

LITTLETON AREA SENIOR CENTER NEWS

JANUARY 2019



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



Meet the Staff

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

*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*

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!

IMPORTANT: We are closed on January 1st for New Years Day and January 21st for Civil Right's Day.

SPECIAL NOTICE: We are looking for Meals on Wheels drivers.

ONGOING EVENTS

MAHJONG FOR BEGINNERS: Fridays from 10-12. 1/4 1/11 1/18 1/25

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

ZUMBA: Thursdays 2:00 1/17 1/24 1/31

MAHJONG GAME: This is not the matching online version. Stop in and see what it's all about! Mondays 2:00 1/7 1/14 1/28 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. **ON HOLD UNTIL SPRING**

YOGA: Mondays 1pm All levels of fitness welcome. \$4 for seniors, \$6 for non-seniors 1/7 1/28

CRIBBAGE: Fridays at 1:00 1/4 1/11 1/18 1/25

WRITERS GROUP: On hold until spring

CRAFT CLASS: Thursdays 1:00 1/3 1/10 1/17 1/24 1/31

ART CLASS: Mondays 10:00 1/7 1/14 1/28

KNITTERS GROUP: Fri. 1/4 1/18 1:00

BONE BUILDERS: Class dates and times to choose from.

FOOT CLINIC: Call 444-5317 to schedule. 1/8 1/22 Available times are from 9 to 11 am.

BOOKCLUB: 1/29 Tuesday 1:00

LINE DANCING W/ BILLYE: Tues 1/15 1:00

GAME DAY: Drop-In Style Tues. 1/8 1/15 1/22 1/29

SURPRISE BINGO: Wed. 1/9 12:30

BIRTHDAY DINNER: First Thursday of every month. Join us for fun and music. Birthday cake and ice cream. 1/3

BLOOD PRESSURE: 1/10 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

FREE TAX PREPARATION: Hold onto that money of yours! AARP will be here on Tuesday afternoons until the end of tax season preparing your taxes for free. This is a free service for anyone of any age, but you must make an appointment by calling 444-6050.

AN OBJECT IN MOTION STAYS IN MOTION: And that is just what happened with our Body In Motion class - we took it one step further! This is the continuation of a class that started with our Experience Arts partnership. This class is open to everyone including beginners - no prior enrollment is required. And it's free!!!! Wednesdays 2-3:00 1/3 1/10 1/17 1/24

DID YOU KNOW?: Cribbage is played here on Fridays. Dominoes is played here on Tuesdays, and Chess is played occasionally.

LIFE LINE: Come out for a very informative presentation about Life Line and what it can do for you.. Technology has changed and that which didn't use to work for your situation before just might work now. Call for date and time.

FRAUD PRESENTATION: You can fall in love. Night falls. Waterfalls. But you should never fall for a scam, and we are here to help you! Sargent Ball from the Littleton Police Department will be here on Wed., January 2nd at 12:30 for a fraud prevention presentation to learn what you can do to keep from falling victim.

COMMUNITY DAY: Business owners of any age eat for free on Thursday, January 3rd. 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

"Some people are always grumbling because roses have thorns; I am thankful that thorns have roses." -Alphonse Karr



2
Teriyaki Chicken
Oriental Vegetables
Rice
Spinach & Mandarin Oranges
Pudding
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
12:30 Scam Presentation
2-3 Body In Motion

3
Pot Roast
Squash
Corn
Dinner Roll
Fruit
Cake & Ice Cream
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Food Raffle
1:00 Craft Class
Birthday Dinner

4
Mac & Cheese
Sausage
Stewed Tomatoes
Pickled Beets
Cookie
10-12 Mahjong
10:15 Walking Club
12:30 50/50 Drawing
1:00 Cribbage
1:00 Knitter Group

7
Beef Stroganoff
Egg Noodles
Carrots
Fruit
Pudding
8:30/9:45 Bone Builders
10:00 Art Class
10:15 Walking Club
1:00 Yoga
2:00 Mahjong

8
BLT's
Chips
Pickles
Peach Crisp
8:30 Bone Builders
9-11 Foot Clinic
9:30 Exercise Group
10:15 Walking Club
12:30 Game Day

9
Chicken & Gravy
Biscuit
Mixed Veggies
Cukes & Cottage Cheese
Fruit
Cake
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
12:30 Surprise Bingo
2-3 Body In Motion

10
Pork Roast
Mashed Potato
Green Beans
Tossed salad
Apple sauce
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

11
Spaghetti & Meatballs
Italian Veggies
Stewed Tomatoes
Garlic Bread
Fruit
Brownie
10:15 Walking Club
10:15 Mahjong
12:30 50/50 Drawing
1:00 Cribbage

14
Seasoned Chicken
Rice
Mixed Veggies
Spinach & Pears
Pudding
8:30/9:45 Bone Builders
10:00 Art Class
10:15 Walking Club
2:00 Mahjong

15
Creamed Chip Beef
Biscuit
Carrots
Pickled Beets
Fruit
Pudding
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Game Day
1:00 Line Dancing

16
Chicken Salad
Lettuce
Tomato
Pickles
Fruit
Cookie
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
2-3 Body In Motion

17
Ham
Scalloped Potatoes
Peas
Tossed Salad
Fruit
Cake
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Food Raffle
1:00 Craft Class
2:00 Zumba

18
Beans & Hot Dogs
Mixed Vegetables
Cole Slaw
Fruit
Cookie
10-12 Mahjong
10:15 Walking Club
12:30 50/50 Drawing
1:00 Cribbage
1:00 Knitters Group



22
American Chop Suey
Green Beans
Stewed Tomatoes
Apple Crisp
8:30 Bone Builders
9-11 Foot Clinic
9:30 Exercise Group
10:15 Walking Club
12:30 Game Day

23
Tuna Noodle Casserole
Capri Veggies
Corn Bread
Fruit Cocktail
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
2-3 Body In Motion

24
Chicken & Gravy
Mashed Potatoes
Peas & Carrots
Tossed Salad
Fruit
Cookie
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Food Raffle
1:00 Craft Class
2:00 Zumba

25
Sausage Subs
Peppers & Onions
Carrots
Tossed Salad
Fruit
Cake
10-12 Mahjong
10:15 Walking Club
12:30 50/50 Drawing
1:00 Cribbage

28
Sweet & Sour Meatballs
Rice
Green Beans
Cole Slaw
Fruit
Pudding
8:30/9:45 Bone Builders
10:00 Art Class
10:15 Walking Club
1:00 Yoga
2:00 Mahjong

29
Shepherd's Pie
Cottage Cheese & Spinach
Peach Crisp
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Game Day
1:00 Book Club

30
Chicken Alfredo
Egg Noodles
Broccoli
Tomato and Cukes
Fruit
Brownies
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
2-3 Body In Motion

31
Salisbury Steak
Gravy
Mashed Potatoes
Corn
Tossed Salad
Fruit
Cookie
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Food Raffle
1:00 Craft Class
2:00 Zumba

"Gratitude is riches. Complaint is poverty." - Doris Day

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

Baby it's cold out there! Kick away the winter blues and put a little spring back in your step before spring even gets here! How? Get out of the house and come see us! We have something for everyone; yes, even you.

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 WLTV 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

Skies may be gray but your spirits can remain sunny with these tips to beat the season blahs: 1) Employ Flower Power - yellow flowers work best for sunshine, energy and happiness; 2) Color Your World - brighten your days physically by adding touches of green or tangerine; 3) Walk Happy - happy people walk upright, steady and swing their arms; 4) Smile - even a fake smile helps release feel-good hormones. Also, remember to laugh. It reduces stress and overrides other emotions in the moment. And never lose your sparkle.

A LITTLE SOMETHING FROM THE WRITERS' GROUP:

Seniors
 Everyday Monday through Friday
 Need to be
 In on the enjoyment
 Of the
 Really Great Events at the
 Center and
 Everyone
 Needs to make friends
 That makes life
 Enjoyable for a
 Really great day!

From Anne-Marie:

Happy New Year...we have new activities planned too, so keep your eye out and hope to see you!
 Thank you to the Woodland School and Bethlehem Elementary for decorating our Meals on Wheels Holiday bags. They were so awesome!
 Thank you to the Honor Society for helping us with our Holiday dinners, to the Pine Hill Singers for their beautiful music, and to Lakeway second graders for the cookies, carols, and fun times. And thank you to all our volunteers for all you do - always!
Anne-Marie—Outreach Worker, Activities Coordinator, Volunteer Coordinator, Assistant Director

The menu in this newsletter is to be used as a guide and is subject to change.

Please Notice This



Many factors go into creating our menu. As such, sometimes things go awry. Most of the times, these things are out of our control.

In addition, this menu is for the dining room and is only used as a guideline for our home delivered meals. We try to copy it exactly, but sometimes we just cannot.

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 Permit No. 27
 Littleton, NH

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