



# 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](http://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](http://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,  
**June 2026** Monday - Friday

**WE CAN'T WAIT TO SEE YOU!!!**



**June 1<sup>st</sup>** - Say Something Nice Day! It could be a compliment or an encouraging note...

**June 8<sup>th</sup>** - Upsy Daisy Day! Rise with Positivity

**June 15<sup>th</sup>** - World Elder Abuse Awareness Day

**June 17<sup>th</sup>** - Olivia Garrity, Education & Outreach Specialist State Fire Marshal's Office - **Steps to Safety Fire/Fall Prevention Presentation**

**June 19<sup>th</sup>** - All GCSCC Centers Closed - Juneteenth

**June 24<sup>th</sup>** - Susan Young Senior Medicare Patrol Specialist will have a table at the center 10:30 to 1 pm

**June 25<sup>th</sup>** - 4 to 5:30 PM **ON DECK!** Music & More

**Remember this Date:** June 9 to 10, 2026 **NH Gives!!!** GCSCC will be listed! Join with others for the statewide 24-hour online giving event hosted by NH Center for Nonprofits. Visit [nhgives.org](http://nhgives.org) search for Grafton County Senior Citizens Council, Inc. Questions please call James C at 603-448-4897

### 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 .....                      | David Robins     |

## RESOURCES

JUNE

**PRSC Bus Service is available;** 1<sup>st</sup> Come 1<sup>st</sup> 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](http://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](mailto:rsvp@gcsc.org).

**Ageing & 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 - Currently On Hold** Thank you, Sandy C, RN for many years of excellent service. Coming soon- **Welcome** Pemi-Baker Hospice & Home Health monthly foot care clinic. Please call PRSC at (603) 536-1204 if you have questions.

**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](http://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.

**"Everything good, everything magical happens between the months of June and August." –**

**Jenny Han**

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

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**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)

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**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**

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**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

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**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*)

# PLYMOUTH REGIONAL SENIOR CENTER

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

## June 2026 MENU

Meals are provided at no cost.  
A \$5 per meal voluntary donation  
is suggested but not expected.

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
| 1. Chicken sandwich on roll, lettuce, tomato, chips, 3 bean salad, milk                                       | 2. Shepherd's pie- beef burger, onion, potato, corn, broccoli, mandarin oranges, milk<br><b>Book Club 1 pm</b> | 3. Teriyaki chicken, rice pilaf, roll, peas milk.<br><b>50/50 at lunch</b>   | 4. Baked stuffed fish, carrots, baked sweet potato, milk                                      | 5. Breakfast for lunch- eggs, sausage, bacon, oatmeal, baked beans, peaches, milk             |
| 8. Cheeseburger- beef burger, cheese, roll, lettuce, tomato, potato salad, milk<br><b>Movie/Popcorn 12:30</b> | 9. Chicken pot pie- potato, peas, gravy, crust, spinach (side), orange wedges, milk                            | 10. Ham Quiche- eggs, ham, tossed salad, dressing, pineapple tidbits, milk<br><b>50/50 at lunch</b>  | 11. American chop suey- beef, macaroni, red sauce, cauliflower, milk                          | 12. Steak & cheese in puff pastry, 3 bean salad, beets, milk                                  |
| 15. Mac & cheese w/stewed tomato, roll, fruit, milk   | 16. Chicken stroganoff- chicken, noodles, green beans, roll, milk  | 17. <b>Father's Day</b> Salisbury Steak, roast brussel sprouts, mashed potato, gravy, milk<br><b>Craft Group 10am 50/50 at lunch</b>                         | 18. Pork Pie, veg. medley w/lima beans, applesauce, roll, milk<br><b>Group Painting 10:30</b> | 19. <b>Center closed</b> All GCSCC Centers. See you on Monday!                                |
| 22. Chef's salad- lettuce, tomato, onion, chicken, garbanzo beans, macaroni salad, roll, apple slices, milk   | 23. BLT- bacon, lettuce, tomato, bread, tomato soup, milk  | 24. Beef & broccoli served w/roll & egg noodles, peaches, milk<br><b>50/50 at lunch</b>  | 25. BBQ Pork, oven roasted potatoes, corn, milk<br><b>4pm On Deck!!! Info below</b>           | 26. Baked potato bar- chili w/beef, kidney beans, sour cream, broccoli, lettuce, tomato, milk |
| 29. Egg salad on lettuce, tomato w/roll, carrot/raisin salad, milk  | 30. Baked fish Florentine w/mixed veg/lima beans, baked potato, milk.<br><b>Open Mic 10:30am</b>               | <b>Happy Birthday to all those celebrating a birthday in June!!!</b><br> | Coffee, tea, hot cocoa bar<br>Monday - Friday all day.  | Juice is available at every meal.<br>A bread item is available at every meal.                 |

**Sunday, June 21 Father's Day** - wishing all Fathers and Father figures a wonderful day.

"A father is someone you look up to no matter how tall you grow."  
- Unknown



**June 15<sup>th</sup> - World Elder Abuse Awareness Day** - We are all mandatory reporters, if you see something please report it to the Bureau of Adult and Aging Services at (603) 271-7014 or let Gail know and she will help you to make the report. **Who should report abuse or neglect?**

Any person who has a reason to believe that a vulnerable adult has been subjected to abuse, neglect, exploitation or self-neglect.

Starting Thursday, June 25<sup>th</sup> 4 PM to 5:30 pm ~ **On Deck** ~ Music, Dancing, Horseshoes, Popcorn  
Then every 4<sup>th</sup> Thursday July, August and September! Join us for some fun...