

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.

JANUARY 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

HAPPY NEW YEAR 2026! This is the area's senior services for everything from Home Delivered Meals to various exercise classes. Flip over to see our menu and activities schedule. See you soon! ~Maria

OUR SERVICES

Transportation; (now hiring drivers, see add on this page) 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.



FIRST RESPONDER'S BREAKFAST IS BACK
2ND WEDNESDAY OF EVERY MONTH
Call me if you can help set-up (7am) or clean up(9:30am). *Thank you*



Drivers still needed to deliver meals for fellow residents in this area.
MONDAY's, THURSDAY's and FRIDAY's are needed most. 10:30-11:30/12pm. \$.59/mile
(One hour a week)

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!

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 from our Central Kitchen

~experience supervising staff a plus

JANUARY 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
Meals are provided at no cost. \$3 Suggested donation but not expected. Thank you.			1 ALL GCSOC SITES CLOSED	2) MEATBALLS <small>Chicken Nuggets French Fries</small> Broccoli Fruit / Milk
5 Baked Potato Bar Chili with beans Carrots Fruit / Milk	6 BBQ Meatballs Rice Peas Juice / Milk	7 Roasted Chicken Sweet Potato Mixed Veggies Fruit / Milk	8 Mac and Cheese Squash Juice / Milk	9 Tuna Noodle Casserole Corn Fruit / Milk
12 Chicken Gravy Biscuit, Broccoli Cauliflower mix. Fruit / Milk	13 Baked Ziti Garlic Roll Three Bean Salad Juice / Milk	14 Sausage Pepper, Onion Rice Green Beans Fruit / Milk	15 Rosemary Pork Sweet Potato Spinach Juice / Milk	16 Pizza Assorted Toppings Cabbage Carrot Mix Fruit / Milk
19 CLOSED FOR CIVIL RIGHTS DAY	20 Hot Dogs/ Beans Sweet Potato Stewed Tomato Juice / Milk	21 Baked Fish Rice Mixed Veggies Fruit / Milk	22 Marinated Chicken Baked Potato Peas Juice / Milk	23 Chop Suey Carrots Fruit / Milk
26 Pork Chops, Baked potato Squash, Fruit/Milk	27 Spaghetti with Meatballs Green Beans Fruit / Milk	28 Sliced Turkey w/ Gravy. Sweet Potato, Carrots. Fruit/Milk	29 Sausage/ Veggies Rice Mixed Veggies Juice / Milk	30 Chicken Sandwich, Lettuce Tomato, Peas, Fruit/Milk

JANUARY 2026		Activities		JANUARY 2026
In 2026—Volunteer! Any amount of hours you can help would be an enrichment to our programming. (Email or call to request info)	<i>Thank you for your continued support. See you in 2026!</i>	Donations accepted during activities and meals go toward: *Van upkeep and gas *Paid staff *nutritious meals provided by central Kitchen	1 10am-11am Zumba —with Weights 12:30-1:45 activity to be determined	2 10am-11am Zumba Gold 12:30-1:45 Celebrity Bingo (Prizes, snacks and celebrity bingo caller)
5 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	6 NO ACTIVITIES HDM only	7 back to regular time! 10-11am Bone Builders 12:30-1:45 Chair Volleyball **6PM-BINGO FUNDRAISER AT 1764 Restaurant benefiting LASS operations** come out and show your support! 12NOON: CHESS: all levels! Bring a friend! Beat Walter!	8 10am-11am Zumba —with Weights 12:30-1:45 activity to be determined	9 10am-11am Zumba Gold 12:30-1:45 Celebrity Bingo (Prizes, snacks and celebrity bingo caller)
12 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	13 NO ACTIVITIES HDM only	14 8am-First Responders breakfast is back! Come early to help set up(7am) 10-11am Bone Builders 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels! Bring a friend! Beat Walter!	15 10am-11am Zumba —with Weights 12:30-1:45 possible activity: BLUE ENVELOPE PROGRAM w/Woodstock PD	16 10am-11am Zumba Gold 12:30-1:45 Celebrity Bingo (Prizes, snacks and celebrity bingo caller)
19 CLOSED in observance of CIVIL RIGHTS DAY 	20 NO ACTIVITIES HDM only	21 10-11am Bone Builders 12:30-1:45 Chair Volleyball 12NOON: CHESS: all levels! Bring a friend! Beat Walter!	22 10am-11am Zumba —with Weights 12:30-1:45 activity to be determined	23 10am-11am Zumba Gold 12:30-1:45 Celebrity Bingo (Prizes, snacks and celebrity bingo caller)
26 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	27 NO ACTIVITIES HDM only	28 10-11am Bone Builders 11:00-12:00-- "AskANurse"-PemiBaker-HH & Hospice 12:30-1:45 ChairVllyball 12NOON: CHESS: all levels! Bring a friend! Beat Walter!	29 10am-11am Zumba —with Weights 12:30-1:45 activity to be determined	30 10am-11am Zumba Gold 12:30-1:45 Celebrity Bingo (Prizes, snacks and celebrity bingo caller)