

# 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>



## SEPTEMBER 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.gcsc.org](http://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 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 ..... Cat Hayward, Roberta D' Etcheverry & Belinda Larrivee  
Van Drivers ..... Gary Morneau, Scott Kleinschrodt, Ron Stevens & Paul Donovan  
Kitchen Coordinator .....

**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.gcsc.org](http://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](http://www.gcsc.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!

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](http://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!**

**Boost Your Brain and Memory: Thursdays, Sept. 4, 11, 18 and 25 from 1pm to 3pm.** UNH will conduct a 4 session virtual watch party about ways to improve your brain health. You will be able to interact and share ideas with others from throughout the state. Space is limited; please call Karin @ (603) 444-6050 to reserve.

**Karaoke with Phil: Wednesdays 3 and 17 @ 11.** Phil Rivera brings his talent and inspiration each Wednesday. Come and sign along!

**Wayne is Back to play his Sax on Tuesday, Sept. 9 @ 11am**  
Once again we are fortunate to be entertained by Wayne Klingler and his saxophone playing the classic tunes we all remember.

**Zentangle with Megg: Wednesday, September 10th and 17th @ 10am.** Megg Wright, from Littleton Chamber of Commerce, teaches Zentangle. It is a method of creating intricate, abstract designs using structured, repetitive patterns. It is often described as a form of meditative art promoting relaxation and focus.

**Book Club, Tuesday, September 30 @ 12:30 pm:** Little Bee by Chris Cleve. The lives of a 16 year old Nigerian orphan and a well-off British woman collide. There is magic in how the story unfolds.

**Birthday Raffle, Thursday, September 25th:** Calling all those Virgos and Libras born in September. You may be the lucky name drawn for your own birthday cake.

**Walking Group: Thursdays @ 11.** Although we are seeking a leader, the group will continue. If you are interested in leading the group, please let Karin know. Be sure to dress in comfortable clothes and shoes and, please arrive early. Call (603) 444-6050 for information or registration.

**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.

**September is National Senior Center Month.** We celebrate our seniors every day. Now it is official. Come; be part of the celebration!!!!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>  <b>CLOSED for LABOR DAY</b>	<b>2</b> Spaghetti w/Meat Sauce Broccoli/Carrot Mix Juice/Milk  <b>9:00 Bone Builders</b> <b>1:00 Cribbage</b>	<b>3</b> Sausage Black Beans and Rice Mixed Veggie Fruit/Milk  <b>8:30 Bone Builders</b> <b>10:00 Bone Builders</b> <b>11:00 Karaoke w/Phil</b> <b>1:00 Scrabble</b>	<b>4</b> Roasted Chicken Sweet Potato Green Beans Juice/Milk  <b>9:00 Bone Builders</b> <b>12:30 Bingo</b> <b>1:00 Boost your Brain</b> <b>1:00 Cribbage</b> <b>1:30 Mah Jong</b>	<b>5</b> Chili Corn Bread Spinach Fruit/Milk  <b>11:00 Connection Thru Curiosity</b> <b>1:00 Chair Yoga</b>
<b>8</b> Shepherd's Pork Pie Cauliflower/Broccoli Mix Fruit/Milk  <b>8:30 Bone Builders</b> <b>10:00 Bone Builders</b> <b>12:30 Mah Jong</b>	<b>9</b> Mac & Cheese Stewed Tomato Carrots Juice/Milk  <b>9:00 Bone Builders</b> <b>11:00 Wayne &amp; Sax</b> <b>1:00 Cribbage</b>	<b>10</b> Sloppy Joe Roasted Potato Brussel Sprouts Fruit/Milk  <b>8:30 Bone Builders</b> <b>10:00 Bone Builders</b> <b>10:00 Zentangle</b> <b>1:00 Scrabble</b>	<b>11</b> Baked Fish Rice Pilaf Peas Juice/Milk  <b>9:00 Bone Builders</b> <b>12:00 Bingo</b> <b>1:00 Boost Your Brain</b> <b>1:00 Cribbage</b> <b>1:30 Mah Jong</b>	<b>12</b> Hot Dog Casserole Roasted Potato Corn Fruit/Milk  <b>11:00 Connection Thru Curiosity</b> <b>1:00 Chair Yoga</b>
<b>15</b> Turkey Tacos Lettuce, Tomato, Onion Beans and Rice Fruit/Milk  <b>8:30 Bone Builders</b> <b>10:00 Bone Builders</b> <b>12:30 Mah Jong</b>	<b>16</b> Baked Ziti w/Pepper & Onion Broccoli Pumpkin Bar Juice/Milk  <b>9:00 Bone Builders</b> <b>1:00 Cribbage</b>	<b>17</b> Tuna Sandwich Lettuce, Cuke and Tomato Pasta Salad Fruit/Milk  <b>8:30 Bone Builders</b> <b>10:00 Bone Builders</b> <b>10:00 Zentangle</b> <b>11:00 Karaoke w/Phil</b> <b>1:00 Scrabble</b>	<b>18</b> Roasted Pork Baked Potato Carrot/Pea Mix Juice/Milk  <b>9:00 Bone Builders</b> <b>12:30 Bingo</b> <b>1:00 Boost Your Brain</b> <b>1:00 Cribbage</b> <b>1:30 Mahjong</b>	<b>19</b>  <b>CLOSED For SAFETY DAY</b>
<b>22</b> Cheesy Chicken and Rice With Beans Mixed Veggies Fruit/Milk  <b>8:30 Bone Builders</b> <b>10:00 Bone Builders</b> <b>12:30 Mah Jong</b>	<b>23</b> Turkey Meatballs and Gravy Mashed Potato Carrots Juice/Milk  <b>9:00 Bone Builders</b> <b>1:00 Cribbage</b>	<b>24</b> Harvest Stew Cabbage Fruit Bar Milk  <b>8:30 Bone Builders</b> <b>10:00 Bone Builders</b> <b>1:00 Scrabble</b>	<b>25</b> Pancake and Sausage Breakfast Casserole Hash Browns Warm Apple Sauce Juice/Milk <b>9:00 Bone Builders</b> <b>12:00 Birthday Raffle</b> <b>12:30 Bingo</b> <b>1:00 Boost Your Brain</b> <b>1:00 Cribbage</b> <b>1:30 Mahjong</b>	<b>26</b> Roast Chicken Orzo Pasta w/Tomato Broccoli Fruit/Milk  <b>11:00 Connection Thru Curiosity</b> <b>1:00 Chair Yoga</b>
<b>29</b> Pork Patty WG Bun Lettuce, Tomato, Onion Carrots Fruit/Milk  <b>8:30 Bone Builders</b> <b>10:00 Bone Builders</b> <b>12:30 Mah Jong</b>	<b>30</b> Chicken & Broccoli Casserole Dinner Roll Blueberry Crisp Juice/Milk  <b>9:00 Bone Builders</b> <b>12:30 Book Club</b> <b>1:00 Cribbage</b>		Menu is subject To change without notice.   Juice is available at every Meal.   A bread item is Available at every meal.	Before requesting meals, Please inform the senior Center if you, or a person in Your party, has a Food allergy.   Home-delivered meals generally follow this menu.



Carole Moore—Interim Director

September is National Senior Center Month, a time to recognize how senior centers support older adults and strengthen communities. In 2024, the Grafton County Senior Citizens Council (GCSCC) network of centers across 38 towns served 6,000+ people, providing vital programs and services that make a real difference in daily life.

Senior centers today do more than bring older adults together. They open doors to better health, stronger financial security, and meaningful ways to give back. At the Littleton Area Senior Center, participants enjoy a lively mix of nutritious meals, engaging activities, wellness and fitness opportunities, and rewarding volunteer experiences. The Center has also grown to meet modern needs with technology support, recreational classes, and social events that encourage lasting connections. The Littleton area Senior Center serves as a true community hub where older adults can find friendship, purpose, and joy. Come on in, and see us!

**From the Activities Coordinator, Karin Ripp:** As the song goes, the days dwindle down to a precious few until September. Well, we are still hot at the Senior Center with plenty going on. Boost Your Brain and Memory series will be held on Thursday afternoons from 1 to 3pm. It is a four session interactive presentation by UNH. Space is limited, so please, if you are interested, reserve now. Ah, the ever popular Wayne is back to regale us with his classic tunes for our pre-luncheon pleasure on Tuesday, Sept. 9th. Megg will hold her Zentangle classes on Wednesdays 10 and 17. And, of course, Phil will entertain us with his popular Karaoke on Wednesdays 3 and 17. Join the walking group on Thursdays at 11. We are seeking a leader. If interested, please let me know. Both Chair Yoga at 1 and Creating Connection Through Curiosity at 11 are on Fridays. Our regular activities of games, Book Club and Birthday Raffle round out the month. Stop in for lunch and stay for activities and music.

**GAMES:**

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

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

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

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

**Scrabble:** Wednesdays at 1:00

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