



LINWOOD AREA SENIOR SERVICES 2026

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.

October

Program Coordinator:.....Maria McIntyre
--maria.mcintyre@gcsc.org--
 Kitchen Coordinator: Shawn Carroll
 HDM Coordinator:Ruth Pasquino (per diem)
 Bus Driver:Gary Litton
LOOKING FOR: Home Delivered Meal Drivers



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



We have a LOT planned for this month; including "CHESS every monday at 12noon" I left out last month's schedule-so use our newsletter as YOUR calendar so you don't miss anything! Our first ever grief- support-group started in September, please join us every 3rd Thursday 10am in the conference room. Thank "Fired on the Mountain", she brought her 5 POTTERY WHEEL's for us--check out our pics on our Face Book page, Linwood Senior Services. Our new 2027 Bus is on the road and we need to name it! Friday, October 2nd we will begin a voting process at our PiZZA and ICE CREAM party! Flu shot Clinic scheduled too-- Check out our Activities and Menu on the next pages. See you soon~Maria



**JOIN US Friday,
 October 2nd, to name
 the new 2027 BUS,
 TAKE A TOUR OR
 RIDE & join us for
 PIZZA PARTY-Thx GH
 Pizza *11:00am* after
 ZUMBA**



Seniors & FIRST RESPONDER'S BREAKFAST -8AM
 The 2nd Wed. of every month(10.14.26) . It's a time for seniors and adults with disabilities (and their guests) to meet the area's First Responders.



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.

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: ~ Please 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!

OCTOBER 2026 MENU

Congregate meals are served Monday, Wednesday, Thursday, and Friday at 11:30am. Home-Delivered Meals follows this menu. ***Milk, juice, and bread are available at every meal. *Menu subject to change without notice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Special dates: October 2nd, 9th, 12th, 14th, 22nd, and the 30th	Meals are provided at no cost. A \$5 per meal donation is suggested but not expected. Guests are always welcome.		1 Open-Face Beef Sandwich Sweet Potato Broccoli *milk, juice, & bread available	2 Pizza (Thank you GH from Lincoln) & ice cream (thank you Whales Tail!) *milk, juice, & bread available
5 Sausage, Pepper, with Onions Potato Spinach Applesauce *milk, juice, & bread available	6 BBQ Pork Rice Broccoli *milk, juice, & bread available	7 Sweet & Sour Chicken over Egg Noodles W/peppers & onion Carrots *milk, juice, & bread available	8 Spaghetti with Meat Sauce Bread/butter Cauliflower *milk, juice, & bread available	9 CLOSED FOR STAFF TRAINING... NO PROGRAMS MONDAY CLOSED FOR COLUMBUS DAY
12 CLOSED COLUMBUS DAY	13 Mac & Cheese Squash Stewed Tomato *milk, juice, & bread available	14 8am: BREAKFAST-- FRESH TRACKS brkfast sandwiches 11:30am: Roast Pork Swt Potato,,Grn Bns *milk, juice, & bread	15 Roast Chicken Rice Mixed Veggies *milk, juice, & bread available	16 Hot Dog/Beans Corn Pumpkin Bars Pears *milk, juice, & bread available
19 Chicken Stir Fry Pppr/Onion/Rice Spinach Applesauce *milk, juice, & bread available	20 Pasta Bake Broccoli Cheesy Black Bean Bake *milk, juice, & bread available	21 Shephard's Pie Carrots Assorted Fruit *milk, juice, & bread available	22 Chef's choice Stuffing Brussel Sprouts NO IN-PERSON LUNCH	23 Tuna Wrap Lettuce, Tom, Pasta Salad w/peas Pineapple *milk, juice, & bread available
26 Chilli/Cheese Bake Potato, Beets Applesauce *milk, juice, & bread available	27 Cheesy Chicken & Rice Peas *milk, juice, & bread available	28 Baked Ziti Garlic Bread/rolls Butternut Squash *milk, juice, & bread available	29 Baked fish Sweet Potato Green Beans *milk, juice, & bread available	30 Black Mountain Burger Catering at the center, menu to be announced later

OCTOBER 2026 ACTIVITIES CALENDAR

MONDAY

URGENT CARE is having Flu clinic here on the 19th. Call 603-607-6040 for anyone home-bound, they will go to YOU.

5

10-11am: Bone Builders

12:30-1:45: Chair Volleyball

12



19

10-11am: Bone Builders
11:30FLU SHOTS, SIGN UPS & WALK-INS- (conferenceroom)
12:30-1:45: Chair Volleyball

26

10-11am: Bone Builders
12:30-1:45: Chair Volleyball

TUESDAY



6

HDM Meals ONLY- No Other Programming

Bus Rides Available by calling 745-4705

13

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20

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27

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WEDNESDAY

Tai Chi: Thurs 10am
NEW NEW NEW



7

10-11am: Bone Builders
12noon: CHESS, all levels welcome
12:30-1:45: Chair Volleyball

14

8am: BREAKFAST; "Fresh Tracks"
10-11am: B. Builders
12noon: CHESS, all levels welcome
12:30-1:45: Ch.Vllyball

21

10-11am: Bone Builders
12noon: CHESS, all levels welcome
12:30-1:45: Chair Volleyball

28

10-11am: Bone Bldrs
11am: Bld Press. Chks w/Pemi Baker HH & H
12noon: CHESS
12:30-1:45: Chair Volleyball

THURSDAY

1

10am-10:45: Tai Chi w/Annette
12:30-1:45: To be Announced at a later date

8

10am-10:45: Tai Chi w/Annette
10am-11:00am: Grief Support>Conf room
12:30-1:45: To be Announced at a later date

15

10am-10:45: Tai Chi w/Annette
12:30-1:45: To be Announced at a later date

22

HDM Meals ONLY- No Other Programming

Bus Rides Available by calling 745-4705

29

10am-10:45: Tai Chi w/Annette
12:30-1:45: To be Announced at a later date

FRIDAY

2

10-11am: Zumba
11:30-PIZZA PARTY & ICE CREAM ...NAME THE BUS BALLOT
12:30-1:45: Celebrity BINGO!

9

CLOSED FOR STAFF TRAINING

CLOSED MONDAY FOR COLUMBUS DAY

16

10-11am: Zumba
12:30-1:45: Celebrity BINGO! snacks, gift certs, and diff prizes every week.

23

10-11am: Zumba...no Zumba NEXT WEEK
12:30-1:45: Celebrity BINGO! snacks, gift certs, and diff prizes every week.

30

10-11am: ~~Zumba~~
12:30-1:45: BINGO
BLK MT BURGER CATERING-----
HALLOWEEN PARTY
Wear costume=get ticket for door prize