

LITTLETON AREA SENIOR CENTER NEWS



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



MARCH 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..... 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

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 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 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, Mar 4 & 18 @ 11: The talented and entertaining Phil Rivera leads the pre-luncheon gathering. Come join the fun and sing along.

Ask a Nurse: Monday, Mar. 2 from 10 - 12: Our nurse will be available to check your blood pressure on the first Monday of each month.

Legal Aid: Thursday, Mar 5 @ 10:30. Do you have an Advanced Directive? Do you know what it is or it's importance? Now you have the opportunity to learn it.

Food As Medicine: Friday, Mar 6 @ 10:30: Ammonoosuc Community Health Services return with their portable kitchen and a new recipe for a healthy, tasty and economical dish. Tastings will be offered.

Chinese Mah Jong: Tuesday, Mar. 10 & 24 @ 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.

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

Craft with Megg: Wednesday Mar 11 @ 10:30: Megg will be teaching how to make mandalas. It should be great fun.

Art with Aden: Friday, Mar. 13 @ 10:30: Once again Aden will lend his talent and lead a class.

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

Littleton Regional Hospital—Physical Therapy Dept. Thursday, Mar 19 @ 10:30: Better breathing

Music with Dick: Friday, Mar. 20 @ 11: Enjoy the piano refrains of Dick Alberini for a pre-luncheon interlude. He is always a popular addition to our Senior Center family.

Intergeneration Game Day: Monday, Mar. 23 @ 1: A gathering of seniors and school agers—10 and up, to play games. Wendy Kern from the Littleton Library will lead. Please join us for this unprecedented event.

HOSTED BINGO: Thursday, Mar 26 @ 12:30: Dawn Lambert from Littleton Hospital Volunteers will host our bingo games.

Book Club: Tuesday, Mar 31 @ 12:30: *Miss Benson's Beetle* by Rachel Joyce. It is 1950s London. Margery, a spinster teacher reaches a breaking point and chooses to make an expedition to find the golden beetle of New Caledonia. Advertising for a companion, she ends up with Enid, in her tight pink suit and pom-pom sandals, this unlikely pair experience the unexpected.

The Aging Experience: Tuesday, Mar. 31 @ 1:00pm. It's better together. A gathering of seniors to discuss joys and concerns as we age. Please join us.

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

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!



MARCH 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 Chicken Patty Sandwich Lettuce, Tomato Sweet Pot. FF Carrots Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 10 to 12: Ask A Nurse</p>	<p>3 Korean Ground Turkey And Rice Bowl Pinto Beans Juice/Milk 8:30 Bone Builders 10:30 AARP Tax Prep 1:00 Cribbage 1:00 Canasta</p>	<p>4 Spaghetti w/Meat Sauce Green Beans Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil</p>	<p>5 Turkey and Gravy Biscuits Mixed Veggie Juice/Milk 9:00 Bone Builders 10:30 Legal Aid</p>	<p>6 Glazed Roast Pork Baked Potato Broccoli Fruit/Milk 10:30 Food as Medicine 1:00 Chair Yoga</p>
<p>9 Chicken Parm Casserole Egg Noodles Beets Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong</p>	<p>10 Baked Fish Stuffed Topping Brown Rice Assorted Veggie Juice/Milk 8:30 Bone Builders 10:00 AARP Tax Prep 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta</p>	<p>11 Hearty Turkey Chili Corn Bread Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 10:30 Craft with Megg 1:00 Mah Jong</p>	<p>12 BBQ Pork Chops Baked Beans Peas Juice/Milk 9:00 Bone Builders 12:30 Bingo 1:00 Cribbage</p>	<p>13 Ravioli Broccoli Garlic Toast Fruit/Milk 10:30 Art with Aden 1:00 Chair Yoga</p>
<p>16 Chef's Choice Entrée Mixed Veggies Rice Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong</p>	<p>17 Ham Cabbage/Carrots Potato Juice/Milk 8:30 Bone Builders 10:00 AARP Tax Prep 1:00 Stitch In Time 1:00 Cribbage 1:00 Canasta</p>	<p>18 Hot Dog/Baked Beans French Fries Corn Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 1:00 Mah Jong 11:00 Karaoke w/Phil</p>	<p>19 Mac and Cheese Peas Juice/Milk 9:00 Bone Builders 10:30 LRH-PT 12:30 BINGO! 1:00 Cribbage</p>	<p>20 Mock Chicken Pot Pie Biscuit Stewed Tomato Fruit/Milk 11:00 Dick Alberini 1:00 Chair Yoga</p>
<p>23 Maple Glazed Sausage Herby Lentils Cauliflower Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong 1:00 Intergenerational Game Day</p>	<p>24 Roast Chicken Baked 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</p>	<p>25 Chop Suey Peas and Carots Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil 1:00 Mah Jong</p>	<p>26 Coconut Turkey with Peppers and Onions Brown Rice Baked Beans Juice/Milk 9:00 Bone Builders 12:00 Birthday Raffle 12:30 HOSTED BINGO! 1:00 Cribbage</p>	<p>27 Assorted Meat and Cheese Sandwiches Lettuce and Tomato Chips Fruit/Milk 9:00 Foot Clinic 1:00 Chair Yoga</p>
<p>30 Pork Quesadilla Rice and Beans Green Peas Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong</p>	<p>31 Bacon Cheese Burger French Fries Green Beans 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>Before requesting meals, please inform the senior center, if you or a person in your party, has a food allergy.</p> <p style="text-align: center;">~</p> <p>Home-delivered meals follow this menu.</p>	<p>Menu is subject to change without notice.</p> <p style="text-align: center;">~</p> <p>Juice is available at every meal.</p> <p style="text-align: center;">~</p> <p>A bread item is available at every meal.</p>	<p>Bread Is served at Every meal</p>

Director Message: Amy Goyette

Happy March! As spring approaches, it is the perfect time to “spring forward” into new activities, healthier habits, and renewed social connections. What better place to do this than at the Littleton Area Senior Center. This month, we are focusing on wellness, from gentle fitness classes to brain-boosting games, ensuring a vibrant, active community for everyone. Let us embrace the season’s fresh start together—you matter, you are valued, and you continue to make a difference. Have you tried our salad bar? It’s fresh, healthy, and delicious. For days and times check out our March menu. Join the activities for a bright, healthy and joyous month.

Amy Goyette

Director- LASC

From the Activities Coordinator, Karin Ripp: Tired of winter? Let’s hope March is better. To start, Ask A Nurse will be here on the first Monday of the month.. Phil Rivera will Karaoke on Wednesdays 4th and 18th. A representative from Legal Aid will talk about Advanced Directives on the 5th. On Friday, 6th, the Ammonoosuc Community Health will return with a cooking demonstration and tasting for all to enjoy. Megg has a new craft on Wed. 11th; the art of Mandalas. Art with Aden is a popular monthly activity and he will be here on Fri. 13th. Bring your needlework and join the group of like-minded stitchers for Stitch In Time on the 3rd Tuesday (17th). On Thursday, March 19, LRH-PT will talk about Better Breathing. Dick Alberini will delight with a pre-luncheon interlude on the 20th. On Monday, 23, Wendy from Littleton Library will lead Intergenerational games. Hosted Bingo on the 26th with LRH Volunteer Director, Dawn Lambert. Busy day for the 31st; The Aging Experience and Book Club. Of course we have games every day. Check the schedule for your favorites or try new ones. I am always open to new ideas; let me know what you would like.

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