



# Lin-Wood Area Senior Services\* NEWSLETTER



(\*Non-Profit Affiliate of the Grafton County Senior Citizens Council, Inc.)

**603-745-4705 ~ www.gcsc.org ~ e-mail: Maria.McIntrye@gcsc.org**

Linwood Area Senior Services Center, PO Box 461, 194 Pollard Rd, Lincoln NH 03251

## Lunch: Join us, bring a friend!

Mon, Wed, Thurs, Friday

\*12 NOON—10:30am starts social hour

### Home Delivered Meals

Mon.— Fri.\*\*\*weekend freezer meals available

### Van Services

Mon.— Fri.\*\*\*NEED A RIDE for medical appointment? Hair styled? Groceries? Post Office? Call us for details! 745-4705

## DECEMBER 2018

CLOSED FOR  
HOLIDAY:

December 24th & 25th, 2018  
and January 1st, 2019



ZWANI.COM

Reminder—December 4th, The Woodstock Inn presents lunch (sponsored by the Lincoln-Woodstock Community & the Lin-Wood Rotary Club) for the local senior community: RSVP to Maria at the Linwood Senior Center 745-4705

### Center's Ongoing Activities:

*Monday and Wed:*

—“BONE BUILDERS” 10:30-11:30

*Thursday's:*

—“Seniors Eating Well”: 10:30 to 11:30, 12.6 &

*—Friday's:*

“CHAIR YOGA!” 10-11 am

Happy  
New  
Year



HAPPY BIRTHDAY!  
Tylar Burrows  
Rita Tamulonis  
Rachel Weeden  
Andrew Comeau




You may qualify for the National ABLE Program. Are you looking for extra income? We are looking for help in the kitchen, and help with activities, and folks with computer skills. Ask Maria for details

Would you like to see more activities provided?  
Suggestions always welcome! Reiki, knitting, crafts, movie day? See Maria at the center.



# DECEMBER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Luncheon	Luncheon	Luncheon	Luncheon	Luncheon
3	4	5	6	7
Sweet & Sour Pork	Tortellini Primavera	Beef	White Chicken Chili	Ozark Sloppy Joes or Breaded Cod
<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>
Bone Builders 10:30		Bone Builders 10:30		Chair Yoga 10-11am
10	11	12	13	14
Curry Citrus Chicken	American Chop Suey	Ham & Potatoes	Chicken Parmesan	BBQ Pork Sandwich
<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>
Bone Builders 10:30		Bone Builders 10:30		Chair Yoga 10-11am
17	18	19	20	21
Cheeseburger Pasta	Chicken Stew	Shepard's Pie	Beef Stroganoff	Cinnamon Apple Port Roast
<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>
Bone Builders 10:30		Bone Builders 10:30		Chair Yoga 10-11AM
24	 <p>Merry Christmas</p>	26	27	28
CLOSED 24 & 25th for the HOLIDAY  <small>shutterstock - 115742938</small>		Fish	Gingered Beef Stir fry	Breakfast for lunch
		<i>Dessert</i>	<i>Dessert</i>	<i>Dessert</i>
		Bone Builders 10:30		Chair Yoga 10-11AM
31	1	2		
Roast Hors d'orve <b>NEW YEAR'S EVE</b>	CENTER is CLOSED			
Bone Builders 10:30	 <p>Happy New Year</p>	Bone Builders 10:30		Chair Yoga 10-11AM
				<b>Now Open For Lunch Monday, Wednesday Thursday and Friday Lunch Served At Noon Sharp</b> Menu is subject to change.