

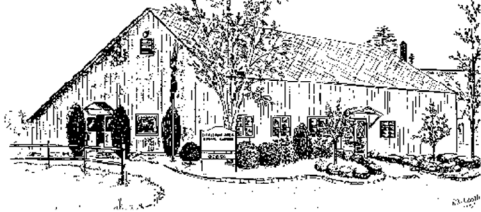
# LITTLETON AREA SENIOR CENTER NEWS

MAY 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

Director .....Carole 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'Etcheverry  
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 ..... This could be you!  
Resale Donations..... This could be you!

## 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 have expanded our bus schedule to serve you more efficiently. We now have two buses, running all five days of the week. We encourage you to speak with your bus drivers to hear how this expanded service may improve your experience.

**NOTICE:** We are closed on Monday, May 27th in observance of Memorial Day.

**DON'T FORGET:** Our annual Meals on Wheels walkathon is on May 18th at 9:00 at the Horsemeadow Senior Center in Haverhill, NH. See you there!

## 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 5/2 5/9 5/16 5/23 5/30

**MAHJONG GAME:** This is not the matching online version. Stop in and see what it's all about! Mondays 2:00 5/6 5/13 5/20 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 5/6 5/13 5/20

**CRIBBAGE:** Fridays at 12:30 5/3 5/10 5/17 5/24 5/31

**WRITERS GROUP:** On hold until spring

**CRAFT CLASS:** Thursdays 1:00 5/2 5/9 5/16 5/23 5/30

**ART CLASS:** Mondays 10:00 5/6 5/13 5/20

**KNITTERS GROUP:** Fri. 5/3 5/17 1:00

**BONE BUILDERS:** Class dates and times to choose from.

**BLOOD PRESSURE CLINIC:** Thursday 5/9 11-12

**BOOKCLUB:** 5/28 Tuesday 1:00

**LINE DANCING W/ BILLYE:** Tues 5/7 5/21 1:00

**GAME DAY:** Drop-In Style Tues. 5/7 5/14 5/21 5/28

**SURPRISE BINGO:** Wed. 5/15 12:30

**BIRTHDAY DINNER:** First Thursday of every month. Join us for fun and music. Birthday cake and ice cream. 5/2

**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

**CINCO DE MAYO:** Or Cinco de tres because our celebration is on the 3rd, but tomaato, tomahhto - either way, you do not want to miss this event. Ole'! Friday, May 3rd

**NEW FOOT CLINIC:** Tuesday the 14th and the 28th. Call us to make an appointment.

**MOTHER'S DAY BRUNCH:** Mother's Day - not just for mothers anymore! This event is open to everyone, so please join us on May 10th for a brunch for lunch at noon and lots of special surprises!

**MOVIE DAY:** It's a bird; it's a plane; it's probably not Superman, but we will be showing some movie that you won't want to miss on May 8th at 12:30. Feel free to sneak snacks in just like the real theaters!

**MEMORIAL DAY REMEMBRANCE AND CELEBRATION:** Kick off spring with a BBQ cookout. Sandals and white pants welcomed but not required!! 5/24

**COMMUNITY DAY:** Business owners of any age eat for free on Thursday, May 2nd. 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
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<p><b>Are you over 55 and bored? Would you like to add a little extra spending money to your pocket? We are looking for a handy man or woman who has a great attitude, who can sport a smile while being told what to do by just about everyone, and who can run a vacuum. Income eligibility applies as well as a background check.</b></p>	<p><b>1</b> Chicken Salad wraps Lettuce &amp; Tomatoes Chips Pickles Fruited Jell-O <b>8:30/9:45 Bone Builders</b> <b>10:15 Walking Club</b> <b>10:30 Exercise Group</b></p>	<p><b>2</b> Pot Roast Squash Green Beans Fruit Cocktail Cake &amp; Sherbet <b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:15 Walking Club</b> <b>12:00 Birthday Dinner</b> <b>12:30 Food Raffle</b> <b>1:00 Craft Class</b> <b>2:00 Zumba</b></p>	<p><b>3</b>  <b>Cinco De Mayo Buffet</b> <b>10:15 Walking Club</b> <b>12:30 50/50 Drawing</b> <b>12:30 Cribbage</b> <b>1:00 Knitters Group</b></p>
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<p><b>6</b> Meatball Subs Tator Tots Mixed Vegetables Cole Slaw Fruit Cookie  <b>8:30/9:45 Bone Builders</b> <b>10:00 Art Class</b> <b>10:15 Walking Club</b> <b>1:00 Yoga</b> <b>2:00 Mahjong</b></p>	<p><b>7</b> Seasoned Chicken Rice Capri Vegetables Spinach &amp; Mandarin Oranges Brownie  <b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:15 Walking Club</b> <b>12:30 Game Day</b> <b>1:00 Line Dancing</b></p>	<p><b>8</b> Mac &amp; Cheese Stewed Tomatoes Sausage Four Bean Salad Apple Crisp  <b>8:30/9:45 Bone Builders</b> <b>10:15 Walking Club</b> <b>10:30 Exercise Group</b> <b>12:30 Movie Day</b></p>	<p><b>9</b> Roast Pork Mashed Potatoes Corn Tossed Salad Fruit &amp; Yogurt <b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:15 Walking Club</b> <b>11-12 Blood Pressure</b> <b>12:30 Food Raffle</b> <b>1:00 Craft Class</b> <b>2:00 Zumba</b></p>	<p><b>10</b>  <b>Mother's Day Brunch Buffet at Noon</b>  <b>10:15 Walking Club</b> <b>12:30 50/50 Drawing</b> <b>12:30 Cribbage</b></p>
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<p><b>13</b> Creamed Chip Beef Biscuits Carrots Pickled Beets Fruit Pudding <b>8:30/9:45 Bone Builders</b> <b>10:00 Art Class</b> <b>10:15 Walking Club</b> <b>1:00 Yoga</b> <b>2:00 Mahjong</b></p>	<p><b>14</b> Ziti Meat Sauce Green Beans Dinner Rolls Tossed Salad Fruit Cake  <b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:00 Foot Clinic</b> <b>10:15 Walking Club</b> <b>12:30 Game Day</b></p>	<p><b>15</b> BLT Wraps Chips Pickles Fruit cookies <b>8:30/9:45 Bone Builders</b> <b>10:15 Walking Club</b> <b>10:30 Exercise Group</b> <b>12:30 Surprise Bingo</b></p>	<p><b>16</b> Chicken &amp; Gravy Mashed Potatoes Broccoli Tossed Salad Fruit Cake <b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:15 Walking Club</b> <b>12:30 Food Raffle</b> <b>1:00 Craft Class</b></p>	<p><b>17</b> Sausage Subs Peppers &amp; Onions Seasoned Potatoes Strawberry Shortcake  <b>10:15 Walking Club</b> <b>12:30 50/50 Drawing</b> <b>12:30 Cribbage</b> <b>1:00 Knitters Group</b></p>
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<p><b>20</b> Beef &amp; Bean Casserole Dinner Roll Cottage Cheese &amp; Cukes Fruit Oreo Dessert <b>8:30/9:45 Bone Builders</b> <b>10:00 Art Class</b> <b>10:15 Walking Club</b> <b>1:00 Yoga</b> <b>2:00 Mahjong</b></p>	<p><b>21</b> Teriyaki Chicken Rice Oriental vegetables Spinach &amp; Mandarin Oranges Fortune Cookie  <b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:15 Walking Club</b> <b>1:00 Line Dancing</b></p>	<p><b>22</b> Steak &amp; Cheese Subs Peppers &amp; Onions Tator Tots Cole Slaw Fruit Brownie <b>8:30/9:45 Bone Builders</b> <b>10:15 Walking Club</b> <b>10:30 Exercise Group</b></p>	<p><b>23</b> Ham Scalloped Potatoes Carrots Tossed Salad Apple Crisp <b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:15 Walking Club</b> <b>12:30 Food Raffle</b> <b>1:00 Craft Class</b></p>	<p><b>24</b>  <b>Memorial Day Cookout</b>  <b>10:15 Walking Club</b> <b>12:30 50/50 Drawing</b> <b>12:30 Cribbage</b></p>
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<p><b>27</b>  <b>Memorial Day</b></p>	<p><b>28</b> American Chop Suey Green Beans Tomato &amp; Cuke Salad Fruit Pudding <b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:00 Foot Clinic</b> <b>10:15 Walking Club</b> <b>12:30 Game Day</b> <b>1:00 Book Club</b></p>	<p><b>29</b> Beans &amp; Hot Dogs Mixed Vegetables Pasta Salad Fruit Cocktail  <b>8:30/9:45 Bone Builders</b> <b>10:15 Walking Club</b> <b>10:30 Exercise Group</b></p>	<p><b>30</b> Salisbury Steak Mashed Potatoes Coen Tossed Salad Fruit Cookie <b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:15 Walking Club</b> <b>12:30 Food Raffle</b> <b>1:00 Craft Class</b></p>	<p><b>31</b> Shepard's Pie Dinner Roll Pickled Beets Yogurt &amp; Berries  <b>10:15 Walking Club</b> <b>12:30 50/50 Drawing</b> <b>12:30 Cribbage</b></p>
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**Director's Corner: From Carole's Desk to Your Home:**

May is a wonderful month. Actually, all the months are wonderful; you just have to find the beauty in them. And the beauty in May is our annual walkathon fundraising event for our local Meals on Wheels program. So push, pull, or drag your friends to the Horsemeadow Senior Center in Haverhill, and join us on May 18th at 9:00. There will be plenty of activities for all ages and you don't even have to walk!

**HELPFUL AGING TIPS By: Kate Kelly**

4 Things You Should Know About Chocolate: 1) Milk chocolate has health benefits: A bar contains 10-25% cocoa (flavonoids); 2) Chocolate craving is real: It contains chemicals that improve moods; 3) Small portions give biggest perks: 1 oz. daily or about 6 Hershey's Kisses or 1 Ghirardelli square will do it, and; 4) It spoils: Will smell weird so put in airtight container in cool, dark place. As for white chocolate -- it doesn't contain any cocoa solids from the bean which has the flavonoids. Have a piece for me and never lose your sparkle!

**VOLUNTEER:** Remember when your kids were younger and it was easy to meet new people because you were all sitting together on the bleachers of a Little League game? It's not so easy now, is it? If you answered yes Carole, it is not so easy, then you are wrong. It is still that easy! The venue has just changed. Come in and volunteer. You can do anything you want...dust, wash windows, paint, garden, file, pack Meals on Wheels bags, deliver meals, answer the phones, or contribute in any way that you can possibly imagine, and you'll be pleasantly surprised at how easy it is to meet new people with whom you once again have things in common.

**WISH LIST:**

Indoor yard sale items - no furniture or TV's please  
Color copy machine  
Horseshoe set  
Pop-up tent  
Hanging potted flowers for the front entrance  
A big strong broom to sweep outside  
A smaller broom for Judy A. to ride!

**From Anne-Marie:**

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

Happy Spring! Come on down and tell us what activities you would like to see this spring and summer. We are here for you!

**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](http://www.gcsc.org)). Thank you for your generosity!

**FOR THOSE OF YOU WHO THINK THAT BEING A "SENIOR"**

**IS BEING OLD:** Did you know that Simon Cowell, Val Kilmer, Kevin Spacey, Magic Johnson, Weird Al Yankovic, Bryan Adams, Fabio, Tom Arnold, and my sister Lynne Poulin turn sixty this year? And these people join Ellen DeGeneres, Michelle Pfeiffer, Alec Baldwin, Jamie Lee Curtis, Kevin Bacon, Joan Jet, my other sister Anne Smith, and so many more people who are already sixty but still very young! Aging in America is a thing of the past. Don't let the fact that the Littleton Area Senior Center has the word senior in its name stop you from taking advantage of the best years of your life. We are a community center built for you!

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Grafton County Senior Citizens Council  
LITTLETON AREA SENIOR CENTER  
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