

SEPTEMBER 2019

# LINWOOD SENIOR SERVICES NEWS

Program Coordinator.....Maria S McIntyre, maria.mcintyre@gcsc.org  
Van Drivers.....Andy Comeau, AND-WE ARE HIRING FOR VAN DRIVER  
Cook & Food Coordinator....Eleonore Imrie, eimrie@gcsc.org  
Drop in and say hello to our staff: Jo, Cindy, Lana, Kay, Rita, Tylar, and Donna  
\* We are a non-profit site of Grafton County Senior Citizens Council, Inc./www.gcsc.org

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603-745-4705

**BIRTHDAY PARTIES** here at the center! Every 3<sup>rd</sup> Wednesday we are having cake and celebrating "Birthdays of the Month!"



*CLOSED* for Labor Day, September 2<sup>nd</sup>, Monday.



*CLOSED* for GCSCC safety day training Sept 27<sup>th</sup>, Friday.

## SPECIAL EVENTS/ANNOUNCEMENTS

- 1PM on Fridays-Margarita from "LIVE A LITTLE FITNESS" is coming to lead a new YOGA class! Sign up!
- 1PM on Mondays—LINE DANCING-- Billyea from Littleton is coming! Sign up!
- September 11<sup>th</sup>: Meet with a ServiceLink Counselor to see if you can **save money** on your MEDICARE prescription drug plan. Sign up now at the Lin-Wood Area Senior Center. 10:30-12:00. \*\*\*Bring your Medicare Card and list of prescription medications\*\*\*
- September 14<sup>TH</sup>, SATURDAY, we are partnering with the **Friends of the Recreation Center** to hold a DINNER AND BINGO NIGHT includes a \$5 awesome dinner so you can spend money on Bingo and raffles...Please invite everyone you know to come and have some fun and to win lots of different prizes!!! 50/50, other raffles from local stores, etc... all money collected supports these community nonprofit organizations.
- SEPTEMBER 19<sup>TH</sup>! Seniors- \$20 package at Lincoln Nails & Spa: come get pampered!! Light refreshments offered with the nail and foot service! (only **Regular** nail polish included) Sign up at the center for next session. NOW! Held every 3<sup>rd</sup> Thursday up until Christmas time. (Earn a one free appointment if you attend all dates)
- PAINT & SIP fundraiser AT THE LEGION: stay tuned for details! (let me know if you have an idea of a picturesque scene we could paint)
- Sherri the teacher from next door won the Twin Lobster ticket raffle to the Woodstock Fire Department Lobsterfest! (The food and crowd was AWESOME!)
- BLOOD PRESSURE CLINIC is continuing: Sept 18<sup>th</sup>, if they don't have an emergency, from 11:30ish-12.

## REQUESTS and other really RANDOM NOTES

- if you know of anyone who would benefit from our Meals on Wheels program, contact me. All folks qualify if they are over 60 years old regardless if one makes a lot of money or a little money—our cook and her team prepare food that is tasty and is packed with nutritional value—we usually include delicious desserts too! We can provide as little as 2 meals a week or 7 meals a week, it just depends upon the need. Call and ask anonymously if that can help us enroll them.
- *Facebook page: Linwood Senior Services* Please join by requesting us as a friend (because I can't sign people up as administrator on the page!) like and share and post pictures all you want, get us some free advertisements!
- "Request for Donations toward **Meals on Wheels** delivery service letters will go out soon—if you *have* donated, thank you and disregard this. Please, it is a NOT a bill, every little bit helps us get quality and quantity! (for funding purposes)
- Amazon Smile; <http://smile.amazon.com/about> if you purchase anything from AMAZON, we—Grafton County Senior Citizens Council Inc.--- will get a donation from them. Type in the link and follow directions. THANK YOU


**IN SEARCH OF: Meals on Wheels driver! (Mileage reimbursement) to start in October**  
**IN SEARCH OF VAN/BUS DRIVER! Pass it around, contact me ASAP**

**Thank You!** Local gardeners in the area who brought us veggies! Woodstock Station & Inn for Irish Soda bread! And if YOU have any left-over veggies or flowers in your gardens, bring them in to be appreciated and EATEN!

**-DID YOU KNOW?** Your local senior center is a program of the Grafton County Senior Citizens Council (GCSCC). Contributions from donors like you make it possible for GCSCC to provide the programs and services essential for older adults living in communities throughout Grafton County. Only half of our budget comes from state and federal government funds. The rest is from local communities ("town meeting day" announces the town contribution) and individuals who donate to GCSCC to support local senior centers. Please consider donating either by mail (GCSCC, 10 Campbell St, POB 433, Lebanon NH, 03766



# SEPTEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>CLOSED</b>  <b>Happy Labor Day!</b>	<b>3</b> NO CONGREGATE MEAL  **MEALS ON WHEELS: BBQ Chicken & Potato Salad	<b>4</b> SALISBURY STEAK & MASHED POTATO  ----- **BONE BUILDERS-10am	<b>5</b> PIZZA, COTTAGE CHEESE & FRUIT  ----- **CRIBBAGE 10am	<b>6</b> HOT DOGS & BEANS, COLE SLAW  ----- <b>PLEASE JOIN OUR            NEW YOGA CLASS-            NEW TIME: 1:00pm</b>
<b>9</b> SAUSAGES, RICE, AND STEWED TOMATOES  ----- **BONE BUILDERS 10am <b>Please join our FIRST</b> <b>**LINE DANCING 1:00pm</b>	<b>10</b> NO CONGREGATE MEAL  **MEALS ON WHEELS: Italian Beef Stew--  With Root Vegetables	<b>11</b> MAC & CHEESE, BREADED FISH  <i>ServiceLink Medicare</i> assistance for prescriptions at Center <b>**BONE BUILDERS-10am</b>	<b>12</b> MEAT LOAF & MASHED POTATOES  ----- <b>**CRIBBAGE 10AM</b>	<b>13</b> -BREAKFAST FOR LUNCH---and--- YOGA CLASS-1pm  ----- <b>14<sup>th</sup> -Saturday</b> <b>Spaghetti Dinner</b> 
<b>16</b> BAKED FISH & RICE PILAF  ----- <b>**BONE BUILDERS-10am</b> <b>**LINE DANCING 1:00pm</b>	<b>17</b> NO CONGREGATE MEAL  **MEALS ON WHEELS: Baked Flaked Chicken & Mashed Potatoes	<b>18</b> AMERICAN- CHOP-SUEY and— Birthday Cake!!  *bl. Press. clinic-11:30am <b>**BONE BUILDERS-10am</b>	<b>19</b> POT ROAST DINNER  ----- <b>*\$20 toe &amp; nail treatment-            8:30am to 10:30am- sign up!</b>  <b>**CRIBBAGE 10Am</b>	<b>20</b> CORN CHOWDER & EGG SALAD SANDWICH  ----- <b>**YOGA-1:00pm</b>
<b>23</b> SLOPPY JOES (FIRST DAY OF AUTUMN)  ----- <b>**BONE BUILDERS-10am</b> <b>**LINE DANCING 1:00pm</b>	<b>24</b> NO CONGREGATE MEAL  ----- **MEALS ON WHEELS: Chicken Teriyaki with Rice	<b>25</b> SHEPHERD'S PIE -NO CONGREGATE TOMORROW-  <b>**CRIBBAGE TODAY-10AM</b> <b>**BONE BUILDERS-10am</b>	<b>26</b> NO .....CONGREGATE  <b>***MEALS ON WHEELS:</b> Chicken Stew and Dumplings <b>**delivering extra meal for            tomorrow</b> <b>**NO CRIBBAGE 10AM</b>	<b>27</b>  <b>*NO CONGREGATE</b> <b>*NO MEALS ON            WHEELS</b> <b>*NO YOGA</b>
<b>30</b> SWEET & SOUR CHICKEN W/RICE <b>**BONE BUILDERS-10am</b> <b>**LINE DANCING 1:00pm</b>	<b>1</b> NO CONGREGATE MEAL  MEALS ON WHEELS: TO BE ANNOUNCED NEXT MONTH'S MENU	PLEASE COME TO 	<b>TO THE            FUNDRAISER-            BINGO &amp; SPAG.            DINNER</b> 	<b>SATURDAY            THE 14<sup>TH</sup>            OF            SEPTEMBER</b>
<b>Baby Boomers!</b> Join us for lunch— <b>ONLY \$3</b> (customers who are 60+yrs)	<b>VETERANS            WELCOME</b>  	WE NEED A VAN DRIVER PLEASE PASS IT AROUND  	<b>Price for folks            UNDER 60!            ONLY \$5</b> Meal ♦ drink ♦ dessert	<b>NEEDED</b> MEALS ON WHEELS DRIVER starting in OCTOBER 10AM TO 11:30AM Mileage reimbursement