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/littletonseniorcentergcscc

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.gcscc.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, Rick Johnston, Gary Morneau, Paul Donovan &**

MAY 2026

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.gcscc.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.gcscc.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.gcscc.org/donate** ***OR***

~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

We appreciate your consideration and support!

Collage Workshop: Friday, May 1 @ 12:30 to 3:00 Popular local artist Jean Adie will demonstrate construction of collage for you to create. Bring magazines or other materials, to use.

Ask a Nurse: Monday, May 4 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.

Better Hearing: Tuesday, May 5 @ 10:30: Why do you hear some things but not always understand what others might be saying? Learn why and what can be done.

Karaoke with Phil: Wednesday, May 6 and 20 @ 11: Always entertaining, Phil leads the pre-luncheon gathering. Join the fun and sing along.

Art with Aden: Monday, May 11 @ 10:30: Aden is back and spring flower painting is the subject.

Sponsored BINGO: Thursday, May 14 @ 12:30: Clair from the Little Village Toy and Book Shop will host our Bingo this month.

Littleton High School Robotic May 13 @1: A live demonstration of their robot that traveled to competitions placing 13th out of 34. You may have a chance to drive it as well.

Food As Medicine: Monday, May 18 @ 1pm: The chef will prepare tasty, healthy and inexpensive food that you will be able to share.

Stitch in Time: Tuesday, May 19 @ 1:00: Bring your needlework and stitch while chatting. Join friends and/or make new ones. Tea and treats will be served.

Willie Edwards Trio: Friday, May 22 @ 11: Willy and his group returns with old time rock 'n' roll and blues. Sing along.

Learn American Sign Language: Friday, May 22 @ 1pm: Christina Hastings will conduct a class in beginning ASL.

Book Club: Tuesday, May 26 @ 12:30: *The Storied Life of A.J. Fikry* by Gavrielle Zevin. A J Fikry lives alone; his book store is floundering; a rare collection of poems has been stolen but an unexpected package changes everything.

The Aging Experience: Tuesday, May 26 @ 1:00pm. It's better together. A gathering of seniors to discuss concerns as we age. Please join us.

Craft with Megg: Wednesday, May 27 @ 10:30: Create attractive flowers from paper bags.

Speech & Language Therapy: Thursday, May 28 @ 10:30: Jennifer Scianna from LRH-PT Department will be here

Birthday Raffle; Thursday, May 28 @ noon. If your birthday falls in May, put your name in a hat raffle for your own cake.

Cyber and Elder Abuse Fraud: Friday, May 29 @ 10:30: Noted expert, David Smith, will discuss AI and other cyber frauds and how to protect yourself.

MAY, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.	Menu is subject to change without notice. Juice is available at every meal. A bread item is available at every meal.			1 Chef's Choice Assorted Veggies Baked Potato Fruit/Milk 12:30 Collage Workshop
4 Beef Stew w/Carrots, Potato, Onion Corn Bread Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 10 to12: Ask a Nurse	5 BBQ Chicken Pasta Salad Three Bean Salad Juice/Milk 8:30 Bone Builders 10:30: Better Hearing 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta	6 Baked Fish Rice Carrots Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil	7 Pulled Pork Sandwich Sweet Potato Fries Broccoli Juice/Milk 9:00 Bone Builders 12:30 BINGO	8 Chef's Choice Assorted Veggies Rice Fruit/Milk 8:00 Breakfast Buffet 4:00 Volunteer Recognition Dinner
11 Sausage Strata Roasted Potato Beans Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 10:30 Art With Aden	12 Chicken Salad Wrap w/Lettuce & Tomato Baked Potato Salad Juice/Milk 9:00 Bone Builders 1:00 Cribbage 1:00 Canasta	13 Roast Pork Stuffing Squash Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 1:00 LRHS Robotics Team Presentation.	14 Mac and Cheese w/Ham Peas & Carrots Juice/Milk 9:00 Bone Builders 12:30 SPONSORED BINGO! 1:00 Cribbage	15 CLOSED
18 Beef and Gravy Egg Noodles Broc/Cauli Mix Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 1:00 Food As Medicine	19 Pizza Garden Salad Peas Juice/Milk 9:00 Bone Builders 1:00 Cribbage 1:00 Chinese Mah Jong 1:00 Canasta 1:00 Stitch In Time	20 Pasta Dishes Garlic Bread Carrots Fruit/Milk 8:00 Day of Caring Breakfast 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil	21 Shepherd's Pie Green Beans Juice/Milk 9:00 Bone Builders 12:30 BINGO! 1:00 Cribbage	22 Chef's Choice Assorted Veg Mashed Potato Fruit/Milk 8:00 Breakfast Buffet 11:00 Willie Edwards Trio 1:00 American Sign Language
CLOSED For MEMORIAL DAY	26 Pesto/Cheese Tortellini Carrots Garlic Bread or Rolls Juice/Milk 9:00 Bone Builders 12:30 Book Club 1:00 Cribbage 1:00 Canasta 1:00 Aging Support	27 Stir Fry w/Veggies & Beans Rice Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 10:30 Craft with Megg 1:00 Passumpsic Bank Educational Fraud Prevention Workshop	28 Chicken Gravy w/peas And Carrots Biscuit Juice/Milk 9:00 Bone Builders 10:30 LRH-PT Speech 12:00 Birthday Raffle 12:30 BINGO! 1:00 Cribbage	29 Chef's Choice Assorted Veggies Rice Fruit/Milk 9:00 Foot Clinic 10:30 Cyber Fraud

Director Message:

Dear Friends

May is filled with special days and events at the Littleton Area Senior Center. In advance I would like to take this opportunity to say Happy Mother's Day to all the beautiful moms, grandmothers, and great grandmothers. Thank you for your sacrifice, love and devotion. This month we also celebrate our amazing volunteers. Are you one of our volunteers? If so, mark your calendar to join us for a very special dinner in your honor on May 8 from 4-6. Then on May 20th we are hosting a special breakfast to kick off the Granite United Way's, "Day of Caring". All are welcome.

May is also Older Americans Month. The 2026 theme is, Champion your health." Which focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. Check out our calendar of events. Join us for the many activities in support of healthy aging together.

Thank you for being part of this wonderful community. Your energy, kindness, and laughter make our center a place where everyone feels welcome and valued.

Wishing you a beautiful May filled with connection, purpose, and plenty of smiles. See you at the center.

Warmly, *Amy Goyette*

Director- LASC

We are looking for Part time & Per-diem Drivers. Join a great team and help others. Call Amy at (603) 444-6050

From the Activities Coordinator, Karin Ripp: To start off the month of May, we are fortunate to have Jean Adie lead a collage workshop. Can you hear me? Why not. Find out on Tuesday, May 5th when we have a better hearing presentation. Phil and his Karaoke will delight twice a month. Aden will lead a class on spring flower painting. Our monthly hosted Bingo will be the Little Village Toy and Book Store. Food As Medicine is back on Monday the 18th. Calling all needle-crafters; join our Stitch In Time circle on the third Tuesday. Willie Edwards Trio performs on Friday the 22nd with the old time rock 'n' roll we all remember. We can learn ASL (American Sign Language) from Christina Hastings on Friday the 22nd at 1pm. The Aging Experience, on the 4th Tuesday, will give you the opportunity to discuss concerns as we age. Megg's craft this month is pretty flowers using paper bags. You can make a lasting bouquet for your home. LRH-PT Dept. representative Jennifer Scianna will talk about Speech and Language Therapy on Thursday the 28th. Noted expert in cyber fraud, David Smith, will discuss AI and elder abusive frauds. On the 27th the Passumpsic bank will educate us on fraudulent concerns effecting seniors, Book Club, Birthday Raffle and card games round out the month. The Littleton High School Robotics Team will be coming to talk about the robot they entered in competition. You may even get a chance to drive it. We are seeking more game players. Any takers or suggestions for other games? I'm listening…..

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