



# LITTLETON AREA SENIOR CENTER NEWS



77 Riverglen Lane, PO Box 98  
Littleton, NH 03561

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<https://www.facebook.com/littletonseniorcentergcsc>



## JULY 2025

### 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](http://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 develop, strengthen and provide services that support the health, dignity and independence of older adults and adults living with disabilities in our communities.

Director.....	Maureen Platt-Russell
Program Associate.....	Carl Stagg
Home-Delivered Meals Coordinator.....	Judy Ash
Home-Delivered Meals and Volunteer Assistant.....	Alison Colbeth
Activities Coordinator.....	Karin Ripp
Kitchen Aides.....	Cat Hayward, Roberta D' Etcheverry & Belinda Larrivee
Van Drivers.....	Gary Morneau, Scott Kleinschrodt, Ron Stevens & Paul Donovan
Kitchen Coordinator.....	Sally Syren

**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.

**Grab and Go** Don't have time to dine in? Grab a meal to go.

**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 2:00 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](http://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](http://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!

**Independence Day Party: Thursday, July 3rd.** Games @ 10:30. Music at 11. Cook-out at noon. Prize for most Patriotically Dressed!

**All GCSCC locations are closed Friday, July 4th for Independence Day.**

**Scams & Fraud (I): Tuesday, July 8th @ 10:30.**

Pete Begin from Mascoma Bank will talk to us about how to protect ourselves from the increasing prevalence of scams and fraud.

**Scams & Fraud (II): Thursday, July 17th @ 11.** Pam Sanderson (Branch Operations and Risk Administrator from Passumpsic Bank) will chat with community members on the influx of scams targeting older individuals, how to spot them, where to report the scams and how to protect your personal information.

**North Country Chamber Players: Friday, July 18th @ 11.** They are back for an encore, this time with oboe and flute.

**Littleton Historical Society: Friday, July 18th @ 6:30 pm.** Clair Brown presents on the Grand Hotels of Bethlehem, NH

**Foot Clinic: Friday, July 25th from 9 am-12 pm by appointment only.** Bev will make your feet beautiful again. Be sure to sign up; \$40 per appointment. Call (603) 444-6050 to schedule.

**Book Club: Tuesday, July 29th @ 12:30 pm.** *Lillian Box-fish Takes a Walk* by Kathleen Rooney is a novel that follows 85-year-old Lillian on a New Year's Eve walk through Manhattan in 1984. As she traverses the city, she reflects on her life as a pioneering female advertising copywriter in the 1930s, interwoven with encounters with various New Yorkers. The novel explores themes of city life, career, love, loss, and the changing landscape of America. It's inspired by the life of Margaret Fishback, a real-life advertising executive and poet.

**Birthday Raffle: Thursday, July 31st @ noon.**

Calling all those born in July. You may be the lucky name drawn for your own birthday cake. (We won't ask the year.)

**Chair Yoga: Fridays @ 1:00 pm.** Improve your flexibility and strength. Audrey Crowe leads us in this.



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](http://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!**

# JULY 2025

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><b>1</b></p> <p>Chicken Tacos Lettuce, Tomato &amp; Cheese Corn &amp; Bean Salad Juice Milk</p> <p>9:00 Bone Builders 1:00 Cribbage</p>	<p><b>2</b></p> <p>BBQ Pork Baked Potato Baked Beans Brussel Sprouts Fruit Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke with Phil</p>	<p><b>3</b></p> <p>Hamburgers Pasta Salad w/ Veggies Coleslaw Juice Milk</p> <p>9:00 Bone Builders 11:00 Independence Party 12:30 Bingo 1:00 Cribbage 1:30 Mahjong</p>	<p><b>4</b></p> 
<p><b>7</b></p> <p>Chef's Choice Carrots Fruit Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders</p>	<p><b>8</b></p> <p>Chef's Choice Broccoli Juice Milk</p> <p>9:00 Bone Builders 10:30 Scams &amp; Fraud 12:30 Dominos 1:00 Cribbage</p>	<p><b>9</b></p> <p>Chef's Choice Peas Fruit Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke with Phil 1:00 Cribbage</p>	<p><b>10</b></p> <p>Chef's Choice Green Beans Juice Milk</p> <p>9:00 Bone Builders 12:30 Bingo 1:00 Cribbage 1:30 Mahjong</p>	<p><b>11</b></p> <p>Chef's Choice Cauliflower Fruit Milk</p> <p>11:00 Connection Thru Curiosity 1:00 Chair Yoga</p>
<p><b>14</b></p> <p>Chicken Parm Casserole Egg Noodles Cauliflower/Red Pepper Fruit Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 12:30 Mahjong</p>	<p><b>15</b></p> <p>Tuna Sandwich on Whole Grain Broccoli Salad Chips Juice Milk</p> <p>9:00 Bone Builders 1:00 Cribbage</p>	<p><b>16</b></p> <p>Chop Suey Garlic Bread Green Beans Fruit Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke with Phil 1:00 Cribbage</p>	<p><b>17</b></p> <p>Baked Fish Peas Rice Pineapple Milk</p> <p>9:00 Bone Builders 11:00 Scam Prevention 12:30 Bingo 1:00 Cribbage</p>	<p><b>18</b></p> <p>Chicken Sandwich on Whole Grain Baked Beans Carrots Oranges Milk</p> <p>11:00 NC Chamber Players 11:00 Connection Thru Curiosity 1:00 Chair Yoga 6:30 Littleton Historical Society</p>
<p><b>21</b></p> <p>Roast Pork Sweet Potato Broccoli Applesauce Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders</p>	<p><b>22</b></p> <p>Sweet &amp; Sour Meatballs Brown Rice Green Beans Juice Milk</p> <p>9:00 Bone Builders 1:00 Cribbage</p>	<p><b>23</b></p> <p>Sausage, Peppers &amp; Onion Mashed Potato Peas Fruit Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke with Phil 1:00 Cribbage</p>	<p><b>24</b></p> <p>Mac &amp; Cheese Spinach Stewed Tomato Juice Milk</p> <p>9:00 Bone Builders 12:30 Bingo 1:00 Cribbage</p>	<p><b>25</b></p> <p>Hot Dogs French Fries Carrots Fruit Milk</p> <p>9-12 Foot Clinic 11:00 Connection Thru Curiosity 1:00 Chair Yoga</p>
<p><b>28</b></p> <p>BLT's Roasted Sweet Potato Green Beans Fruit Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders</p>	<p><b>29</b></p> <p>Spaghetti w/ Meat Sauce Peas Rolls Juice Milk</p> <p>9:00 Bone Builders 12:30 Book Club 1:00 Cribbage</p>	<p><b>30</b></p> <p>Sliced Turkey w/Gravy Carrots Baked Potato Fruit Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke with Phil 1:00 Cribbage</p>	<p><b>31</b></p> <p>Chicken Nuggets Baked Sweet Potato Spinach Juice Milk</p> <p>9:00 Bone Builders 12:30 Bingo 1:00 Cribbage</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>



**From the Director, Maureen:** Frequent questions around here are “What is Bone Builders? Or “How do I get involved?” Bone builders is a no impact weight training exercise class for people aged 55+, led by trained RSVP volunteers. It’s a professionally designed curriculum designed to protect against fractures caused by osteoporosis. It is designed to help increase muscle strength, bone density and balance. To sign up, drop in on any one of our three classes listed on our calendar and talk to a group leader. Please note there are sometimes waitlists and you will need to obtain medical clearance by your provider.

**Joke of the Month:** If you cross a patriot and a dog with curly hair, what do you get? **A Yankee Poodle**



Thanks to your incredible generosity, we raised \$6,570 in just 24 hours during NH Gives, our most successful campaign since we began participating in 2016. Your support helps us continue providing essential programs and services across Grafton County, and we’re so grateful to have you in our corner.

From all of us at GCSCC, thank you for making a real difference.

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