

LINWOOD SENIOR SERVICES

JUNE 2019 Newsletter

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Van Driver Coordinator.....Andy Comeau, acomeau@gcsc.org

Cook & Food Coordinator....Eleonore Imrie, eimrie@gcsc.org

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

194 Pollard Road
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603-745-4705

CENTER SCHEDULE AT A GLANCE

Monday-----Bone Builders 10:30am, lunch at 12---transportation available to & from lunch. **Van runs locally**
Tuesday---no congregated 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 a *Happy Birthday!* Catherine Labrecque, Eileen Latham, Sam
Tilson-Raymond, Tara Tower, and Vera Ware



SPECIAL EVENTS:

This Senior Service Center is for ALL adults 60 years of age and/or over—regardless of income. 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.

SIGN UP NOW email, call, or come in to sign up—there will be deadlines.

1. QUILTING CLASS—(we need 6 to start a class) 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.
2. BRIDGE CLUB
3. NAILS AND SPA: *Lincoln Nails and Spa* are coming to our center!!—if you need a manicure or pedicure done, she comes to us—sign up!!! She also does feet massages.
4. PAINT ON CANVASS---similar to “paint and sip” without the alcohol.

You're Invited

THANK YOU's to local businesses who we appreciate in helping our center fundraise. Please visit them:

~Wayne's Market

~Caulder Construction/Woodstock Sand & Grave

~Dunkin Donuts

~McDonald's

~Lahout's

~Chat Room Coffee House & Books

~O'Rourke's @ Green Acre Garden Center

~Aubuchon Hardware

~Smiley's

~Viaggio Spa & Wellness

~Wayne's Market

~Lincoln Nails & Spa

~Avon consultant, Laura Cochrane

Thank You!

SUCCESSES: (WHAT WE DID LAST MONTH)

→Gloria Aspinall, the Story Teller on May 16th was great! Thanks for all who were able to attend!

→”Beautification/Flower Power” idea: I started a perennial garden in the front with some potted flowers...we are looking for more plant donations to brighten up the brick outside—does your garden need some thinning out? Bring them over!

→As of this writing, the Mem.Day Yard Sale at the School on Saturday didn't occur, but my hopes are high that we will make some profit to fund more activities to be offered here. Thank you to those who donated their time and “stuff”!

→The Walk-A-Thon at the Horse Meadow Senior Center in Haverhill---(fundraiser for Meals-On-Wheels) was a fun experience. I met a few state representatives! Thanks to all who came and who donated!

Good Times

-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

JUNE



2019

Monday

Tuesday

Wednesday

Thursday

Friday

<p><i>MONDAY AND WEDNESDAY ARE BONE BUILDERS! 10:30AM-11:30AM</i></p>				<p><i>YOGA EVERY FRIDAY: 10AM-11AM</i></p>
<p>3 Stuffed Shells w/Red Sauce ~Bone Builders</p>	<p>4 NO CONGREGATE MEAL (if you want to start Meals on Wheels, give us a call) <u>MEALS ON WHEELS:</u> Sausage, Stewed tomatoes, mac & cheese</p>	<p>5 Beef & Root Vegetable Stew ~Bone Builders</p>	<p>6 Baked Ham and Scalloped Potatoes</p>	<p>7 Breakfast For LUNCH ~YOGA</p>
<p>10 Italian Chicken w/Spaghetti Pie ~Bone Builders</p>	<p>11 NO CONGREGATE MEAL (if you want to start Meals on Wheels, give us a call) <u>MEALS ON WHEELS:</u> Chicken salad & Molded Fruit Salad</p>	<p>12 Shepherd's Pie ~Bone Builders</p>	<p>13 Breaded Fish with Coleslaw</p>	<p>14 Pork Pie ~YOGA 16th HAPPY FATHER'S DAY</p>
<p>17 Vidalia Onion-Chicken w/Rice pilaf ~Bone Builders</p>	<p>18 NO CONGREGATE MEAL (if you want to start Meals on Wheels, give us a call) <u>MEALS ON WHEELS:</u> Meatloaf & Mashed potatoes</p>	<p>19 Meatloaf Sandwiches ~Bone Builders</p>	<p>20 Pork Roast and Roasted Potatoes</p>	<p>21 BBQ Chicken & Potato Salad ~YOGA first day of SUMMER!</p>
<p>24 Spinach Quiche & Salad ~Bone Builders</p>	<p>25 NO CONGREGATE MEAL (if you want Meals on Wheels, give us a call) <u>MEALS ON WHEELS:</u> Chicken & Gravy & Biscuit</p>	<p>26 Creamed Chipped Beef (S.O.S.) ~Bone Builders</p>	<p>27 NO Congregate Meal ☹️ Meals on wheels: Egg Salad & Cold Soup</p>	<p>28 Kielbasa & Sauerkraut OR Liver & Bacon ~YOGA</p>
<p><i>The Senior Center Services are for ALL adults 60 years of age or above—regardless of income.</i></p>	<p>Baby Boomers! Join us for lunch— ONLY \$3 (ALL customers 60+yrs)</p>	<p>VETERANS WELCOME </p>	<p>Regular Price: customers under 60 years of age: \$8.75= meal♦drink♦dessert</p>	<p>...don't forget to sign up for: ~quilting ~Bridge ~paint on Canvass ~Nails and Spa day</p>