

LINWOOD SENIOR SERVICES

MAY 2019 Newsletter

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Drop in and say hello to our staff: Jerri, Jo, Cindy, Lana, Kay, Rita, Tyler, Nora & Vinnie

* We are a non-profit affiliate of Grafton County Senior Citizens Council, Inc./www.gcsc.org

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CENTER SCHEDULE AT A GLANCE

MONDAY-----Bone Builders 10:30am, lunch at 12---transportation available to & from lunch. **Van runs locally**

TUESDAY ---no congregate meal, Meals on Wheels only-----**Van runs to Plymouth & back at 1:30pm**

WEDNESDAY—Bone Builders 10:30am, lunch at 12—transportation available to & from lunch, **Van runs locally**

THURSDAY——lunch at 12 —————transportation available to & from lunch, **Van runs locally**

FRIDAY----Yoga 10am, lunch 12----transportation avail. to & from lunch, **Van to Littleton/Haverhill back at 11**

BIRTHDAYS:



If you see them, wish them **HAPPY BIRTHDAY!** Maxine Amos, Ann Carr, Marion Cloutier, Louis Corbeil, Lillian Gilman, Roz Lowen, Arlene Osgood, Andrew Fink

SPECIAL EVENTS *posting by the Coordinator*

Part of what we try to do at GCSCC INC is to offer a variety of diverse activities so that everyone gets a chance to experience something they never did or would like to try. Let us know if you know someone or if you want to volunteer yourself and bring a special talent or activity you enjoy doing. For example, →Quilting class—we need 6 to start a class, so far we have one person. The leader will be bringing her own sewing machine, but if you have one, she can help you work it. The end product will be a lap blanket and most of the supplies will be donated so the cost is little or none. Call for details.

→Attorney Beasley will be presenting solid information that EVERYONE should know about life after retiring and how to navigate the costs for different situations you may find you or yourself in if you don't plan it. I am eager to learn about what he has to say, so should you. Come in at 9am May 2nd for light refreshments and sound advice.

→I just met with the Story Teller coming the 16th of May: She is a delightful person who is passionate about the vital importance passing along information generation to generation. She will be a hoot.

→"Beautification/Flower Power" idea: I have 4 people excited to help create a perennial garden in the dooryard here. We have a rototiller, some hosta donations, now we just need compost, dirt, more hostas, flowers, bushes...more flowers.. you get the idea. So, buy 2 at the PLANT SALE at the Library—one for you and one for the center!

→Also taking place on Saturday, May 25th; you will find me at a "vendor table", representing the Center, set up at the Community Yard Sale at the Linwood School yard!!! If you have items to donate for us to sell, contact me at the center. We can't accept TV's, Computers, Mattresses, or box springs.

→The Walk-A-Thon is the 18th on a Saturday, at the Horse Meadow Senior Center in Haverhill---(and this fundraiser for Meals-On-Wheels began **here, in LinWood** years ago. I would love to gather some of the people who were part of this in past years and show them up in Haverhill!) (we change venue so that we don't exhaust funding resources) I will be part of a team of Linwood folks at a "vendor table", call to sponsor us, to join us at the table, or to walk!

→May 29th is the Spring Fling! Planning is moving right along and we will have entertainment, food, and raffle baskets that you will not want to miss! (I have some high-end baskets I am working on! And Wayne's Market already donated a high priced choice meat selection for a winner...)

~SEE YOU SOON! Maria

-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

MAY



2019

Monday

Tuesday

Wednesday

Thursday

Friday

<p>MONDAY AND WEDNESDAY ARE BONE BUILDERS! 10:30AM-11:30AM</p>	<p>YOGA EVERY FRIDAY: 10AM-11AM</p>	<p>1 ~Sausage links, Stewed tomatoes & rice</p>	<p>2 ~Tuna casserole ATTORNEY BEASLEY: presenting asset management and many other topics for ages 60 and over 9am-11am</p>	<p>3 ~Pizza & salad ~YOGA</p>
<p>6 ~Baked Beans and Hot Dogs</p>	<p>7 <u>NO CONGREGATE MEAL</u> (if you want Meals on Wheels, give us a call) MEALS ON WHEELS: ~Stuffed Shells with Meat Sauce</p>	<p>8 ~Baked Flaked Chicken</p>	<p>9 ~Cabbage Beef Casserole</p>	<p>10 12th ~Quiche & Chef Salad  ~YOGA</p>
<p>13 ~Scalloped Potatoes & Ham</p>	<p>14 <u>NO CONGREGATE MEAL</u> (if you want Meals on Wheels, give us a call) MEALS ON WHEELS: ~Cold Cut Sandwiches & Macaroni Salad</p>	<p>15 ~Chicken Marsala</p>	<p>16 ~American Chop Suey </p>	<p>17 18TH ~Sloppy Joes  ~YOGA WALK-A-THON</p>
<p>20 ~Grilled Cheese & Tomato Soup</p>	<p>21 <u>NO CONGREGATE MEAL</u> (if you want Meals on Wheels, give us a call) MEALS ON WHEELS: ~Chili with rice (no beans)</p>	<p>22 ~Salisbury Steak with Mashed potatoes</p>	<p>23 ~Maple Chicken</p>	<p>24 25th ~Burger, Dogs, & Chili  ~YOGA</p>
<p>27  Memorial Day Never Forget Ever Honor </p>	<p>28 <u>NO CONGREGATE MEAL</u> (if you want Meals on Wheels, give us a call) MEALS ON WHEELS: ~Assorted Cold Salads (Tuna, chicken, Egg)</p>	<p>29 </p>	<p>30 ~Meatloaf with gravy And mashed potatoes</p>	<p>31 ~Taco Salad ~YOGA</p>
<p>All our nutritious meals are served with a "nutritious dessert"! </p>	<p>Baby Boomers! Join us for lunch— ONLY \$3 (all folks 60+ yrs)</p>	<p>VETERANS are ALWAYS WELCOME</p>	<p>Not a Baby Boomer or from the Greatest Generation? That's OK, we'd still love to have you— Only \$8.75 for lunch/dessert/fun!</p>	<p>NEVER TOO OLD TO PARTY! </p>