

# 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.



## JUNE 2026



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  
Now Accepting: Meal Prep Volunteers!

OPEN: Monday, Wed, Thurs, Friday.  
Office Hours 8 - 4; Program Hours 10 - 2

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194 Pollard Road, Lincoln, NH 03251  
Phone: 603-745-4705/F: 603-745-7446

Hi Everyone, it's hot out and the community center is air-conditioned so if you need a reprieve from the weather (and the pollen!) check our schedule on the back of this and join us (Tuesdays-we give rides to the town's food pantry). This month I will be working on scheduling activities on Thursdays as "to be determined" so keep checking our Facebook announcements or contact me for information. The CommonMan is catering on the 12th, please call to sign-up("BBQ menu") Help needed ASAP, as a volunteer in our well-equipped kitchen prepping for the day's meals! Coverage needed all of the hours or some of the hours between 8am and 1pm, Monday-Friday. Please share and see you soon!~Maria, Program

### 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).



**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**

First Responder's Breakfast \*2nd Wednesday\* of every month. \*Serving at 8am. (help us set-up at 7am)



Loon Mt Real Estate sponsors our monthly Newsletter.



**THANK YOU!**

Loon Mountain Real Estate Co.

Last year, GCSCC provided 212,626 meals for older adults and adults with disabilities throughout Grafton County! 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.

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](http://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!**

# JUNE 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
1 Pork Chops Baked Potato Carrots Bread or Roll Fruit /Milk	2 Orange Chicken Rice Broccoli Bread or Roll Juice/Milk	3 Sausage/Cheese Pizza Peas Bread or roll Fruit Milk	4 Pineapple BBQ Chicken Mixed Veggies Bread or Roll Juice/Milk	5 Chefs Choice Summer Squash Bread or Roll Fruit /Milk
8 Fajitas Veggies and meat Rice Bread or Roll Fruit /Milk	9 Stacked Cordon Blue Mashed Potato Green Beans Bread or Roll Juice/Milk	10 Teriyaki Turkey Rice Broccoli Bread or Roll Fruit /Milk	11 Egg Salad Plate Lettuce/Tomato Cucumber Salad Bread or Roll Juice/Milk	12 <u>Monthly Luncheon:</u> <i>Catered by The Common Man—&gt;Menu is "BBQ themed"</i> <i>*Call to sign-up*</i>
15 Chicken Cacciatore Mashed Potato Peas Bread /Roll Fruit/Milk	16 Assorted Sandwich Meat/Cheese, Lettuce/Tomato. Pasta Salad with carrots, cuke and tomato. Bread or Roll Juice /Milk	17 Hot Dog and Beans California Blend Bread or Roll Fruit /Milk	18 Cheesy Chicken Casserole Rice Broccoli Bread or Roll Juice /Milk	19  <b>All GCSCC locations closed for Juneteenth</b>
22 Chicken Gravy Mashed Potato Beets Bread or Roll Fruit/Milk	23 Spaghetti with Meat Sauce Bean Salad Peas Bread or Roll Juice / Milk	24 Toasted Tuna Boats With cheese Broccoli Bread or Roll Fruit /Milk	25 LINWOOD AREA SENIOR SERVICES <u>CANCELED</u> (Frozen Meals will be delivered on the 24th)	26 Chef's Choice Roasted potato Green Beans Bread or Roll Fruit /Milk
29 Pesto Tortellini Summer Squash Bread or Roll Fruit / Milk	30 Chicken Nuggets French Fries Baked Beans Bread or Roll Juice /Milk			

JUNE 2026		<b>UPCOMING EVENTS</b>		JUNE 2026
<i>Volunteers needed to work in our well-equipped kitchen for meal prep: any time between 8-1 Mon-Fri. Easy, fun and air-conditioned!</i>	<i>Call to sign up for our Luncheon on the 12th:</i> 	<b>and activities</b>	<i><u>VAN RIDES with wheelchair lift, available M-F, 8:30-1:30 call to schedule; 745-4705</u></i>	<b>Buy \$10 RAFFLE ticket from us to win a \$200 TRUCK RAFFLE TICKET- (our drawing is July 8)</b>
<b>1</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball 	<b>2</b> NO ACTIVITIES <b>HDM only</b>	<b>3}</b> 10-11am: Bone Builders 12noon: Chess, all levels 12:30-1:45: Chair Volleyball CHESS PLAYERS NEEDED: BRING THE GRANDKID!! 	<b>4</b> 10am-11am TBD 12:30-1:45 TBD	<b>5</b> 10am-11am Zumba Gold 12:30-1:45 Celebrity Bingo <i>Prizes, snacks and celebrity bingo caller</i>
<b>8</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	<b>9</b> NO ACTIVITIES <b>HDM only</b>	<b>10}</b> Breakfast 8am 10-11am: Bone Builders 12noon: Chess, all levels 12:30-1:45: Chair Volleyball CHESS PLAYERS NEEDED even if you "haven't played in 20 years."	<b>11</b> 10am-11am TBD 12:30-1:45 TBD	<b>12</b> 10am-11am Zumba 11:30-12:30 BBQ catered by  12:30-1:45 BINGO
<b>15</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	<b>16</b> NO ACTIVITIES <b>HDM only</b>	<b>17</b> 10-11am: Bone Builders 12noon: Chess, all levels 12:30-1:45: Chair Volleyball CHESS PLAYERS NEEDED even if you "haven't played in 20 years."	<b>18</b> 10am-11am TBD 12:30-1:45 TBD	<b>19</b>  <b>All GCSCC locations closed for Juneteenth</b>
<b>22</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball ----- <b>29</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	<b>23</b> NO ACTIVITIES <b>HDM only</b> ----- <b>30</b> NO ACTIVITIES <b>HDM only</b>	<b>24</b> 10-11am Bone Builders 11:00-12:00--"AskANurse"- <b>PemiBaker-HH &amp; Hospice</b> 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels!  CHESS PLAYERS NEEDED even if you "haven't played in 20 years."	<b>25</b> ALL Linwood Area Senior Services <u>CANCELED</u> Frozen Meals will be delivered on the 24th  ----- <i>...Maria will be out from 6.15.26-6.29.26</i>	<b>26</b> 10am-11am Zumba Gold 12:30-1:45 Celebrity Bingo