

LITTLETON AREA SENIOR CENTER NEWS

September 2020

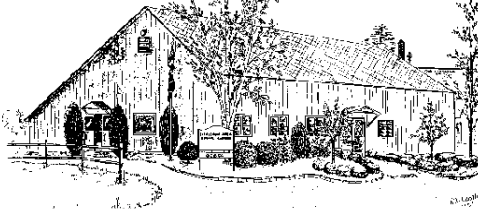


77 Riverglen Lane • PO Box 98
Littleton, NH 03561

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

DirectorRobin Kristoff
Home Delivered Meals Coordinator Judy Ash
Cook Michael Swinyer
Kitchen Aides.....Cat Hayward, Roberta D'Etcheverry, Belinda Larrivee
Van Drivers John St. Francis
Subs Ron & Pat Stevens, Andy Peloquin, Bill Latulip, Ray Bowler
Kitchen Support Too Many To Name
Office Support Wonderful People
Maintenance Michael Williams

Grab & Go Lunch!

The Littleton Area Senior Center is thrilled to now be offering a Grab & Go drive-through style lunch on Tuesdays from 11:30-12:30. Come by anytime in that hour to say hello, get a hot meal, and check out our table of free giveaways and raffles. Suggested donation: \$3. We can't wait to see you!

Pick-Up Services From LASC's Buses!

We can't transport individuals right now due to COVID-19, but we CAN transport prescriptions, food, books, and more! If you have pre-paid, pre-ordered items you need, we'll be happy to pick them up for you. Local location options include Rite Aid, Walgreens, the Littleton Food Coop, the Littleton and Bethlehem Public Libraries, and more! Plus, we have books and puzzles right here at the Center we can get out to you too!

At-Home Activity Kits

We have found some beautiful fall craft ideas that can be done right at your own home. As we plan out the materials we need, please give us a call or send an email if you'd like us to organize a kit for you. Happy fall, everyone!

Raffles & Contests!

Throughout the month, at our Grab & Go lunches we're also offering raffle tickets for 50 cents each, with all proceeds to benefit Senior Activities. Entrants can pick between a 50/50 drawing and a Food Raffle drawing, where a pool of winners can choose from delicious donated prizes of brownies, cakes, and more! Also, stay tuned for upcoming contests! We've been brainstorming, and Halloween is almost in sight!

Stay In Touch With LASC

If you'd like to join an email mailing list for announcements and updates, please email the new director at rkristoff@gcsc.org. Another great way to stay up to date with what's happening with LASC and the other senior centers is to follow the Grafton Senior Citizens Council Facebook page (look for @gcseniorcitizenscouncil)!

Call for Donations

LASC is working hard to continue to provide home delivered meals to our seniors, and to cover expenses like the postage for our newsletters, materials for future activities, and more. Donated funds towards activities (including the newsletter), and towards other Center or Meals on Wheels expenses are very appreciated! Donations of shelf stable foods such as peanut butter, soups, and canned vegetables are also extremely helpful to our seniors. Thank you for your kind support!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Lemon Pepper Fish Rice Mixed Veg. Tossed Salad Fruit	2 Sweet & Sour Meatballs Rice Mixed Vegetables	3 Chicken Cacciatore Spaghetti Tossed Salad Fruit	4 Beef & Bean Casserole Tossed Salad Fruit
7 CLOSED	8 Stuffed Shells Sausage Green Beans Cole Slaw Fruit 50-50 Raffle Drawing	9 Pizza Casserole Mixed Vegetables	10 BBQ Pulled Pork Peas & Carrots Roll Cole Slaw Fruit	11 Seasoned Chicken Rice Mixed Vegetables Cole Slaw Fruit
14 Italian Sausage Peppers & Onions Roll Tomato & Cuke Salad Fruit	15 Ham Mashed Potato Peas Tomato & Cuke Salad Fruit	16 American Chop Suey Green Beans	17 Salisbury Steak Mashed Potato Corn Tomato & Cuke Salad Fruit	18 Mac & Cheese Sausage Mixed Vegetables Tomato & Cuke Salad Fruit
21 Chicken Divan Peas & Carrots Rotini Salad Fruit	22 Meatloaf Mashed Potatoes Corn Rotini Salad Fruit Food Raffle Drawing	23 Hot Dogs Beans Peas	24 Spaghetti & Meatballs Green Beans Rotini Salad Fruit	25 Breaded Fish Seasoned Potatoes Vegetables Rotini Salad Fruit
28 Chicken Marsala Mashed Potatoes Carrots 4-Bean Salad Fruit	29 Pot Roast Mashed Potato Carrots 4-Bean Salad Fruit	30 Ziti w/ Meat Sauce Green Beans		

HELPFUL AGING TIPS: By Kate Kelly

Emotional eating as a way to de-stress can be managed by incorporating mindfulness, or awareness, into eating. Become a mindful eater by: 1) Reestablishing communication between your body and mind. Pay attention to what your belly feels like when eating to establish a "check-in" time before meals; 2) Ask yourself if you are eating for hunger or stress. What is the emotion?; 3) Resist placing shaming moral values on your eating; 4) Give yourself permission to eat emotionally on occasion but be mindful; and 5) Identify activities that relax you to add to your new mindful eating life. And never lose your sparkle.

GIVE US A CALL!

MEALS ON WHEELS: Know someone who needs home delivered meals? Referring someone is as easy as dialing the phone. Call us!

LASC BUS SERVICE: We have paused our in-person transportation, but are offering pick-up services for pre-paid, pre-ordered items. Please give a call with any questions at (603) 444-6050!

DIRECTOR'S CORNER: From Robin's Desk:

As we look towards the fall and beyond, GCSCC is working hard to reimagine itself for the future, both during the present COVID crisis and beyond. GCSCC committees are looking at models for transportation, activities, facilities improvements, and more as we think through meeting the needs of our community while keeping everyone involved as safe as possible. Please watch for more updates soon!

DID YOU KNOW? Contributions from donors like you make it possible for the Grafton County Senior Citizens Council 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 or online. (Donations may also be made for ongoing newsletter mailings!) Thank you for your generosity!

ERRORS & OMISSIONS

Please note that this newsletter is printed well in advance of the start of the month, so some information may be inaccurate due to the rapidly changing nature of current events and related safety guidelines. We apologize for any errors or omissions!

RETURN SERVICE REQUESTED

Littleton, NH 03561

77 Riverglen Lane, Box 98

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Grafton County Senior Citizens Council

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