



# Linwood Area Senior Services

A location of Grafton County Senior Citizens Council, Inc., serving the Lincoln and Woodstock communities.

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.



## MARCH 2024 Newsletter

**We're open 8 to 4, Monday - Friday**

*except as noted*

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**Karl Vigneault**, Kitchen Coordinator

**Ruth Pasquino**, HDM Coordinator

**Bus Driver** (*to be determined*)

For more information on programs and services that we offer, please visit our website:

[www.gcsc.org](http://www.gcsc.org).



**~MARCH**



*Time marches on so **March** on over to see us! Let's give winter its marching orders to go (except for the skiers-keep that snow on the mountains)! March 10th the daylight marches in-spring the time forward!! (First day of spring is Tuesday, March 19th, at 11:06 pm-LEAP YEAR pushed this date!) Many cultures are observing different special events and we would love to have you come celebrate with our scheduled luncheons, so **March** over to our activities page now! See you soon! ~Maria*



When you buy a leprechaun hat from Target and you're waiting for your friends to say something about it



**Home-delivered meals;** we deliver nutritious meals 5 days per week. If you or someone you know could benefit, please call the center or email Ruth or Maria for more information.



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

**RSVP;** helping older adults (age 60+) veterans and their families, family caregivers, and adults with disabilities to age in place. More info call 877-711-7787 or email [rsvp@gcsc.org](mailto:rsvp@gcsc.org).

**HELP! We NEED home-delivered meal drivers! 1 hour a day, 1 hour a week, 4 hours a month.** During deliveries we also do a wellness check to make sure folks are ok - this is very valuable for folks who need us.



THE GYPSY CAFÉ, THE PURPLE TOMATO, FIRED ON THE MOUNTAIN, PRICE CHOPPER, Woodstock Inn donated linen for our VALENTINE's Day! Special shout out to Kim over at the Western White Mountains Chamber of Commerce.

**THANK YOU LOCAL BUSINESSES**



**Daylight Savings Time Begins March 9**

**Remember to set your clocks forward one hour.**

### March is Senior Nutrition Month

GCSCC is proud to celebrate the anniversary of the National Senior Nutrition Program with others across the country. We invite you to join us in celebrating our local program by: *sharing our website information [www.gcsc.org](http://www.gcsc.org), sharing our newsletter that contains our menu and educating others so they can understand and use nutrition services.*

**Did you know** that contributions from donors like yourself make it possible for GCSCC 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 funds. The rest is from local communities and individuals who donate to GCSCC to support us. Please consider donating either by mail (GCSCC, POB 433, Lebanon, NH 03766) or visit [www.gcsc.org](http://www.gcsc.org). Thank you!

# ~March 2024~

*Congregate meals are served at the Lin-Wood site Monday, Wednesday, Thursday and Friday at 11:30 a.m. unless noted.*

*Home-delivered meals follow this menu as well Monday thru Friday.*

Monday	Tuesday	Wednesday	Thursday	Friday
Meals are provided at no cost. A \$3 per meal voluntary donation is suggested but not expected.	<b>Menu is subject to change without notice.</b>	<i>NO scheduled closures this month.</i> Please go to <a href="http://www.WMUR.com">www.WMUR.com</a> or the TV station under "closings". Or, check Facebook under "Linwood Senior Services."		<b>1</b>  Baked Potato Bar Assorted Toppings Fruit Milk
<b>4</b>  Turkey and Gravy Mashed Potato Carrots Fruit Milk	<b>5</b>  Cook's Choice Assorted Veggies Assorted Muffins Milk  HDM/GNG only	<b>6</b>  Hotdogs/Beans Cauliflower Cornbread Fruit Milk	<b>7</b>  Baked Fish Rice w/Green Peas Broccoli Milk	<b>8</b>  Carrot Soup Egg Sandwich Cucumber Slices Fruit Milk
<b>11</b>  Spaghetti Zucchini and Summer Squash Fruit Milk	<b>12</b>  Italian Chicken Baked Veggie Rice Garlic Roll Milk  HDM/GNG only	<b>13</b> <i>8 am Chat n' Nibble Breakfast</i> <i>11:30am Lunch</i> Black Bean Quesadilla Green Beans Fruit Milk	<b>14</b>  Corned Beef Cabbage/Carrots Potato Milk  	<b>15</b>  Gordi's Corned Beef Luncheon @ LASS <i>HDM this day</i> Ravioli Mixed Beans Brussel Sprouts Fruit Milk 
<b>18</b>  Assorted Quiche Sweet Potato Fries Broccoli Fruit Milk	<b>19</b>  Kielbasa Potato Barrels Peas/Onions Milk  HDM/GNG only	<b>20</b>  Teriyaki Pork Chop Garlic Potato Mixed Veggies Fruit Milk	<b>21</b>  Taco Bar Assorted Toppings Milk	<b>22</b>  Stuffed Chhicken Lemon Rice Green Beans Fruit Milk
<b>25</b>  Pot Roast Baked Potato Spinach Fruit Milk	<b>26</b>  Chicken Sandwich Corn Fruit Milk  HDM/GNG only	<b>27</b>  Tortellini with Maple Cream Sauce Broccoli/Cauliflower Fruit Milk	<b>28</b>  Stuffed Pork Sweet Potato Parsley Carrots Milk  HDM only	<b>29</b>  Honey Mustard Ham Roasted Potato Mixed Veggies Fruit Milk



# ~MARCH 2024 ACTIVITIES~



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Each month we will highlight a local restaurant for one of our senior lunches.</p> 	<p>This month's highlighted lunch is by <b>Gordi's Fish &amp; Steakhouse</b>.</p> <p>Last month's highlighted lunch was by <b>The Gypsy Café</b>.</p> <p><b>THANK YOU!</b></p>	<p><b>MARCH 15TH</b> Monthly senior <b>St. Patrick's Day</b> luncheon donated by <b>GORDI's</b> 11:30-12:30 <b>RESERVATIONS</b> <i>highly recommended</i></p>	<p>Our <i>Facebook</i> page: <b>LINWOOD SENIOR SERVICES</b></p>	<p>1</p> <p>ZUMBA Gold (Cardio) 10:00 to 11:00 Bingo 12:30-2:00</p> 
<p>4 Bone Builders 10:00-11:00</p>  <p>GAME DAY 12:30-2:00: play cribbage, other card games, scrabble, etc.</p>	<p>5</p> <p>No Activities</p> <p><b>HDM/GNG only</b></p>	<p>6 Bone Builders 10:00-11:00</p> <p><b>BIRTHDAY PARTY</b> at lunch</p>  <p>GAMES AVAILABLE 12:30-1:45</p>	<p>7 Rooster Club and Play Chess 10am</p>  <p>ZUMBA/with weights 10am CHAIR YOGA 12:30-1:30</p>	<p>8 ZUMBA Gold(Cardio) 10:00-11:00</p> <p>Bingo 12:30-2:00 <b>(GREAT PRIZES, SNACKS and DRINKS)</b></p> 
<p>11 Bone Builders 10:00-11:00</p> <p>GAME DAY 12:30-2:00: play cribbage, other card games, scrabble, etc.</p>	<p>12</p> <p>No Activities</p> <p><b>HDM/GNG only</b></p>	<p>13 <b>Chat n' Nibble BREAKFAST-8AM</b></p> <p>Bone Builders 10:00-11:00</p> <p>GAMES AVAILABLE 12:30-1:45</p>	<p>14 Rooster Club and Play Chess 10am</p> <p>Chair Yoga 12:30-1:30</p>	<p>15 <b>GORDI'S catered lunch! (see menu)</b></p> <p>Bingo 12:30-2:00 <b>(GREAT PRIZES, SNACKS and DRINKS)</b></p>
<p>18 Bone Builders 10:00-11:00</p> <p>GAME DAY 12:30-2:00: play cribbage, other card games, scrabble, etc.</p>	<p>19</p> <p>No Activities</p> <p><b>HDM/GNG only</b></p>	<p>20 Bone Builders 10:00-11:00</p> <p>GAMES AVAILABLE 12:30-1:45</p>	<p>21 Rooster Club and Play Chess 10am</p>  <p>Chair Yoga 12:30-1:30</p>	<p>22 Bingo 12:30-2:00 <b>(GREAT PRIZES, SNACKS and DRINKS)</b></p> 
<p>25 Bone Builders 10:00-11:00</p> <p>GAME DAY 12:30-2:00: play cribbage, other card games, scrabble, etc.</p>	<p>26</p> <p>No Activities</p> <p><b>HDM/GNG only</b></p>	<p>27 Bone Builders 10:00-11:00 Pemi Baker Ask a Nurse 10:45-11:45</p>  <p>GAMES AVAILABLE 12:30-1:45</p>	<p>28 No Activities</p> <p><b>HOME-DELIVERED MEALS only</b></p>	<p>29 Bingo 12:30-2:00 <b>(GREAT PRIZES, SNACKS and DRINKS)</b></p> 