

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 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.

February 2026

Program Coordinator: Maria McIntyre

***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

February, often regarded as the shortest and coldest month, is characterized by themes of love, the bridge between winter and spring, and hope for warmer days. Please join us this month to revel in this sentiment and to pass it along. We have a catered lunch again, breakfast, and our most popular fitness activities going strong. Flip this over to read our schedule and menu for times to visit. See you soon!!! ~Maria, Program Coordinator.

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.

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.

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.

OTHER SERVICES

Veterans Affairs (VA) Medical Transportation Rides scheduled by appointment, in advance, call (802) 295-9363, ext. 4381 to schedule.

Transport Central Medical Transportation call (855) 654-3200 to schedule.

Commodity Food Call (800) 578-2050 for more information.

Dartmouth-Hitchcock Aging Resource Center (ARC)
For more information regarding programs call (603) 653-3460 or visit dartmouth-hitchcock.org/aging-resource-center.

Home Delivered Meals, AKA, Meals on Wheels, don't have drivers for **MONDAY's, THURSDAY's & FRIDAY's 10:30-12pm.** \$.59/mile. Help us help our neighbors, friends, and relatives.



Winter Sowing! Bring your seeds to exchange. All tools & potting soil supplied. Check date and time on our Activities page.



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



When you donate to GCSCC, you make it possible for older adults and adults with disabilities living in every town in Grafton County to use our programs and services. To donate:





~ if you're viewing this newsletter online, you can click the photo to the left, visit www.gcsc.org/donate **OR**







~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

We appreciate your consideration and support!

FEBRUARY 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
	Meals are provided at no cost. \$3 Suggested donation but not expected. Thank you.			NOW OFFERING: (only at congregate meals) Soup of the DAY, APPETIZERS, and DESSERTS! Come & sit down for lunch at the center!
2 French Onion Beef Noodle Bake Cauliflower Fruit Milk	3 Cheese Tortellini with chicken and pesto Garden Vegetables Garlic Bread Juice/ Milk	4 Tex- Mex Chili Blueberry Corn Bread Cole Slaw Milk	5 Roasted Pork Baked Potato Corn Casserole Juice Milk	6 Italian Sausage Pasta Broccoli Casserole Fruit Milk
8 Pork Shepards Pie Fruit Crisp Roll Fruit Milk	10 Hawaiian Shoyu Chicken Brown Rice and Beans Roasty, Toasty Carrots and Onion Juice /Milk	11 American Chop Suey Green Beans Banana Bar Fruit Milk	12 Turkey Burger Lettuce, Tomato, Onion French Fries Peas Juice/Milk	13 CATERED BY THE COMMON-MAN Fruit Milk 
16 	17 Sloppy Jo- Orzo Sweet Potato Squash Juice Milk	18 Baked Fish Rice Pilaf Broccoli Fruit Milk	19 Veggie Strata Sausage Patty Oatmeal Muffin Juice Milk	20 Chicken and Biscuit Casserole Peas/ Onions Fruit Milk
23 Hot Dog Mac and cheese Stewed Tomato Green Beans Fruit /Milk	24 Philly Cheesesteak Casserole With onions and peppers Spinach Juice / Milk	25 Cheesy Chicken and Rice Broccoli /Cauliflower Applesauce Milk	26 Pulled Pork Sandwich with WG Bun Mixed Potato Wedges Four Bean Supreme Juice /Milk	27 Ranch Medley Casserole Rolls Fruit Milk

FEBRUARY 2026		Activities		FEBRUARY 2026
DRIVERS NEEDED  <i>Please Help us— Help them.</i>		PLANT for Spring seedlings! Dirt, seeds, plastic “pots”, and tools supplied. Join us FEB 19th 	Bring seeds to exchange! Grow a pot in your house/apartment! 	<u><i>VAN RIDES M-F, 8:30-1:30:</i></u> <i>*Wheel-chair lift onboard!</i> <i>*Call to confirm availability for your appointment*</i>
2 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	3 NO ACTIVITIES HDM only	4 10-11am Bone Builders 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels! Learn to play! Every Wednesday:  CHESS	5 NO ZUMBA, FRI ONLY 10am-11am OPEN TO ANY ACTIVITIES 12:30-1:45 OPEN TO ANY ACTIVITIES	6 10am-11am Zumba Gold 12:30-1:45 Celebrity Bingo (Prizes, snacks and celebrity bingo caller)
9 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	10 NO ACTIVITIES HDM only	11 8am-First Responder's breakfast. 10-11am Bone Builders 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels! Learn to play!	12 NO ZUMBA, FRI ONLY 10am-11am OPEN TO ACTIVITIES 12:30-1:45 OPEN TO ANY ACTIVITIES	13 10am-11am Zumba 12:30-1:45Celebrity Bingo VALENTINE'S DAY PARTY FUNDRAISER Raffles & Wear Red for a chance to win Door prize!
16 	17 NO ACTIVITIES HDM only	18 10-11am Bone Builders 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels! Learn to play!	19 NO ZUMBA, FRI ONLY 10am-11am PLANT SPRING SEEDS! 12:30-1:45 All tools supplied, bring seeds if you want to exchange	20 10am-11am Zumba Gold 12:30-1:45Celebrity Bingo (Prizes, snacks and celebrity bingo caller)
23 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	24 NO ACTIVITIES HDM only	25 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!	26 NO ZUMBA, FRI ONLY 10am-11am OPEN TO ANY ACTIVITIES 12:30-1:45 OPEN TO ANY ACTIVITIES	27 10am-11am Zumba Gold 12:30-1:45Celebrity Bingo (Prizes, snacks and celebrity bingo caller)