LINWOOD AREA SENIOR SERVICES 2026

A site of Grafton County Senior Citizens Council, Inc., located at 10 Campbell Street, Lebanon, NH 03766 (603) 448-4897, www.gcscc.org, and on Facebook. Serving the Lincoln & Woodstock communities.

Our Mission

Our Mission is to develop, strengthen, and provide programs and services that support the health, dignity, and independence of older adults and adults with disabilities living in our communities.

Get in Touch

194 Pollard Rd, Lincoln, NH 03251
Phone: 603-745-4705
Fax: 603-745-7446

HOURS

Open Mon, Wed, Thurs, Fri
Office Hours: 8am - 4pm
Program Hours: 10am - 2pm

STAFF

Program Coordinator
Maria McIntyre
maria.mcintyre@gcscc.org
Kitchen Coordinator
Shawn Carroll
HDM Coordinator
Ruth Pasquino (per diem)
Bus Driver
Gary Litton
Home Delivered Meal Drivers
[Open Position]

November

Hello everyone,

Warm Up with Linwood Area Senior Services

Linwood Area Senior Services (LASS) continues to welcome you to the Community Center on Pollard Road! Stop by during our regular program hours to enjoy hot drinks, escape the cold, and gather with friends. To see everything we have to offer, please check out the "Services" section below.

Important Updates and Changes

- Newsletter Printing: A big thank you to Loon Mountain Real Estate for printing our newsletter over the past few months! Moving forward, LPI will handle the printing for all Grafton County Senior Citizens Council (GCSCC) newsletters to better align with our unified GCSCC brand.
- Winter Schedule Notice: As the weather turns, please keep an eye out for schedule updates, additions, and cancellations due to winter weather or holiday closures.
- Thursday Open Slot: Our weekly schedule is nearly full, but Thursdays at 12:30 PM are currently open. We will be filling this time slot with crafts or special presentations, so stay tuned for details!

Volunteer Drivers Needed This Winter

With the transition into winter, many of our dedicated "snowbird" drivers are heading south for warmer weather. This means we are once again in urgent need of volunteer drivers who can safely navigate winter conditions to deliver meals to seniors who need them most.

If you or someone you know can help, please contact our office today. Delivering meals is a deeply rewarding experience that directly supports neighbors who truly depend on us. ~See you soon, Maria



Our Services

Transportation: rides are available 8am - 2pm, Monday- Friday. Please call to schedule or for more information.

Home-delivered meals: we deliver nutritious meals 5 days per week. If you or someone you know could benefit (over 60, no income restrictions), please call the center or email Maria for more information.

Congregate meals: Monday-Friday (excluding Tuesdays) serving at 11:30.

Durable Medical Equipment: Free & available during office hours. Please do not drop off or pick up without staff. Crutches, shower seats, walkers with seats, toilet-seat-risers, portable toilets, wheelchairs, shoe-horn, sock-assistance, etc.

ADRC: provides an invaluable service for helping individuals and their family members find resources to help them maintain independence and stay healthy; call (866) 634-9412 or (603) 448-1558 for more information.

RSVP: RSVP AmeriCorps Seniors volunteers' activities (i.e. bone builders) focus on helping older adults (age 60+), veterans and their families, family caregivers, and adults with disabilities to age in place. For info call (877) 711-7787 or email rsvp@gcscc.org.

NOVEMBER 2026 EVENTS & ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10-11am: Bone Builders 12:30-1:45: Chair Volleyball	**3** HDM Meals ONLY- No Other Programming --- Bus Rides Available by calling 745-4705	**4** 10-11am: Bone Builders 12noon: CHESS, all levels welcome 12:30-1:45: Chair Volleyball	**5** 10am-10:45: Tai Chi w/Annette 12:30-1:45: To be Announced at a later date 5:30 Sr. Paint Night Fundrsr@ FOTM	**6** 10-11am: ~~Zumba~~ 12:30-1:45: Celebrity BINGO!
9 10-11am: Bone Builders 12:30-1:45: Chair Volleyball	**10** HDM Meals ONLY- No Other Programming --- Bus Rides Available by calling 745-4705	**11**  **CLOSED** 	**12** 10am-10:45: Tai Chi w/Annette 12:30-1:45: To be Announced at a later date	**13** 10-11am: ~~Zumba~~ 12:30-1:45: Celebrity BINGO!
16 10-11am: Bone Builders 12:30-1:45: Chair Volleyball	**17** HDM Meals ONLY- No Other Programming --- Bus Rides Available by calling 745-4705	**18) Sr.& 1st Resp BREAKFAST** 10-11am: Bone Builders 12noon: CHESS 12:30-1:45: Chair Volleyball	**19** 10am-10:45: Tai Chi w/Annette 10am-11:00am: Grief Support>Conf Rm 12:30-1:45: To be Announced at a later date	**20** 10-11am: ~~Zumba~~ 12:30-1:45: Celebrity BINGO!
23  10-11am: Bone Builders 11:30:THX GIVNG DAY LUNCHEON 12:30-1:45: Chair Volleyball	**24** HDM Meals ONLY- No Other Programming --- Bus Rides Available by calling 745-4705	**25** 10-11am: B.Builders Insert 11am Pemi-Nurse 12noon: CHESS, all levels welcome 12:30-1:45: Chair Volleyball	**26** *CLOSED 26TH & 27TH* 	**27** HAPPY THANKSGIVING- CLOSED 26TH&27TH
30 10-11am: Bone Builders 12:30-1:45: Chair Volleyball		***11am-12pm Pemi-Baker Home Health and Hospice Ask-A-Nurse & Bp--every 4th Wednesday!***	COME MAKE Holiday Wreaths & Center pieces! 10am-2pm December 3rd! Sign up now.	FYI: 12.14.26 is the Holiday Party at the Woodstock Inn; sign-up sheet starts December 1st.

NOVEMBER 2026 MENU

Congregate meals served Mon/Wed/Thurs/Fri at 11:30. Home Delivered Meals follows this menu. Milk, juice, and bread are offered at every meal. *Menu subject to change without notice.*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Assorted Sandwiches: meat & cheese Garbonzo Beans Assorted fruit Milk	**3** Chef's Choice FF Broccoli Juice/Milk	**4** Baked Ziti Garlic Bread Peas/Carrots/Corn mix Assorted Fruit Milk	**5** Beef Gravy Egg Noodles Sweet Potato Squash Juice/milk	**6** Baked Fish Rice Pilaf Mixed Veggies Assorted Fruit Milk
9 Mac & Cheese With Hot dogs Broccoli Assorted Fruit Milk	**10** Roast Pork Sweet Potato Carrots Juice/Milk	**11** CLOSED VETERAN'S DAY	**12** Chef's Choice FF Green Beans Juice/milk	**13** Sweet & sour Chicken w/rice Peas and Assorted Fruit Miilk
16 Pork Chops Rice Green Beans Assorted Fruit Milk	**17** Chef's Choice FF Carrots Juice/milk	**18** Spaghetti w/meat sauce Dinner Roll Broccoli Assorted Frt/milk	**19** Taco Bar meat, cheese, veggies, black beans & corn salad Juice/milk	**20** Chicken & Rice Casserole Squash Assorted fruit Milk
23 Turkey & Gravy Potatoes Green Bean Casserole Squash, Rolls Assted Fruit/milk	**24** Cheese Pizza Assorted Toppings 3-bean salad Juice/milk	**25** Chef's Choice, French Fries, Spinach, Assorted Fruit/Milk **FROZEN MEALS FOR 4 days for HDM RECIPIENTS	**26**  CLOSED-Happy Thanksgiving Frozen meals will be given the 24th & 25th for these days	**27** CLOSED-Happy Thanksgiving Frozen meals will be given the 24th & 25th for these days 
30 Chef's choice FF Baked Beans Brussel Sprouts Assorted Fruit/Milk	*Meals are provided at no cost. A $5 per meal donation is suggested but not expected. Guests are always welcome.*			