



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.

July

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 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.



Friday July 4th ~ Centers Closed in observance of Independence Day ~

July 2nd World UFO Day – do you Believe in UFO's? Can you name

the 10 NH cities with the most UFO sightings?

July 7th World Chocolate Day

July 11th All-American Pet Photo Day – Bring in a photo of your pet(s) to share.

July 11th 10am NH Fish and Game Presentation ~ **Black Bear Happenings in NH**

July 13th Gruntled Workers Day: Please add a positive word or remark to the list posted on the door to the dining room; can be about a person, activity, meal, etc...

July 30th International Day of Friendship



June monthly movie and popcorn ...
Monday, July 14th ~ 12:30 to 2:30 pm
"The Man Who Knew too Much"

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..... John Gruz

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

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 call Pemi-Baker Literacy at (603) 536-2998.

"July, with its days of blue skies and time that seemingly stands still, holds a special place in my heart."

— Daisaku Ikeda

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**

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**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)

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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)

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

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**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**

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Yoga: Chair **on hold** (waiver required)

Yoga: Yogalates... **on hold** (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.

July

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

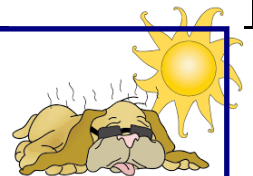
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't have time to dine in? Grab a meal to go!</p> <p><i>Grab N Go</i></p>	<p>1 Salad Plate: mac, egg salads w/ beets; lettuce, tomato, cucumber, garbanzo bean; dressing, roll; Fruit Milk</p>	<p>2 Tuna noodle casserole; broccoli, garlic bread Fruit, Milk</p>	<p>3 BBQ cheeseburger on a roll w/ lettuce, tomato, chips; peas, baked beans, apple slices Milk</p>	<p>4 July 4th GCSCC Centers will be CLOSED</p>
<p>7 Baked stuffed fish w/ carrots; 1/2 sweet potato; mandarin oranges Milk</p>	<p>8 Cheese Ravioli, w/ tomato sauce, w/ beef + pork; 5 way mixed veggies w/ lima beans Milk</p>	<p>9 Kielbasa w/ roasted Brussel sprouts + sweet potato; mustard; peaches Milk</p>	<p>10 Chicken and a biscuit; roasted potato w/ gravy drizzle, carrots + green beans Milk</p>	<p>11 Breakfast for lunch: oatmeal w/ raisins; scrambled eggs, sausage or bacon; corn bread Milk</p>
<p>14 Taco Bar; corn chipshells; burger, rice + beans; cheese sauce; salsa; lettuce, tomato, cucumbers, black olives; salad dressing Milk</p>	<p>15 Pulled pork slider on wheat roll; seasoning; green beans; applesauce Milk</p>	<p>16 Liver, bacon + onions; mashed potatoes w/ brown gravy; 5 way vegetable blend w/ lima bean Milk</p>	<p>17 Baked Ziti, tomato sauce; beef + pork ground; ziti; cheese; roll; 3 way vegetable mix Milk</p>	<p>18 Salisbury Steak w/ gravy, au gratin potato; butternut squash Milk</p>
<p>21 Grilled cheese sandwich on rye or whole wheat bread, various cheeses; chips; tomato soup Milk</p>	<p>22 Meatloaf w/ brown gravy; mashed potato; Brussel sprouts; apple slices Milk</p>	<p>23 Ham Dinner; sweet potato; peas + onions; pineapple bits Milk</p>	<p>24 Baked Pork Chop; mashed potato; green beans; fruit cocktail cup Milk</p>	<p>25 Quiche: eggs, cream, ham, broccoli or spinach in crust; carrot + raisin salad Milk</p>
<p>28 Hot Dog on a roll w/ mustard/ketchup/ relish; baked beans; spinach + peas Milk</p>	<p>29 Mac & Cheese w/ side meatballs; 3 bean salad; fruit cup Milk</p>	<p>30 Pot Roast w/ gravy; pasta side; asparagus; roll Milk</p>	<p>31 Chicken Parmesan, tomato sauce, cheese on spaghetti; cauliflower/Broccoli vegetable mix Milk</p>	<p>Juice is available at every meal.</p> <p>A bread item is available at every meal.</p>

Thanks to your incredible generosity, we raised \$6,570 in just 24 hours during NH Gives, our most successful campaign since we began participating in 2016. Your support helps us continue providing essential programs and services across Grafton County, and we're so grateful to have you in our corner. From all of us at GCSCC, thank you for making a real difference.

THANK YOU!
FOR SUPPORTING
NH
GIVES

Dog Days of Summer....

Dog Days bright and clear
Indicate a happy year;
But when accompanied by rain,
For better times, our hopes are vain



This summer month is also perfect for eating ice cream. In fact, the entire month of July celebrates ice cream.

Independence Day! Several countries celebrate their independence in July including Canada, the United States, and France. This year 2025 celebrates the United States 249th year since the Declaration of Independence was signed.



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