



Plymouth Regional Senior Center



8 Depot Street, PO Box 478, Plymouth, NH 03264 (603) 536-1204

A location of Grafton County Senior Citizens Council, Inc., located at 10 Campbell Street, Lebanon, NH 03766, (603) 448-4897, www.gcsc.org and on Facebook. Serving the communities of Plymouth, Ashland, Dorchester, Groton, Holderness, Rumney, Campton, Ellsworth, Thornton, Warren, Wentworth and Waterville Valley.

Our Mission is to develop, strengthen and provide programs and services that support the health, dignity and independence of older adults and adults with disabilities living in our communities.

Our Coffee Café is available *all day, every day*.

Stop in for a cup of coffee, tea or hot cocoa!

Our Gift & Thrift Shop is open *Monday - Friday*

9am - 1pm; thank you to our shoppers and donors!

Our advisory council meets on the *2nd Thursday of the month at 9am*; all are welcome to attend!

Our monthly birthday celebration is held on the *1st Friday of the month*. Come celebrate with us!

Baker Pemi Senior Club meets the *1st and 3rd Thursdays of the month at 1:00 pm*; all are welcome to attend!

Please note that *sign-in sheets for congregate lunch and activities* are at the *front desk*. If you are interested in participating in an activity that requires a waiver (see notations on page 2 next to activities requiring those waivers), please complete the waiver while signing in **prior to participation**. Thank you for your understanding and cooperation!

We love our volunteers! Interested?

Please ask about opportunities available!

When you donate to GCSCC, you make it possible for older adults and adults with disabilities living in every town in Grafton County to use our programs and services. To donate: ~ if you're viewing this newsletter online, you can click the photo to the left, visit www.gcsc.org/donate OR ~ to donate by check, please mail to GCSCC, PO Box 433, Lebanon, NH 03766

We appreciate your consideration and support!

Durable Medical Equipment and Supplies: Location where Durable Medical Equipment and Supplies is limited. Due to the size of the space PLEASE call 603-536-1204 prior to dropping off items. Also, pick up and drop off hours are Monday through Friday between 1 pm and 3pm **ONLY**. Thank you!

October 2026



**Open 7 am to 3 pm,
Monday - Friday**

October 5- Flu Clinic w/ Pemi Baker Hospice and Home Health, 11:30 am, Bring your insurance card

October 8- *Advisory Council Meeting** 9 am in the conference room - **all are welcome**

October 9- PRSC will be closed due to a staff training

October 12- All GCSCC Centers closed for Columbus Day/Indigenous Peoples' Day

October 16- Annual Informational Fair- Plan to attend and learn what community resources are available to you and your family

October 22- On Deck with the Baker Valley Band 4 to 5:30 pm Please plan to attend!!

October 28: National First Responders Day- Please take time to Thank to the First Responders in our area!

October 31: Halloween ~ **Party~ Friday, October 30!**
Costumes * Prizes* Fun* Music

October is National Fire Prevention Month: Change the batteries in your smoke detectors! Do you have Smoke Detectors, a Carbon Monoxide Detector, a Fire Extinguisher?

~Senior Center Staff~

Director	Gail Emmons-Shaw
Program Associate	Donna Fletcher
Program Assistant	Flo Hunter
HDM Coordinator	Tricia Morris
Activity/Volunteer Coordinator..	Melanie Mardin
Head Cook	Dee Zachary
Assistant Cook	Robyn Duguay
Kitchen Assistant	Michael Burt
Kitchen Assistant	Douglas Donaldson
Kitchen Assistant	Philip Morris
Drivers	David Robins; Pahl Sharrow

ACTIVITIES

October

- Chair Yoga..... **Mondays** 9 am (*waiver required*)
 Mahjong..... **Mondays** 9 am
 Bingo..... **Mondays** 10 am
 TJQMBB..... **Mondays** 10 am (*waiver required*)
 Pemi Baker Ask a Nurse..... **Mondays** 11:30 am; vitals & answering questions
 Cards..... **Mondays** 12:30 pm
 Billiards..... available daily
 Ping Pong..... available daily
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- RSVP ~ **Tuesdays** 9, 10 & 11 am
 Bone Builders..... (*waiver required*)
 Book Group... **1st Tuesday** of the month 1 pm
 FunSpot Bowling..... **Tuesdays** 12 pm - informational only, not a GCSCC sponsored program (must have own car)
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- Cards..... **Wednesdays** 9 am
 Crafts.... **3rd Wednesday** of month 10 am
 Cribbage..... **Wednesdays** 10 am
 Bingo..... **Wednesdays** 10 am
 TJQMBB..... **Wednesdays** 10 am (*waiver required*)
 Tai Chi..... **Wednesdays** 11 am (*waiver required*)
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- Quilting Plus..... **Thursdays** 9 am (knitters and crocheters welcome)
 RSVP ~ **Thursdays** 9, 10 & 11 am
 Bone Builders..... (*waiver required*)
 Mahjong..... **Thursdays** 9 am
 Group Sing-Along.. **Thursdays** 11 am
 Painting w/Joan... **3rd Thursday** of month 11 am
 FunSpot Bowling .. **Thursdays** 12 pm - informational only, not a GCSCC sponsored program (must have own car)
 Rug Braiding..... **Thursdays** 1 pm
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- Yoga - Traditional..... **Fridays** 9 am (*waiver required*)
 Canasta..... **Fridays** 10 am
 Wood Carvers..... **Fridays** 10 am
 Painting Group..... **Fridays** 10 am
 Friday Café..... **Fridays** 10 am
 Line Dancing..... **Fridays** 10:30 am (*waiver required*)
 Zumba Chair w/Drums .. **Fridays** 1 pm (*waiver required*)



“October was always the least dependable of months... full of ghosts and shadows.”

– Joy Fielding

2026

RESOURCES

PRSC Bus Service is available; 1st Come 1st Served basis. To all destinations in the Plymouth area between 8 am & 2 pm. Call (603) 536-1204 to schedule/cancel your ride.

GCSCC wide virtual activities ~ ongoing list available at the center or on our website www.gcsc.org.

Home-Delivered Meals are available in all catchment communities. Call for more information (603) 536-1204.

****Volunteer Drivers Needed****

RSVP AmeriCorps Seniors volunteers' activities focus on helping older adults (age 60+) veterans and their families, family caregivers, and adults with disabilities to age in place. For more information call (877) 711-7787 or email rsvp@gcsc.org.

Aging & Disability Resource Center (ADRC) services include – Medicare and Medicaid counseling, long-term care options counseling, caregiver support, referrals, and much more! We look forward to seeing you at our locations in Littleton (262 Cottage Street, Suite G-25) and Lebanon (10 Campbell Street). We also have office hours at our senior centers in Canaan and Plymouth. We can be reached by phone at 603-448-1558 or 603-444-4498.

Durable Medical Equipment and Supplies call (603) 536-1204 for more information on what is available. NOTE: Pick up and drop off hours are 1 pm to 3 pm Monday through Friday. PLEASE Call first before dropping off items.

Foot Clinic - Pemi-Baker Hospice & Home Health monthly foot care clinic- 2nd Friday of the Month, please call PRSC at (603) 536-1204 if you have questions or to schedule.

Veterans Affairs (VA) Medical Transportation Rides scheduled by appointment, in advance, call (802) 295-9363, ext. 4381 to schedule.

Transport Central Medical Transportation call (855) 654-3200 to schedule.

Commodity Food Call (800) 578-2050 for more information.

Dartmouth-Hitchcock Aging Resource Center (ARC) For more information regarding programs call (603) 653-3460 or visit dartmouth-hitchcock.org/aging-resource-center.

Pemi-Baker Hospice and Home Health (603) 536-2232 Mondays 11:30 am “Ask a Pemi Baker Nurse”; Tuesdays 10:30 am, as scheduled “Grief & Loss Support Group” Guy Tillson.

Senior Companion Program please contact Paula Roby-Palmer at (603) 225-3295, ext. 1184.

Technology Assistance call Pemi-Baker Literacy at (603) 536-2998.

PLYMOUTH REGIONAL SENIOR CENTER

Menu subject to change without notice.

Lunch served at 12 noon daily.

Congregate meal sign-in at front desk.

October 2026 MENU

**50/50 most Wednesdays
at lunch**

Meals are provided at no cost.

A \$5 per meal voluntary donation
is suggested but not expected.

Monday	Tuesday	Wednesday	Thursday	Friday
Coffee Cafe: coffee, tea, hot cocoa Monday - Friday all day.	Bread, Milk & Juice are available at every meal.		1. Haddock florentine fish, spinach, rice pilaf, green beans, peaches	2. Chili dogs w/beef + bean chili, tomato sauce, beef hot dog in bun, tossed salad w/dressing
5. BLT- bacon, lettuce, tomato on bread, chips, apple wedges	6. Shepard's Pie- mashed potatoes, beef, corn, spinach Book Club 1 pm	7. Chicken sandwich w/lettuce, tomato, 3 bean salad	8. Salisbury Steak, au gratin potato, mixed veggies w/lima beans	9. 
12. All GCSCC Centers Closed for Columbus Day/Indigenous Peoples' Day 	13. Grilled cheese sandwich w/tomato soup, cottage cheese, pineapple bits	14. Chicken Teriyaki w/tomato sauce, white rice, peas, pears 	15. Spaghetti w/meatballs (beef/pork), red sauce, broccoli, garlic bread Group Painting 10:30	16. Spinach quiche- eggs, cream, spinach, cheese, crust, tossed salad w/ garbonzo beans, dressing
19. Manicotti w/cheese, red sauce, green beans, garlic knots	20. Beef/pork meatloaf w/beef gravy, mashed potatoes, beets	21. Baked fish w/oven roasted potatoes, oven roasted brussel sprouts Craft Group 10am 	22. Taco bar- corn torillas, beef chili w/kidney beans, salsa, lettuce, tomato, cukes, rice w/black beans, etc 4pm On Deck!!!	23. Chicken stew w/potato, onion, peas, gravy, corn bread, mandarin oranges
26. Baked stuffed pork chops, sweet potato, asparagus, peaches	27. Kielbasa w/sauerkraut, apple slices in applesauce, broccoli Open Mic 10:30am	28. Chicken cordon bleu w/ham, swiss cheese, ritz crumbs, au gratin potatoes, mixed veggies w/lima beans 	29. Pizza bar- red sauce, cheese, burger &/or peperoni, tossed salad w/garbonzo beans, dressing	30. Spooky beef stew- beef w/gravy, peas, onion, potatoes, roll, surprise dessert 



~ On Deck ~ Thursday, October 22nd 4 PM to 5:30 pm

Music by Baker Valley Band

~Open Mic ~ 4th Tuesday of the month- - 10:30am

Plan to attend the monthly Open Mic! Join the Fun! Watch for more information...

General Fire Safety Month Tips (www.nfpa.org)

- Smoke and CO alarms: Install on every level of your home, including the basement, and test monthly; replace batteries every 6 months and alarms every 10 years
- Fire extinguishers: Keep accessible in kitchens, garages, and on every floor; know how to use them (PASS method: Pull, Aim, Squeeze, Sweep).
- Kitchen safety: Never leave burners or grills unattended; keep flammable items away from heat sources.
- Heating safety: Maintain furnaces, wood stoves, and fireplaces; keep combustibles away from heating equipment.
- Candles and smoking: Use battery-operated candles; keep matches/lighters out of reach of children.
- Clutter control: Reduce clutter to prevent fueling fires and to keep escape routes clear.
- Emergency plans: Practice fire drills with your family; have at least two escape routes and a meeting place.

**Happy Birthday to all
those celebrating a
birthday in October!!!**

