

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.



NOVEMBER 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**

Kitchen Coordinator: Now Hiring (32hrs)

HDM Coordinator: Ruth Pasquino (per diem)

Bus Driver: Gary Litton

Hi everyone, This month has returning (chair yoga+pilates=yogalates!) activities as well as new and good ole regularly scheduled ones! Page 2 of this lists the schedule! Don't miss—Daylight Savings day on November 2nd, Veteran's Day, a full moon, Thanks-giving, Holiday Rock Painting, First Responder's Breakfast(as usual), scams information with Woodstock Police, "Ask-a-Nurse" (as usual-vitals checked and questions discussed), and "Learn to Play Chess" sessions. Please know that I have drop-in activities always available during these hours too: for example, CornHole Beanbag Toss, card games, Backgammon, any kind of painting & paintbrushes, PlayStation 3, etc...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 email rsvp@gcsc.org.

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



VETERANS DAY



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!



NOVEMBER 2025 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
3 Garlic Noodles with Beef Carrots Fruit/Milk	4 Tacos Rice and Beans Cheese, Lettuce, Tomato Cole Slaw Juice/ Milk	5 Chicken and Broccoli Alfredo over Noodles Applesauce Milk	6 Assorted Pizza Three Bean Salad Cole Slaw Juice/Milk	7 Pork Chops Baked Potato Cauliflower Fruit/ Milk
10 Sheet Pan Sausage and Veggies Rice Fruit /Milk	11 ALL GCSCC SITES CLOSED FOR VETERANS DAY	12 Baked Potato Bar Broccoli, Cheese, Chili Stewed Tomato Fruit /Milk	13 Hot Dogs, French Fries Carrots Juice /Milk	14 Garlic Butter Shrimp Over pasta Peas Fruit/ Milk
17 Baked Fish Rice Pilaf , Beets Fruit /Milk	18 Chop Suey Garlic Bread, Carrots Juice / Milk	19 Chefs Choice Mixed Veggies , Rice Fruit/Milk	20 Turkey, Gravy Stuffing, Squash, Potato, Veggies Rolls Juice/Milk	21 Cheese Ravioli Rolls Peas Juice/Milk
24 Tuna Sandwich Sliced Tomato Three Bean Salad Fruit/Milk	25 Ranch Chicken with Bacon, Brussels and Potato Roll Juice/Milk	26 Chili Cornbread Peas Carrots Juice/Milk	27 Meals are provided at no cost. \$3 Suggested donation but not expected. Thank you.	28 WE WILL BE CLOSED FOR <i>Thanksgiving</i>

Chair Yogalates Is back! (it's Yoga and Pilates combined!) ACTIVITIES   NOVEMBER 2025				
3 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball 	4 NO ACTIVITIES HDM/GNG only	5 10:00-11:00 Bone Builders 12:30-1:30 Chair Yogalates 12:00-1:45 "Learn to play CHESS"	6 10am-11am Zumba with Weights 12:30-1:45 "Learn to play CHESS " & drop-in activities	7 10am-11am Zumba Gold 12:30-1:45 Bingo (Prizes, snacks and celebrity bingo caller)
10 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	11} CLOSED HONORING VETERANS DAY ★★★★★	12) 8am FIRST RESPONDERS BREAKFAST 10:00-11:00 Bone Builders 12:30-1:30 Chair Yogalates 12:00-1:45 "Learn to play CHESS"	13 10am-11am Zumba with Weights 12:30-1:45 Woodstock Police: Info about Scams	14 10am-11am Zumba Gold 12:30-1:45 Bingo (Prizes, snacks and celebrity bingo caller)
17 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	18 NO ACTIVITIES HDM/GNG only	19 10:00-11:00 Bone Builders 12:30-1:30 Chair Yogalates 12:00-1:45 "Learn to play CHESS"	20 10am-11am Zumba with Weights 12:30-1:45 MAKE YOUR OWN— UGLY HOLIDAY SWEATER	21 10am-11am Zumba Gold 12:30-1:45 Bingo (Prizes, snacks and celebrity bingo caller)
24 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	25 NO ACTIVITIES HDM/GNG only	26 10:00-11:00 Bone Builders 11:00-12:00--"AskANurse"-PemiBaker-HH & Hospice 12:30-1:30 ChairYogalates 12:00-1:45 "Learn to play CHESS"	27 THANKSGIVING CLOSED FOR THE HOLIDAY	28