



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.

August

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 Until further notice: Please **do not** drop off equipment or incontinent supplies at the senior center **Due to Renovation of the storage building**. Sorry for the inconvenience. **Other** possible resources: Canaan Lions Club 603-523-7720, Hebron Fire Dept. (603) 744-9468, Rumney Fire Dept. (603) 786-9924 or call your local Visiting Nurses Association.

Open 7 am to 3 pm, Monday - Friday

WE CAN'T WAIT TO SEE YOU!!!

8/7- Purple Heart Day- did you or someone you know earn a Purple Heart? Thank you for your service.

8/11- Advance Directive

workshop during our *Ask A Pemi-Baker Nurse* 11:30 am

8/12- Vinyl Record Day – what's the oldest vinyl record that you own? Who is your favorite recording artist or band?

August is: Boomers Making a Difference Month (Boomers - The generation is often defined as people born from 1946 to 1964 during the mid-20th century baby boom that followed the end of World War II.)

Mark your calendar/Hold the Date :

Thursday, **Sept. 4th**, 2025 10:30am-12:00pm; Pemi-Baker Hospice and Home Health Presentation on: Alzheimer's and Hospice

Thursdays: **Sept. 4, 11, 18 and 25** from 1 pm to 3 pm– UNH Boost Your Brain and Memory

Monday, **Sept. 22nd** Flu Vaccination Clinic 11:30 am to 1 pm Pemi-Baker Hospice and Home Health



August monthly movie and popcorn

Monday, August 11th ~ 12:30 to 2:30 pm

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
Driver.....	

PRSC Bus Service is available 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 Bristol, 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.**

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.**

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

Technology Assistance - No Office Hours in August call Pemi-Baker Literacy at (603) 536-2998.

Chair Yoga..... **Mondays 9 am**
(waiver required)

Mahjong **Mondays 9 am**

Bingo **Mondays 10 am**

Pemi Baker Ask a Nurse **Mondays 11:30 am;** vitals & answering questions

Cards **Mondays 1 pm**

Billiards **available daily**

Ping Pong **available daily**

~~~~~  
**RSVP ~** **Tuesdays 9:00 am & 10:30 am**

**Bone Builders** ..... (waiver required)

**Learn 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)**

~~~~~  
Cards **Wednesdays 9 am**

Crafts **3rd Wednesday of month 10 am;**
sign up required

Cribbage **Wednesdays 10 am**

Bingo **Wednesdays 10 am**

Tai Chi **Wednesdays 11 am** (waiver required)

Scrabble **Wednesdays 1 pm**

Senior Walking Group **Wednesdays 1 pm weather permitting** (waiver required)

~~~~~  
**Quilting Plus** ..... **Thursdays 9 am** (knitters and crocheters welcome)

**RSVP ~** **Thursdays 9:00 am & 10:30 am**

**Bone Builders** ..... (waiver required)

**Karaoke~**

**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**

~~~~~  
Yoga: Traditional. **on hold till 9/5** (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)



"If you're not barefoot, then you're overdressed." – Unknown



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

August

Meals are provided at no cost.
A \$3 per meal voluntary donation
is suggested but not expected.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't have time to dine in? Grab a meal to go!</p> <p><i>Grab N Go</i></p>	<p>Juice is available at every meal.</p> <p>A bread item is available at every meal.</p> 	<p><i>"The trees tremble with delirious joy as the breeze greets them, one by one - now the oak"</i></p>	<p><i>Now the great sycamore, now the elm."</i></p> <p><i>From the poem "In August," Hamlin Garland, American poet</i></p>	<p>1 Grilled Cheese Sandwich on wheat bread w/mixed cheeses; 3 bean salad; mixed fruit cup; Milk</p> <p>Birthdays of the Month</p> 
<p>4 Taco Bar: beef chili, salsa, grated cheese, sour cream, lettuce, tomato, cucumber, black olives, rice, black beans Milk</p>	<p>5 Steak & Cheese puff; fresh roasted Brussels sprouts; applesauce. Milk</p>	<p>6 Chicken Marsala; wine/mushrooms; au gratin potatoes; fresh carrots Milk</p>	<p>7 Hot Dog on roll; baked beans; condiments; lettuce + tomato slices; w/ hardboiled eggs Milk</p>	<p>8 Breakfast for Lunch: scrambled eggs, oatmeal w/milk, bacon, sausage; fresh fruit (apple or orange) Milk</p>
<p>11 Burgers on roll w/condiments; potato salad w/fresh corn; lettuce + tomato slices Milk</p>	<p>12 Mac & Cheese w/sausage; stewed tomatoes; mandarin oranges; roll Milk</p>	<p>13 Chicken Salad on a bed of lettuce w/tomato & cucumber slices; slider roll; pears Milk</p>	<p>14 Sweet & Sour Pork; applesauce w/apple pieces; rice w/beans; asparagus Milk</p>	<p>15 Baked Stuffed Fish; spinach; 1/2 baked sweet potato; apple pieces Milk</p>
<p>18 Pork Fried Rice w/5 way vegetable mix w/lima beans; fruit cup Milk</p>	<p>19 Chicken a-la King; baked potato w/sour cream; peas Milk</p>	<p>20 Stuffed Shells- ricotta, tomato sauce w/meatballs; tossed salad; grated cheese Milk</p>	<p>21 Hamburger Helper; coleslaw; green beans Milk</p>	<p>23 Quiche- broccoli &/or spinach; carrots; watermelon Milk</p>
<p>25 BLT on white or wheat bread; potato salad; hardboiled egg wedge; fruit cocktail Milk</p>	<p>26 Sausage Sub w/peppers & onions on roll; 3 bean salad; chips Milk</p>	<p>27 Baked Potato Bar- beef chili, sour cream, grated cheese, tossed salad w/dressing Milk</p>	<p>28 Beef Chop Suey w/macaroni & tomato sauce; cauliflower mix Milk</p>	<p>29 Beef & Broccoli Stir w/au gratin potatoes; peaches Milk *Traditional Yoga to start 9/5/2025 at 9am!!!</p>

8/17- National Non-Profits Day GCSCC/PRSC is one of our favorite Non-Profits- Ways to support GCSCC/PRSC include:

1. Provide employee volunteers.
2. Donate office supplies.
3. Co-host events and fundraisers.
4. Join the local Advisory Council or on a larger level at GCSCC.
5. Highlight GCSCC/PRSC in your newsletter or on your social media.
6. Networking- make introductions

8/21- National Senior Citizens Day "According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history."

PRSC is seeking Driver(s), Per Diems. This is a non-exempt position. Driver(s) needed for transporting passengers to medical appointments, shopping and errands. Food pick-up and delivery. Experience driving a bus, or commercial driving experience helpful, but not required. Valid driver's license, NH DOT physical. Training is provided. HS diploma or the equivalent. Contact: hr@gcsc.org



**PLYMOUTH REGIONAL
SENIOR CENTER**
P.O. BOX 478
R. R. DEPOT SQUARE
PLYMOUTH, NH 03264