

# 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 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.



## SEPTEMBER 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](mailto:maria.mcintyre@gcsc.org)**

**Kitchen Coordinator: Now Hiring (32hrs)**

**HDM Coordinator: Ruth Pasquino (per diem)**

**Bus Driver: hiring; part-time and per-diem drivers see Maria**

Is everyone ready for FALL? If you're not ready, like me, we have some great presentations and activities to distract you from the lower temps and the dimming colors of the outside! Check out our menu and activities page on the flip-side of this page—Bone Builders, Chair Volleyball, etc... Thank YOU; keep the message going about our "Help Wanted" list, we appreciate it (check the listings out below)

And Thank you to the businesses who sponsored our events in August: CommonMan Diner, Scoop Dogs, and Petals & Polish. And thank you to the local citizen-celebrity Bingo callers, which have included the local Police, Firemen and Ambulance personell! See you soon~Maria

**IN NEED OF: CHESS PLAYERS\*\*CHAIR VOLLEYBALL PLAYERS\*\*FOOT - CLINIC NURSE\*\*YOGA LEADER**

### SERVICES WE OFFER

**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.

**Congregate meals;** Monday-Friday excluding Tuesdays (we offer Grab and Go) serving at 11:30.

**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



**Hiring Part-time(16hrs/wk) and Per-diem people (daily substitute).**

**\*CDL NOT required. Drive this bus for us.**

**\*Training & physical provided & both paid for upon hiring. \*call if you have any questions!**



### **KITCHEN COORDINATOR**

**(Our Central Kitchen from Haverhill cooks for us)**

**~32 hrs per week~8am-2pm daily,**

**~options for health AND life insurance, plus retirement**

**~receive meals**

**~experience supervising staff a plus**

**~computer skills a plus**

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!**

### **MONDAY's & WEDNESDAY's**

**VOLUNTEER in our kitchen!**





**Join a fun & busy environment. Set your hours between 8am and 1pm. Assist by portioning food into cups, food trays and plates for diners. Meet new people. Volunteer because it helps someone else and makes you feel good.**

**Lunch is on us!**

# SEPTEMBER 2025 MENU

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. Menu subject to change without notice.

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|--|---|--|---|--|
| 1 <b>All GCSCC SITES CLOSED</b><br><b>Happy Labor Day!</b><br>(Please use frozen meal) | 2 Spaghetti w/ Meat Sauce, Broccoli Carrots/Milk Juice                    | 3 Sausage, Rice/ Black Beans<br>Mixed veggies<br>Fruit/Milk            | 4 Roasted chicken<br>Sweet Potatoes<br>Green Beans<br>Juice/Milk                  | 5 Chili, Corn Bread, Spinach<br>Fruit/Milk   |
| 8 Pork Shepherds Pie, Cauliflower Broccoli Milk, Fruit                                 | 9 Mac & Cheese<br>Stewed Tomato Carrots<br>Juice/Milk                     | 10 Sloppy Jo<br>Roasted Potato<br>Brussel Sprouts<br>Fruit/Milk        | 11 Baked Fish<br>Rice Pilaf<br>Peas<br>Juice/Milk                                 | 12 Hot Dog Casserole, Corn<br>Roasted Potato<br>Fruit/Milk                         |
| 15 Turkey Tacos<br>Lettuce, Tomato<br>Onion, Beans & Rice<br>Fruit/Milk                | 16 Baked Ziti w/ Pepper & Onion<br>Pumpkin Bar<br>Juice/Milk              | 17 Tuna Sandwich<br>Lettuce, Cuke, Tomato<br>Pasta Salad<br>Fruit/Milk | 18 Roasted Pork<br>Baked Potato<br>Carrots & Peas<br>Juice/Milk                   | 19 <b>All GCSCC SITES CLOSED</b><br>Safety day for GCSCC staff                     |
| 22 Cheesy Chicken & Rice w/ Beans<br>Mixed Veggies<br>Fruit/Milk                       | 23 Turkey Meatballs & Gravy<br>Mashed Potato<br>Carrots<br>Juice/Milk     | 24 Harvest Stew<br>Cabbage<br>Fruit Bar<br>Milk                        | 25 Pancake & Sausage<br>Casserole<br>Hash Browns<br>Warm Apple Sauce, Juice, Milk | 26 Roast Chicken<br>Orzo Pasta w/ Tomato<br>Broccoli<br>Fruit/Milk                 |
| 29 Pork Patty, WG Bun, Lettuce, Tomato, Onion<br>Carrots<br>Fruit/Milk                 | 30 Chicken & Broccoli Casserole<br>Dinner Roll<br>Blueberry Crisp<br>Milk | Bread, Juice, and milk are available at every meal                     | LASS is located in the community building at 194 Pollard Brook Road, Lincoln.     | Meals are provided at no cost. \$3 Suggested donation but not expected. Thank you. |

| WALKING GROUP needs walkers!    | ACTIVITIES   |  |  | SEPTEMBER 2025   |
|--|--|--|--|--|
| 1 Closed—<br>Happy Labor Day!  | 2 NO ACTIVITIES<br>HDM/GNG only  | 3 10:00-11:00 Bone Builders<br>12:30-1:45 Walking group meet & go  | 4 10am-11am Zumba with Weights<br>12:30-1:45 Walking Group meet & Go   | 5 10am-11am Zumba <br>12:30-1:45 Bingo (Prizes, snacks and celebrity bingo caller)  |
| 8 10:00-11:00 Bone Builders<br>11-11:30 Walking <br>12:30-1:45 Chair Volleyball | 9 NO ACTIVITIES<br>HDM/GNG only  | 10) 8am FIRST RESPONDERS BREAKFAST<br>10am-11:00 Bone Builders<br>12:30-1:45 Walking group meet & go   | 11 10am-11am Zumba with Weights<br>12:30-1:45 Walking Group meet & go  | 12 10am-11am Zumba <br>12:30-1:45 Bingo (Prizes, snacks and celebrity bingo caller) |
| 15 10:00-11:00 Bone Builders<br>11-11:30 Walking group<br>12:30-1:45 Chair Volleyball  | 16 NO ACTIVITIES<br>HDM/GNG only   | 17 10:00-11:00 Bone Builders<br>12:30-1:45 ———<br>**EMERGENCY PREP presentation...** see flyer   | 18 10am-11 Zumba<br>12:30-1:45 Walking Group Meet & Go   | 19 *CLOSED DUE TO STAFF TRAINING*  |
| 22 10:00-11:00 Bone Builders<br>11-11:30 Walking group<br>12:30-1:45 Chair Volleyball<br><Chair Volleyball canceled for next week>                                 | 23 NO ACTIVITIES<br>HDM/GNG only<br>**OPEN HOUSE COMMUNITY CENTER:5:30** | 24 10:00-11:00 Bone Builders<br>11:00-12:00—"AskANurse"-<br>Advanced Directives<br>Workshop by PemiBaker-<br>Home Health and Hospice   | 25 NO ACTIVITIES<br>HDM MEALS ONLY   | 26 10am-11 Zumba Gold<br>12:30-1:45 Bingo (Prizes, snacks and celebrity bingo caller)  |
| 29 10:00-11:00 Bone Builders<br>11-11:30 Walking group<br>12:30-1:45**ARTIFICIAL INTELLIGENCE PRESENTATION**by AARP  | 30 NO ACTIVITIES<br>HDM/GNG only   | Curious about AI? Want to know more about Chat GPT? This lecture will introduce some of the basic ideas around artificial intelligence. We'll talk about how AI is being used today, what its current limitations are, and how it will shape the future! 9.29.25 given by AARP | OPEN HOUSE ON 23RD: everyone welcome: Chamber hosting, speakers, hamburgs & hotdogs! Find out what we do here! | Looking for BINGO prizes: any gift cards you haven't used or not going to use? Donate for prize!!  |