

LITTLETON AREA SENIOR CENTER NEWS



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



September 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 **NOW HIRING**
Program Associate Carl Stagg
Kitchen Coordinator Stacey Maranville
Home-Delivered Meals Coordinator Judy Ash
Home-Delivered Meals and Volunteer Assistant **Now Hiring**
Activities Coordinator Karin Ripp
Kitchen Aides Roberta D' Etcheverry, Belinda Larrivee & Catherine Gould
Van Drivers Scott K, Rick J, Gary M, Paul D, Jeffrey G & Ron

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!

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 are available through Senior Employment Program 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, September 2 and 23 @ 11:

Always entertaining, Phil leads the pre-luncheon gathering. Join the fun and sing along.

Watercolor with Mary: Friday, September 11 @ 10:30. Explore watercolor techniques to produce your own work of art.

MOOSE! Friday, September 11 @ 1pm: Once again Jack Varin from NH Fish and Game will talk about native wild life with emphasis on our dwindling Moose population. Please sign up to assure space for this popular presentation.

Ask a Nurse: Monday, September 14 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.

Art with Aden: Monday, September 14 @ 10:30: Learn more techniques from Aden and bring home a work of art.

Hosted Bingo: Thursday, September 17 @ 12:30: Nancy Carney, North Country Director of Community Engagement will host Bingo.

Making Cards with Stephanie: Friday, September 25 @ 10:30. Stephanie will show you how to make greeting cards for all occasions.

WHO DID IT? Solve the mystery: Monday, September 21 @ 1:00pm: If you love mystery novels and/or puzzles, this is for you. You will be given a scenario and a list of clues to solve the mystery. No prizes; bragging is optional.

Aging in Place: Thursday, September 24 @ 10:30: LRH-PT therapist Chris Reilly will suggest modifications that will allow you to increase independence and allow the ability to stay in your own home.

Birthday Raffle: Thursday, September 24 @ noon: Was September the month you gained another year? If so, you are eligible for the drawing for a birthday cake of your own.

Food As Medicine: Monday, September 28 @ 1: Chef Kader will be making strawberry balsamic pasta salad. Come in, learn how to make it then enjoy a taste.

Young at Heart: Monday, September 28 @ 12:30: We are not getting younger and have concerns about lots of things. Why not join our group to discuss those concerns? You will probably discover that they are shared by others as well.

Book Club: Tuesday, September 29 @ 12:30: *The One In A Million Boy* by Monica Wood. An 11 year old boy is sent to help 104 year old Ona. As he tends to chores, she tells him about her life including decade hidden secrets. Ona discovers that the world can surprise at any age.

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!

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Ham Baked Potato Carrots Juice/Milk 9:00 Bone Builders 1:00 Cribbage 1:00 Canasta 1:00 Chinese Mah Jong	2 Chop Suey Garlic Bread Spinach Assorted Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil 12:30 Mah Jong	3 Chef's Choice Rice Green Beans Juice/Milk] 9:00 Bone Builders 12:30 Bingo 1:00 Cribbage	4 Chicken Nuggets French Fries Peas Oranges/Milk
CLOSED FOR LABOR DAY	8 Baked Fish Rice Pilaf Beets Juice/Milk 8:30 Bone Builders 1:00 Cribbage 1:00 Canasta	9 Mac and Cheese Stewed Tomato Three Bean Salad Assorted Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong	10 Spinach Fritta w/ Tomato & Cheese Sweet Potato FF Juice/Milk 9:00 Bone Builders 12:30 BINGO! 1:00 Cribbage	11 Chef's Choice Rice and Beans Carrots Peaches/Milk 10:30 Watercolor 1:00 Fish & Game Moose
14 Hot Dog w/Roll Mac Salad Baked Beans Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders 10:00 Ask-A-Nurse 10:30 Art With Aden	15 Chef's Choice Brown Rice Spinach Juice/Milk 9:00 Bone Builders 1:00 Cribbage 1:00 Canasta 1:00 Chinese Mah Jong	16 Cheese Tortellini w/Red Sauce Broccoli Mix Assorted Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 12:30 Mah Jong	17 BBQ Chicken Pieces Cole Slaw Corn Bread Juice/Milk 9:00 Bone Builders 12:30 HOSTED BINGO! 1:00 Cribbage	18 CLOSED FOR SAFETY DAY
21 Hamburger w/Bun Pasta Salad Green Beans Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders 1:00 WHO DID IT?	22 Roasted Chicken Stuffing Peas & Carrots Mix Juice/Milk 9:00 Bone Builders 1:00 Cribbage 1:00 Canasta	23 Baked Potato Bar Chili, Cheese, Broccoli Sour Cream Assorted Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders 11:00 Karaoke w/Phil 12:30 Mah Jong	24 Chef's Choice Baked Beans Brussel Sprouts Juice/Milk 9:00 Bone Builders 10:30 LRH-PT Dept 12:00 Birthday Raffle 12:30 BINGO! 1:00 Cribbage	25 Roasted Pork & Gravy Red Potato Glazed Carrots Pineapple/Milk 10:30 Card Making with Stephanie
28 Turkey Meatballs over Egg Noodles Broccoli & Carrot Mix Applesauce/Milk 8:30 Bone Builders 10:00 Bone Builders 12:30 Young at Heart 1:00 Food As Medicine	29 Chicken Patty w/Bun Lettuce/Tomato Peas Three Bean Salad Juice/Milk 9:00 Bone Builders 12:30 Book Club 1:00 Cribbage 1:00 Canasta 1:00 Chinese Mah Jong	30 Spaghetti w/Meat Sauce Salad Assorted Veggies Assorted Fruit/Milk 8:30 Bone Builders 10:00 Bone Builders	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

Grafton County Senior Citizens Council (GCSCC) is seeking a dedicated, enthusiastic, and experienced manager for our Littleton Area Senior Center.

Director. Full Time. 40 hours. Exempt.

This is an exciting opportunity to make a meaningful difference in the lives of older adults by leading a vibrant senior center that provides nutritious meals, transportation, activities, volunteer opportunities, and connections to essential community resources. We're looking for someone with strong leadership, organizational, and communication skills who is passionate about serving seniors and fostering a welcoming, inclusive environment. Responsibilities include program management, overseeing a team of employees and volunteers, implementing policies and procedures, collaborating with partner agencies, and ensuring financial accountability, including managing a budget. Please submit cover letter and resume to: hr@gcsc.org

From the Activities Coordinator, Karin Ripp: As the song goes, it's September and the days are dwindling down..... On our schedule this month we have Phil Rivera leading Karaoke twice this month; Watercolor with Mary; Jack Varin returns to talk about moose; Linda our Ask-A-Nurse professional; Art with Aden; Nanci Carney will host our Bingo this month; Stephanie will demonstrate card making; Who Did It? For mystery fans to solve their own case; Chris Reilly from LRH-PT Dept. will talk about adaptations to the home so we can "Age In Place"; the Food As Medicine chef will prepare a strawberry-balsamic pasta salad; Young At Heart will meet and you can discuss concerns, etc.; the monthly Book Club; Cribbage; Canasta; Chinese Mah Jong; American Mah Jong; Birthday Raffle....Whew!

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