

# 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>



**OCTOBER 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.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 develop, strengthen and provide services that support the health, dignity and independence of older adults and adults living with disabilities in our communities.

Director .....  
Program Associate ..... Carl Stagg  
Home-Delivered Meals Coordinator ..... Judy Ash  
Home-Delivered Meals and Volunteer Assistant .....  
Activities Coordinator ..... Karin Ripp  
Kitchen Aides ..... Roberta D' Etcheverry & Belinda Larrivee  
Van Drivers ..... Gary Morneau, Scott Kleinschrodt, Ron Stevens & Paul Donovan  
Kitchen Coordinator ..... Stacey Maranville

**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.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!

**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!

**Karaoke with Phil: Wednesdays 8 and 15 @ 11:** Phil Rivera brings his talent and inspiration each Wednesday. Come and sing along.

**Zentangle with Megg: Wednesday, October 8 and 15th @ 10am.** Megg Wright, from Littleton Chamber of Commerce, teaches Zentangle. A method of creating intricate, abstract designs using structured, repetitive patterns as a form of meditative art promoting relaxation and focus.

**Watercolor with Mary: Friday, October 10 @ 10:30.** Mary returns to conduct her popular watercolor class. Paint what you will with her guidance.

**Piano Group: Tuesday, October 14 @ 10:30:** We are fortunate to have Narjes Soliman teaching beginning piano. Please sign up as space is limited.

**More Zentangle with Karin: Friday, October 17th @ 10:30.** For those that enjoy or want to learn Zentangle but are not available on Wednesdays.

**Therapy Dogs: Tuesday, October 21 @ 10:30.** Learn about what a Therapy Dog does and meet Lulu. She was here as a pup but will return as an experienced 4-legged care giver. (She is a large dog, in case you might be fearful)

**Willie Edwards Trio: Friday, October 24th @ 11.** We are happy that Willie and gang will be back to entertain us with his rock 'n' roll and blues.

**Book Club, Tuesday, October 28 @ 12:30:** *Where'd You Go, Bernadette* by Marie Semple. Bernadette Fox is notorious, fearless and opinionated. Then she vanishes. A readable and surprisingly touching novel about misplaced genius in an absurd world.

**Birthday Raffle, Thursday, October 30:** Calling all those Libras and Scorpios in October. You may be the lucky name drawn for your own birthday cake.

**Creating Connection through Curiosity: Fridays @ 11** Interested in connecting with others? This is the most important element in assuring mental well-being. Join us to get to know each other better.

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

**HALLOWEEN COSTUME DAY: Friday, October 31 @ noon.** Be it funny or scary, maybe you will win a prize for the best costume to be voted on by your audience.

**OCTOBER IS NATIONAL ESTATE PLANNING MONTH.** Since the largest benefit of estate planning is peace of mind, GCSCC is providing a program of options/sources to get the process going. See your Activities Coordinator or contact Becky Foster at [bfoster@gscsc.org](mailto:bfoster@gscsc.org) or (603) 448-4897 ext 120, to get a copy of the program options, including upcoming seminars, available materials, information from Trust & Will (online will maker), Grafton County's elder attorney listing and Legacy Society information. We hope you will take advantage of these resources.

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!**

**Hiring Kitchen Assistants! Come check us out!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>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 follows this menu follow this menu.</p>	<p>1 Chicken Parm Casserole Spinach Garlic Orzo Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 1:00 Scrabble 1:00 Mah Jong</p>	<p>2 Rosemary Roast Pork Sweet Potato Mixed Veggies Juice/Milk</p> <p>9:00 Bone Builders 12:30 Bingo 1:00 Cribbage 1:30 Mah Jong</p>	<p>3 Turkey Burger French Fries Carrots Fruit/Milk</p> <p>11:00 Connection Thru Curiosity 1:00 Chair Yoga</p>
<p>6 BBQ Chicken Thigh Squash Baked Potato Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong</p>	<p>7 Lasagna Peas and Carrots Rolls Juice/Milk</p> <p>9:00 Bone Builders 10:30 Medicare Fraud 1:00 Cribbage</p>	<p>8 Asst. Crustless Quiche Sausage Link Roasted Mix Veggies Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 9:00 Zentangle w/Megg 11:00 Karaoke w/Phil 1:00 Scrabble 1:00 Mah Jong</p>	<p>9 Hot Dogs Baked Beans Cauliflower Juice/Milk</p> <p>9:00 Bone Builders 12:30 Bingo 1:00 Cribbage</p>	<p>10 Chicken Gravy Biscuit Sweet Potato Broccoli Fruit/Milk</p> <p>10:30 Watercolor 11:00 Connection Thru Curiosity 1:00 Chair Yoga</p>
<p>13  CLOSED For COLUMBUS DAY</p>	<p>14 Chef's Choice Mixed Veggie Baked Potato Juice/Milk</p> <p>9:00 Bone Builders 10:30 Piano Group 1:00 Cribbage</p>	<p>15 BBQ Meatballs Brown Rice Green Beans Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 10:00 Zentangle w/Megg 11:30 Karaoke w/Phil 1:00 Scrabble 1:00 Mah Jong</p>	<p>16 Cheesy Stuffed Pasta Meat Sauce Rolls Peas Juice/Milk</p> <p>9:00 Bone Builders 12:30 Bingo 1:00 Cribbage</p>	<p>17 Baked Fish Rice Pilaf Carrots Fruit/Milk</p> <p>10:30 Zentangle w/Karin 11:00 Connection Thru Curiosity 1:00 Chair Yoga</p>
<p>20 Swedish Meatballs Egg Noodles Green Beans Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong</p>	<p>21 Maple Chicken Brown Rice Brussel Sprouts Juice/Milk</p> <p>9:00 Bone Builders 10:30 Therapy Dogs 1:00 Cribbage</p>	<p>22 Tuna Salad w/WG Roll Lettuce, Tomato Chips Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 1:00 Scrabble 1:00 Mah Jong</p>	<p>23 Parmesan Pork Sweet Potato Maple Carrots Juice/Milk</p> <p>9:00 Bone Builders 12:30 Bingo 1:00 Cribbage</p>	<p>24 Asst. Sandwiches Tomato Soup Cole Slaw 3 Bean Salad Fruit/Milk</p> <p>11:00 Connection Thru Curiosity 11:00 Willie Edwards Trio 1:00 Chair Yoga</p>
<p>27 Chicken Stew Biscuits Broccoli Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong</p>	<p>28 Pork Patty w/Gravy Biscuits Carrots Juice/Milk</p> <p>9:00 Bone Builders 12:30 Book Club 1:00 Cribbage</p>	<p>29 Chop Suey Garlic Bread Green Beans Fruit/Milk</p> <p>8:30 Bone Builders 10:00 Bone Builders 1:00 Scrabble 1:00 Mah Jong</p>	<p>30. Sliced Turkey/Gravy Mashed Potato Spinach Juice/Milk</p> <p>9:00 Bone Builders 12:00 Birthday Raffle 12:30 BINGO! 1:00 Cribbage</p>	<p>31. Stuffed Pepper Casserole With Rice, Tomato and Meat Sauce Peas Fruit/Milk</p> <p>FOOT CLINIC 11:00 Connection Thru Curiosity 12:00 Best Costume 1:00 Chair Yoga</p>

Carole Moore—Interim Director

LASC is excited to announce our newest hire, **Stacy Maranville**, who will be joining us as the Kitchen Coordinator. Stacy brings with her a strong background in kitchen experience, along with a genuine enthusiasm for serving others. She is eager to share her skills, creativity, and passion for good food with our team and community. We are thrilled to welcome her to the LASC family and look forward to the energy and fresh ideas she will bring to our kitchen and our daily meals.

The Littleton Area Senior Center is looking for a compassionate and dynamic leader to join our team as the next **Senior Center Director**. This is a wonderful opportunity to make a lasting difference right here in your own community. The Director will guide programs, support staff and volunteers, and help shape the future of our vibrant center where older adults come together for meals, activities, and friendship. If you're passionate about people, enjoy building community connections, and want to be part of something truly meaningful, we'd love to hear from you!

**From the Activities Coordinator, Karin Ripp:** Fall is here and we have some events you may enjoy: Both Karaoke with Phil and Zentangle with Megg will be on Wednesdays 8 and 15; Mary with her popular watercolor class on the 10th; in case you are unable to attend the Wednesday class, Karin will lead a Zentangle class on Friday the 17th. For music this month, Willie Edwards and his Trio returns with his toe-tapping rock 'n' roll and blues repertoire. Lulu the Newfoundland will demonstrate what it takes to be a therapy dog on the 21st. Halloween will be celebrated by a costume contest. It can be scary, funny or funky—a prize will be awarded for the "best" one. October is National Estate Planning Month and we have sources to help you. There will be no Walking Group for the winter months unless someone wishes to take the lead. Book Club, Chair Yoga, Birthday Raffle, Creating Connection thru Curiosity and our games round out the month. Come for lunch; stay for games and activities.

**GAMES:**

**Bingo:** Thursdays at 12:30 pm

**Cribbage:** Tuesdays and Thursdays at 1:00 pm

**Dominos:** Tuesdays (to be determined)

**Mah Jong:** Mondays at 12:30 pm and Wednesdays at 1:30 pm

**Scrabble:** Wednesdays at 1:00

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