



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.

March 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 603-536-1204** prior to dropping off items. Also, pick up and drop off hours are Monday through Friday from 1 pm to 3 pm **ONLY**. Thank you



March 6 - 2nd Annual Art Show 10 am to 2 pm - stop by and check out the beautiful works of art by local artisans.

March 8 - Daylight Savings Time begins; remember to change your clocks

March 13 - Open an Umbrella indoors - stop by the front desk to learn why!

March 17 - St. Patrick's Day remember to wear your green!

March 19 - 3rd Annual Quilt Show 10 am to 2 pm - stop by to view the incredible quilt creations by local quilters.

March 25 - Hearing Life rep. available, call for more info.

DID YOU KNOW?

Last year, GCSCC provided 212,626 meals for older adults and adults with disabilities throughout Grafton County!

Thanks to our team effort, we continue to serve more meals each year without putting anyone on a waiting list. We are grateful for all of our employees, volunteers, participants, and community members who make this happen. Over the past decade, the cost of living has increased by approximately 35%, and the cost of food, supplies, fuel, and wages have steadily risen, while our suggested meal donation has remained unchanged. To help sustain our program and continue providing nutritious meals, **we are adjusting the suggested donation from \$3 to \$5 per meal**. As always, all services are free of charge and donations are voluntary.

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.

"March is a tomboy with tousled hair, a mischievous smile, mud on her shoes, and a laugh in her voice."
– Hal Borland



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 Group **Wednesdays 12:30 pm** 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.

March

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. Taco Bar- tortilla, salsa, beef, cheese, lettuce, tomato, rice w/ black beans, sour cream, Milk	3. Fish sandwich-roll, cheese, tomato, tartar sauce, mixed veggies w/lima beans, Milk Book Club 1 pm	4. Zucchini boat-stuffed w/beef rice mix, garlic bread, peaches, Milk 50/50 at lunch	5. Stuffed pork chop-bread stuffing, roasted brussel sprouts, applesauce, milk	6. Breakfast for lunch- eggs, sausage, baked beans, oatmeal, pears, Milk Birthdays
9. Mac & cheese-macaroni various cheeses, stewed tomatoes w/ sausage on side, Milk Movie Day	10. Chicken stroganoff w/egg noodles, green beans, fresh apple slices, Milk	11. Beef stew- beef, carrots, potatoes, peas, onion, roll w/ butter, Milk 50/50 at lunch	12. Cheeseburger on roll, fries, salad-lettuce, tomato, cucumber, garbanzo beans, dressing, Milk	13. Pork fried rice w/ broccoli, fruit cup, Milk
16. BLT sandwich-bacon, lettuce, tomato; soup of the day, fresh orange wedge, milk	17. Boiled dinner-ham, cabbage, potatoes, carrots, roll w/butter, fruit, Milk St. Patrick's Day	18. Chicken casserole w/white rice, corn & black beans, asparagus, Milk 50/50 at lunch Craft Group	19. Beef & broccoli stir fry w/roasted potatoes, garlic bread, pears, Milk Group Painting	20. Quiche- crust, cheese, eggs, broccoli or spinach, salad- lettuce, tomato, cucumber, black beans, dressing, Milk 1st Day of Spring!
23. American chop suey- beef, macaroni, tomato, onion, peas, roll w/ butter, Milk	24. Grilled cheese sandwich, mixed cheese blend, tomato soup, Milk Open Mic	25. BBQ chicken, baked beans, mixed veggies, Milk 50/50 at lunch	26. Sweet n' sour pork, rice pilaf, stir fried broccoli, roll w/ butter, Milk	28. Egg salad on lettuce w/tomatoes, side of pita bread, 3 bean salad, Milk
30. Shepherd's pie-corn, beef, potato, green beans, peaches, milk	31. Chef's choice entrée served w/ vegetable, bread & butter, fruit, milk Enjoy!		Juice is available at every meal. A bread item is available at every meal.	REMEMBER Last Tuesday of the month is Open Mic at 10:30 am 

March monthly movie and popcorn ~ The Quiet Man~ Monday, March 9th 12:30 to 2:30 pm.



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!

Just a suggestion for all those participating in traditional mat yoga - please dress in comfortable clothing that you can stretch in, bring water and try not to eat just before the class.

Save the date! April 22, 2026 Volunteer Recognition event at lunchtime Thank you to ALL the volunteers!
You are appreciated.