



LINWOOD AREA SENIOR SERVICES 2026

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.



Program Coordinator:.....Maria McIntyre
--maria.mcintyre@gcsc.org--
 Kitchen Coordinator: Shawn Carroll
 HDM Coordinator:Ruth Pasquino (per diem)
 Bus Driver:Gary Litton
Now LOOKING FOR: Home Delivered Meal Drivers

OPEN: Monday, Wed, Thurs, Friday.
 Office Hours 8 - 4; Program Hours 10 - 2
 194 Pollard Road, Lincoln, NH 03251
 Phone: 603-745-4705/F: 603-745-7446

As we glide into Fall, L.A.S.S. has some REALLY new things happening this month! 🦢 One of the biggest changes will be the Newsletter; thanks to Loon Mountain Real Estate for printing it these past few months, however, LPI will take over in November. As for programming and activities, we are beginning a grief-support-group to help some of us through the upcoming holidays and some new activities (a POTTERY WHEEL is coming to the center!) listed on the next page. As for big, BIG NEWS---GCSCC, along with key donors announced at a later date, has purchased a 2027, 9-passenger Bus with wheelchair accessible lift to transport seniors and adults with disabilities! Stay tuned for it's grand-opening party date!



Seniors & FIRST RESPONDER'S BREAKFAST -8AM
 Every second Wednesday of the month. It's a time for seniors and adults with disabilities (and their guests) to meet the area's First Responders.



OUR SERVICES

Transportation: rides are available 8am - 2pm, Monday-Friday. Please call to schedule or for more information.

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.

Congregate meals; Monday-Friday (excluding Tuesdays) serving at 11:30.

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-horn, sock-assistance, etc.

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.

Last year, GCSCC provided 212,626 meals for older adults and adults with disabilities throughout Grafton County!

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.

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:

~ Please 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!

September 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
Hot Dogs Beans Bread Milk and Juice	1 Ham, Baked Potato, & Carrots HDM MEALS ONLY NO other PROGRAMING VAN RIDES AVAILABLE by calling 745-4705	2 Chopped Suey, Garlic Bread, & Spinach	3 Chef's Choice Rice Green Beans	4 Chicken Nuggets French Fries Peas
7  We will be CLOSED MONDAY, SEPTEMBER 7 TH In Observance of Labor Day	8 Baked fish, Rice pilaf, & Beets HDM MEALS ONLY NO other PROGRAMING VAN RIDES AVAILABLE by calling 745-4705	9 Mac & Cheese Stewed Tomatoes Three Bean Salad	10 Spinach Fritata, w/tomato & Cheese, & Sweet Potato FF	11 Chef's choice, Rice & Beans, and Carrots
14 Hot Dog w/Roll Mac Salad, & Baked Beans	15 Chef's choice Brown Rice, & Spinach HDM MEALS ONLY NO other PROGRAMING VAN RIDES AVAILABLE by calling 745-4705	16 Cheese Tortellini w/Red Sauce, Broccoli Mix	17 BBQ Chicken Pieces, Cole Slaw, Corn Bread	18 CLOSED FOR STAFF SAFETY DAY
21 Hamburger w/bun, Pasta Salad, Green Beans	22 Roasted Chicken, Stuffing Peas & Carrots HDM MEALS ONLY NO other PROGRAMING VAN RIDES AVAILABLE by calling 745-4705	23 Baked Potato Bar, Chilli, Cheese, Broccoli, Sour Cream	24 Chef's Choice Baked Beans Brussel Sprouts HDM MEALS ONLY NO other PROGRAMING VAN RIDES AVAILABLE by calling 745-4705	25 Roasted Pork & Gravy, Red Potatoes, Glazed Carrots
28 Turkey Meatballs over Egg Noodles, Broccoli & Carrot Mix	29 Chicken Patty w/bun, Lettuce/Tomato, Peas, Three Bean Salad HDM MEALS ONLY NO other PROGRAMING VAN RIDES AVAILABLE by calling 745-4705	30 Spaghetti w/meat Salad, Assorted Veggies	YOUR PARAGRAPH TEXT	YOUR PARAGRAPH TEXT

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Activities Calendar-September

Monday	Tuesday	Wednesday	Thursday	Friday
10am-Bone Builders 12:30-1:45 Chair-Volleyball	1 HDM MEALS ONLY ----- NO other PROGRAMING ----- VAN RIDES AVAILABLE by calling 745-4705	2 10am-Bone Builders 12:30-1:45 Chair-Volleyball	3 10-11am Scrapbooking-BYO & exchange 12:30-1:45 SECOND SESSION	4 10-11am: ZUMBA 12:30-1:45: BINGO! (celebrity from the town calls every week) with snacks & gift certs & diff prizes every week!
7 	8 HDM MEALS ONLY ----- NO other PROGRAMING ----- VAN RIDES AVAILABLE by calling 745-4705	9 10am-Bone Builders 12:30-1:45 Chair-Volleyball	10 10-11am Scrapbooking-BYO & exchange 12:30-1:45 SECOND SESSION	11 10-11am: ZUMBA 12:30-1:45: BINGO! (celebrity from the town calls every week) with snacks & gift certs & diff prizes every week!
14 10am-Bone Builders 12:30-1:45 Chair-Volleyball	15 HDM MEALS ONLY ----- NO other PROGRAMING ----- VAN RIDES AVAILABLE by calling 745-4705	16 10am-Bone Builders 12:30-1:45 Chair-Volleyball	17 10-11am Grief Support Group w/PemiBaker Counselor Dawn 5:50- 7:30: <i>Fired On the Mountain POTTERY FUN-sold out</i>	18 CLOSED FOR STAFF SAFETY DAY
21 10am-Bone Builders 12:30-1:45 Chair-Volleyball	22 HDM MEALS ONLY ----- NO other PROGRAMING ----- VAN RIDES AVAILABLE by calling 745-4705	23 10am-Bone Builders 12:30-1:45 Chair-Volleyball	24 HDM MEALS ONLY ----- NO other PROGRAMING ----- VAN RIDES AVAILABLE by calling 745-4705	25 10-11am: ZUMBA 12:30-1:45: BINGO! (celebrity from the town calls every week) with snacks & gift certs & diff prizes every week!
28 10am-Bone Builders 12:30-1:45 Chair-Volleyball	29 HDM MEALS ONLY ----- NO other PROGRAMING ----- VAN RIDES AVAILABLE by calling 745-4705	30 10am-Bone Builders 12:30-1:45 Chair-Volleyball	<u>OCTOBER 1ST</u> <i>10-11am program to be announced</i> <i>11:30 to 1:45 to be announced</i>	<u>OCTOBER 2ND</u> 10-11am: ZUMBA 12:30-1:45: BINGO! (celebrity from the town calls every week) with snacks & gift certs & diff prizes every week!