

LITTLETON AREA SENIOR CENTER NEWS

APRIL 2019

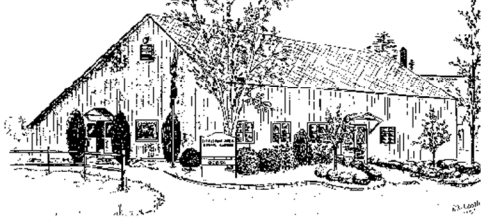


77 Riverglen Lane • PO Box 98
Littleton, NH 03561

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 Thoun
Kitchen Aide Roberta D'Etchevery
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
Maintenance Open
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 know that the lines marking the fire lanes around our building are covered in sand and snow and therefore virtually invisible, but that does not make it safe to park there. Besides being a safety hazard, you run the risk of having your vehicle hit by the large food delivery trucks and garbage removal trucks that frequent our building and the one next door. Please use designated parking spots only even if you are just running in to get your Meals on Wheels bag. Safety is no accident!

ONGOING EVENTS

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

ZUMBA: Thursdays 2:00 4/4 4/11

MAHJONG GAME: This is not the matching online version. Stop in and see what it's all about! Mondays 2:00 4/1 4/8 4/15 4/22 4/29 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 4/1 4/8 4/15 4/22 4/29

CRIBBAGE: Fridays at 12:30 4/5 4/12 4/19 4/26

WRITERS GROUP: On hold until spring

CRAFT CLASS: Thursdays 1:00 4/4 4/11 4/18 4/25

ART CLASS: Mondays 10:00 4/1 4/8 4/15 4/22 4/29

KNITTERS GROUP: Fri. 4/5 4/19 1:00

BONE BUILDERS: Class dates and times to choose from.

BOOKCLUB: 4/30 Tuesday 1:00

LINE DANCING W/ BILLYE: Tues 4/2 4/16 1:00

GAME DAY: Drop-In Style Tues. 4/2 4/9 4/16 4/23 4/30

SURPRISE BINGO: Wed. 4/10 12:30

BIRTHDAY DINNER: First Thursday of every month. Join us for fun and music. Birthday cake and ice cream. 4/4

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

DON'T MISS YOUR CHANCE TO SPEAK UP: Representatives from Congresswoman Ann McLane Kuster's Office (NH-02) will be available to discuss the issues that are important to you on Thursday, April 11th here at the senior center. In addition, her office is available to help in any way possible. She can provide assistance with issues involving federal agencies, like the Social Security Administration, the Centers for Medicare and Medicaid Services and the Veterans Administration, as well as school internships, flag requests and Congressional recognitions for outstanding public achievements. If her office may be of assistance to you, please do not hesitate to reach out to her at erin.cotton@mail.house.gov, or (603) 226-1002.

TIME TRAVEL WITH DICK: Join us on Tuesday 4/23 at 12:30 while we travel back in time with Dick Alberini with his presentation of "Littleton 100+ Years". Dick is always very entertaining!

MOVIE & POPCORN: Time change or no time change, waiting until after dinner to see a movie is a hassle, and we have the solution. Join us on Wed., April 3rd at 12:30 as we air a movie with our big screen and surround sound. Ask Anne-Marie for details. This is a free event and the more the merrier! Popcorn and coffee is available but BYOS (snacks not schnapps!).

DIABETIC SHOE CLINIC: Diabetic, have Medicare, and looking for a pair of therapeutic shoes or inserts? Look no further. This is a full service clinic you shouldn't miss. 4/19 10:00 Please call to sign up.



ADVANCE HEALTHCARE DIRECTIVES AND LIVING WILLS: This is a one stop, no cost, no brainer event for everyone. LRH will be here on Thursday, April 18th at 4pm, and you will walk away with a fully notarized Living Will.

COMMUNITY DAY: Business owners of any age eat for free on Thursday, April 4th. 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
1 Chicken Marsala Mashed Potatoes Mixed Vegetables Fruit Pudding 8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club 1:00 Yoga 2:00 Mahjong	2 Steak & Cheese Subs Peppers & Onions Coleslaw Fruit Pies 8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 12:30 Game Day 1:00 Line Dancing	3 Stuffed Shells Mixed Vegetables Cornbread Spinach & Pears Jell-O 8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group 12:30 Movie Day	4 Pot Roast Squash Green Beans Fruit Cocktail Cake & Sherbet 8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 12:00 Birthday Dinner 12:30 Food Raffle 1:00 Craft Class 2:00 Zumba	5 Chicken Casserole Tossed Salad Apple Crisp 10:15 Walking Club 12:30 50/50 Drawing 12:30 Cribbage 1:00 Knitter Group
8 Meatball Subs Mixed Vegetables Roasted Potatoes Pasta Salad Yogurt & Berries 8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club 1:00 Yoga 2:00 Mahjong	9 BLT Wraps Chips Pickles Fruit Cookie 8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 12:30 Game Day	10 Kielbasa Sauerkraut Cornbread Tomato & Cuke Salad Fruit Jell-O 8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group 12:30 Surprise Bingo	11 Chicken & Gravy Mashed Potatoes Peas & Carrots Tossed Salad Fruit Cookie 8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 11-12 Blood Pressure 11:30 Kuster 12:30 Food Raffle 1:00 Craft Class 2:00 Zumba	 Cook's Choice 10:15 Walking Club 12:30 50/50 Drawing 12:30 Cribbage
15 Baked Ziti Green Beans Cornbread Cole Slaw & Pineapple Pudding 8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club 1:00 Yoga 2:00 Mahjong	16 Chef Salad 8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 12:30 Game Day 1:00 Line Dancing	17 Teriyaki Chicken Rice Mixed Vegetables Pickled Beets Fruited Jell-O 8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group	18 <h3>Easter</h3> <h3>Ham Dinner</h3> 8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 12:30 Food Raffle 1:00 Craft Class 4:00 Onsite Advance Directive	19 Beef & Bean Casserole Spinach & Cottage Cheese Fruit Cookie 10:00 Diabetic Shoe 10:15 Walking Club 12:30 50/50 Drawing 12:30 Cribbage 1:00 Knitters Group
22 Chicken Alfredo Egg Noodles Broccoli Spinach & Peaches Choc. Cream Pie 8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club 1:00 Yoga 2:00 Mahjong	23 Meatloaf Mashed Potatoes Peas Tossed Salad Yogurt & Berries 8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 12:30 Dick's 100 Years	24 Beans & Hot Dogs Mixed Vegetables Coleslaw Fruit Cake 8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group	 Pizza Party Buffet 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	26 Salisbury Steak Mashed Potatoes Corn Spinach & Pears Pudding 10:15 Walking Club 12:30 50/50 Drawing 12:30 Cribbage

29
 Shephard's Pie
 Dinner Roll
 Pickled Beets
 Fruit
 Cookie

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

30
 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 Book Club

Announcing Grafton County Senior Citizen Council's 2019 Annual Meeting.
You are invited to join us on Monday, April 1st at 11:45am for the 2019 Annual Meeting of GCSCC at the Upper Valley Senior Center, 10 Campbell Street, Lebanon, NH. The annual business meeting and keynote address, presented by GCSCC Executive Director Kathleen Vasconcelos, will immediately follow lunch. To reserve lunch, please call Jill Vahey at 448-4213 or e-mail jvahey@gcsc.org.

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

Ahhhh, spring...I think that it is finally here! It's time to get out and enjoy the fresh air, bright sun, and warmer days. Place us on your destination list and start putting some spice back into your life. We have something for everyone.

Our annual Meals on Wheels walkathon is upon us! The purpose of GCSCC and the Littleton Area Senior Center is to develop, strengthen, and provide programs which support the health, dignity, and independence of older adults and adults with disabilities within the community. An integral part of this service is our Meals on Wheels program, which provides older adults with hot, nutritious meals along with a friendly visit from a trained driver. For many of our clients, the driver is the only person who the home delivered meals recipient sees all day. Since we do not bill for this service, we must raise money in other ways. One of those ways includes our annual walkathon event. This year's event will be hosted by our sister center in Haverhill, NH on Saturday, May 18th. *Team Littleton* hopes to bring home the gold with the most donations received. All monies raised in our area will remain in our area and will be used for direct purchase of food. Please call us if you would like to participate in the walk-a-thon, make a donation, organize a fundraiser for us, or just help out in any way.

HELPFUL AGING TIPS By: Kate Kelly

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Most of us suffer from back pain eventually. Here are 5 surprising reasons your back may be killing you. 1) Feeling down -- the theory is that people who are depressed are less likely to exercise and may have disturbed sleep; 2) Tight hips -- a lifetime of sitting steadily decreases hip mobility putting strain on lower back; 3) Heavy in the front -- being overweight in your gut tilts your pelvis and increases the curve of your spine; 4) On phone all the time -- bending the neck to read or text puts up to an extra 60 pounds of force on spine; and 5) Bad feet -- any pain that affects your gait can throw out your back. Solutions are exercise including stretching and flexibility, therapy for depression, good posture and checking out pain issues early to prevent collateral damage. And never lose your sparkle!

From Anne-Marie:

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

We are planning our Spring & Summer events and we'd love to hear your ideas too, you can email me adonlon@gcsc.org or call 444-6050.

Thank you to everyone for an awesome turnout for our Health & Resource fair!

Thank you to all who have been attending the events. The more of you that come, the more I plan. We have lots of fun. You should check us out.

Our movie days are going great. This month, it is 4/3. Feel free to bring a snack to share if you would like. Come and join us!

APRIL Fun Facts... Natural Remedies For Getting Rid of Pesky Colds

Rose hip tea is full of vitamin C, Lemons, oranges & apple cider can all prevent colds!

For chills, take fresh gingerroot

Boil a whole onion then drink the water, add butter, S & P if desired

Horseradish generates lots of heat to offset colds, a daily horseradish sandwich is the best cold remedy out there according to an old remedy

Spicy foods like chili help to clear sinuses

Did you know?

Your local senior center is a program of the Grafton County Senior Citizens Council (GCSCC). Contributions from donors like you 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 government funds. The rest is from local communities and individuals who donate to GCSCC to support local senior centers. Please consider donating, either by mail (GCSCC, 10 Campbell St., Lebanon, NH 03766) or online (www.gcsc.org). Thank you for your generosity!

RETURN SERVICE REQUESTED

Littleton, NH 03561

77 Riverglen Lane, Box 98

LITTLETON AREA SENIOR CENTER

Grafton County Senior Citizens Council

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Littleton, NH