

# LITTLETON AREA SENIOR CENTER NEWS

JUNE 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 Thouin  
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:** "The smallest act of kindness is worth more than the grandest intention."~Oscar Wilde

**NEW:** We are offering a new jewelry class through the Littleton Studio School at their new location behind the Thayer's Inn. The class has a limit of six people and will run 6/11, 6/18, and 6/25 from 9-11. The cost is yet to be determined. Please call Anne-Marie to enroll.

## 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.

**MAHJONG GAME:** This is not the matching online version. Stop in and see what it's all about! Mondays 2:00 6/3 6/10 6/17 6/24 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 6/3 6/10 6/17 6/24

**CRIBBAGE:** Fridays at 12:30 6/7 6/14 6/21 6/28

**CRAFT CLASS:** Thursdays 1:00 6/6 6/13 6/20 6/27

**ART CLASS:** Mondays 10:00 6/3 6/10 6/17 6/24

**KNITTERS GROUP:** Fri. 6/7 6/21 1:00

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

**BLOOD PRESSURE CLINIC:** Thursday 6/13 11-12

**FOOT CLINIC:** 10:00 6/11 6/25 Call 444-6050 for appt.

**BOOKCLUB:** 6/18 Tuesday 1:00

**MOVIE DAY:** 6/5 Wed. 12:30

**LINE DANCING W/ BILLYE:** Tues 6/4 6/18 1:00

**GAME DAY:** Drop-In Style Tues. 6/4 6/11 6/18 6/25

**SURPRISE BINGO:** Wed. 6/26 12:30

**BIRTHDAY DINNER:** First Thursday of every month. Join us for fun and music. Birthday cake and ice cream. 6/6

**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

**FATHER'S DAY COOK OUT & FLAG DAY:** Join us on Friday, June 14th as we celebrate Father's Day with an acknowledgment of Flag Day.

**ELVIS IS IN THE HOUSE:** Well, not in this house, but we will be traveling over to the Indian Head Resort for a lunch and a show on Wed. 6/12. You must register with Anne-Marie by 6/3 The cost is \$38.00.

**SURPRISE GAME WITH BILL:** Come join us on the 19th at 12:30 as Bill Mellekas leads us in a surprise game. We can only guarantee two things - the game won't be Twister and you will have a blast!!





**WILDLIFE ENCOUNTER:** Now when people say that its a zoo over here, they'll be right! Come join us for lunch and then stay for a one-of-a kind close up encounter with an array of wild animals. This is a free event, and we encourage you to bring your grandchildren! Tues. 6/25 12:30

**COMMUNITY DAY:** Business owners of any age eat for free on Thursday, June 6th. 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
<b>3</b> Kielbasa Sauerkraut Cornbread Spinach & Pears 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>	<b>4</b> Chicken Salad Wraps Lettuce & Tomato Chips Pickles Fruit Cookie <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>	<b>5</b> Sloppy Joes Potatoes Mixed Veggies Coleslaw Fruit Cocktail <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>	<b>6</b> Pot Roast Squash Green Beans Applesauce Cake & 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>7</b>   <b>Cook's Choice</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>
<b>10</b> Spaghetti & Meatballs Peas Tossed Salad Yogurt & Berries  <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>	<b>11</b> Steak & Cheeses Subs Peppers & Onions Spinach & Peaches Brownie  <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>12</b> Beans & Hot Dogs Mixed veggies Pasta Salad Fruited Jell-O  <b>8:30/9:45 Bone Builders</b> <b>10:15 Walking Club</b> <b>10:30 Exercise Group</b> <b>Indian Head Field Trip</b>	<b>13</b> Chicken & Gray Mashed Potato Corn Cranberry Sauce Tossed Salad Cookie <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>14</b>   <b>Father's Day Cookout</b>  <b>10:15 Walking Club</b> <b>12:30 50/50 Drawing</b> <b>12:30 Cribbage</b>
<b>17</b> Sausage Subs Peppers & Onions Tator Tots Coleslaw & Pineapple 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>	<b>18</b> BLT Wraps Chips Pickles Strawberry Shortcake  <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> <b>1:00 Book Club</b>	<b>19</b> Beef & Bean Casserole Dinner Roll Spinach & Cottage Cheese 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 Surprise Game with Bill</b>	<b>20</b> Ham Scalloped Potatoes Broccoli Tossed Salad Yogurt & Berries <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>	<b>21</b>   <b>Taco Salad 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>
<b>24</b> American Chop Suey Green Beans Cornbread 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>	<b>25</b> Shephard's Pie Dinner Roll Pickled Beets Oreo Dessert  <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 Wildlife Encounters</b>	<b>26</b> Teriyaki Chicken Rice Mixed Veggies Spinach & Mandarin Oranges Pudding <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>	<b>27</b> Salisbury Steak Mashed Potatoes Corn 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>	<b>28</b>   <b>Soup and Sandwich</b>  <b>10:15 Walking Club</b> <b>12:30 50/50 Drawing</b> <b>12:30 Cribbage</b>

**The Littleton Area Senior Center is program of the Grafton County Senior Citizens Council.**



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

Contributions from donors like you make it possible for GCSCC and LASC 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 as now is the perfect time! Thank you to the Jack and Dorothy Bryne Foundation for offering a \$40,000 challenge grant to GCSCC! You can help us match the challenge so that we can continue to meet the need of the growing population of older adults in our communities. \$1 of yours + \$1 from the Bryne Foundation = \$2 to GCSCC!

**HELPFUL AGING TIPS** **By: Kate Kelly** Are your joints creaky? That's your body asking to move more. Those cracks, snaps or grating sounds can result from a tight muscle or tendon causing friction over a bone or release of trapped air in the soft tissues around the joints. Lack of motion and circulation causes it to be worse first thing in the morning with it dissipating after you walk a bit. The fix is to amp up your activity. Stretching, healthy weight, and strengthening/cardio fitness will all help quiet this skeletal symphony. If pain, swelling or instability is the issue, see a doctor for other joint conditions. And never lose your sparkle!

**IT TAKES A COMMUNITY!**

As the saying goes, it takes a village to raise a child. In the same vein, it takes a community to care for our senior population. We rely on our dedicated volunteers to help maintain the positive and supportive atmosphere here at LASC. We like to work with all kinds of volunteers—from students to seniors. If you or someone you know would like to help us, please call Anne-Marie at 444-6050 to learn more!

The Many Ways Volunteering is Good for You

- It keeps you healthy
- It's good for your mind
- It keeps you connected socially
- It makes you feel good to help others!

**From Anne-Marie:**

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

I'd like to say Thank You to our community friends for coming to our Center and making our days just a little better: The Littleton "Mane Street Styles Salon," for your support and coming to the Senior Center on our Mother's Day Brunch and giving our "Mothers" manicures ... they feel so special, and our nails look so beautiful!! Thanks so much! To Ben Pierce, from The Riverglen Housing, for another great presentation, they are all so informative & helpful, to Dick Alberini from the Littleton Historical Museum, for your vast knowledge of Littleton and its history of 100 years, we enjoyed it very much and are anxious to hear more! Last but not least, Thank you Dennis Hartwell for coming to sing to all our wonderful Mothers, we always love to hear your music! I also want to take a minute and send out a HUGE THANK YOU to our Volunteers, Employees & Board Members here at the center for all they do to keep our place running so smoothly & show what "team work" really means! We have a great place and it shows, just wanted to thank you all so very much, and remind you that you are appreciated!!! Last chance to sign up for our Indian Head trip for lunch & a Show! June 12th \$38 pp due on June 3rd to reserve your spot. Elvis will be in the house entertaining us! For more info please call: 444-6050 and ask for Anne-Marie

RETURN SERVICE REQUESTED

Littleton, NH 03561

77 Riverglen Lane, Box 98

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