

LINWOOD AREA SENIOR CENTER 2026



A location of Grafton County Senior Citizens Council, Inc., 10 Campbell Street, Lebanon NH 03766

Serving Lincoln, Woodstock, and surrounding area.

www.gcsc.org ~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.

AUGUST

OPEN: 10am-2pm*Monday-Friday (except Tuesdays)

Office hours: 8-4pm daily

Phone: 603-745-4705

194 Pollard Rd.

PO Box 461, Lincoln, NH 03251



Maria McIntyre, Program Coordinator-

--maria.mcintyre@gcsc.org --

Ruth Pasquino, per diem- HDM Coordinator

Gary Litton, p/t Driver

Shawn Carroll, Kitchen Coordinator



Hi all, it's been a busy summer because of some staff additions, which gave me time to plan the following activities: *Music During Lunch*: a practicing local guitarist who does vocals already started in July, but do **you** wish to practice in front of a live and wonderful audience that won't throw stuff at you? Play here at our lunch, 11:30 every weekday except Tuesdays! ☺ Wear your best *LUAU* outfit for our party and later play "Beach Volleyball", but no fire-eating or hula dancers scheduled, sorry! ☺ "Portable Pottery" (September)--*Fired On The Mountain* will bring her pottery wheel if 10 or more people sign up!(free, but call for details) ☺ PBHH&H will begin a morning support group for us here starting in September-just in time for the holidays to help us out.♥ *Mahjong group* will start in October—4 or more people required to make a game ☺. So stop down to see all the new (and regular) faces! See you soon~Maria

OUR SERVICES

Congregate Lunch: we serve nutritious meals at 11:30 M-F (excluding Tuesdays) to senior citizens and their guests with a suggested donation at the center. Check out our menu on the other side of this newsletter!

Durable Medical Equipment...We have lots of crutches, walkers, wheelchairs, canes, portable commodes, toilet seat risers, scooters for one leg to rest on, bed rails(simplest assembly), suction cup safety bars for shower walls, shower chairs, shoe horns, and an apparatus that helps you get your socks on! ALL ARE FREE with signature regardless of age. *please don't leave items, *come in and say, "Hi!"*



Home-delivered meals; we deliver nutritious meals 5 days per week. If you or someone you know could benefit, please call the center or email Maria for information. (see above)

ADRC; provides an invaluable service for helping individuals and their family members find resources to help them maintain independence and stay healthy; *Mon-Fri 8am-4pm*. Call 866-634-9412 at 10 Campbell Street, Lebanon or 603-444-4498, --262 Cottage Street, Suite G-25, Littleton.

RSVP; RSVP AmeriCorps Seniors volunteers' activities focus on helping older adults (age 60+) veterans and their families, family caregivers, and adults with disabilities to age in place. More info call (877) 711-7787 or email rsvp@gcsc.org.

Transportation; our bus service is available Monday-Friday, please call Maria to ask about the schedule. (see above) We are getting a *brand new bus* soon so keep a look out for us!!!

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:



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!

Thank you Loon Mountain Real Estate for printing our Newsletter!!



Loon Mountain Real Estate Co.

AVAILABLE NOW! PRINT & DIGITAL AD SPACES

Build your business and help us grow a vibrant community!

Heidi Brisson from LPi, our new newsletter printer, will be securing new ads for our center in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print ad in our newsletter and/or a digital ad featured on MyCommunityOnline.com.



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.

AUGUST 2026 MENU

Congregate meals are served Mon, Wed, Thurs, & Fri at 11:30. 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
3 Beef & Broccoli Egg Noodles Applesauce	4 Pulled Pork Sandwich French Fries Green Beans Juice	5 Marry-Me-Chicken Sweet Potato Peas Assorted Fruit	6 Tuna Salad Plate Lettuce Tomato & Cukes Three Bean Salad Juice	7 Sausage, Pepper, Onion Rice Carrots Oranges
10 BBQ Pork Chops Sweet Potato Spinach Applesauce	11 Taco Tuesday Lettuce, Tomato, Cheese Rice & Beans Corn	12) 8AM BREAKFAST Creamy Garlic Chicken Baked Potato Carrots Assorted Fruit	13 Spaghetti w/sauce Broccoli Garlic Bread Juice	14 Hot Dogs Baked Beans Peas Peaches
17 Turkey Gravy Mashed Potato Green Beans Casserole Applesauce	18 Pizza Assorted toppings Garden Salad Juice	19 Chicken Salad Plate Pasta Salad Pumpkin Bread Assorted Fruit	20 Slow Cooker Pork w/Apples over Rice Baked Beans Peas	21 Chef's Choice Baked Potato Carrots Pears
24) LUAU: Pineapple ham, Mashed potato and Hawaiian Roasted Veggie  ----- 31) Chicken Gravy & Biscuits Carrots/Peas Applesauce	25 Turkey Burger w/Cheese on WG Bun Lettuce, Tomato, Creamed Spinach Three Bean Salad	26 Orange Chicken Rice Pilaf Broccoli Assorted Fruit	27 Mac & Cheese w/Ham Garden Salad Banana Bread Juice	28 Baked Fish Sweet Potato Fries Green Beans Pineapple



AUGUST 2026



EVENTS AND ACTIVITIES



Monday	Tuesday	Wednesday	Thursday	Friday
3 10-11 Bone-Builders 12-12:30 Corn Hole  12:30-1:45: Chair-Volleyball 	4 *HDM MEALS ONLY* NO PROGRAMING VAN RIDES AVAILABLE by calling 745-4705	5) 10-11am: Bone Builders 12noon: Chess/all levels welcomed  12-12:30 Corn hole 12:30-1:45: Chair V-ball	6) 10-11am: Corn Hole 12:30-1:45: Jewelry Making, Supplies provided, but you can bring yours! 	7) 10-11am: Zumba 12:30-1:45: free Celebrity Bingo with snacks & gift certs & diff prizes every week!
10 Same schedule from the 3 rd	11 Same schedule from the 4th	12) Same schedule from the 5th but add: 8-9am Breakfast for First Responders and Seniors	13) 10-11am: Corn Hole & Special Presentations to be announced 12:30-1:45: Jewelry Making, Supplies provided, but you can bring yours!	14 Same schedule as the 7 th but with a new CELEBRITY BINGO caller
17 Same schedule from the 3 rd	18 Same schedule from the 4th	19 Same schedule from the 5th	20) 10-11am: Corn Hole & Special Presentations 12:30-1:45: JEWELRY EXCHANGE "DAY" *SEE FLYER	21 Same schedule as the 7 th but with a new CELEBRITY BINGO caller
24) Same scheduled activities from the 3 rd -plus Wear HAWAIIAN shirt/clothes for LUAU to enter door- raffle!  11:30-1:45 ----- 31) Same scheduled activities from the 3 rd	25 Same schedule from the 4th -----  Wear to Luau on the 24 th for raffle!	26) Same schedule from the 5th but add: 11am-12noon: "Ask a Nurse" Pemi-Baker HH&Hosp AND Advanced Directive presentation-get yours NOTARIZED here!	27 *HDM MEALS ONLY* NO PROGRAMING VAN RIDES AVAILABLE by calling 745-4705	28 Same schedule as the 7 th but with a new CELEBRITY BINGO caller