

LITTLETON AREA SENIOR CENTER NEWS

SEPT. 2019

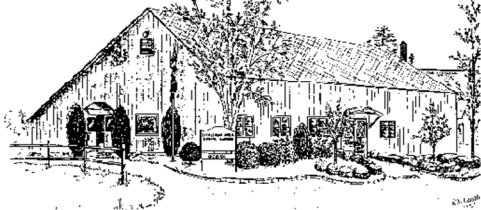


77 Riverglen Lane • PO Box 98
Littleton, NH 03561

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



The Littleton Area Senior center is a program of 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
MaintenanceThis 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!

THREE CLOSURES THIS MONTH:

- Closed for Labor Day on Monday, September 2nd.
- Closed for our annual volunteer dinner on Friday September 13th.
- All GCSCC Senior Center sites, ServiceLink, and RSVP offices will be closed on Friday, September 27th for our annual Safety Day.

UNITED WAY DAY OF CARING KICK-OFF BREAKFAST:

Tuesday, September 17th. We welcome the public to join us in support of the United Way. 8:00 -9:00

NEWS:

- Zumba is back!! 8 weeks for \$12. Priceless!!! Thursdays at 2:00.
- Cancer support group for anyone who would like to attend. Call for details. 444-6050.

ONGOING EVENTS

UKE GROUP: Wednesdays 2:00 9/4 9/11 9/18 9/25

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 9/9 9/16 9/23 9/30 Check it out!

CANCER SUPPORT GROUP: For you, a friend, or a loved one as all are welcome! Comfortable, quiet environment...come join us! Days/nights and time to be determined by your input

ZUMBA: Thursdays 2:00 9/12 9/19 9/26

YOGA: Mondays 1pm All levels of fitness welcome. \$4 for seniors, \$6 for non-seniors 9/9 9/16 9/23 9/30

CRIBBAGE: Fridays at 12:30 9/6 9/20

CRAFT CLASS: On hold until fall

ART CLASS: Mondays 10:00 9/9 9/16 9/23 9/30

KNITTERS GROUP: On hold until fall

BONE BUILDERS: Class dates and times to choose from.

BLOOD PRESSURE CLINIC: Thursday 9/12 11-12

FOOT CLINIC: 10:00 9/10 9/17 9/24 Call 444-6050 for appt.

BOOKCLUB: Tuesday 9/24 1:00

IMPROV: Wed. 9/4 9/11 9/18 9/25 12:30

MOVIE DAY: Fri. 12:30 9/6

LINE DANCING W/ BILLYE: Tues 9/3 9/17 1:00

GAME DAY: Drop-In Style Tues. 9/3 9/10 9/17 9/24

SWAP BINGO: Tues. 9/24 12:30

BIRTHDAY DINNER: First Thursday of every month. Join us for fun and music. Birthday cake and ice cream. 9/5

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

AARP SAFE DRIVING CLASS: Instead of giving up your license, give up some of your time and take advantage of this wonderful safe driving program! As an added bonus, you may qualify for a discount on your insurance premium upon completion of the class. Call Anne-Marie for details and to sign up. \$15 for AARP members and \$20 for non members. The class will be held at LRH. Thursday 9/26 10-4:30

LOBSTERFEST: Say what? Yes! Join us Tuesday, September 3rd at 11:30 at the Smith Brother's Tavern here in Littleton (at the Thayer's Inn) for your choice of lobster or shrimp, salad, buttery corn on the cob, and your choice of strawberry shortcake or a fudge brownie sundae plus non alcoholic beverages. \$35.00 Please sign up with Anne-Marie and transportation provide.

FALLS PREVENTION: Come join us on Thursday September 19th at 1:00 for a free demonstration including how to fall safely. Yes, you can fall safely! You will also learn the signs of other health issues. This is a free presentation and refreshments will be provided.

MOVIE DAY: We love Jax theater and hope to see you there sometime, but we also love our big screen and the comfort of "home". Come join us for a movie on Friday, September 6th right after lunch.

FUEL ASSISTANCE: Don't get left out in the cold! We are once again partnering with Tri County CAP Fuel Assistance Program. They will be processing applications here starting Thursday, August 8th. Please call Jill at 603-968-3560 to make an appointment.

FIELD TRIP: When was the last time you went to an apple orchard? Come with us as we travel to Windy Ridge on Monday, September 9th. Come hungry because we will be heading to breakfast first! Call Anne-Marie for details and to sign up.




COMMUNITY DAY: Business owners of any age eat for free on Thursday, September 5th. Come promote your business or just have lunch on us. RSVP at 444-6050—to Carole

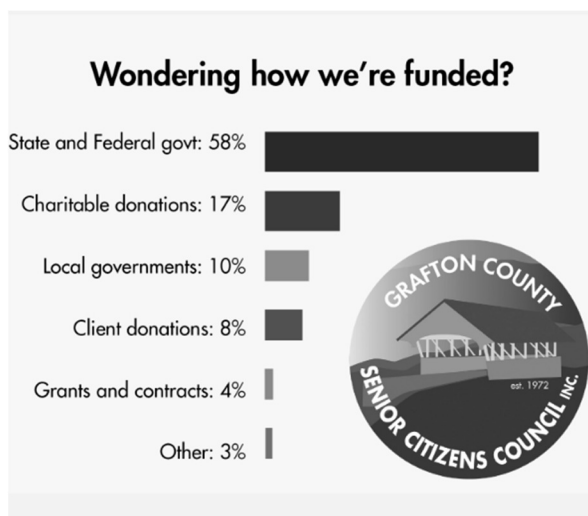
JOBS: Over 55 and looking for a fun place to earn money? Look no further and call us for details! Opportunities in Lincoln too!

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>2</p>  <p style="text-align: center;">CLOSED FOR THE DAY</p>	<p>3</p> <p>Kielbasa & Sauerkraut Cornbread Spinach & Peaches Pudding</p> <p>8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 12:30 Game Day 1:00 Line Dancing Lobstah / Shrimpfest</p>	<p>4</p> <p>Chicken Salad Wrap Lettuce & Tomato Pickles Fruited Jell-O</p> <p>8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group 12:30 - Improv 2:00 Ukulele Group</p>	<p>5</p> <p>Ham Squash Rice Tomato & Cuke Salad Fruit Cake</p> <p>8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club Birthday Dinner 12:30 Food Raffle Fuel Assistance</p>	<p>6</p> <p>Ziti with Meat Sauce Green Beans Tossed Salad Fruit Cocktail</p> <p>10:15 Walking Club 12:30 50/50 Drawing 12:30 Cribbage 12:30 Movie Day</p>
<p>9</p> <p>Beans & Hotdogs Cornbread Spinach & Pears Pudding</p> <p>8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club 1:00 Yoga 2:00 Mahjong Windy Ridge Trip</p>	<p>10</p> <p>Seasoned Chicken Vegetable Rice Pickled Beets Fruit Cookie</p> <p>8:30 Bone Builders 9:30 Exercise Group 10:00 Foot Clinic 10:15 Walking Club 12:30 Game Day</p>	<p>11</p> <p>Spaghetti & Meatballs Tossed Salad Dinner Roll Fruited Jell-O</p> <p>8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group 12:30 - Improv 2:00 Ukulele Group</p>	<p>12</p> <p>Salisbury Steak Mashed Potatoes Carrots Tossed Salad Applesauce</p> <p>8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 11-12 Blood Pressure 12:30 Food Raffle 2:00 Zumba Fuel Assistance</p>	<p>13</p> <p style="text-align: center;">LASC VOLUNTEER A PPRECIATION DINNER</p>  <p style="text-align: center;">CLOSED FOR THE DAY</p>
<p>16</p> <p>Sweet & Sour Meatballs Vegetable Rice Spinach & Mandarin Oranges Pudding</p> <p>8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club 1:00 Yoga 2:00 Mahjong</p>	<p>17</p> <p>Chef Salad Strawberry Shortcake</p> <p>8:30 Bone Builders 9:30 Exercise Group Foot Clinic 10:15 Walking Club 12:30 Game Day 1:00 Line Dancing United Way Breakfast</p>	<p>18</p> <p>Tuna Roll Lettuce & Tomato Pickles Fruited Jell-O</p> <p>8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group 12:30 - Improv 2:00 Ukulele Group</p>	<p>19</p> <p>Chicken & Gravy Vegetable Rice Coleslaw & Pineapple Pudding</p> <p>8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 11:00 Falls Prevention 12:30 Food Raffle 2:00 Zumba Fuel Assistance</p>	<p>20</p> <p>American Chop Suey Green Beans Tossed Salad Roll Fruit</p> <p>10:15 Walking Club 12:30 50/50 Drawing 12:30 Cribbage</p>
<p>23</p> <p>Teriyaki Chicken Vegetable Rice Coleslaw with Pineapple Pudding</p> <p>8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club 1:00 Yoga 2:00 Mahjong</p>	<p>24</p> <p>Sloppy Joes Vegetable Rotini Salad Apple sauce Brownie</p> <p>8:30 Bone Builders 9:30 Exercise Group 10:00 Foot Clinic 10:15 Walking Club 12:30 Game Day 12:30 Bingo 1:00 Book Club</p>	<p>25</p> <p>BREAKFAST 7:30-8:30 LUNCH at 12:00</p> <p>BLT Wraps Pickles Fruit Cookie</p> <p>8:30/9:45 Bone Builders 10:15 Walking Club 10:30 Exercise Group 12:30 - Improv 2:00 Ukulele Group</p>	<p>26</p> <p>Ham Squash Rice Tomatoes & Cukes Fruit Jell-O</p> <p>8:30 Bone Builders 9:30 Exercise Group 10:15 Walking Club 12:30 Food Raffle 2:00 Zumba Fuel Assistance AARP Driving Class LRH</p>	<p>27</p> <p style="text-align: center;">GCSCC EMPLOYEE SAFETY DAY</p>  <p style="text-align: center;">CLOSED FOR THE DAY</p>
<p>30</p> <p>Shepherds Pie Dinner Roll Pickled Beets Fruit Cookie</p> <p>8:30/9:45 Bone Builders 10:00 Art Class 10:15 Walking Club 1:00 Yoga 2:00 Mahjong</p>	<p style="font-size: 2em;">“The pessimist sees difficulty in every opportunity. The optimist sees opportunity in every difficulty.” – Winston Churchill</p>			

Director's Corner: From Carole's Desk to Your Home:**HELPFUL AGING TIPS By: Kate Kelly****5 Self-Care Practices for Less Stress & More Joy**

Devoting time to taking care of yourself offers you benefits and prepares you for taking care of someone else. Try these when the going gets tough: 1. Sleep It Off -- get plenty of sleep to refresh your mind, body and spirit and napping is underrated and does work; 2. Take Up a Hobby -- helps relieve stress, improve mood, stimulate mind and lower blood pressure; can also help with socialization; 3. Meditation -- shown to improve emotional stability, increase compassion and prevent sickness; try a few deep breaths to get started; 4. Laughter -- produces endorphins which reduce stress and anxiety, promoting well-being; can be just what the doctor ordered, and; 5. Yoga -- a proven way to improve mind, body and spirit, and can be done anywhere, anytime.

From Anne-Marie:

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

Happy Fall Y'all. As the season soon approaches us, new activities are too! Keep an eye on your newsletters and join us.....you are missing out if you are not!

New Cancer support group...if you're a caregiver, family member, or friend, you don't have to go it alone. Please join me and James Pleisch from ACHS on Thursday August 15th at 3:00. We will use the first meeting to decide which days and times work best for the group.

AMAZON SMILE: If you shop Amazon, please consider going through Amazon Smile. Never heard of Amazon Smile? Amazon Smile is the same Amazon that you already know and love - . Same username, same products, same prices, and same service. But if you go through Amazon Smile, Amazon donates 0.5% of the price of your eligible Amazon Smile purchases to the charitable organization of your choice. Pick us! Pick us!

Watch Out!!! Medicare Fraud

Don't let your identity be stolen!!!

Genetic testing scams are happening in New Hampshire. Scammers are offering "free" genetic testing. They ask for your Medicare information and take a cheek swab to send to a lab.

Medicare will NOT pay for genetic testing of any sort unless it is ordered by your physician that you know and trust.

Protect Yourself:

Do not accept a genetic testing kit if it is mailed to you unless it was ordered by your primary care physician.

Do not give out your Medicare or Social Security number.

Do not consent to lab tests or cheek swabs anywhere other than health facilities you are familiar with.

If you feel you have been the victim of fraud, call your nearest Grafton County ServiceLink Office. Lebanon 448-1558
Littleton 444-4498

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Littleton, NH

Grafton County Senior Citizens Council
LITTLETON AREA SENIOR CENTER
77 Riverglen Lane, Box 98
Littleton, NH 03561
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