. 18 @ 1:00: Fun and games. Perhaps you will win a medal.

Littleton Regional Hospital—Physical Therapy Dept. Thursday, Feb. 19 @ 10:30: Heart Health

Willie Edwards Trio: Friday, Feb. 20 @ 11:00: We love Willie and the gang with their renditions of old time Rock 'n' Roll and Blues.

Book Club: Tuesday, Feb. 24 @ 12:30: *Revenge of the Wrought Iron Flamingos* by Donna Andrews. Crafter Meg has returned to Yorktown VA for the annual Revolutionary reenactment and fair. Now she must add to her lengthy list of things to do and that is to solve a murder.

The Aging Experience: Tuesday, February 24 @ 1:00pm. It's better together. A gathering of seniors to discuss concerns as we age. Please join us.

Craft with Megg: Wednesday, Feb. 25 @ 10:30: Megg will be teaching Zentangle on shells. It should be great fun.

Our Salad Bar will be available Tuesday, Wednesday and Thursday of each week. Please enjoy fresh salad when you dine with us for lunch.

FEBRUARY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Before requesting meals, please inform the senior center, if you or a person in your party, has a food allergy.</p> <p>Home-delivered meals follow this menu.</p>	<p>Menu is subject to change without notice.</p> <p>~~~~~</p> <p>Juice is available at every meal.</p> <p>~~~~~</p> <p>A bread item is available at every meal.</p>	<p>Bread and Butter is served at Every meal</p>		
<p>2 French Onion Beef Noodle Bake Cauliflower Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 10 to 12: Ask a Nurse</p>	<p>3 Cheese Tortellini w/ Chicken and Pesto Garden Vegetables Garlic Bread Juice/Milk 8:30 Bone Builders 10:00 AARP Tax Prep 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta</p>	<p>4 Tex-Mex Chili Blueberry Corn Bread Cole Slaw Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil 1:00 Mah Jong</p>	<p>5 Roasted Pork Baked Potato Corn Casserole Juice/Milk 9:00 Bone Builders 12:30 HOSTED BINGO! 1:00 Cribbage</p>	<p>6 Italian Sausage Pasta Broccoli Casserole Fruit/Milk 1:00 Chair Yoga</p>
<p>9 Pork Shepards Pie Fruit Crisp Roll Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong</p>	<p>10 Hawaiian Shouyu Chicken Brown Rice and Beans Roasty Toasty Carrots And Onions Juice/Milk 8:30 Bone Builders 10:00 AARP Tax Prep 1:00 Cribbage 1:00 Canasta 1:00 Tales & Travel</p>	<p>11 American Chop Suey Green Beans Banana Bar Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil 1:00 Mah Jong 1:00 Pantry Posies</p>	<p>12 Turkey Burger Lettuce, Tomato, Onion French Fries Peas Juice/Milk 9:00 Bone Builders 10:30 Fish & Game 12:30 BINGO! 1:00 Cribbage</p>	<p>13 Stuffed Sweet Potato With BBQ Chicken/ Cheese Mixed Veggies Fruit/Milk 10:30 Finger Painting with Aden 1:00 Chair Yoga</p>
<p>16 CLOSED FOR HOLIDAY</p>	<p>17 Sloppy Joe-Orzo Sweet Potato Squash Juice/Milk 8:30 Bone Builders 10:00 AARP Tax Prep 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta 1:00 Stitch In Time</p>	<p>18 Baked Fish Rice Pilaf Broccoli Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders 1:00 Mah Jong 1:00 LASC Olympics</p>	<p>19 Veggie Strata Sausage Patty Oatmeal Muffin Juice/Milk 9:00 Bone Builders 10:30 LRH-PT Heart 12:30 BINGO! 1:00 Cribbage</p>	<p>20 Chicken & Biscuit Casserole Peas/Onions Fruit/Milk 11:00 Willie Edwards Trio 1:00 Chair Yoga</p>
<p>23 Hot Dog Mac & Cheese Stewed Tomato Green Beans Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong</p>	<p>24 Philly Cheese Steak Casserole w/Onions and Peppers Spinach Juice/Milk 9:30 Bone Builders 10:00 AARP Tax Prep 12:30 Book Club 1:00 Cribbage 1:00 Canasta 1:00 Aging Support</p>	<p>25 Cheesy Chicken & Rice Broccoli/Cauliflower Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders 10:30 Craft w/Meggan 1:00 Mah Jong</p>	<p>26 Pulled Pork Sandwich WG Bun Mixed Potato Wedges 4 Bean Supreme Juice/Milk 9:00 Bone Builders 12:00 Birthday Raffle 12:30 BINGO! 1:00 Cribbage</p>	<p>27 Ranch Medley Casserole Roll Fruit/Milk 1:00 Chair Yoga</p>

Director Message: Here at the Littleton Area Senior Center we are happy to welcome in February with you. February brings with it cooler days and warmer hearts reminding us of the power of making connections. We are focusing on building stronger connections-whether its showing love for our community, friends, or self. Did you know that when we gather and engage in sharing a meal, conversation, or activity we are improving our overall health and wellbeing by 50%? It is true! Come join us for lunch and the many activities scheduled in February. Reminder: Our Salad Bar is open Tuesdays, Wednesdays, and Thursdays. Come join us at the Senior Center. It is a wonderful and easy way to make friends, find joy, and improve health. Check out our menu and calendar of activities! Happy Valentines!

*Amy Goyette
Director- LASC*

From the Activities Coordinator, Karin Ripp: February is a short month but packed with activities. Phil will be here for the first two Wednesdays. Ask A Nurse will continue on the first Monday of the month. We are pleased that Peabody & Smith will be calling the numbers for our Hosted Bingo on the 5th. Librarian Wendy will take us on an interactive vacation through many countries participating in the Milan Olympics. Janie, from Pantry Posies, will host a valentine flower activity with gifts to take with you. Jack Varin, from NH Fish & Game, returns to impart his knowledge of moose. Resident artiste, Aden, will lead a finger-painting class. Stitch In Time; bring your quilting, embroidery, knitting or crocheting, etc. and friends for an afternoon tea. Fun and games at the LASC version of Olympics. Go For The Gold! LRH Physical Therapists will return to impart heart healthy living. Willie Edwards and gang returns with some toe tapping tunes. The Aging Experience is a gathering of seniors to discuss the concerns of getting older. Megg will be teaching Zentangle on shells. The Book Club, Birthday Raffle and Games: Cribbage, Mah Jong, Canasta and Chinese Mah Jong round out the month. All are welcome to join.

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LITTLETON AREA SENIOR CENTER
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