

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.



MAY 2026



Program Coordinator:.....Maria McIntyre
*****maria.mcintyre@gcsc.org
Kitchen Coordinator:.....**Now Hiring (32hrs)**
HDM Coordinator:Ruth Pasquino (per diem)
Bus Driver:Gary Litton
Now Accepting: Kitchen Prep Volunteers!

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

Happy May everyone! May's birth flower is the Lily of the Valley and the birthstone is the Green Onyx or the Emerald; either way, it's GREEN out there and hopefully stays this way for the remainder of Spring, right?

Because we want to be prepared for all our activities and events, call us to sign-up after you read our list of events on the flip-side of this newsletter. I couldn't list a full schedule of new activities so we are holding "social hour"-while you paint with watercolor- again, but the regulars (Bone Builders & Chair Volleyball) are going stronger than ever! If I get a last-minute presentation together it will be during the Thursday activity hours instead of Ping- Pong!!—you know, AKA Table Pickleball! In the meantime, a regulation ping-pong table will be out and ready for any players as scheduled. Last but not least, LASS's Annual Spaghetti & Bingo Fundraiser will be Saturday Night so mark your calendars! ~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.

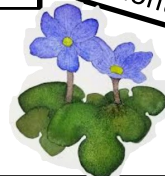
FIRST RESPONDER'S BREAKFAST*2ND WEDNESDAY OF EVERY MONTH*
Serving at 8am (help us set up at 7am)



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 Loon Mt Real Estate for sponsoring our monthly Newsletter.



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 and search for **Grafton County Senior Citizens Council, Inc.**
Questions? Contact James Carroll at **603-448-4897**

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!

MAY 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 Chef's Choice Assorted Veggie Baked Potato. Fruit/Milk
4 Beef Stew w/potato, carrot and onion Corn Bread	5 BBQ Chicken Pasta Salad Three Bean Salad Juice/Milk	6 Baked Fish Rice Carrots Fruit/Milk	7 Pulled Pork Sandwich Sweet Potato FF Broccoli Juice/Milk	8 Chef's Choice Assorted Veggie Rice. Fruit/Milk
11 Sausage Strata Roasted Potato Beans Fruit/Milk	12 Chicken Salad Wrap w/lettuce, & tomato Baked Potato Salad Juice/Milk	13 Pork Roast Stuffing Squash. Fruit/Milk	14 Mac and Cheese w/ham Peas/Carrots Juice/Milk	15 All Staff Meeting GCSCC- Closed
18 Beef & Gravy Egg Noodles Broc/ Caul Mix Fruit Milk	19 Pizza Garden Salad Peas. Juice Milk	20 Pasta Dishes Garlic Bread Carrots Fruit Milk	21 Hamburgers/ Cheeseburgers/Hotdogs Salad Fruit/Milk	22 Chef's Choice Assorted Veggie Mashed Potato Fruit/Milk
25 All GCSCC Sites CLOSED MEMORIAL DAY	26 Pesto/Cheese Tortellini Carrots Garlic bread or Rolls Juice Milk	27 Stir Fry w/veggies and Beans Rice Fruit	28 Chicken Gravy w/peas & carrots Biscuits. Juice Milk	29 Chef's Choice Assorted Veggie Rice. Fruit/Milk

Spring Fling Luncheon

MAY 2026		UPCOMING EVENTS	MAY 2026
ANNUAL SPAGHETTI AND BINGO DINNER Cost: by donation FUNDRAISER 5.9.26		and activities	Buy \$10 RAFFLE ticket from us to win a \$200 TRUCK RAFFLE TICKET- (our drawing in July)
<i>...want our Newsletter emailed so you don't miss an event? Please send requests to: Maria.mcintyre@gcsc.org</i>	<i>Kitchen Prep volunteers needed to put together meals: Monday, Tuesday, Wednesday 8-12</i>	<i>VAN RIDES with wheelchair lift, available M-F, 8:30-1:30:</i>	Bring mom to our Homemade dinner on Saturday night! Play some Bingo & buy raffle tickets for a great cause!
4 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	5 NO ACTIVITIES HDM only	6) 10-11am Bone Builders 12noon: Chess, all levels 12:30-1:45 Chair Volleyball	7 10am-11am AND 12:30-1:45 "Watercolor Social group": chat & exchange ideas (first Thursday's of the month)
11 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	12 NO ACTIVITIES HDM only	13} 8am-First Responder's breakfast. 10-11am Bone Builders 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels! Learn to play!	8 10am-11am Zumba 12:30-1:45Celebrity Bingo FUNDRAISER SATURDAY NIGHT SPAGHETTI-5PM, BINGO-6PM, 50/50, RAFFLES & PRIZES, CALL or STOP IN TO SIGN UP
18 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	19 NO ACTIVITIES HDM only	20 10-11am Bone Builders 11:00-12:00--"AskANurse"-PemiBaker-HH & Hospice 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels!	14  10am-11am Ping-Pong Regulation sized Table 12:30-1:45 Ping pong
25 	26 NO ACTIVITIES HDM only	27 same as above (without Pemi-Baker)	15 All LASS programming canceled— STAFF MTG in Plymouth
			18 10am-11am Zumba Gold 12:30-1:45Celebrity Bingo
			21 11:30-12:30 Catered by: WoodStock Inn. Raffles&party favors 
			22 10am-11am Zumba Gold 12:30-1:45Celebrity Bingo
			28 10am-11am Ping Pong 12:30-1:45 Ping Pong
			29 10am-11am Zumba Gold 12:30-1:45Celebrity Bingo