



Lin-Wood Area Senior Services* NEWSLETTER



Happy New Year! 2019

(*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

JANUARY 2019

SCHEDULED CLOSINGS

January 1st-New Year's Day
January 21st, MLK Jr Bday,
January 24th WIC program

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

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

Looking for members: Would you like to
serve on the LINWOOD SENIOR CENTER
ADVISORY COMMITTEE to help grow and
support the Senior Center? Let us know!
Contact us at the center's number.



HAPPY BIRTHDAY!

**Katie Young
Rich Gioiosa
Gene Duffy
Joanne Osgood**


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

YEAR 2019!



JANUARY

YEAR 2019!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31-Dec	Jan 1st, closed	2	3	4
OPEN		ITALIAN CHICKEN	MEATLOAF	TACOS CHICKEN & BEEF
Bone Builders 10:30	CLOSED	<i>Dessert</i> Bone Builders 10:30	<i>Dessert</i>	<i>Dessert</i> Chair Yoga 10-11am
7	8	9	10	11
COCONUT CHICKEN	HOT DOGS & BEANS	LASAGNA	BREADED COD	TOMATO SOUP & GRILLED CHEESE
<i>Dessert</i> Bone Builders 10:30	<i>Dessert</i>	<i>Dessert</i> Bone Builders 10:30	<i>Dessert</i>	<i>Dessert</i> Chair Yoga 10-11am
14	15	16	17	18
SPAGHETTI & MEATBALLS	TORTELINNI & VEGETABLES	CORNED BEEF WITH CABBAGE	BAKED POTATO BAR	CORN CHOWDER & EGG SLD SANDW
<i>Dessert</i> Bone Builders 10:30	<i>Dessert</i>	<i>Dessert</i> Bone Builders 10:30	<i>Dessert</i>	<i>Dessert</i> Chair Yoga 10-11AM
21	22	23	24	25
Center is CLOSED to commemorate CIVIL RIGHT'S DAY <i>Martin Luther King birthday!</i>	CURRY CITRUS CHICKEN	SHEPHERD'S PIE	Congregate Meals dining area CLOSED for WIC program <i>if any questions see Maria</i>	BREAKFAST FOR LUNCH
	<i>Dessert</i>	<i>Dessert</i> Bone Builders 10:30	<i>Dessert</i>	<i>Dessert</i> Chair Yoga 10-11AM
28	29	30	31	
CRANBERRY CHICKEN	BEEF STEW	ITALIAN SUB SANDWICHES	HONEY-DIJION PORK TENDERLOIN	
<i>Dessert</i> Bone Builders 10:30	<i>Dessert</i>	<i>Dessert</i> Bone Builders 10:30	<i>Dessert</i>	Chair Yoga 10-11AM
	Do you know someone who can drive for our "Meals on Wheels" ? See Maria 1 hour a day Mon-Fri .40/mile driven	SEE Maria or Staff: Earn extra cash driving for our Home Delivered Program .40 cents for every mile: 1 hour a day	Now Open For Lunch Monday, Wednesday Thursday and Friday Lunch Served At Noon Sharp Menu is subject to change.	