



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 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 2025



Open: Monday - Friday

Office Hours 8am - 4pm

Program Hours 10am - 2pm (unless otherwise noted)

Phone: 603-745-4705/

F: 603-745-7446



Program Coordinator: Maria McIntyre

*****maria.mcintyre@gcsc.org**

Kitchen Coordinator: Now Hiring (32hrs)

HDM Coordinator: Ruth Pasquino (per diem)

Bus Driver: *HIRING*: up to 76hrs



To all the skiers—soon, real soon—to all the pumpkin spice lovers with a love for harvest time—soak it up now!! We are down on staff but up in spirit! Come join the fun and feel good about helping our neighbors and friends! Some of our Home Delivered Drivers are migrating down south with all the other birds, so we will be sure needing help in that area too! The activity schedule and menu are on the back, make sure you check those out—SEE YOU SOON! ~Maria



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

YOU ARE WELCOME HERE.

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!

OCTOBER IS NATIONAL ESTATE PLANNING MONTH! Since the largest benefit of **estate planning** is peace of mind, GCSCC is providing a program of options/sources to get the process going. See Maria or contact Becky Foster at bfoster@gcsc.org or (603) 448-4897, ext.120, to get a copy of the program options, including upcoming seminars, available materials, information from Trust & Will (online will maker), Grafton County's elder attorney listing, and Legacy Society information. We hope you will take advantage of these resources!

BUS DRIVER

***CDL NOT required. *Training & physical provided & both paid for upon hiring. *call if you have any questions!**
 ———> drive this bus for us————>



KITCHEN COORDINATOR (not a cook)
(Our Central Kitchen from Haverhill cooks for us)

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

**~options for health AND life insurance, plus retirement
 ~experience supervising staff & computer knowledge**

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!

OCTOBER 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.

Bread, Juice, and milk are available at every meal.	Meals are provided at no cost. \$3 Suggested donation but not expected. Thank you.	1 Chicken Parm Cass. Spinach Garlic Orzo Fruit / Milk	2 Rosemary Roast Pork Sweet Potato Mixed Veggies Juice /Milk	3 Turkey Burger French Fries Carrots Fruit /Milk
6 BBQ Chicken Squash Baked Potato Fruit/Milk	7 Lasagna Peas /Carrots Roll Juice/Milk	8 Crustless Quiche Sausage Link Roasted Mix Veg Fruit/Milk	9 Hot Dogs Baked Beans Cauliflower Juice/Milk	10 Chicken Gravy Biscuit Sweet Potato Broccoli Fruit/Milk
13 All GCSCC sites closed	14 Chefs Choice Mixed Veggies Baked Potato Juice / Milk	15 BBQ Meatballs Brown Rice Green Beans Fruit / Milk	16 Cheesy Stuffed Pasta Meat Sauce Rolls, Peas Juice/ Milk	17 Baked Fish Rice Pilaf Carrots Fruit / Milk
20 Swedish Meatballs Egg Noodles Green Beans Fruit / Milk	21 Maple Chicken Brown Rice Brussel Sprouts Juice / Milk	22 Tuna Salad with WG Roll Lettuce and Tomato Chips Fruit / Milk	23 Parmesan Pork Sweet Potato Maple Carrots Juice / Milk	24 Assorted Sandwiches Tomato Soup Coleslaw Three Bean Salad Fruit /Milk
27 Chicken Stew Biscuits Broccoli Fruit/ Milk	28 Pork patty Gravy Biscuits Carrots Juice/ Milk	29 Chop Suey Garlic Bread Green Beans Fruit / Milk	30 Turkey/ Gravy Mashed Potato Spinach Juice/ Milk	31 Stuffed Pepper Cass. with Rice Peas Fruit / Milk

OCTOBER 2025	ACTIVITIES			OCTOBER 2025
NEW! DROP-IN ACTIVITIES; **12:30-1:45**: CHESS, CORNHOLE, CARD GAMES, PAINT, OR "PLAYSTATION 3" GAMES		1} 8am Walking group 10:00-11:00 Bone Builders 12:00-1:45 Chess Players =all levels 12:30-1:45- Drop-in Activities 	2 10 -11am Zumba-w/weights 11am- CHAIR Zumba 12:30-1:45 HOLIDAY CARD MAKING: bring your scrap book supplies! I have cardstock & other supplies	3 10am-11am Zumba Gold 11am-CHAIR ZUMBA 12:30-1:45 Bingo (Prizes, snacks and celebrity bingo caller) 
6 8 AM Walking group meet & go 10:00-11:00 Bone Builders 12:30-1:45 Chair - Volleyball 	7 NO ACTIVITIES HDM/GNG only	8) 8am FIRST RESPONDERS BREAKFAST & walking group afterwards 10am-11:00 Bone Builders 12:00-1:45 Chess 12:30-1:45 Drop-in Activities	9 10 -11am Zumba-w/weights 11am- CHAIR Zumba 12:30-1:45 11-1:30 FLU Vaccine clinic; call to sign up; Urgent Care will do house calls for this	10 10am-11am Zumba Gold 11am-CHAIR ZUMBA 12:30-1:45 Bingo (Prizes, snacks and celebrity bingo caller) 
13 CLOSED 8 AM Walking group 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	14 NO ACTIVITIES HDM/GNG only	15) 8am Walking group 10:00-11:00 Bone Builders 12:00-1:45 Chess Players =all levels 12:30-1:45 Drop-in Activities	16 10 -11am Zumba-w/weights 11am- CHAIR Zumba 12:30-1:45: PlayStation-3 TRIVIAL PURSUIT! Prizes for!	17 10am-11am Zumba Gold 11am-CHAIR ZUMBA 12:30-1:45 Bingo (Prizes, snacks and celebrity bingo caller)
20 8 AM Walking group 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	21 NO ACTIVITIES HDM/GNG only	22) 8AM Walking group 10:00-11:00 Bone Builders 11-12:00-- "AskANurse"- by Pemi Baker-HH&H 12:00-1:45 Chess Players =all levels 12:30-1:45 Drop-in Activity	23 NO ACTIVITIES HDM MEALS ONLY	24 10am-11am Zumba Gold 11am-CHAIR ZUMBA 12:30-1:45 Bingo (Prizes, snacks and celebrity bingo caller)
27 8 AM Walking group 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	28 NO ACTIVITIES HDM/GNG only	29) 8AM Walking group 10:00-11:00 Bone Builders 12:00-1:45 Chess Players =all levels 12:30-1:45 Drop-in Activities	30 10 -11am Zumba-w/weights 11am- CHAIR Zumba 12:30-1:45: WATERCOLOR ARTISTS: sit and paint! Bring your own supplies!	31 HALLOWEEN: Costume PARTY *still being planned* Bring a scary dessert to lunch!