



# LinWood Area Senior Center

A location of Grafton County Senior Citizens Council, Inc., 10 Campbell Street, Lebanon NH 03766  
[www.gcsc.org](http://www.gcsc.org) or on Facebook as "LinWood Senior Servies". Serving Lincoln, Woodstock communities.

**OPEN: 10am-2pm\*Monday-Friday (except Tuesdays) Office hours: 8-4pm**

**Phone 603-745-4705**

**194 Pollard Rd, PO Box 461, Lincoln, NH 03251**

## OUR SERVICES

**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 resource: maintain independence and stay healthy; call (866) 634-9412 or (603) 444-4498 for more information.

We look forward to seeing you at our locations in Littleton (262 Cottage Street, Suite G-25) and Lebanon (10 Campbell Street). We are open Mon-Fri 8am-4pm. We can't wait to see you!

**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](mailto:rsvp@gcsc.org).

**Transportation;** our bus service is available Monday-Friday, please call Maria to ask about the schedule. (see above)

**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-horns, sock assistant apparatus, etc...



**Maria McIntyre, Program Coordinator-**  
[maria.mcintyre@gcsc.org](mailto:maria.mcintyre@gcsc.org)  
**Ruth Pasquino, HD-Meals Coordinator**  
**Gary Litton, Driver**  
**(now hiring),**  
**KitchenCoordinator**



**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 to 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!**  
From all of us at GCSCC, thank you for making a real difference.

## We're hiring!

**Kitchen Coordinator. Part-Time. 35 hours. Non-Exempt position.** Orders, receives, reheats, and serves meals from the Central Kitchen. Maintains the kitchen in accordance with health and sanitation codes. Directs kitchen employees and volunteers. Contact: [hr@gcsc.org](mailto:hr@gcsc.org)

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



**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.**



First Responder's-and Seniors-Breakfast: \*2<sup>nd</sup> Wednesday of every month. Serving at 8am. If you are awake, come help us set up at 7am! TIA.

\*\*\*\*Truck-Raffle Tickets FUNDRAISER\*\*\*\*

**\$10 for one ticket, \$20 for three tickets**

After Breakfast on the 8th, 2 blue raffle tickets will be pulled. Winner(s) get (1) *Truck-Raffle Ticket* valued at \$200 each and admittance to the Rotary-Truck-Raffle *celebration* in September. Tickets on sale now and to the time of the drawing! See Maria!  
**Thank you to the donated tickets; 1 from the Rotary & 1 from Anonymous.**

*~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.*



# JULY 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
<b>A bread and juice item is available at every meal</b>		1 Hamburger Gravy Egg Noodles Carrots Fruit	2 Chef's Choice Baked Potato Green Beans	3 CLOSED
6 Chicken Patty Sandwich Sweet Potato Fries, Cole Slaw, Applesauce	7 Egg Salad Plate Lettuce, Tomato, Cheese, Carrots Juice & Milk	8 Chop Suey Banana Bar Summer Squash Fruit & Milk	9 Hot Dog w/ Bun Baked Beans Mixed Veggies Juice & Milk	10 Pork Roast Baked Potato Broccoli Peaches & Milk
13 Chicken Spinach Bake, Rice Pilaf Green Beans	14 Tuna Sandwich Corn & Bean Salad Greek Lentil Salad	15 Pulled Pork Sweet Potato	16 Mac & Cheese Stewed Tomato Broccoli	17 Beef & Gravy Mashed Potato Carrots & Pears
20 Chef's Choice Rice Pilaf Green Beans	21 Shepard's Pie Carrots	22 Chili with Beans Corn Bread	23 <b>GYM BEING USED- NO CONGREGATE</b> Chicken Salad on Roll Pasta Salad with Veggies	24 Sausage Dishes Pepper & Onion Peas
27 Fish Sandwich French Fries Spinach Applesauce	28 Spaghetti w/ Meat Sauce, Carrots Broccoli	29 Taco's - Mexican Rice, Beans, Lettuce, Tomato, Onion Squash	30 Turkey Pot Pie Mashed Potato Green Bean Casserole, Pumpkin Mffn	31 Pizza Garden Salad Peas Pineapple & Milk



## JULY 2026 UPCOMING EVENTS AND ACTIVITIES

MONDAY's	TUESDAY's	WEDNESDAY's	THURSDAY's	FRIDAY's
10-11am: Bone-Builders 12:30-1:45: Chair-Volleyball	No Activities HDM's only	10-11am: Bone Builders 12noon: Chess-ALL LEVELS, players needed, even if you "havent played in 20 years" 12:30-1:45: Chair Volleyball	10-11am: Special Presentations to be scheduled 12:30-1:45: Special Presentations to be scheduled	10-11am: Zumba 12:30- 1:45: Bingo with snacks & great prizes
/	/	<b>**2<sup>nd</sup> Wednesday of every month: 8-9am Breakfast for First Responders and Seniors</b>	<b>JULY 30<sup>TH</sup>: 10-11: THE COG RAILROAD</b>	/
/	/	<b>**4<sup>th</sup> Wed of every month: 11am-12noon: "Ask a Nurse" Pemi-Baker HH&amp;Hospice</b>	/	/

**\*\*SCHEDULED CLOSINGS:**

- July 3<sup>rd</sup>, Holiday
- July 23<sup>rd</sup>, no Congregate Meals or Activities being held, HDM's only