



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 enrich the lives of older adults and individuals with disabilities by creating opportunities for engagement, fostering healthy aging, and delivering compassionate support.

April 2026

**Open 7 am to 3 pm, Monday - Friday
WE CAN'T WAIT TO SEE YOU!!!**

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 available opportunities!

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

April 1st is the grand reopening date - location where Durable Medical Equipment and Supplies are stored. ***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 from 1 pm to 3 pm ONLY. Thank you



April 1st - April Fools Day

April 14th - Grafton County Senior Citizens Council, Inc Annual meeting; 11:30 am; Horse Meadow Senior Center; 91 Horse Meadow Rd, North Haverhill, NH. All are welcome please RSVP by April 8th by contacting Lisa A at 603-787-2539 or ladams@gcsc.org

April 17th - Blah Blah Blah Day— a day to stop and really listen to those around you.; its aim is to appreciate the pleasure of casual conversation. Come to the center before lunch, enjoy a cup of coffee or tea or stay after lunch and just visit with your friends and neighbors. Its also a great time to meet someone new!

April 20th - Pemi Baker Hospice & Home Health - Advance Directive Workshop 11:30 to 12:30

April 22nd - Earth Day - What can you do to celebrate?

April 22nd - Join Us! Volunteer Recognition at lunch - Thank you to all PRSC Volunteers. Please Plan to Attend XOXO



Remember this Date: June 9 to 10, 2026 NH Gives Grafton County Senior Citizens Council will be listed! NH Gives is New Hampshire's statewide celebration of giving AND you can be part of the Celebration! *Support *Donate

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	Connie Booth
Kitchen Assistant	Philip Morris
Kitchen Assistant	Doug Donaldson
Driver.....	David Robins

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. Call first before dropping off items.

Foot Clinic with Sandra Coleman RN, BSN **Fridays 8 am - 1 pm.** Please call **PRSC** at (603) 536-1204 to make an appointment; cost \$30.

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.

Technology Assistance - call Pemi-Baker Literacy located at the Whole Village at (603) 536-2998.

"April rains transform fields from plain, to lovely wildflower-filled terrain."— Unknown

*April Showers
Bring May
flowers*

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)  
**American Sign Language** . **Tuesdays 11 am**  
**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; 12:30 pm**
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)
Senior Walking Group **Wednesdays 12:30 pm** weather permitting (waiver required)
Line Dancing ... **Wednesdays 1 pm** (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)  
**Karaoke~**  
**Group Sing-Along** . **Thursdays 11 am**  
**Painting w/Joan** . **3rd Thursday of month 10:30 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)



Menu subject to change without notice.
Lunch served at 12 noon daily.
Congregate meal sign-in at front desk.

April

Meals are provided at no cost.
A \$5 per meal voluntary donation
is suggested but not expected.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Juice is available at every meal.</p> <p>A bread item is available at every meal.</p>	<p>Thank you to all who participated in the 2nd Annual Art Show on March 6th and 3rd Annual Quilt Show on March 19th!</p>	<p>1. Ham dinner, baked sweet potato, green beans, roll w/ butter, apple slices; milk 50/50 at lunch</p>	<p>2. American chop suey- beef, onion, tomato sauce, macaroni, mixed veggies, garlic bread, milk</p>	<p>3. Spinach quiche, tossed salad, dressing; milk Birthdays</p> 
<p>6. Chicken salad on roll w/lettuce; pickled beets, peaches, milk</p>	<p>7. Baked potato bar w/chili (beef), beans, salsa, lettuce, tomato, sour cream, milk Book Club 1pm</p>	<p>8. Sausage sandwich w/grilled pepper and onion, roll, coleslaw, pears, milk 50/50 at lunch</p>	<p>9. Grilled cheese sandwich w/tomato bisque, chips, pickles, milk</p>	<p>10. Baked stuffed fish w/bread stuffing, rice pilaf, 3 bean salad, milk</p>
<p>13. Steak & cheese puff, roasted potatoes, peas, milk Movie & Popcorn Day Singing in the Rain at 12:30pm</p>	<p>14. Roast Pork, baked potato, broccoli, gravy, bread & butter, applesauce, milk</p>	<p>15. Chicken ala king w/noodles, white sauce, mixed veggies, milk 50/50 at lunch Craft Group 10am</p>	<p>16. Hot dog w/roll, baked beans, corn, apple slices, condiments, milk Group Painting 10:30am</p>	<p>17. Breakfast for lunch- eggs, bacon/ sausage, home fried potatoes, oatmeal milk</p>
<p>20. Mexican stuffed peppers w/beef, onion, rice, black beans & carrots, cornbread, milk</p>	<p>21. BBQ chicken, cranberry sauce, au gratin potatoes, green beans, bread & butter, milk</p>	<p>22. Spaghetti w/ beef meatballs, tomato sauce, pasta, roasted brussel sprouts, garlic bread milk 11 to 1 Volunteer Recognition</p>	<p>23. Kielbasa, roll, side of sauerkraut, cauliflower, pears, milk</p>	<p>24. Pork Pie in crust w/fresh carrots, mandarin oranges, milk</p>
<p>27. Mac & Cheese, elbow macaroni, stewed tomatoes, pineapple tidbits, Bread & butter, milk</p>	<p>28. Chef salad- ham, hardboiled egg, cucumber, lettuce, cottage cheese, black beans & salad, milk Open Mic 10:30am</p>	<p>29. Cranberry chicken w/cranberry sauce, baked sweet potato & butternut squash, , milk 50/50 at lunch</p>	<p>30. Ziti w/red tomato sauce, ground turkey, onion/garlic, mixed veggies w/ lima beans, bread & butter, milk</p>	<p>REMEMBER</p> <p>Last Tuesday of the month is Open Mic at 10:30 am All are Welcome</p>

Last year, GCSCC provided 212,626 meals for older adults and adults with disabilities throughout Grafton County! Thanks to our team effort, we continue to serve more meals each year without putting anyone on a waiting list. We are grateful for all of our employees, volunteers, participants, and community members who make this happen. Over the past decade, the cost of living has increased by approximately 35%, and the cost of food, supplies, fuel, and wages have steadily risen, while our suggested meal donation has remained unchanged. To help sustain our program and continue providing nutritious meals, **we are adjusting the suggested donation from \$3 to \$5 per meal.** As always, all services are free of charge and donations are voluntary.

Just a suggestion for all those participating in traditional mat yoga - please dress in comfortable clothing that you can stretch in, bring water and try not to eat just before the class.

IMPORTANT! April 22, 2026 Volunteer Recognition event at lunchtime. Thank you to ALL the volunteers!
You are appreciated. All are Welcome

Plymouth Regional Senior Center has been serving the community since the late 1970's and in at the present location since 1993. We could not complete all we do without our wonderful VOLUNTEERS!