

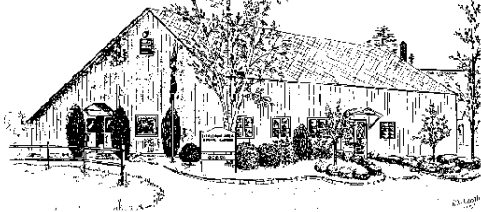
LITTLETON AREA SENIOR CENTER NEWS

DECEMBER 2018



77 Riverglen Lane • PO Box 98
Littleton, NH 03561
Monday - Friday: 8:00 a.m. - 3:00 p.m. Phone: 444-6050
FAX: 444-1612
Transportation Phone 444-0867

Facebook - Littleton Area Seniors and Friends—GCSCC



*A non-profit affiliate of the Grafton County Senior Citizens Council serving the towns of:
Bethlehem, Easton, Franconia, Landaff, Lisbon, Littleton, Lyman, Monroe and Sugar Hill*

Meet the Staff

DirectorCarole Zangla
Asst. Director, Social Worker, and Activities Coordinator.....Anne-Marie Donlon
Home Delivered Meals Coordinator Judy Ash
Cook Michael Swinyer
Asst. Cook.....Maria Thoun
Kitchen Aide Paula Berry
Van Drivers Jerry LeSage and John St. Francis
Subs..... Ron & Pat Stevens, Andy Peloquin, Bill Latulip
Kitchen Support Marie, Bev, and Fran
Office Support Judy Szczepaniak
MaintenanceThis Could Be You!
Resale Donations..... Laurie Zeiser

We apologize in advance for any errors or omissions.

Lunch Served Daily Mon. thru Fri. at 12:00—Suggested Donation of \$3.00 for seniors.

Breakfast Served as Scheduled—Suggested Donation of 3.00 for seniors. Transportation Available!

AFTER HOURS: Christmas Light Tour - 12/19 5p.m.

IMPORTANT: We are closed on December 24th and 25th. Happy Holidays everyone!

SPECIAL NOTICE: There will be no afternoon activities on 12/14, 12/20, or 12/31

ONGOING EVENTS

MAHJONG FOR BEGINNERS: Fridays from 10-12. 12/7 12/14 12/21 12/28

EXERCISE GROUP : Music, fun & exercise equipment provided! Tues. & Thursdays 9:30-10:30 Wednesday 10:30—11:30.

ZUMBA: Thursdays 2:00 Resumes January 17th.

MAHJONG GAME: This is not the matching online version. Stop in and see what it's all about! Mondays 2:00 12/3 12/10 12/17 Check it out!

DEMENTIA & ALZHEIMERS CAREGIVERS SUPPORT

GROUP: For you, a friend, or a loved one as all are welcome! Comfortable, quiet environment...come join us! Second Monday monthly. 2:30

One on one support is available too. Call Katrine at 838-2421. **ATTENTION: This group is taking a break - resumes in January.**

YOGA: Mondays 1pm All levels of fitness welcome. \$4 for seniors, \$6 for non-seniors 12/3 12/10 12/17

CRIBBAGE: Fridays at 1:00 12/7 12/21 12/28

WRITERS GROUP: Fridays 12/7 12/21 12/28

CRAFT CLASS: Thursdays 1:00 12/6 12/13 12/27

ART CLASS: Mondays 10:00 12/3 12/10 12/17 12/31

KNITTERS GROUP: Fri. 12/6 1:00

BONE BUILDERS: Class dates and times to choose from.

FOOT CLINIC: Call 444-5317 to schedule. 12/11 Available times are from 9 to 11 am.

BOOKCLUB: Is back! 12/18 Tuesday 1:00

LINE DANCING W/ BILLYE: Tues 12/4 12/18 1:00

GAME DAY: Drop-In Style Tues. 12/4 12/11 12/18

SURPRISE BINGO: Wed. 12/5 12/26 12:30

BIRTHDAY DINNER: First Thursday of every month. Join us for fun and music. Birthday cake and ice cream. 12/6

BLOOD PRESSURE: 12/13 11:00 - 12:00

COMPUTER LAB: Always open.

SENIOR SPLASH: At Evergreen * NOW ON MONDAYS* 10:15-11:00 Call 838-6511

EXERCISE CENTER: Always Open

LITTLETON NEEDLEWORKERS: Call for details

WALKING GROUP: The cafeteria is open for laps daily or walk the outside Riverwalk with a friend.

AT A GLANCE

NH SENIOR COMPANION: If you are looking for a volunteer opportunity that includes a tax-free stipend and mileage reimbursement or if you are looking for help, this is the opportunity for you! Michele Lapierre, Program Manager New Hampshire Senior Companions, Community Action Program will be here from 10-1 on Thursday, Dec. 6th with information about the Senior Companion Program, which can help with accompanying seniors while grocery shopping, attending doctors appointments, helping in other ways, and just plain ole company.

HOMESCHOOLERS SING: 5 families of homeschoolers will be entertaining us with holiday carols on Thursday, Dec. 13th at 1:00. A must see!

MEMORY TREE: Would you like to remember someone special during this holiday season? Do so by purchasing an ornament for a dollar and placing it on our memory tree. Please see Anne-Marie.

AMAZING HOLIDAY GIVE-AWAY: Just what exactly are we giving away? You'll have to come on down and see for yourself! Tuesday, 12/11

SURPRISE TRIVIA: Bill Mellekas hosts surprise trivia on Wednesday 12/12 at 12:30.

COOKIES & SECOND GRADERS: We are so pleased to continue our tradition of celebrating the holidays with local school children, music, and cookies. Come out and join us for this event. 12/21

CHRISTMAS DINNER: Our annual, traditional Christmas Dinner is Thursday, December 20th. The LRH Honor Society will once again be here serving. You MUST reserve a seat by calling the front desk or signing up with Anne-Marie.

CHRISTMAS LIGHT BUS TOUR: Whoa Nelly! Can this be true? Yes it is! Pardon! Come saddle up and ride with us on Wed. 12/19 at 5:00 pm as we find the best holiday light displays in the area. Please sign up at the front desk by the 17th.

LUNCH AND A MOVIE: Join us on Tuesday 12/4 at 9:30 at Jax Jr. Theater for a holiday themed movie followed by lunch at the Senior Center. \$15 per person. Please sign up at the front desk. Transportation provided.


NEW YEAR'S EVE BUFFET & CELEBRATION: Do you find it difficult to stay up until midnight? Yuh, me too! So, join us on Monday, Dec. 31st for lunch as we shuffle in the New Year with a festive celebration including balloons, music, and tons of fun! Advance sign up is appreciated but not required.

COMMUNITY DAY: Business owners of any age eat for free on Thursday, December 6th. Come promote your business or just have lunch on us. RSVP at 444-6050—to Carole

JOBS: Over 55 and looking for a fun place to earn money? Look no further and call us for details! Opportunities in Lincoln too!

MEALS ON WHEELS: Know someone who needs home delivered meals? Referring someone is as easy as dialing the phone. Call us.

LITTLETON AREA SENIOR CENTER BUS SERVICE: Bus service is available Monday-Friday for destinations to and from Bethlehem, Easton, Monroe, Franconia, Landaff, Lisbon, Lyman, Sugar Hill, and Littleton. Please call 444-0867 to schedule your ride request.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Meatball Subs Tator Tots Green Beans Cole Slaw Fruit Cookie 8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club 1:00 Yoga 2:00 Mahjong	4 BLT Wraps Potato Salad Chips Fruit Pudding 8:30 Bone Builders 9:30 Exercise Group 9:30 Movie and Lunch 10:15 Walking Club 12:30 Game Day 1:00 Line Dancing	5 Teriyaki Chicken Oriental Vegetables Rice Spinach & Mandarin Oranges Brownies 8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group 12:30 Surprise Bingo	6 Pot Roast Squash Corn Dinner Roll Fruit Cake & Ice Cream 8:30 Bone Builders 9:30 Exercise Group 10-1 Senior Companion 10:15 Walking Club 12:30 Food Raffle 1:00 Knitters 1:00 Craft Class Birthday Dinner	7 Mac & Cheese Sausage Stewed Tomatoes Corn 4 Bean Salad Apple Crisp 10-12 Mahjong 10:15 Walking Club 12:30 50/50 Drawing 12:30 Writing Group 1:00 Cribbage 1:00 Knitter Group
10 Chicken Marsala Rice Italian Vegetables Cottage Cheese & Peaches Cookie 8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club 1:00 Yoga 2:00 Mahjong	11 Chili Green Beans Cornbread Cole Slaw Fruit Pudding 8:30 Bone Builders 9-11 Foot Clinic 9:30 Exercise Group 10:15 Walking Club 12:30 Game Day Amazing Giveaway	12 Spaghetti & Meatballs Peas Stewed Tomatoes Dinner Roll Fruit Brownie 8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group 12:30 Surprise Trivia	13 Meatloaf Mashed Potatoes Corn Tossed Salad Fruit Cookie 8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 11-12 BP with Mary 12:30 Food Raffle 1:00 Craft Class 1:00 Homeschoolers Sing	14  Cook's Choice 10:15 Walking Club 10-12 Mahjong 12:30 50/50 Drawing NO Afternoon Activities
17 Chicken Alfredo Broccoli Egg Noodles Spinach & Pears Cookie 8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club 1:00 Yoga 2:00 Mahjong	18 Sausage Subs Peppers & Onions Seasoned Potatoes Rotini Salad Fruit Cake 8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 12:30 Game Day 1:00 Line Dancing 1:00 Book Club	19 Sweet & Sour Meatballs Rice Capri Vegetables Cukes & Cottage Cheese Fruit Cocktail 8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group 5:00 Christmas Light Tour	20 <h2 style="text-align: center;">Holiday Dinner</h2> Traditional Ham Dinner Reservations Requested NO a.m. or p.m. activities	21 Beans & Hot Dogs Mixed vegetables Cole Slaw Fruit Pudding 10-12 Mahjong 10:15 Walking Club 12:30 50/50 Drawing 12:30 Writing Group 1:00 Cribbage 1:00 Knitters Group Cookies with Second Graders
24  <h1 style="text-align: center;">CLOSED</h1>	25  <h1 style="text-align: center;">CLOSED</h1>	26 American Chop Suey Stewed Tomatoes Green Beans Cornbread Fruit Cookie 8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group	27 Chicken & Gravy Mashed Potatoes Peas & Carrots Tossed Salad Apple Crisp 8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 12:30 Food Raffle 1:00 Craft Class	28 Tuna Noodle Casserole Capri Blend Veggies Pickled Beets Fruit Pudding 10-12 Mahjong 10:15 Walking Club 12:30 50/50 Drawing 12:30 Writing Group 1:00 Cribbage
31  New Year's Eve Celebration!! 8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club NO Afternoon Activities	<p style="text-align: center;">The world is full of nice people. If you cannot find one, be one!</p>			

Director's Corner: From Carole's Desk to Your Home:

Blue looks good on the wall but it doesn't look good on you! If you have the holiday blues, come on down and see us. No transportation? Call us. We can pick you up and drive you back home when you are ready.

A Little Bit about Winter Weather Center Closings: Snow happens! Our policy is safety first. That means that sometimes we have to close. You can find out if we have closed by calling us or by listening to WLTN and WMUR. Want first-hand information? Add yourself to our call list and receive your own personal phone call every time that we close. And our general rule....if the surrounding schools close, we usually do too.

HELPFUL AGING TIPS By: Kate Kelly

Many worry about becoming forgetful and think it is the first sign of Alzheimer's. Forgetfulness can be a normal part of aging as changes occur in all parts of the body, including the brain. You may find it takes longer to remember information or where you put something or to learn new things. To keep your memory sharp, here are some tips: plan tasks, make "to do" lists, stay involved, engage in physical activity, limit alcohol. If concerned, talk with your doctor. And never lose your sparkle.

From Anne-Marie:

I want to THANK YOU ALL for helping us make our Senior Center such a fun place to be! We have a fun December with lots of amazing activities going on, from 2nd graders coming to sing Christmas carols and sharing cookies to a Christmas dinner and lots in between. We will also be ringing in the New Year in style!!! Come on down! We hope to see you and bring your friends! If you need a ride, calls us. We are open Mon-Fri 7 am- 4 pm Free coffee/Tea & Smiles!! Like us on Facebook... "Littleton Area Seniors and Friends-GCSCC" I try to post daily, ask us, we'll add you to our friends list, so you can keep up with all our events!
Anne-Marie—Outreach Worker, Activities Coordinator, Volunteer Coordinator, Assistant Director

Please Notice This

While we only require reservations for a few special dinners a year, we do sometimes (more and more) ask for people to sign up at the front desk for themed events / lunches. We love our cook, and we want to keep him happy. Giving him an estimated number of people to cook for rather than always having that number be up in the air makes him happy. Thank you!

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Littleton, NH

Grafton County Senior Citizens Council
LITTLETON AREA SENIOR CENTER
77 Riverglen Lane, Box 98
Littleton, NH 03561
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