

LITTLETON AREA SENIOR CENTER NEWS

FEBRUARY 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



*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 Thouin
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!

IMPORTANT: We are closed February 18th for Presidents' Day

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

ONGOING EVENTS

MAHJONG FOR BEGINNERS: Fridays from 10-12. 2/1 2/8 2/15 2/22

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

ZUMBA: Thursdays 2:00 2/7 2/14 2/21 2/28

MAHJONG GAME: This is not the matching online version. Stop in and see what it's all about! Mondays 2:00 2/4 2/11 2/25 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 2/4 2/11 2/25

CRIBBAGE: Fridays at 1:00 2/1 2/8 2/15 2/22

WRITERS GROUP: On hold until spring

CRAFT CLASS: Thursdays 1:00 2/7 2/14 2/21 2/28

ART CLASS: Mondays 10:00 2/4 2/11 2/25

KNITTERS GROUP: Fri. 2/1 2/15 1:00

BONE BUILDERS: Class dates and times to choose from.

FOOT CLINIC: Call 444-5317 to schedule. 12/12 2/26 Available times are from 9 to 11 am.

BOOKCLUB: 2/26 Tuesday 1:00

LINE DANCING W/ BILLYE: Tues 2/5 2/19 1:00

GAME DAY: Drop-In Style Tues. 2/5 2/12 2/19 2/26

SURPRISE BINGO: Wed. 2/6 12:30

BODY IN MOTION: Wed. 1-2 2/6 2/13 2/20 2/27

BIRTHDAY DINNER: First Thursday of every month. Join us for fun and music. Birthday cake and ice cream. 2/7

BLOOD PRESSURE: 2/14 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.

NEW HAMPSHIRE ALLIANCE FOR HEALTHY AGING: Dan Hobbs is the Elder Advocacy Coordinator for New Hampshire Legal Assistance and the NH Alliance of Healthy Aging. He will be giving a presentation on the legislative process in New Hampshire as well as how individual citizens can advocate for policies and issues they care about. If you are curious about the unique ways in which a bill becomes a law in NH or if you have every wanted to voice your opinion to lawmakers but didn't know quite how to go about it, this presentation is for you. Well, come to think about it... if you are aging in NH, then this presentation is for you! Thursday 2/14 at 12:30

VALENTINE'S DAY CELEBRATION: Valentine's Day Brunch at lunchtime and a nice basket will be raffled off too! 2/14

GIRLS & BOYS CLUB: Like kids but like to give them back too? Come join us on 2/28 at 10:30 for a reading party with the Boys and Girls Club.

HEALTH & RESOURCE FAIR: Friday 2/22 from 10-1 FREE and open to the public. Various clinics will be available...vision, diabetes, BP, the Littleton Lion's programs, and information tables too....mark your calendars!! Free refreshments.

COMMUNITY DAY: Business owners of any age eat for free on Thursday, February 7th. 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.

The menu in this newsletter is to be used as a guide and is subject to change. Many factors go into creating our menu. As such, sometimes things go awry. Most of the time, 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.

1



Soup & Sandwich Buffet

10-12 Mahjong
10:15 Walking Club
12:30 50/50 Drawing
1:00 Cribbage
1:00 Knitter Group

4

Kielbasa
Sauerkraut
Cornbread
Tomato & Cucumber Salad
Yogurt with Berries

8:30/9:45 Bone Builders
10:00 Art Class
10:15 Walking Club
1:00 Yoga
2:00 Mahjong

5

Ziti with Meat Sauce
Mixed Vegetables
Tossed Salad
Apple Crisp
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Game Day
1:00 Line Dancing
AARP Taxes

6

Chicken Marsala
Mashed Potato
Italian Vegetables
Pickled Beets
Fruit
Oreo Dessert
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
12:30 Surprise Bingo
1:00 Body In Motion

7

Pot Roast
Squash
Green Beans
Dinner Roll
Fruit
Cake
Sherbet
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Food Raffle
1:00 Craft Class
2:00 Zumba
Birthday Dinner

8

BLT's
Chips
Pickles
Fruit
Cookie
10:15 Walking Club
10-12 Mahjong
12:30 50/50 Drawing
1:00 Cribbage

11

Teriyaki Chicken
Rice
Oriental Vegetables
Spinach & Mand. Oranges
Pudding
8:30/9:45 Bone Builders
10:00 Art Class
10:15 Walking Club
1:00 Yoga
2:00 Mahjong

12

Beef & Bean Casserole
Rotini Salad
Fruited Jell-O
8:30 Bone Builders
9-11 Foot Clinic
9:30 Exercise Group
10:15 Walking Club
12:30 Game Day
AARP Taxes

13

Macaroni & Cheese
Sausage
Stewed Tomatoes
4 Bean Salad
Fruit
Brownie
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
1:00 Body In Motion

14



Valentine's Day Brunch
Buffet at Noon

8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
11-12 Blood Pressure
12:30 Food Raffle
12:30 Presentation
1:00 Craft Class
2:00 Zumba

15

Chicken Salad
Lettuce & Tomato
Chips
Pickles
Fruit
Cookie
10-12 Mahjong
10:15 Walking Club
12:30 50/50 Drawing
1:00 Cribbage
1:00 Knitters Group

18

CLOSED

HAPPY PRESIDENTS DAY!



19

American Chop Suey
Green Beans
Stewed Tomatoes
Fruit Pies
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Game Day
1:00 Line Dancing
AARP Taxes

20

Beans & Hot Dogs
Cali Blend Vegetables
Coleslaw
Fruit
Cake
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
1:00 Body In Motion

21

Ham & Scalloped Potatoes
Peas
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

22

Seasoned Chicken
Rice
Capri Blend veggies
Spinach & Pears
Yogurt with Berries
10-12 Mahjong
10-1 Health Fair
10:15 Walking Club
12:30 50/50 Drawing
1:00 Cribbage

25

Stuffed Shells
Green Beans
Sausage
Spinach & Mand. Oranges
Pudding

8:30/9:45 Bone Builders
10:00 Art Class
10:15 Walking Club
1:00 Yoga
2:00 Mahjong

26

BBQ Chicken
Cornbread
Mixed Vegetables
Coleslaw w Pineapple
Jell-O
8:30 Bone Builders
9-11 Foot Clinic
9:30 Exercise Group
10:15 Walking Club
12:30 Game Day
1:00 Book Club
AARP Taxes

27

Shepherds Pie
Dinner Roll
Pickled Beets
Peach Crisp
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
1:00 Body In Motion

28

Pork Chops
Gravy
Mashed Potatoes
Peas & Carrots
Tossed Salad
Applesauce
Cookies
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
10:30 Boys & Girls Club
12:30 Food Raffle
1:00 Craft Class
2:00 Zumba

Life is easier when you give thanks for what you have rather than complaining about what you don't have.

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

Ahhh... February - a time when the days get longer, the sky is suddenly more blue, and you just know that spring is right around the corner. It is also the perfect time to come on down and see what is going on at your local senior center. I know, I know...it's scary walking into a new place all by yourself and not knowing how any of it works. Just remember that every other person who you see when you walk through the door was at one point coming here for the very first time just like you are now. And they all survived! You will too!!

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

TLC for your joints today can make them less painful tomorrow. Prevention is the best medicine and here are some ways to start: Watch your waistline: doing so minimizes the weight load on your knees and hips. Even 10 lbs. reduces chance of osteoarthritis by 50%; Drink water: well-hydrated tissue handles a heavy load better; Talk a walk: movement lubricates joints; Work up a sweat: exercise stimulates cartilage and builds muscles around joints; Warm-up: ease into exercise by allowing joints to warm up for less chance of injury; and, Monitor pain: some fatigue or muscle soreness is normal after a workout but if pain while exercising, give it a rest and switch to a lower-impact activity like swimming. It is never too late to start. Your joints will appreciate the help. And never lose your sparkle.

From Anne-Marie:

Do you miss our local channel 2 TV station? Did you know if you have Spectrum Cable you can find our local station on channel 1301 its now called "Granite North"?

Upcoming events include Mardi Gras, St. Patrick's Day, lunch and a movie, and much more.

Anne-Marie—Outreach Worker, Activities Coordinator, Volunteer Coordinator, Assistant Director

Please Notice This

We are a lot of things but mind readers are not one of them! If you want something, ask. If you need something, tell us.

HELP WANTED!!

Now hiring a fill-in, on call bus driver. Wait! Don't pick up that phone just yet! There are a few things you need to know first. You must have a clean driving record. You must be willing to attend some all day DOT trainings that occur only on Saturdays and are never close to home. We will pay you for this time though, so that is something! We will also pay you for up to a two week on the job training stint with our current drivers. But in the end, you must not want to work too often and probably more like barely at all. This is a sub driver position (but not a sub par position), mostly for the winter months. Our fulltime regular bus drivers are pretty healthy fellows who don't take much time off, so you may get called only once or twice a year.

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Littleton, NH

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77 Riverglen Lane, Box 98
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