



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.

February 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

Thank you all for your understanding during the renovation of the storage location for Durable Medical Equipment and Supplies. ***Due to the size of the space **PLEASE** call **Call 603-536-1204** prior to dropping off items. Also, drop off hours are Monday through Friday from 7 am to 3 pm ONLY.



Monday, February 16th - Presidents' Day All GCSCC Centers are closed

PRSC WELCOMES Plymouth Area Community Closet (PACC) to our

center's location this month! PACC is open Tuesday and Thursday, please call them at 603-536-1101 for more information. Thank you to everyone involved in making this community collaborative project come to life!

2/14/26 - Valentine's Day **DID YOU KNOW:** Conversation hearts might be sweet and romantic now, but they actually began as medical lozenges. According to the 2013 book *Candy: A Century of Panic and Pleasure*, conversation hearts date back to 1847, when Boston pharmacist Oliver Chase invented a machine to simplify the production of apothecary lozenges, which were in high demand as a sore throat remedy at the time.

2/17/26 - Random Acts of Kindness Day

February is Declutter for a Cause Month - when spring cleaning think of PRSC's Gift n Thrift Shop as a location for a donation!

February is National Senior Independence Month!

Allowing Seniors and Community Members to share resources that help seniors live independent and full lives!

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 Burtt
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.gcscc.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@gcscc.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.

"It's not who you are underneath, but what you do that defines you." *Batman Begins*



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**
Group **weather permitting** (waiver required)
Line Dancing **Wednesdays 1 pm** (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
2. Chicken w/ biscuit, peas, pineapple chunks, Milk Groundhog Day 	3. Chili w/beef, kid- ney beans, tomato sauce, green beans, cornbread, peach- es, Milk Book Club 1 pm	4. Pizza Bar - tomato, cheese, pepperoni, &/or beef topping, tossed salad, dressing, Milk	5. Tuna noodle casse- role, stewed toma- toes, pears, roll Milk	6. Liver, bacon, on- ions, baked potato, spinach, bread & butter, Milk Birthdays 
9. Spinach Quiche, carrots, ap- plesauce Milk Movie Day 	10. Spaghetti w/meat/ beef sauce, veg. blend w/lima beans, garlic bread Milk	11. Baked ham, baked sweet potato, as- paragus, roll Milk	12. Kielbasa w/ sauerkraut, corn, au gratin potato, peaches, bread w/ butter, Milk	13. Teriyaki Pork , roasted potatoes, green beans, pears Milk Valentine's Day (2/14) 
16. All GCSCC Cen- ters Closed Presidents' Day 	17. Bacon, Cheese- burger on roll w/ condiments, French fries, car- rots, Milk	18. Lemon pepper baked fish, rice pil- af, corn Milk Craft Group	19. Sweet 'n sour pork w/pineapple, rice, peas, applesauce Milk Group Painting	20. Hot dog w/roll, con- diments, baked beans, sm. side sal- ad w/dressing Milk
23. Grilled cheese sandwich, toma- to soup, sliced cucumbers w/ dressing, apple slices, Milk	24. American chop suey w/beef sauce, green beans, garlic bread, Milk Open Mic	25. Beef stroganoff, noodles, cauliflow- er, bread w/butter, pears, Milk	26. Baked stuffed pork, broccoli, roll w/ butter, peaches, Milk	28. Breakfast for lunch- scrambled eggs, French toast, roast- ed potatoes, bacon, baked beans, fruit salad Milk
			Juice is available at every meal. A bread item is available at every meal.	REMEMBER Last Tuesday of month is Open at 10:30 am 

February monthly movie and popcorn ~ ~ Monday, February 9th 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@gcscc.org

Inclement Weather 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. This winter has already offered numerous, difficult days - the safety of our staff, volunteers and participants is paramount! Thank you for your understanding.

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

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

Second Line Dancing Class starting Wednesday, February 4, 2026 at 1 pm in the exercise room! It will be a more traditional Country Line Dance class. So, stop by either Wednesdays at 1pm or Fridays at 10:30am - "Boot up it's Line Dance Time!"

Save the date! April 22, 2026 Volunteer Recognition event at lunchtime