

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>



JUNE 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..... [Vacant - we're 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 Kleinschrodt, Rick Johnston, Gary Morneau, Paul Donovan

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.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!

Save the Date for NH Gives/June 9-10 Join the excitement of NH GIVES, a statewide 24-hour online giving event hosted by the New Hampshire Center for Nonprofits. Show your support for Grafton County Senior Citizens Council, Inc. (GCSCC) by making a gift during NH Gives. Every donation helps support local older adults in our communities. **How to Give:** Visit nhgives.org and search for Grafton County Senior Citizens Council, Inc. **Questions?** Contact James Carroll at 603-448-4897



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!

Ask a Nurse: Monday, June 1 from 10 to 12: Our nurse will be available to check your blood pressure and answer general health questions the first Monday of each Month.

Cooking Together: Mondays, June 1, 8 and 15 @ 1:00. ACHS Food As Medicine are offering a three week cooking class. Upon completion of the 3 classes, a set of cookware will be awarded. Please only sign up if you are able to complete the 3 classes.

Karaoke with Phil: Wednesday, June 3 & 24 @ 11: Always entertaining, Phil leads the pre-luncheon gathering. Join the fun and sing along.

Brain Health: Thursday, June 4 @ 10:30: Christopher Reilly from LRH-PT will talk about maintaining a healthy brain as well as Alzheimer's.

Collage Workshop II: Friday, June 5 @ 10:30 to 2:30: Jean Adie returns to host a second collage workshop. This extended class will give all the opportunity to complete their projects.

Art with Aden: Monday, June 8 @ 10:30: Aden is back and spring flower painting is the subject.

Card Making with Stephanie: Friday, June 12 @ 10:30: Stephanie will teach you how to make greeting cards for all occasions.

Tech Assistance: Friday, June 12 @ 1:00: Scott Lefoil will be here to walk you through tech basics. Bring your cell phone, tablets or laptops and your many questions.

Craft with Megg: Wednesday, May 17 @ 10:30: Decoupage on shells. Megg will demonstrate the art and you will take home a decorative shell.

Balloon Animals: Wednesday, May 17 @ 1:00: Blow them up and give them a twist and you have created your favorite animal from a balloon. That's what Carol Herbert will show you how to do. Join the class; it will be great fun.

NFI Sponsored Bingo: Thursday, June 18 @ 12:30:

Stitch in Time: Tuesday, June 23 @ 1:00: Bring your needlework and stitch while chatting. Join friends and/or make new ones. Tea and treats will be served.

Birthday Raffle; Thursday, June 25 @ noon. If your birthday falls in May, put your name in a hat raffle for your own cake.

Watercolor with Mary: Friday, June 26 @ 10:30. You will be able to explore watercolor techniques with Mary's guidance.

Book Club: Tuesday, June 30 @ 12:30: *The Glass Castle* by Jeannette Walls. When sober, Jeannette's brilliant father captures his children's imagination and teaches them to embrace life fearlessly. Her mother is a free spirit. This true story is permeated by the intense love of a peculiar but loyal family.

The Aging Experience: Tuesday, June 30 @ 1: It is better together. A gathering of seniors to discuss concerns as we age. Please join us.

JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Pork Chops Baked Potato Carrots Bread or Roll Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 10 to 12: Ask A Nurse 1:00 Cooking Together	2 Orange Chicken Rice Broccoli Bread or Roll Juice/Milk 9:00 Bone Builders 10:30: Montessori School Concert 1:00 Cribbage 1:00 Canasta	3 Sausage/Cheese Pizza Peas Bread or Roll Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil	4 Pineapple BBQ Chicken Mixed Veggies Bread or Roll Juice/Milk 9:00 Bone Builders 10:30 LRH-PT Brain Health 12:30 BINGO 1:00 Cribbage	5 Chef's Choice Summer Squash Bread or Roll Fruit/Milk 10:30 Collage Workshop II (this class will break for lunch then continue to 2:30.
8 Fajitas Veggies and Meat Rice Bread or Roll Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 10:30 Art with Aden 1:00 Cooking Together	9 Stacked Cordon Blue Mashed Potato Green Beans Bread or Roll Juice/Milk 8:30 Bone Builders 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta	10 Teriyaki Turkey Rice Broccoli Bread or Roll Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders	11 Egg Salad Plate Lettuce/Tomato Cucumber Salad Bread or Roll Juice/Milk 9:00 Bone Builders 12:30 BINGO 1:00 Cribbage	12 Chef's Choice Carrots Baked Beans Bread or Roll Fruit/Milk 10:30 Making Cards 1:00 Tech Assistance
15 Chicken Cacciatore Mashed Potato Peas Bread or Roll Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 1:00 Cooking Together	16 Asst. Sandwich Meat/Cheese/Lettuce/ Tomato Pasta Salad w/Carrots, Cuke and Tomato Bread or Roll Juice/Milk 9:00 Bone Builders 1:00 Cribbage 1:00 Canasta	17 Hot Dog and Beans California Blend Bread or Roll Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 10:30 Craft w/Megg 1:00 Balloon Animals	18 Cheesy Chicken Casserole Rice Broccoli Bread or Roll Juice/Milk 9:00 Bone Builders 12:30 Sponsored BINGO! 1:00 Cribbage	19 <p style="text-align: center; color: magenta;">All GCSCC locations Are closed for Juneteenth</p>
22 Chicken Gravy Mashed Potato Beets Bread or Roll Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders	23 Spaghetti w/Meat Sauce Bean Salad Peas Bread or Roll Juice/Milk 9:00 Bone Builders 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta 1:00 Stitch In Time	24 Toasted Tuna Boats With Cheese Broccoli Bread or Roll Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil	25 Ham & Bean Casserole Cauliflower Bread or Roll Juice/Milk 9:00 Bone Builders 12:00 Birthday Raffle 12:30 BINGO! 1:00 Cribbage	26 Chef's Choice Roasted Potato Green Beans Bread or Roll Fruit/Milk 10:30 Watercolor
29 Pesto Tortellini Summer Squash Bread or Roll Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders	30 Chicken Nuggets French Fries Baked Beans Bread or Roll Juice/Milk 9:00 Bone Builders 12:30 Book Club 1:00 Cribbage 1:00 Canasta 1:00 Aging Support		Before requesting meals, please inform the senior center, if you or a person in your party, has a food allergy. Home-delivered meals follow this menu.	<p style="text-align: center;">Menu is subject to change without notice.</p> <p style="text-align: center;">Juice is available at every meal.</p> <p style="text-align: center;">bread item is available at every meal.</p>

Director Message:**Dear Friends**

June has arrived, bringing with it longer days, brighter skies, and the gentle warmth that invites us outdoors. This is the season when gardens bloom; laughter carries through the breeze, and our community feels more alive than ever.

Here at the Senior Center, we're embracing the spirit of summer with activities that nourish both body and soul—whether it's sharing stories over coffee, learning something new in a class, or simply enjoying the sunshine together. Every smile, every conversation, and every shared moment add to the vibrant tapestry of our community.

I encourage you to take this month as an opportunity to try something fresh—join a group you've never attended, invite a friend to an event, or even start a new tradition. Your presence and energy are what make this center a place of connection, joy, and belonging.

Let's make June a month of friendship, laughter, and new memories. I can't wait to see you here.

With warm regards,

Amy

From the Activities Coordinator, Karin Ripp: It is June and another busy month for us in Littleton. ACHS will be conducting Cooking Together which is a series of 3 classes a week apart. To attend, you must sign up for all three classes and then be rewarded with a fabulous cookware set. Ask A Nurse will be here on the first Monday and Phil with Karaoke on the 3rd and 24th of the month. Christopher Rielly from LRH-PT Department will talk about Brain Health on Thursday the 4th. The success of the Collage Workshop will continue on Friday, June 5 with an extended class. Our resident artist, Aden, will host his painting class on Monday, June 8. Make your own greeting cards will be led by Stephanie Pitre. An answer to the quest of Tech Assistance will be here on Friday, June 12 as Scott Lefoil will impart his expertise to us non-techies. Megg's craft this month is decoupage on shells. Carol Herbert will demonstrate the making of animals out of balloons. Mary Bingman will host one of her popular watercolor classes. Stitch in Time. the Aging Experience, Book Club, Birthday Raffle and our many card games round out the month. Hope you all have a great one.

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