

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>



JANUARY 2026

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.....
Activities Coordinator..... Karin Ripp
Kitchen Aides..... Roberta D' Etcheverry & Belinda Larrivee
Van Drivers... Scott Kleinschrodt, Andy Comeau, Rick Johnston & Paul Donovan,

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!

Karaoke with Phil: Wednesday, Jan. 7 & 14 @ 11: The talented and entertaining Phil Rivera leads the pre-luncheon gathering. Come join the fun and sing along.

Ask a Nurse: Monday, Jan. 5 from 10 50 12: Did you know that our Friday server, Karen LeBrun, is also a nurse? Now you do. She will be here to take blood pressure and answer general health questions the first Monday of each Month.

Chinese Mah Jong: Tuesday, Jan 6 & 20 @ 1:00. It isn't like the one you may play on the computer and it isn't like the popular American version, but it is easy to learn and fun to play.

Littleton Regional Hospital—Physical Therapy Dept. Thursday, Jan. 8 @ 10:30: Falls: How to prevent them and how to get up if you do fall.

Painting with Aden: Friday, Jan 9 @ 10:30. Once again Aden will lend his talent and lead a painting project that is fun and decorative.

Carl & Guitar: Monday, Jan 12 @ 11: Yes, our own Carl is musically gifted and will perform for the enjoyment of all. Lucky us.

Mt. Washington Observatory: Thursday, Jan. 15 @ 10:30. Gary MacDonald from the Mt. Washington Observatory will discuss the history and current work going on at the top.

Norman Labonville, Friday, Jan 16 @ 11: We are fortunate to have Blue Grass Fiddle virtuoso, Norman Labonville, perform for us.

Grand Opening of our Salad Bar: Wednesday, Jan 21. Presentation at 10:30 In conjunction with the Littleton Co-op and Little City Thrift Store, we are bringing fresh salads to supplement our congregate meals.

Library BINGO: Thursday, Jan 22 @ 12:30: Representatives from the Littleton Library will call Bingo and bring book related prizes.

Book Club: Tuesday, Jan. 27 @ 12:30: *The Elegance of the Hedgehog* by Muriel Barbery. Rene is the concierge of a grand Parsian apartment building. She lives in the basement with her cat. Twelve year old Paloma lives above. Both their lives are altered when a neighbor dies suddenly.

Foot Clinic: Friday, Jan. 23rd: Beverly is back to make your feet feel great. There is a \$40 charge. Call for an appointment.

Chair Yoga: Fridays @ 1 pm Improve your flexibility and strength. Audrey Crowe leads us in this.

AARP Tax Preparation will begin in January. We are taking appointments. It fills up quickly; don't wait, make your appointment asap. Call Karin to be scheduled. (603) 444-6050.

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!

JANUARY 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 generally follow this menu.</p>	<p>Menu is subject to change without notice.</p> <p>Juice is available at every meal.</p> <p>A bread item is available at every meal.</p>		<p>CLOSED FOR NEW YEAR'S DAY</p>	<p>2 Chicken Nuggets French Fries Broccoli Fruit/Milk</p> <p>1:00 Chair Yoga</p>
<p>5 Baked Potato Bar Chili with Beans Carrots Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 10 to 12: Ask a Nurse 12:30 Mah Jong</p>	<p>6 BBQ Meatballs Rice Peas Juice/Milk</p> <p>8:30 Bone Builders 1:00 Cribbage 1:00 Chinese Mah Jong</p>	<p>7 Roasted Chicken Sweet Potato Mixed Veggies Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil 1:00 Scrabble 1:00 Mah Jong</p>	<p>8 Mac and Cheese Squash Juice/Milk</p> <p>9:00 Bone Builders 10:30 LRH-PT Falls 12:30 BINGO!</p>	<p>9 Tuna Noodle Casserole Corn Fruit/Milk</p> <p>10:00 Painting w/Aden 1:00 Chair Yoga</p>
<p>12 Chicken Gravy Biscuit Broccoli/Cauli Mix Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Carl & Guitar 12:30 Mah Jong</p>	<p>13 Baked Ziti Garlic Roll Three Bean Salad Juice/Milk</p> <p>8:30 Bone Builders 1:00 Cribbage</p>	<p>14 Sausage, Onion, Pepper Rice Green Beans Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil 1:080 Mah Jong</p>	<p>15 Rosemary Pork Sweet Potato Spinach Juice/Milk</p> <p>9:00 Bone Builders 10:30 Mt. Washington 12:30 BINGO! 1:00 Cribbage</p>	<p>16 Pizza Assorted Toppings Cabbage/Carrot Mix Fruit/Milk</p> <p>11:00 Blue Grass Fiddle 1:00 Chair Yoga</p>
<p>CLOSED FOR HOLIDAY</p>	<p>20 Hot Dogs/Beans Sweet Potato Stewed Tomato Juice/Milk</p> <p>8:30 Bone Builders 1:00 Cribbage 1:00 Chinese Mah Jong</p>	<p>21 Baked Fish Rice Mixed Veggies Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 10:30 Salad Bar Grand Opening 1:00 Mah Jong</p>	<p>22 Marinated Chicken Thigh Baked Potato Peas Juice/Milk</p> <p>9:00 Bone Builders 12:30 LIBRARY BINGO! 1:00 Cribbage</p>	<p>23 Chop Suey Carrots Fruit/Milk</p> <p>Foot Clinic 1:00 Chair Yoga</p>
<p>26 Pork Chops Baked Potato Squash Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong</p>	<p>27 Spaghetti & Meatballs Green Beans Juice/Milk</p> <p>9:00 Bone Builders 12:30 Book Club 1:00 Cribbage</p>	<p>28 Sliced Turkey/Gravy Sweet Potato Carrots Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 10:30 Craft w/Meggan 1:00 Mah Jong</p>	<p>29 Sausage/Veggie Rice Mixed Veggies Juice/Milk</p> <p>9:00 Bone Builders 10:30 Alzheimer's 12:00 Birthday Raffle 12:30 BINGO! 1:00 Cribbage</p>	<p>30 Chicken Sandwich Lettuce, Tomato Peas Fruit/Milk</p> <p>1:00 Chair Yoga</p>



Director Message: I am excited to welcome in the New Year with you! The New Year offers opportunity to reflect on the past and look forward to new beginnings. Join us in the fostering of healthy aging, wellness and resilience within our community. We are focused on making 2026 a Happy and Healthy year for all. Mark your calendars! January 21 we are partnering with the Littleton Food Co-op and the Little City Thrift store to kick off the Grand Opening of our salad bar. Check out our calendar for more healthy and exciting events and activities.

"Wishing you all a New Year filled with good health, joy, and endless possibilities.

Cheers to a healthier happy you!"

See you at the Center!

Amy Goyette

Director- LASC

From the Activities Coordinator, Karin Ripp: Let's start the new year off right with Phil and Karaoke on two Wednesdays this month. Monday, Jan 5, Ask-a-Nurse. On Thursday, the 8th, a LRH Physical Therapist will talk about preventing falls and the best way to get up again. Our own multi-talented Aden will be leading a painting class on Friday, Jan 9. Speaking of our own family, Carl will delight us with singing and strumming his guitar on Monday, 12th. On Thursday, Jan 15, Gary MacDonald from Mt. Washington Observatory will share his knowledge of history and what is going on at the top. Wednesday, Jan. 21 is a landmark day at the Senior Center. In conjunction with the Littleton Coop and Little City Thrift Store, we will now be offering fresh salads to complement the congregate meal of the day. Book Bingo. What? Yes, the Littleton Library folks will be in to call Bingo and bring prizes. Megg will return to teach us how to make 3-D snowflakes as decorations. On Thursday, Jan 29, the Alzheimer's Association will conduct a presentation about dementia and strategies for caregivers. And don't forget our regular activities: Book Club, Chair Yoga, Birthday Raffle and games galore. Come and have fun.

NON-PROFIT ORG
US POSTAGE PAID
Permit No. 27
Littleton, NH

Grafton County Senior Citizens Council
LITTLETON AREA SENIOR CENTER
77 Riverglen Lane, Box 98
Littleton, NH 03561
RETURN SERVICE REQUESTED