



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.

December 2025

**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

Until further notice: Please **do not** drop off equipment or incontinent supplies at the senior center **Due to Renovation of the storage building we have limited storage space**. Sorry for the inconvenience. **Call 603-536-1204 for other possible resources:**



12/2 ~ Giving Tuesday— "global generosity movement unleashing the power of people and organizations to transform their communities and the

world". [Home - GivingTuesday](#) *What can you do for your senior center, neighbor, and/or community?*

12/7 ~ National Pearl Harbor Remembrance Day

12/10 ~ David Shikes Comedian 12:30 pm in the Exercise Room at PRSC

12/17 ~ Captain Radical aka Mark Shelton ~ The Pirate King of Rock & Roll ~ 12:30 pm in the Dining Room at PRSC. Come in your best Pirate Costume! Prizes! Great Music. Dining Room PRSC ~ Hold the Date!!!

12/21 ~ 1st Day of Winter ~ from today on the days get longer!!! Winter Solstice observed as Yule

12/25 ~ All GCSCC Centers will be closed on Thursday 12/25 and Friday 12/26 for the Holiday.

12/28 ~ Pledge of Allegiance Day

**12/31 ~ New Year's Eve
Happy New Year to all! XOXO**



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.

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.



May love and happiness be yours this holiday season.

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**
Junk Journaling **Mondays 2 pm**
Billiards **available daily**
Ping Pong **available daily**

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)

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)
Scrabble **Wednesdays 1 pm**
Senior Walking **Wednesdays 12:30 pm** weather permitting (waiver required)



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 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)



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

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 Tuna Noodle Casserole in white sauce w/ onions, w/ cauliflower & fruit Milk	2 Cheeseburger on roll w/ French fries & garbanzo beans + cucumber salad Milk	3 Sweet n' Sour Pork w/ rice and asparagus Milk	4 Beef Stroganoff w/ noodles, gravy & peas Milk	5 Broccoli Quiche w/ tossed salad w/ black beans & fruit Milk Birthdays 
8 Shepherd's Pie beef, potato, corn, peas & fruit Milk	9 BBQ Chicken w/ sweet potato & green beans Milk	10 Beef & Broccoli w/ pasta and veggie blend w/ lima beans Milk	11 Mac & Cheese (American & cheddar) w/ stewed tomatoes & 3 bean salad Milk	12 Baked stuffed Pork Chop w/ au gratin potato, stuffing, carrots & fruit, Milk
15 Hot Dog in puff pastry w/ baked beans and corn Milk	16 Chicken Pot Pie (peas, carrots, potato, gravy) w/ brussel sprouts Milk	17 Taco Bar - beef, corn & flour tortilla, salsa, lettuce, tomato, cucumber, olives, black beans, sour cream, Milk	18 Fish Sandwich w/ roll, macaroni salad w/ onions, American cheese and fruit Milk	19 Breakfast for lunch Frittata- eggs, cream, onion, cheese), sausage +/- or bacon, oven roasted potatoes, oatmeal, Milk
22 Grilled Cheese Sandwich w/ tomato soup and carrot/raisin salad, Milk	23 Beef w/ gravy, mixed veggie w/ lima bean, baked potato & fruit; Milk	24 Lasagna (beef w/ red sauce), green beans, salad & garlic knots, Milk	25 Centers Closed Christmas Day	26 Centers Closed Day after Christmas
29 Chicken Cacciatore w/ rice & broccoli, Milk	30 Bacon lettuce tomato sandwich w/ chips & cottage cheese and fruit, Milk	31 Venison Stew w/ carrots, potato, peas, gravy, biscuit and fruit, Milk <i>Happy New Year!</i>	REMEMBER Last Tuesday of the month is Open Mic at 10:30 am 	Juice is available at every meal. A bread item is available at every meal.

December monthly movie and popcorn ~ *Holiday* with Katharine Hepburn and Cary Grant ~ Monday, December 10th 12:30 to 2:30 pm. **PLUS** an Episode of *MASH* Tuesdays ~ 12:30 pm, as requested



*****PRSC is seeking Bus Driver(s), Full-time (40 hours) and Per Diem.** 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@gscsc.org

Reminder and Request for Bus Riders and Home-Delivered Meals Recipients

PLEASE keep walkways and driveways plowed, shoveled, sanded and safe!

Storm closings are listed on *WMUR TV Channel 9* and **online at www.wmur.com**. If you don't see it or you are unsure, please call us at (603) 536-1204. In most cases, the center follows the school closings.

What is Junk Journaling you ask? It is a creative practice of making a journal from repurposed and discarded materials. Join us on Mondays at 2 pm to create something meaningful and beautiful.