

# LinWood Area Senior Services

A location of Grafton County Senior Citizens Council, Inc., located at 10 Campbell Street, Lebanon, NH 03766  
(603) 448-4897, [www.gcsc.org](http://www.gcsc.org) and on Facebook. Serving the Lincoln and Woodstock communities.

Our mission is to enrich the lives of older adults and individuals with disabilities by creating opportunities for engagement, fostering healthy aging, and delivering compassionate support.



**Program Coordinator:** Maria McIntyre  
\*\*\*[maria.mcintyre@gcsc.org](mailto:maria.mcintyre@gcsc.org)  
**Kitchen Coordinator:** Now Hiring (32hrs)  
**HDM Coordinator:** Ruth Pasquino (per diem)  
**Bus Driver:** Gary Litton

**OPEN: Monday, Wed, Thurs, Friday.**  
**Office Hours 8 - 4; Program Hours 10 - 2**  
**194 Pollard Road, Lincoln, NH 03251**  
**Phone: 603-745-4705/F: 603-745-7446**

Spring! Although we just received another snow/ice storm as I write this, let's all yell for warmer weather until we see the daffodils and tulip colors!! However, when we DO get ice storms or that freakish snow squall of many inches, I put the closings on WMUR "closings and delays" website and their broadcast/streaming services. We also call our Home Delivered Meal(meals on wheels) recipients for a wellness check and to tell them there won't be any deliveries that day. So if you or someone you know would like a daily check-in with a nutritious meal, give us a call! Don't forget to check the backside of this newsletter for our menu, events, and activities—some are regularly scheduled, some are a surprise!  
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@gcsc.org](mailto:rsvp@gcsc.org).



**FIRST RESPONDER'S BREAKFAST\*2ND WEDNESDAY OF EVERY MONTH\***Serving at 8am (help set-up 7am)



**Home-Delivered Meals need VOLUNTEER DRIVERS** (Meals on Wheels) "Get out and Drive"! It's Spring—drive your jalopy and help out when you can.



Last year, GCSCC provided 212,626 meals for older adults and adults with disabilities throughout Grafton County! Thanks to our team effort, we continue to serve more meals each year without putting anyone on a waiting list. To help sustain our program and continue providing nutritious meals, we are adjusting the suggested donation from \$3 to \$5 per meal. As always, all services are free of charge and donations are voluntary. Thank you, we appreciate you and your support.



Thank you to Loon Mountain Real Estate for sponsoring our monthly Newsletter!

Loon Mountain Real Estate Co.



**Save the Date for NH Gives | June 9–10.**

Join the excitement of **NH Gives**, a statewide **24-hour online giving event** hosted by the **New Hampshire Center for Nonprofits**. Show your support for **Grafton County Senior Citizens Council, Inc. (GCSCC)** by making a gift during NH Gives.

Every donation helps support local older adults in our communities. **How to Give:** Visit [nhgives.org](http://nhgives.org) and search for **Grafton County Senior Citizens Council, Inc.**

**Questions?** Contact **James Carroll** at **603-448-4897**



*You're Invited!*

You are all invited to attend the **2026 Annual Meeting** of the Grafton County Senior Citizens Council, Inc. **Tuesday, April 14th at 11:30am; Horse Meadow Senior Center, 91 Horse Meadow Rd North Haverhill, NH 03774**

The event begins with lunch, followed by the annual business meeting. If you plan to join us for lunch, please **RSVP by April 8th** by contacting Lisa Adams at 603-787-2539 or [ladams@gcsc.org](mailto:ladams@gcsc.org)

# APRIL 2026 MENU

Congregate (sit down) meals are served Monday, Wednesday, Thursday and Friday at 11:30. Home-delivered meals follows this menu Monday - Friday. Menu subject to change without notice. Milk, juice, and bread are available at every meal.

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Butter Chicken Carrots Rice, Fruit, Milk	<b>2</b> Roast Pork Mixed Veggie Baked Potato Juice/Milk	<b>3</b> LASAGNA Green Beans Fruit Milk
<b>6</b> Hot Dogs /Beans Creamed Corn Pasta Salad Banana Bars / Milk	<b>7</b> Chicken Alfredo Beets Egg Noodles Juice/ Milk	<b>8</b> Baked Ziti Peas Garlic Bread Fruit / Milk	<b>9</b> Baked Chicken Mixed Veggie Sweet Potato Juice / Milk	<b>10</b> Chef's Choice Cauliflower Fruit / Milk
<b>13</b> Sausage and Pepper Skillet, Stewed Tomato Rice/Beans Fruit Crisp	<b>14</b> Chicken and Gravy Biscuits Carrots Juice / Milk	<b>15</b> Sweet and Sour Meatballs Pinto Beans and Rice Green Beans Fruit / Milk	<b>16</b> Meatloaf Mixed Veggie Mashed Potato Juice / Milk	<b>17</b> Chef's Choice Baked Beans Fruit Milk
<b>20</b> Chicken Nuggets Corn Sweet Potato FF Fruit/Milk	<b>21</b> Mac and Cheese with Ham Broccoli Three bean Salad	<b>22</b> French Bread Pizza Cheese and Pepperoni Peas Fruit / Milk	<b>23 ONLY MEALS ON WHEELS BEING SERVED</b> Turkey Burger with Bun Mixed Veggies Rice Juice / Milk	<b>24</b> Chef's Choice Carrots Fruit Milk
<b>27</b> Lasagna Mixed Veggie Garlic Bread Juice/Milk	<b>28</b> Grilled Cheese Three Bean Salad Tomato Soup Juice / Milk	<b>29</b> Chop Suey Cabbage Garlic Bread Fruit/Milk	<b>30</b> Baked Fish Beets Rice Pilaf Fruit/Milk	

<i>April 2026</i>		<b>UPCOMING EVENTS</b>		<i>April 2026</i>
 	 	<b>AND ACTIVITIES</b>	 	 
<i>...want our Newsletter emailed so you don't miss an event? Please send requests to: Maria.mcintyre@gcsc.org</i>	<i><u>VAN RIDES with wheelchair lift, available M-F, 8:30-1:30:</u></i>	<b>1</b> 10-11am Bone Builders 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels! Learn to play! 	<b>2</b> <b>10am-11am AND 12:30-1:45</b> "Watercolor Social group": bring own materials and chat & exchange ideas about water coloring-2 wks	<b>3</b> 10am-11am Zumba Gold 12:30-1:45Celebrity Bingo <i>Prizes, snacks and celebrity bingo caller</i>
<b>6</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	<b>7</b> NO ACTIVITIES <b>HDM only</b>	<b>8) 8am-First Responder's breakfast.</b> 10-11am Bone Builders 12noon: Chess, all levels <b>12:30-1:45 Chair Volleyball</b>	<b>9 10am-11am AND 12:30-1:45</b> 2nd week of "Watercolor Social group": chat & exchange ideas 	<b>10</b> 10am-11am Zumba 12:30-1:45Celebrity Bingo <i>Prizes, snacks and celebrity bingo caller</i>
<b>13</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	<b>14 All services canceled—</b> In-person GCSCC meeting: you are invited, see front page for details.	<b>15</b> 10-11am Bone Builders 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels! Learn to play!	<b>16</b> 10am-11am: AND 12:30-1:45 Jewelry making-materials avail & bring your own to share	<b>17</b> 10am-11am Zumba Gold 12:30-1:45Celebrity Bingo <i>Prizes, snacks and celebrity bingo caller</i>
<b>20</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	<b>21</b> NO ACTIVITIES <b>HDM only</b>	<b>22</b> 10-11am Bone Builders 11:00-12:00--"AskANurse"-PemiBaker-HH & Hospice 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels! Learn to Play!	<b>23</b> <b>HDM MEALS &amp; VAN RIDES ONLY</b> <b>NO LUNCH OR ACTIVITIES</b>	<b>24</b> 10am-11am Zumba Gold 12:30-1:45Celebrity Bingo <i>Prizes, snacks and celebrity bingo caller</i>
<b>27</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	<b>28</b> NO ACTIVITIES <b>HDM only</b>	<b>29</b> same as above (without Pemi-Baker)	<b>30</b> 10am-11am : <i>to be scheduled</i> 12:30-1:45 <i>to be scheduled</i>	<b>MAY 1ST</b> 10am-11am Zumba Gold 12:30-1:45Celebrity Bingo