

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 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.

JULY, 2025



Open Monday - Friday
Office Hours 8 - 4; Program Hours 10 - 2
(unless otherwise noted)

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



Program Coordinator: Maria McIntyre,
maria.mcintyre@gcsc.org

Kitchen Coordinator: Now Hiring (32hrs)

HDM Coordinator: Ruth Pasquino (per diem)

Bus Driver: Gary Litton, *hiring part-time and per diem drivers see Maria*

We have a few changes in activities and staff this month so don't hesitate to contact us with any questions. It's finally hot out there, but not in our kitchen! We are hiring for a new kitchen coordinator, 32 hrs/wk (this is instead of a formal cook because we receive our meals from GCSCC's central kitchen). We are also hiring for a driver who will drive our air conditioned bus—hours are very flexible. As for volunteers needed (who will keep cooled within the air conditioned building too) we need kitchen helpers(1 or 2 hours a WEEK) event greeters (1 or 2 hours a WEEK) and servers(1 or 2 hours a day) and activity helpers(up to 4 times a week). Stop in to ask when and what you could do to help us help the ones who need us most. THANK YOU, see you soon~Maria

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.

Grab and go meals; lunch menu always available "to go", call to reserve and pick up outside the kitchen.

Transportation; (now hiring drivers, see add on this page) rides are available 8am - 2pm, Monday-Friday. Please call to schedule or for more information.

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.

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!



Coming here July 23rd—
Public welcome! Call for details or to sign up.



KITCHEN COORDINATOR 32 hrs per week

(Central Kitchen cooks for us)

~receive meals from our Central Kitchen to heat and serve
Home Delivered meals & Congregate meals
~experience supervising staff a plus
~computer skills a plus



Hiring Part-time and Per-diem people.

Non-CDL drivers license required (and paid for if considered!) Lots of area folks need rides to the pharmacy, grocery store, doctor appointments, etc... ..helping us helps them.

Kitchen aid VOLUNTEERS needed:

You set your hours. Assist in kitchen preparations for Home Delivered meals & Congregate meals: portion food into 50 servings for cups, plates, food trays. Alternate dish-washing & cleaning. Fun & busy environment.
Lunch is on us!

Thanks to your incredible generosity, we raised \$6,570 in just 24 hours during NH Gives, our most successful campaign since we began participating in 2016. Your support helps us continue providing essential programs and services across Grafton County, and we're so grateful to have you in our corner. From all of us at GCSCC, thank you for making a real difference.



Lin-Wood Area Senior Services (LASS)
 Congregate (sit down) meals are served **Monday, Wednesday, Thursday and Friday at 11:30.** **Grab & Go** is available daily, *unless noted.* Home-delivered meals follow this menu **Monday - Friday.** Need more info? Call us (603) 745-4705.

JULY 2025 MENU
 (activities below)

<div> *Juice, Milk, and bread items are available at every meal. * </div>	1 Chicken Taco's Lettuce, Tomato, Cheese Corn & Bean Salad	2 BBQ Pork Chops Baked Potato Baked Beans Brussel Sprouts	3 Hamburgers Pasta Salad with Veggies Cole Slaw	4 <div> CLOSED Happy 4th of July </div>
7 Chef's Choice Carrots	8 Chef's Choice Broccoli	9 Chef's Choice Peas	10 Chef's Choice Green Beans	11 Chef's Choice Cauliflower
14 Chicken Parm Cassorole Over Egg Noodles Cauliflower/Red Pepper	15 Tuna Sandwich on WG Broccoli Salad Chips	16 Chop Suey Garlic Bread Green Beans	17 Baked Fish Peas Rice	18 Chicken Sandwich on Baked Beans Carrots
21 Roast Pork Sweet Potato Broccoli	22 Sweet and Sour Meatballs Brown Rice Green Beans	23 Saus, Pepp & Onion Mashed Potato Peas	24 Mac and Cheese Spinach Stewed Tomato	25 Hot Dogs French Fries Carrots
28 BLT's Roasted Sweet Potato Green Beans	29 Spaghetti w/Meat Sauce Peas Rolls	30 Sliced Turkey w/ Gravy Carrots Baked Potato	31 Chicken Nuggets Baked Sweet Potato Spinach	Meals are provided at no cost. \$3 Suggested donation but not expected. Thank you.

		JULY 2025 ACTIVITIES		LASS is located in the community building at 194 Pollard Brook Road, Lincoln.
	1 NO ACTIVITIES HDM/GNG only	2 Bone Builders 10:00 -11:00 To be determined 12:30-1:45	3 Zumba with Weights (Canceled for today) Activity To be determined 12:30-1:45	4 <div> Happy 4th of July **ALL GCSCC sites CLOSED </div>
7 Bone Builders 10:00 to 11:00 Chair Volleyball 12:30-1:45 (canceled next week)	8 NO ACTIVITIES HDM/GNG only	9 FIRST RESPONDERS BREAKFAST is CANCELLED— **see you next month! **Bone Builders-10-11 To be determined 12:30-1:45	10 Zumba with Weights 10am-11am To be determined 12:30-1:45	11 Zumba Gold 10:00-11:00 Bingo 12:30-1:45 (Prizes, snacks and celebrity bingo caller)
14 Bone Builders 10:00 to 11:00 "MYCOLOGY with ROZ" 12:30-1:45	15 NO ACTIVITIES HDM/GNG only	16 Bone Builders 10:00 -11:00 LEARN TO GEO-CACHE! 12:30-1:45	17 Zumba with Weights 10am-11am To be determined 12:30-1:45	18 Zumba Gold 10:00-11:00 Bingo 12:30-1:45 (Prizes, snacks and celebrity bingo caller!)
21 Bone Builders 10:00 to 11:00 Chair Volleyball 12:30-1:45	22 NO ACTIVITIES HDM/GNG only	23 Bone Builders 10 -11 12:30-1:45 PRESENTATION: SQUAM LAKES SCIENCE CENTER 	24 NO ACTIVITIES HDM MEALS ONLY	25 Zumba Gold 10:00-11:00 Bingo 12:30-1:45 (Prizes, snacks & celebrity caller!)
28 Bone Builders 10:00 to 11:00 Chair Volleyball 12:30-1:45	29 NO ACTIVITIES HDM/GNG only	30 Bone Builders 10:00 -11:00 Learn about your food and YUKA... 12:30-1:45	31 ZUMBA CANCELED THIS DAY & August 1st-> 10am-11am: Rock Painting with Acrylics 12:30-1:45: 2nd Rock Painting class	SEE MARIA TO SIGN UP FOR VOLUNTEERING IN THE KITCHEN— HELP PREPARE FOOD FOR HDM'S AND CONGREGATE MEALS!