

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.

March 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

MARCH over to us this month if you haven't already! We have a new projector to which we will use for informational (Mount Washington Observatory Historian), entertainment (*Singin' In the Rain* movie), health-related (Celeste on Heart Health after cardiac arrest) or exercise-related presentations (Tia Chi from *Senior Planet*). Thanks to Gordi's this month for providing lunch! Thanks to The Common Man-Lincoln for last month's huge donation. And thanks to Fresh Tracks for providing breakfast sandwiches for our First Responder's Breakfast. See you soon! ~Maria & LASS team

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.

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



Home Delivered Meals for VOLUNTEER DRIVERS (Meals on Wheels) 10-10:30-12noonish. \$.59/mile. (Times can vary up to half hour if necessary for folks to deliver during lunch)



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!



Last year, GCSCC provided 212,626 meals for older adults and adults with disabilities through-out Grafton County! Thanks to our team effort, we continue to serve more meals each year without putting anyone on a waiting list. We are grateful for all of our employees, volunteers, participants, and community members who make this happen.

Over the past decade, the cost of living has increased by approximately 35%, and the cost of food, supplies, fuel, and wages have steadily risen, while our suggested meal donation has remained unchanged. 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 your consideration and support.

MARCH 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
2 Chicken Sandwich Lettuce, Tomato Sweet Potato FF Carrots, Fruit/Milk	3 Korean Ground Turkey and Rice Bowl Pinto Beans Juice/Milk	4 Spaghetti with meat sauce Green Beans Fruit / Milk	5 Turkey and Gravy Biscuits Mixed Veggie Juice/Milk	6 Glazed Roast Pork Baked Potato Broccoli Fruit /Milk
9 Chicken Parm Casserole Egg Noodles Beets, Fruit /Milk	10 Baked Fish Stuffing Topping Brown Rice Assorted Veggie Juice/ Milk	11 Hearty Turkey Chilli Corn Bread Fruit/Milk BREAKFAST 8AM	12 BBQ Pork Chops Baked Beans Peas Juice/ Milk	13 Ravioli Broccoli Garlic Toast Fruit /Milk
16 St.Patrick's Day Party Boiled Corned Beef, Potatoes, Carrots, Onions, Cabbage By Gordi's Restaurant	17 Ham Cabbage/Carrots Potato Juice/Milk	18 Hot Dogs/Beans French Fries Corn Fruit / Milk	19 Mac and Cheese Peas Juice/Milk	20 Mock Chicken Pot Pie Biscuit Stewed Tomato Fruit/Milk
23 Maple Glazed Sausage, Herby Lentils, Cauliflower, Fruit/Milk	24 Roast Chicken Sweet Potato Squash Juice/Milk	25 Chop Suey Peas and Carrots Fruit /Milk	26 *NO CONGREGATE* Coconut Turkey with Peppers and onions Brown Rice/Beans Juice/Milk	27 Assorted Meat and cheese Sandwiches Lettuce, Tomato, Chips Fruit/ Milk
30 Pork Quesadillas Rice and Beans Green Peas Fruit /Milk	31 Bacon Cheeseburger French Fries Green Beans Juice/Milk	<i>Meals are provided at no cost. A \$5 per meal voluntary donation is suggested but not ex- pected</i>		

MARCH 2026		UPCOMING EVENTS		MARCH 2026
<i>NEW: Play family games at the center—UNO, 5 Crowns, CRIBBAGE, Chess! BRING FAMILY AND/OR FRIENDS!</i>		AND ACTIVITIES	<i>Bring in any (personal) pictures you have of Mt Washington for the presentation below:</i>	<i>VAN RIDES M-F, 8:30-1:30: *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 (MOVED NEXT WEEK) Chair Volleyball 12NOON: CHESS: all levels! Learn to play!	5 10am-11am MT WASH- INGTON OBSERVATO- RY: Past & Present 12:30-1:45 PAINTING SHAMMROCKS FOR PAR- TY 	6 10am-11am Zumba Gold 12:30-1:45 Celebrity Bingo <i>And, remember, this Satur- day night at 2:00 am—</i> SPRING FORWARD Set your clock an hour ahead
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; Heart Attack and Recovery w/Celeste 12:30-1:45 Chair Volleball → MOVED TO THURSDAY 12NOON: CHESS	12 10am-11am WILD UNO, FIVE CROWNS,CRIBBAGE, & CHESS 12:30-1:45 CHAIR VOL- LEYBALL	13 10am-11am Zumba 12:30-1:45Celebrity Bingo <i>(Prizes, snacks and celebrity bingo caller)</i> ST Patrick's Day Party Monday—pls sign up
16 10:00-11:00 Bone Bldrs 11:30-12:30 St Patrick's Day PARTY 12:30-1:45 Chair Volleyball 	17 NO ACTIVITIES HDM only	18 10-11am Bone Builders 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels! Learn to play!	19 10am-11am WILD UNO, FIVE CROWNS,CRIBBAGE, & CHESS 12:30-1:45 <i>to be sched- uled</i>	20 10am-11am Zumba Gold 12:30-1:45Celebrity Bingo <i>(Prizes, snacks and celebrity bingo caller)</i>
23 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	24 NO ACTIVI- TIES 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 HDM MEALS ONLY NO PROGRAMING VAN RIDES AVAILA- BLE!!	27 10am-11am Zumba Gold 12:30-1:45Celebrity Bingo <i>(Prizes, snacks and celebrity bingo caller)</i>
30 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	31 NO ACTIVI- TIES HDM only			