



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!

Open 7 am to 3 pm,
Monday - Friday
August 2026
WE CAN'T WAIT TO SEE YOU!!!

August is Happiness Happens Month ~ What makes you happy?

August 17th National Thrift Shop Day - Remember to stop by the senior center's Gift n Thrift Shop! The shop is open Monday through Friday from 9 am to 1 pm, closed from 12 to 12:30 pm so the volunteer can enjoy lunch. We can't wait to see you!!!

August 17th is also National Nonprofit Day - Support Grafton County Senior Citizens Council, Inc/Plymouth Regional Senior Center by *attending an activity, *having lunch with us, *by donating financially, *donating or purchasing something to/from the Gift n Thrift Shop or by volunteering.

Pemi Baker Hospice and Home Health Foot Clinic Now offered on the 2nd Friday of the month, call to schedule.

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	Philip Morris
Kitchen Assistant	Douglas Donaldson
Drivers	David Robins; Pahl Sharrow

RESOURCES

August

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.

2026

ACTIVITIES

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

Mahjong **Mondays** 9 am

Bingo **Mondays** 10 am

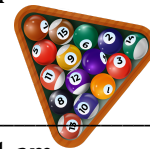
TJQMBB **On Hold until September**

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

Cards **Mondays** 12:30 pm

Billiards available daily

Ping Pong available daily



RSVP ~ **Tuesdays** 9, 10 & 11 am

Bone Builders (*waiver required*)

American Sign Language **On Hold until September 1, 2026**

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

Cribbage **Wednesdays** 10 am

Bingo **Wednesdays** 10 am

TJQMBB **On Hold until September**

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

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

Line Dancing **Wednesdays** 1 pm (*waiver required*)
Call ahead for Wed. Line Dancing schedule

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

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*)

Zumba

**"But I can see us lost in the memory, August
slipped away into a moment in time."**

– Taylor Swift

PLYMOUTH REGIONAL SENIOR CENTER

Menu subject to change without notice.

August 2026 MENU

Meals are provided at no cost.

Lunch served at 12 noon daily.

A \$5 per meal voluntary donation

Congregate meal sign-in at front desk.

is suggested but not expected.

Monday	Tuesday	Wednesday	Thursday	Friday
3. Hot dogs on roll, baked beans, corn on the cob	4. Chicken salad w/3 bean salad, cottage cheese, pears Book Club 1 pm	5. Stuffed pork chops w/bread stuffing, mashed potatoes, green beans, apple slices 50/50 at lunch	6. American chop suey, garlic bread, broccoli	7. BLT on wheat or rye, chips, fruit salad
10. Chicken parmesan, on noodles w/red sauce, tossed salad w/garbanzo beans Movie/Popcorn 12:30	11. Steak & cheese puff, cauliflower, fruit cocktail	12. Baked stuffed fish w/lemon wedge, peas, sweet potato 50/50 at lunch	13. Sausage, pepperoni subroll, french fries, green beans	14. Liver, bacon, onions, roasted potatoes, carrots, mandarin oranges
17. Spinach quiche, tossed salad w/onion, tomato & cucumber	18. Chili w/tomato, black beans, kidney beans, beef, onions, corn bread, watermelon	19. Shepherd's pie- mashed potato, corn, beef, broccoli, roll Craft Group 10am 50/50 at lunch	20. Roast pork, applesauce, baked sweet potato, mixed veggies w/lima beans Group Painting 10:30	21. Breakfast for lunch- eggs, sausage, oatmeal, roasted potatoes, peaches
24. BBQ chicken, rice, carrots, roll	25 Ham salad, pasta salad w/peas on lettuce & tomato, cottage cheese pineapple bits Open Mic 10:30am	26. Chicken pot pie w/carrots, peas, chicken, gravy, mandarin oranges 50/50 at lunch	27. Baked potato bar, broccoli, cheese, chili w/beans, sour cream 4pm On Deck!!! Info below	28. Mac & cheese w/garlic bread, roasted brussel sprouts
31 Chef salad, lettuce, tomato, cucumber, ham, cheese, roll, peas			Coffee Cafe: coffee, tea, hot cocoa Monday - Friday all day.	Bread, Milk & Juice are available at every meal.



SUPPORT THE GIFT N THRIFT SHOP AT PRSC!!!

Happy Birthday to all those celebrating a birthday in August!!!



~ On Deck ~ Thursday, August 27th 4 PM to 5:30 pm

Music by THE DREAMERS

Dancing- who knows?, , Horseshoes- if you want, Popcorn

Every 4th Thursday Next: September and October! Join us for some fun...

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

Do you sing, play an instrument, write poetry, etc. or just enjoy listening and supporting your friends and neighbors?

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



OPEN MIC