

# 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.



## AUGUST 2025

**Open Monday - Friday**  
**Office Hours 8 - 4; Program Hours 10 - 2**  
**(unless otherwise noted)**  
**Phone: 603-745-4705/F: 603-745-7446**

**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:** Gary Litton, *hiring part-time*

August is here, moving right along...8.5.25 visit and say hi at LASS's vendor table during National Night Out- I'll have a raffle on the table! On 8.13.25 we are hosting the Western White Mountain Chamber of Commerce "After-Hour-Mixer" EXCEPT, IT ISN'T AFTER HOURS-IT'S BREAKFAST. (and NO mixed alcohol). And I'm not canceling the monthly Frist Responders Brkfst, I am just adding, or *mixing* in, another community group. In other words, all invited: seniors, 1st responders, and WWMCC! Another exciting bit--THE COMMON MAN-LINCOLN will be sponsoring breakfast, please call 603-745-4705 to reserve a seat for this epic breakfast!

On a different but relevant note: I love this Google statement, "Volunteering *and participating* can significantly improve mental health by reducing feelings of loneliness and isolation. It can also combat depression and anxiety by providing a sense of purpose and accomplishment. Furthermore, it can boost self-esteem and confidence by allowing individuals to contribute to something larger than themselves." Contribute to something larger than yourself—come down and help us out—it will make you feel good! THANK YOU, 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

### KITCHEN COORDINATOR 32 hrs per week (Central Kitchen cooks for us)

~receive meals from our Central Kitchen to heat and serve  
Home Delivered meals & Congregate meals  
~experience supervising staff a plus  
~computer skills a plus  
~8am-2pm daily, benefits available

### Hiring Part-time and Per-diem people.

**Non-CDL drivers license required (and paid for if considered!)** Lots of area folks need rides to the pharmacy, grocery store, doctor appointments, etc... ..helping us helps them.



### Kitchen VOLUNTEERS needed:

Set your hours between 8am and 1pm. Assist in meal preparations for Home Delivered & Congregate meals: portion food into cups, food trays and plates for diners. Join a fun & busy environment. Meet new people. Volunteer because it helps someone else and makes you feel good.

*Lunch is on 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:

- ~ 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!**

LOOKING FOR YOGA TEACHER, CHESS PLAYERS, CRAFT MAKERS, NAIL CLINIC PROFESSIONAL, EDUCATIONAL PRESENTERS, STORY TELLERS, & ADVISORY COMMITTEE MEMBERS

# AUGUST'25 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
	*Juice, Milk, and bread items are available at every meal. *	Meals are provided at no cost. \$3 Suggested donation but not expected. Thank you.	LASS is located in the community building at 194 Pollard Brook Road, Lincoln.	<b>1</b> Hot Dogs Beans Cole slaw Fruit Milk
<b>4</b> Chop Suey Garlic Bread Green Beans Fruit /Milk	<b>5</b> Parmesan Chicken Egg Noodles Mixed Veggie Juice /Milk	<b>6</b> Chef Salad Boiled Eggs Broccoli Salad Fruit /Milk	<b>7</b> Pork Chops Sweet Potato Carrots Juice Milk	<b>8</b> Baked Fish French Fries Baked Beans Spinach /Fruit / Milk
<b>11</b> Salisbury Steak Baked Potato Peas and Carrots Fruit /Milk	<b>12</b> Spaghetti w/ meat sauce Squash Roll Juice / Milk	<b>13</b> Turkey Wrap Lettuce, Tomato, Cheese Pasta Salad Fruit / Milk	<b>14</b> Marinated Chicken Red Potato Peas Juice / Milk	<b>15</b> Saus./Pepperoni Piz-za Cucumber and Tomato Salad Fruit / Milk
<b>18</b> Asst. Sandwiches Broccoli Salad Corn and Black bean Salad Fruit /Milk	<b>19</b> Mac and Cheese Stewed Tomato Green Beans Juice Milk	<b>20</b> Sausage, Pepper and onions Rice Pilaf Corn Bread Fruit / Milk	<b>21</b> Meatloaf Garlic Potato Brussel Sprouts Juice / Milk	<b>22</b> Kielbasa Stir Fry Assorted Veggie Rice Fruit / Milk
<b>25</b> Beef Stew Biscuit Green Beans Fruit / Milk	<b>26</b> Chefs Choice/ Buffet Carrot Slaw Baked Beans Fruit / Milk	<b>27</b> Ham Sweet Potato Peas/Carrots Juice / Milk	<b>28</b> Roast Pork Mashed Potato Broccoli / Roll Juice / Milk	<b>29</b> Taco Salad Cauliflower Fruit Milk

NEW: WALKING GROUP & CORNHOLE, (beanbag toss) <b>NEW</b> 				<b>1</b> <del>10am-11am Zumba Gold</del> NO Zumba 12:30-1:45 Bingo <i>(Prizes, snacks and celebrity bingo caller)</i>
<b>4</b> 10:00-11:00 Bone Builders <b>11-11:30 Walking group meeting &amp; sign-ups</b> <b>NEW</b> 12:30-1:45 Chair Volleyball	<b>5</b> NO ACTIVITIES HDM/GNG only	<b>6</b> 10:00-11:00 Bone Builders <b>11-11:30 Corn Hole</b> (beanbag toss) <b>NEW</b> <b>12:30-1:45 Walking group meet &amp; go</b> <b>NEW</b>	<b>7</b> <del>10am-11am Zumba with Weights</del> NO Zumba 12:30-1:45 Walking Group meet & Go	<b>8</b> <del>10am-11am Zumba Gold</del> NO Zumba 12:30-1:45 Bingo <i>(Prizes, snacks and celebrity bingo caller)</i>
<b>11</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	<b>12</b> NO ACTIVITIES HDM/GNG only	<b>13) 8am BREAKFAST-</b> "BEFORE HOURS" with the Chamber & Businesses 10am-11:00 Bone Builders <b>11-11:30 Corn Hole</b> <b>NEW</b> <b>12:30-1:45 Walking group meet &amp; go</b>	<b>14</b> <del>10am-11am Zumba with Weights</del> NO Zumba 12:30-1:45 Walking Group meet & go	<b>15</b> <del>10am-11am Zumba Gold</del> NO Zumba 12:30-1:45 Bingo <i>(Prizes, snacks and celebrity bingo caller)</i>
<b>18</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	<b>19</b> NO ACTIVITIES HDM/GNG only	<b>20</b> 10:00-11:00 Bone Builders <b>11-11:30 Corn Hole</b> <b>12:30-1:45 Walking group meet &amp; go</b>	<b>21 NATIONAL SR CITIZENS DAY!</b> 10am-11 Zumba <b>**SHE'S BACK!**</b> <b>12:30-1:45 Walking Group Meet &amp; Go</b>	<b>22</b> 10am-11 Zumba Gold <b>**SHE'S BACK!**</b> 12:30-1:45 Bingo <i>(Prizes, snacks and celebrity bingo caller)</i>
<b>25</b> 10:00-11:00 Bone Builders 12:30-1:45 Chair Volleyball	<b>26</b> NO ACTIVITIES HDM/GNG only	<b>27</b> 10:00-11:00 Bone Builders <b>11-11:30 Corn Hole</b> 11-12 "Ask A Nurse" <b>12:30-1:45 Walking group meet &amp; go</b>	<b>28</b> <b>NO ACTIVITIES</b> <b>HDM MEALS ONLY</b>	<b>29</b> 10am-11 Zumba Gold 12:30-1:45 Bingo <i>(Prizes, snacks and celebrity bingo caller)</i>