

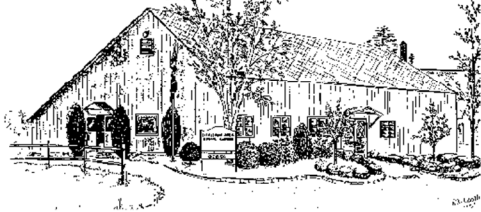
LITTLETON AREA SENIOR CENTER NEWS

MARCH 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 Bea, Bev, and Cat
Office Support Judy Szczepaniak
MaintenanceJohn Moodie
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: Dine for A Cause with us at Topic of the Town on Thursday, March 28th from 5-8. All proceeds will go toward our Meals on Wheels program, so please come out and support us!

AFTER HOURS: We will be holding a bake sale at Shaw's on Saturday March 2nd. All proceeds will go toward our Meals on Wheels program, so please come out and support us!

ONGOING EVENTS

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

ZUMBA: Thursdays 2:00 3/7 3/14 3/21 3/28

MAHJONG GAME: This is not the matching online version. Stop in and see what it's all about! Mondays 2:00 3/4 3/11 3/18 3/25 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 3/4 3/11 3/18 3/25

CRIBBAGE: Fridays at 1:00 3/1 3/8 3/15 3/22 3/29

WRITERS GROUP: On hold until spring

CRAFT CLASS: Thursdays 1:00 3/7 3/14 3/21 3/28

ART CLASS: Mondays 10:00 3/4 3/11 3/18 3/25

KNITTERS GROUP: Fri. 3/1 3/15 1:00

BONE BUILDERS: Class dates and times to choose from.

FOOT CLINIC: Call 444-5317 to schedule. 3/12 3/26 Available times are from 9 to 11 am.

BOOKCLUB: 3/26 Tuesday 1:00

LINE DANCING W/ BILLYE: Tues 3/5 3/19 1:00

GAME DAY: Drop-In Style Tues. 3/5 3/12 3/19 3/26

SURPRISE BINGO: Wed. 3/20 12:30

BIRTHDAY DINNER: First Thursday of every month. Join us for fun and music. Birthday cake and ice cream. 3/7

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: This is a free program for all ages. Please call for an appointment. Tuesday's only.

MARDI GRAS PARTY: You don't have to travel to New Orleans to have a good time. The Senior Center is the place to be to celebrate Mardi Gras. Come down for great food, wonderful music, and lots of fun on Fat Tuesday, March 5th.

TRIVIA WITH BILL: Did you know that there are three main benefits to playing trivia? Studies show that playing trivia releases dopamine in the brain which makes you feel better, builds social interaction with little or no effort at all, and can ward off dementia by rewiring focus. Plus, it is just plain fun! Wed. 3/13 12:30

MOVIE & POPCORN: Do you like going to the movies but don't like being out after dark? If so, we have the solution! We just bought our license to show movies, and the first one will be on Wednesday, March 6th at 12:30. Ask Anne-Marie for details. This is a free event and the more the merrier!

ST PATRICK'S DAY: Come join us for a corned beef and cabbage dinner. Irish music from our Uke group will abound before lunch and the fun will be endless! Please sign up at the front desk. 3/14

WAYNE ON SAXOPHONE: Wayne will be entertaining us on Thursday, March 28th,

COMMUNITY DAY: Business owners of any age eat for free on Thursday, March 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Please Notice This



We need more Meals on Wheels volunteer drivers. Could this be you?

1
Tuna Noodle Casserole
Mixed Vegetables
Pickled Beets
Fruit Pies
10:15 Walking Club
12:30 50/50 Drawing
12:30 Movie Day
1:00 Cribbage
1:00 Knitter Group

4
Chicken Marsala
Mashed Potato
Mixed Vegetables
Fruit
Pudding
8:30/9:45 Bone Builders
10:00 Art Class
10:15 Walking Club
1:00 Yoga
2:00 Mahjong

5
Buffet
Mardi Gras Themed Buffet
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Game Day
1:00 Line Dancing
AARP Taxes

6
BLT Wraps
Chips
Pickles
Fruit
Cookie
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
12:30 Movie Day

7
Pot Roast
Squash
Green Beans
Fruit
Cake
Sherbet
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Food Raffle
1:00 Craft Class
Birthday Dinner

8
Buffet
Soup and Sandwich
10:15 Walking Club
12:30 50/50 Drawing
1:00 Cribbage

11
Baked Ziti
Mixed Vegetables
Spinach & Pears
Oreo Dessert
8:30/9:45 Bone Builders
10:00 Art Class
10:15 Walking Club
1:00 Yoga
2:00 Mahjong

12
Chicken & Gravy
Mashed Potato
Corn
Tossed Salad
Peach Crisp
8:30 Bone Builders
9-11 Foot Clinic
9:30 Exercise Group
10:15 Walking Club
12:30 Game Day
AARP Taxes

13
Tuna Roll
Lettuce & Tomato
Chips
Pickles
Fruit
Jell-O
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
12:30 Trivia with Bill

14
St. Patrick's Day
Corned Beef & Cabbage
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
11-12 Blood Pressure
12:30 Food Raffle
1:00 Craft Class

15
Sausage Subs
Peppers & Onions
Tator Tots
Tomato & Cucumber
Fruit
Cookie
10:15 Walking Club
12:30 50/50 Drawing
1:00 Cribbage
1:00 Knitters Group

18
Chicken Alfredo
Egg Noodles
Broccoli
Pickled Beets
Fruit Cocktail
8:30/9:45 Bone Builders
10:00 Art Class
10:15 Walking Club
1:00 Yoga
2:00 Mahjong

19
Cheeseburgers
Seasoned Potatoes
Peas
Lettuce & Tomatoes
Apple Crisp
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Game Day
1:00 Line Dancing
AARP Taxes

20
Beef & Bean Casserole
Rotini Salad
Yogurt & Berries
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group
12:30 Surprise Bingo

21
Ham & Scalloped Potatoes
Green Beans
Tossed Salad
Fruit Brownie
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
12:30 Food Raffle
1:00 Craft Class

22
Buffet
Cook's Choice
10:15 Walking Club
12:30 50/50 Drawing
1:00 Cribbage

25
Beans & Hot Dogs
Cornbread
Cole Slaw
Fruit Pies
8:30/9:45 Bone Builders
10:00 Art Class
10:15 Walking Club
1:00 Yoga
2:00 Mahjong

26
Chicken Salad Wraps
Lettuce & Tomato
Chips
Pickles
Fruit
Cookie
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
American Chop Suey
Green Beans
Tomato & Cucumbers
Fruit
Pudding
8:30/9:45 Bone Builders
10:15 Walking Club
10:30 Exercise Group

28
Salisbury Steak
Mashed Potato
Corn
Tossed Salad
Fruit
Cake
8:30 Bone Builders
9:30 Exercise Group
10:15 Walking Club
10:30 Boys & Girls Club
11:00 Wayne on the Sax
12:30 Food Raffle
1:00 Craft Class
5:00 Topic Dine For A Cause

29
Shepherd's Pie
Dinner Roll
Pickled Beets
Peaches & Yogurt
10:15 Walking Club
12:30 50/50 Drawing
1:00 Cribbage

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

It's March and that only means one thing...No, not March Madness! The month of March mobilizes hundreds of Meals on Wheels programs across the country to reach out to their communities and to build the support that helps to sustain them all year long. Of course, it is quite chilly here in the North Country in March, so we wait until May to hold our signature event, the 5K Step Up, Stop Hunger Walkathon. This year our walkathon will be held on May 18th at our sister center in Haverhill.

Last year, the Littleton Area Senior Center delivered nearly 50,000 Meals on Wheels to our area's homebound residents. Yes, I know that looks like a typo, but it is not! 50,000 home delivered meals. And we are a non profit that does not bill for services, so we rely on this fundraiser for direct purchase of food.

There are plenty of ways to help us, including being a team leader, joining an existing team, sponsoring someone, just making a donation, or volunteering at the event. Call me for more information. 444-6050

HELPFUL AGING TIPS By: Kate Kelly

HELPFUL AGING TIPS by Kate Kelly

Pure and simple, hugs improve our mood, turns down our response to stress and can even boost immune system, according to a study on the benefits of hugging. In fact, we now have professional huggers and cuddle parties. Welcome to 2019! But you can simply squeeze a loved one before heading out the door to ward off a conflict with someone later. Your mood may be less affected. So find someone to hug: a mate, a friend, a neighbor, a relative, even your pet. It's free and only costs a welcome with open arms. And never lose your sparkle!

From Anne-Marie:**MARCH Fun Facts...**

Was there really a St Patrick??? Definitely.

Blue was the color originally associated with St. Patrick, but green is now favored.

St Patrick's Day is the traditional day for planting peas. Cabbage seeds are planted this day too, and old-time farmers believed that to make them grow well, you needed to plant them while wearing your jammies!

In March, we spring forward "Daylight Saving" this all began around 1792 ...Spring IS coming!

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

A Little Bit about Winter Weather And Center Closings: Yes, you are right; it is March and it should be spring, but that isn't always how it works up here. 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.

RETURN SERVICE REQUESTED

Littleton, NH 03561

77 Riverglen Lane, Box 98

LITTLETON AREA SENIOR CENTER

Grafton County Senior Citizens Council

NON-PROFIT ORG
US POSTAGE PAID
Permit No. 27
Littleton, NH