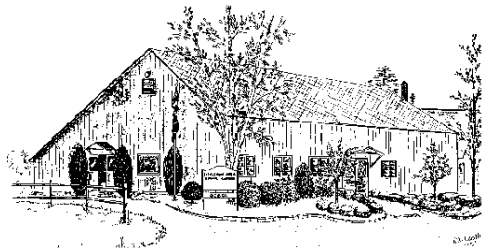


# LITTLETON AREA SENIOR CENTER NEWS



77 Riverglen Lane, PO Box 98  
Littleton, NH 03561

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



## July 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.gscsc.org](http://www.gscsc.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 ..... **NOW HIRING**  
 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 K., Rick J., Gary M., Paul D. & Jeffrey G., & Ron S.

**Daily Congregate Lunch** We offer a daily lunch Monday thru Friday at 12 pm. Meals are provided at no cost. A \$5 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.gscsc.org](http://www.gscsc.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.gscsc.org](http://www.gscsc.org). Thank you!

**Did you know** last year, GCSCC provided 212,626 meals for our older adults and adults with disabilities throughout Grafton County! Thanks to our team effort, we continue to serve more meals each year without putting anyone on a waiting list. We are grateful for all of our employees, volunteers, participants and community members who make this happen.

Over the past decade, the cost of living has increased by approximately 35% and the cost of food, supplies, fuel and wages have steadily risen, while our suggested meal donation has remained unchanged. To help sustain our program and continue providing nutritious meals, we are adjusting the suggested donation from \$3 to \$5 per meal. As always, all services are free of charge and donations are voluntary.

**Volunteers Needed** Paid volunteer opportunities available through Senior Employment Program 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!

**Food As Medicine: Wednesday, July 1 @ 1:** The chef will prepare a tasty, healthy and inexpensive dish for all to share.

**Staying Strong Through All The Seasons: Thursday, July 2 @ 10:30:** LRH-PT Department Allison Mersch will talk about activities for the older population.

**Ask a Nurse: Monday, July 6 from 10 to 12:** Our nurse will check your blood pressure the first Monday of each Month.

**Learning ASL: Monday, July 6 @ 1:00:** Christina Hastings returns with more lessons in ASL.

**Karaoke with Phil: Wednesday, July 8 and 15 @ 11:** Phil leads the pre-luncheon gathering. Join the fun and sing along.

**Animated Littleton: Monday, July 13 @ 1:00:** Dick Alberini brings the history of Littleton alive through AI Technology.

**Watercolor with Mary: Friday, July 10 @ 10:30:** Mary will demonstrate watercolor techniques for you to explore.

**Balloon Animals w/Carol: Wednesdays 15 & 29 @ 1:00**

**SCAMS: Thursday, July 16 @ 10:30:** Harrison Turner from BBB will talk about more ways to protect yourself from the many scammers just waiting for you to let down your guard.

**Sponsored BINGO: Thursday, July 16 @ 12:30:** New Futures is our sponsor this month.

**Squam Lakes Outreach: Friday, July 17 @ 1:** We have partnered with Riverglen to bring the Squam Lakes Outreach program. Be advised that there will be animals available.

**Intergenerational Games: Wednesday, July 22 @ 1:** Share your memories with teens and the games we used to play (before cell phones). Jacks, cat's cradle, hop scotch, pick-up sticks—got the idea?

**Art with Aden: Monday, July 20 @ 10:30:** Explore the eeriness of Glow in the Dark painting with Aden.

**Stitch In Time: Tuesday, July 21 @ 1:00:** We welcome all. Experienced or not, just stitch and chat with friends.

**Willie Edwards Trio: Friday, July 24 @ 11:** Willy and his group returns with old time rock 'n' roll and blues. Sing along.

**Book Club: Tuesday, July 28 @ 12:30:** *Saint Mazie* by Jami Attenberg. Mazi Phillips is a proprietor of a famed New York City movie theater. Combining the Great Depression and the Jazz Age, Mazie opens her doors to those in need.

**The Aging Experience: Tuesday, July 28 @ 1:00pm.** It's better together. A gathering of seniors to discuss concerns as we age.

**North Country Chamber Players: Friday, July 31 @ 1:00.** Despite their busy schedule, they found time to return to the senior center. How lucky are we!

**Craft with Megg: Wednesday, July 29 @ 10:30:** Rock Painting

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:

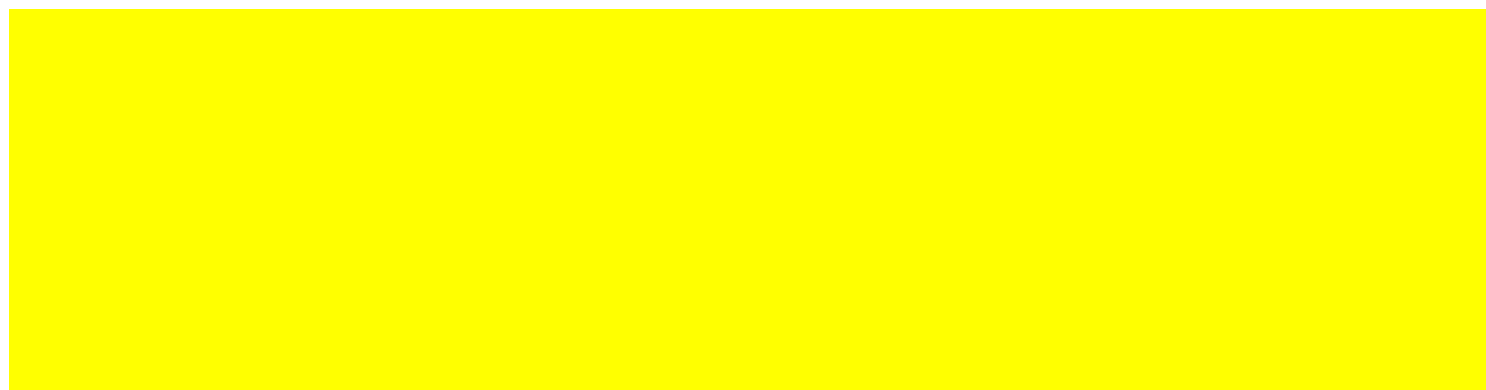


~ if you're viewing this newsletter online, you can click the photo to the left, visit [www.gscsc.org/donate](http://www.gscsc.org/donate) **OR**  
 ~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

**We appreciate your consideration and support!**

## JULY, 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>Juice is available at every meal.</p> <p>A bread item is available at every meal.</p>	<p>1 Hamburger Gravy Egg Noodle/Carrots Fruit Juice &amp; Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 1:00 Food As Medicine</p>	<p>2 Chef's Choice Baked Potato Green Beans Juice &amp; Milk</p> <p>9:00 Bone Builders 10:30 LRH-PT Staying Strong</p>	<p>3</p> <p style="text-align: center;"><b>CLOSED FOR JULY 4th HOLIDAY</b></p> 
<p>6 Chicken Patty Sandwich Sweet Potato Fries Cole Slaw/Applesauce Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 10 to 12: Ask a Nurse 1:00 Learning ASL</p>	<p>7 Egg Salad Plate Lettuce, Tomato, Cheese Carrots Juice &amp; Milk</p> <p>8:30 Bone Builders 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta</p>	<p>8 Chop Suey Banana Bar Summer Squash Fruit &amp; Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil</p>	<p>9 Hot Dog w/Bun Baked Beans Mixed Veggies Juice &amp; Milk</p> <p>9:00 Bone Builders 12:30 BINGO 1:00 Cribbage</p>	<p>10 Pork Roast Baked Potato Broccoli Peaches &amp; Milk</p> <p>10:30 Watercolor 1:00 Cyber Fraud</p>
<p>13 Chicken Spinach Bake Rice Pilaf Green Beans Applesauce &amp; Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 1:00 Animated Littleton</p>	<p>14 Tuna Sandwich Corn &amp; Bean Salad Greek Lentil Salad Juice &amp; Milk</p> <p>9:00 Bone Builders 1:00 Cribbage 1:00 Canasta</p>	<p>15 Pulled Pork Sweet Potato Fruit &amp; Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke /Phil 1:00 Balloon Animals</p>	<p>16 Mac &amp; Cheese Stewed Tomato Broccoli Juice &amp; Milk</p> <p>9:00 Bone Builders 10:30 BBB Scams 12:30 SPONSORED BINGO! 1:00 Cribbage</p>	<p>17 Beef &amp; Gravy Mashed Potato Carrots Pears &amp; Milk</p> <p>Squam Lake Outreach</p>
<p>20 Chef's Choice Rice Pilaf Green Beans Applesauce &amp; Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 10:30 Art with Aden</p>	<p>21 Shepherd's Pie Carrots Juice &amp; Milk</p> <p>9:00 Bone Builders 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta 1:00 Stitch In Time</p>	<p>22 Chili with Beans Corn Bread Fruit &amp; Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 1:00 Intergenerational Games</p>	<p>23 Chicken Salad on a Roll Pasta Salad w/Veggies Juice &amp; Milk</p> <p>9:00 Bone Builders 12:30 BINGO! 1:00 Cribbage</p>	<p>24 Sausage Dishes Pepper &amp; Onion Peas Fruit &amp; Milk</p> <p>11:00 Willie Edwards Trio</p>
<p>27 Fish Sandwich French Fries Spinach Applesauce Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders</p>	<p>28 Spaghetti w/Meat Sauce Carrots Broccoli Juice &amp; Milk</p> <p>9:00 Bone Builders 12:30 Book Club 1:00 Cribbage 1:00 Canasta 1:00 Aging Support</p>	<p>29 Tacos w/Mexican Rice, Beans, Lettuce, Tomato, Onion Squash Fruit &amp; Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 10:30 Craft w/Megg 1:00 Balloon Animals</p>	<p>30 Turkey Pot Pie Mashed Potato Green Bean Casserole Pumpkin Muffins Juice &amp; Milk</p> <p>9:00 Bone Builders 12:00 Birthday Raffle 12:30 BINGO! 1:00 Cribbage</p>	<p>31 Pizza Garden Salad Peas Pineapple &amp; Milk</p> <p>9:00 Foot Clinic 1:00 North Country Chamber Players</p>



**Director Message:**

Grafton County Senior Citizens Council is seeking a dedicated and enthusiastic individual to join our team as The Littleton Area Senior Center Director. This full time, 40 hour exempt rewarding position provides an opportunity to make a meaningful difference in the lives of older adults while leading programs, services, and community engagement efforts. Responsibilities include program management, overseeing a team of employees and volunteers, implementing policies and procedures, collaborating with partner agencies, and ensuring financial accountability, including managing a budget. Please submit cover letter and resume to: [hr@gcsc.org](mailto:hr@gcsc.org)

**From the Activities Coordinator, Karin Ripp:** This July 4th we celebrate our nation's 250 years of Independence. Our Senior Center has a very busy month as well. To begin, Food As Medicine will prepare a tasty treat. Our monthly representative from LRH-PT is Allison Mersch and she will speak about Staying Strong. Nurse Linda, will be here on the 6th. Christina Hastings returns for the second ASL class. A favorite at the senior center is Dick Alberini who will be wearing his historian hat to discuss "Animated Littleton". Mary Bingman will host a watercolor class. Carol Herbert will repeat her popular balloon animal class twice this month. SCAMS! You can never learn too much about how to prevent falling victim, so please attend the presentation by Harrison Turner from BBB. Our Sponsored Bingo will be New Futures. By special arrangement with our neighbor Riverglen, we will host the Squam Lake Outreach. They promised to bring two animals for demonstration. Everyone likes games and we will share the ones we used to play with today's teens and their games for an Intergenerational Game Day. Aden will lead a class in glow in the dark painting. Bring your favorite needlework project to Stitch in Time. Prepare to tap your toes to the Willie Edwards Trio. Book Club, The Aging Experience and Crafts with Megg and finally the North Country Chamber Players close this fun filled month. Enjoy it.

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