

# LITTLETON AREA SENIOR CENTER NEWS

March 2020

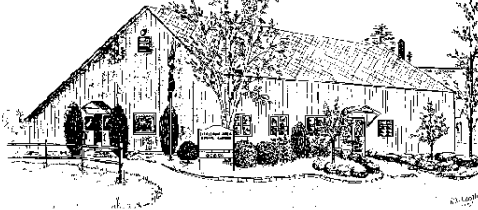


77 Riverglen Lane • PO Box 98  
Littleton, NH 03561

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

Director .....Carole Zangla  
Asst. Director, Social Worker, and Activities Coordinator.....Anne-Marie Donlon  
Home Delivered Meals Coordinator ..... Judy Ash  
Cook ..... Michael Swinyer  
Kitchen Aide.....Cat Hayward, Roberta D'Etcheverry, Belinda Larrivee  
Van Drivers ..... Jerry LeSage and John St. Francis  
Subs ..... Ron & Pat Stevens, Andy Peloquin, Bill Latulip  
Kitchen Support ..... Too Many To Name  
Office Support ..... Wonderful People  
Maintenance ..... Michael Williams  
Resale Donations..... Sue Dodge

## 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.**

**\$5.00 charge for non seniors.**

**Transportation Available!**

**SPECIAL FUNDRAISER:** St Patrick's Day Scratch-Board Raffle -Turn your pennies into a pot of gold! Tickets go on sale on 2/18 with the drawing during our St Patrick's Day Celebration on 3/19. 5 dollars buys you a chance to win millions!

**SAVE THE DATE:** Our annual Meals on Wheels walkathon fundraiser will be held at our sister center in Haverhill again this year and be on Saturday, May 16th. Keep an eye for ways that you can be involved!

## ONGOING EVENTS

**BUNCO:** Fridays, 10:30-11:30 3/6 3/13 3/20 3/27

**GRIEF SUPPORT GROUP:** Thursdays 1:00 3/5 3/12 3/19 3/26

**UKE GROUP:** Wednesdays 2:00 3/4 3/11 3/18 3/25

**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 1:00 3/2 3/9 3/16 3/23 3/30

**ZUMBA:** Resumes in April.

**YOGA:** Mondays 1pm All levels of fitness welcome. \$4 for seniors, \$6 for non-seniors 3/2 3/9 3/16 3/23 3/30

**CRIBBAGE:** Fridays at 12:30 3/6 3/13 3/20 3/27

**ART CLASS:** Mondays 10:00 3/2 3/9 3/16 3/23 3/30

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

**BLOOD PRESSURE CLINIC:** Thursday 3/12 11-12

**FOOT CLINIC:** 3/10 3/17 3/24 Call 444-6050 for appt.

**BOOKCLUB:** Tuesday 3/31 1:00

**MOVIE DAY:** Wed. 12:45 3/11

**LINE DANCING W/ BILLYE:** Tues 3/10 3/31 1:00

**GAME DAY:** Drop-In Style Fridays 3/6 3/13 3/20 3/27

**BINGO:** Wednesday 3/4 3/25 12:30

**BIRTHDAY DINNER:** First Thursday of every month. Join us for fun and music. Birthday cake and ice cream. 3/5

**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

**CHEWING THE FAT WITH CHAD:** Chad Proulx, clinical nutritionist with ACHS, will be here on Tues, 2/24 at 1:30 for a discussion group on nutrition and easy recipes followed by kitchen exhibition in April. Call or stop in to sign up.

**ST. PATRICK'S DAY CELEBRATION:** Join us for a corned beef and cabbage dinner and an award winning fiddler! Please sign up either in person or by phone so that we can ensure room for everyone. 3/17

**UKE GROUP CONCERT:** The LASC ukulele group, many of whom you know and love, will be here to play some fun songs on St Patrick's Day 3/17 right after lunch at 12:45. This group has been growing over the past couple years and have so much fun. Come check them out!

**NH HUMANITIES:** 3/19 1:00 Free fabulous presentation for everyone. Call for details.

**LITTLETON HISTORICAL MUSEUM PRESENTAION:** Dick Alberini, Curator of the Littleton Historical Museum, will be here on Thursday, March 26th at 1:00 to do a presentation on "Littleton, NH an Economic Anomaly" with a slide presentation on how Littleton has survived a number of economic problems over the years.

**MUSIC WITH WAYNE:** Get your groove on! 3/26 before lunch.

**COMMUNITY DAY:** Business owners of any age eat for free on Thursday, March 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
<p><b>2</b> Beef Stroganoff Egg Noodles Mixed Greens Fruit</p> <p><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>3</b> Chicken Cacciatore Spaghetti Tossed Salad Fruit</p> <p><b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:15 Walking Club</b> <b>AARP Taxes</b></p>	<p><b>4</b> Sausage &amp; Gravy Biscuits Mixed Vegetables Pickled Beets Fruit</p> <p><b>8:30/9:45 Bone Builders</b> <b>10:15 Walking Club</b> <b>10:30 Exercise Group</b> <b>12:30 Bingo</b> <b>2:00 Ukulele Group</b></p>	<p><b>5</b> Pot Roast Squash Rice Tossed Salad Fruit B-day Cake</p> <p><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 Grief Support</b> <b>Birthday Dinner</b></p>	<p><b>6</b> Fishwich Seasoned Potatoes Lettuce &amp; Tomato Fruit</p> <p><b>10-12 Reiki</b> <b>10:30-11:30 BUNCO</b> <b>10:15 Walking Club</b> <b>12:30 50/50 Drawing</b> <b>12:30 Cribbage</b> <b>12:30 Game Day</b> <b>12:30 Hobby Fridays</b></p>
<p><b>9</b> American Chop Suey Green Beans Mixed Greens Fruit</p> <p><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>1:00 Mahjong</b></p>	<p><b>10</b> Italian Sausage Peppers &amp; Onions Corn Bread Coleslaw Fruit</p> <p><b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>Foot Clinic</b> <b>10:15 Walking Club</b> <b>1:00 Line Dancing</b></p>	<p><b>11</b> Beef &amp; Bean Casserole Dinner Roll Spinach &amp; Cottage Cheese Fruit</p> <p><b>8:30/9:45 Bone Builders</b> <b>10:15 Walking Club</b> <b>10:30 Exercise Group</b> <b>12:45 Movie Day</b> <b>2:00 Ukulele Group</b></p>	<p><b>12</b> Chicken &amp; Gravy Mashed Potatoes Carrots Tossed Salad Fruit</p> <p><b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:15 Walking Club</b> <b>11-12 BP Clinic</b> <b>12:30 Food Raffle</b> <b>1:00 Grief Support</b></p>	<p><b>13</b> Tuna Roll Lettuce &amp; Tomato Chips Pickles Fruited Jell-O</p> <p><b>10:30-11:30 BUNCO</b> <b>10:15 Walking Club</b> <b>12:30 50/50 Drawing</b> <b>12:30 Cribbage</b> <b>12:30 Game Day</b> <b>12:30 Hobby Fridays</b></p>
<p><b>16</b> Kielbasa Peppers &amp; Onions Corn Bread Mixed greens Fruit</p> <p><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>1:00 Mahjong</b></p>	<p><b>17</b> <b>St Patrick's Day</b> <b>Celebration</b> <b>With the UKE</b> <b>Group</b></p> <p><b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>Foot Clinic</b> <b>10:15 Walking Club</b> <b>AARP Taxes</b></p>	<p><b>18</b> Spaghetti &amp; Meat Sauce Green Beans Pickled Beets Fruit</p> <p><b>8:30/9:45 Bone Builders</b> <b>10:15 Walking Club</b> <b>10:30 Exercise Group</b> <b>2:00 Ukulele Group</b></p>	<p><b>19</b> Salisbury Steak Mashed Potatoes Carrots Tossed salad Fruit</p> <p><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 Grief Support</b> <b>1:00 NH Humanities</b></p>	<p><b>20</b> Fish Seasoned Potatoes Spinach &amp; Cottage Cheese Fruit</p> <p><b>10-12 Reiki</b> <b>10:30-11:30 BUNCO</b> <b>10:15 Walking Club</b> <b>12:30 50/50 Drawing</b> <b>12:30 Cribbage</b> <b>12:30 Game Day</b> <b>12:30 Hobby Fridays</b></p>
<p><b>23</b> Beans &amp; Hot Dogs Corn Bread Coleslaw Fruit</p> <p><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>1:00 Mahjong</b></p>	<p><b>24</b> Chicken Divan Broccoli Coleslaw Fruit</p> <p><b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>Foot Clinic</b> <b>10:15 Walking Club</b> <b>1:30 Chewing the Fat</b> <b>AARP Taxes</b></p>	<p><b>25</b> Shepherd's Pie Dinner Roll Spinach &amp; Cottage Cheese Fruit</p> <p><b>8:30/9:45 Bone Builders</b> <b>10:15 Walking Club</b> <b>10:30 Exercise Group</b> <b>12:30 Bingo</b> <b>2:00 Ukulele Group</b></p>	<p><b>26</b> Ham Squash Rice Tossed Salad Fruit</p> <p><b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:15 Walking Club</b> <b>11:00 Wayne Sax</b> <b>12:30 Food Raffle</b> <b>1:00 Dick's Museum</b> <b>1:00 Grief Support</b></p>	<p><b>27</b> Tuna Pea Wiggle Saltines Rotini Salad Fruit</p> <p><b>10:30-11:30 BUNCO</b> <b>10:15 Walking Club</b> <b>12:30 50/50 Drawing</b> <b>12:30 Cribbage</b> <b>12:30 Game Day</b> <b>12:30 Hobby Fridays</b></p>
<p><b>30</b> Creamed Chip Beef Biscuits Carrots Pickled Beets Fruit</p> <p><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>1:00 Mahjong</b></p>	<p><b>31</b> Ziti Meat Sauce Green Beans Tossed Salad Fruit</p> <p><b>8:30 Bone Builders</b> <b>9:30 Exercise Group</b> <b>10:15 Walking Club</b> <b>1:00 Book Club</b> <b>1:00 Line Dancing</b> <b>AARP Taxes</b></p>	<p><b>PLEASE NOTE: Although GCSCC welcomes political candidates at our senior centers and permits them to conduct speaking engagements, doing so does not constitute an endorsement or recommendation by GCSCC. Any views and opinions shared are solely those of the speaker.</b></p>		



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

The secret to success is letting a situation be what it is instead of what you thought it should be. Please help us welcome Robin Kristoff as the next Littleton Area Senior Center Director. Robin comes to us from the School of Creative & Performing Arts, which serves 1,000 students each year and has a summer program for teens. Drop in and meet her in March!

**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. Thank you for your generosity!

### **From Anne-Marie:**

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

Is that spring I see coming? Well, while we wait...We have some pretty awesome upcoming events and we hope to see you, bring friends if you like! If you need a ride, call us. If you feel uncomfortable coming because you've never been or you don't want to come alone, call me Anne-Marie 444-6050. I would also like to hear from you if there is a special activity or subject that you are interested in, just give me a call or stop in and see me!

### **HELPFUL AGING TIPS By: Kate Kelly**

When you awoke this morning, what did you do first? What did you do last before going to sleep? "All our life. . . is but a mass of habits," Wm. James wrote in 1892. Most daily decisions aren't considered and are only habits, but habits can be changed. It's about changing one thing, repeating it until it become automatic, and then focusing on the next change. Here are some suggestions: 1) Try social sweets only; eat sweets in fun social setting, never at home or alone; 2) Cut food into smaller pieces; helps you slow down and unwind which means less eating. If these don't apply, make a list of habits you wish to change and pick one. Good luck. And never lose your sparkle.

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Grafton County Senior Citizens Council  
LITTLETON AREA SENIOR CENTER  
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