



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.

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: 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,
May 2026 Monday - Friday
WE CAN'T WAIT TO SEE YOU!!!



May 5th Cinco De Mayo- celebrates Mexico's victory over the Second French Empire

May 10th Mother's Day ~ Happy day to all mothers and mother figures XOXO

May 25th Memorial Day ~ All GCSCC centers will be closed in honor of Memorial Day. Thank you for the ultimate sacrifice.



Remember this Date: June 9 to 10, 2026 NH Gives!!! Grafton County Senior Citizens Council will be listed! Join with others for the statewide 24-hour online giving event hosted by NH Center for Nonprofits. Ways to participate in the celebration of giving: Visit nhgives.org search for Grafton County Senior Citizens Council, Inc. If you have questions please call James C at 603-448-4897

*Support *Donate*Celebrate

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

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.

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 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.

Springtime. A time to celebrate the return of sunshine and daffodils. What could be better?

ACTIVITIES

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
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

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*)

Senior Walking Wednesdays 1 pm weather Group 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*)

PLYMOUTH REGIONAL SENIOR CENTER

Menu subject to change without notice.

MAY 2026 MENU



Meals are provided at no cost.

Lunch served at 12 noon daily.

A \$5 per meal voluntary donation

Congregate meal sign-in at front desk.

is suggested but not expected.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Juice is available at every meal. A bread item is available at every meal.</p>	<p>Coffee bar Monday - Friday all day.</p>	<p>Happy Mother's Day</p>	<p>1. Meatloaf- beef, mashed potatoes, green beans, milk</p>
<p>4 Breakfast for lunch- eggs, sausage, oatmeal, apple slices, milk</p>	<p>5. Taco Bar w/ corn tortillas, ground beef, salsa, sour cream, lettuce, tomato, milk Book Club 1pm</p>	<p>6. Chicken cordon bleu, egg noodles, mixed vegetables, milk Celebrate Mother's Day with us!</p>	<p>7. Tortellinis w/sausage/beef, red tomato sauce, garlic bread, tossed salad, milk</p>	<p>8. Liver, bacon, onion, au gratin potatoes, broccoli, pears, milk</p>
<p>11. Sausage pepper & onion sub roll, roast potatoes, corn, milk Movie & Popcorn 12:30 Movie TBD</p>	<p>12. Lemon pepper fish, rice pilaf, mixed veggies, mandarin oranges, milk</p>	<p>13. Chili- beef, kidney beans, peas, corn bread, milk 50/50 at lunch</p>	<p>14. Chicken + biscuit, egg noodles, green beans, milk</p>	<p>15. Center closed for all agency staff meeting. See you on Monday!</p>
<p>18. Broccoli quiche, carrots, pineapple bits, milk</p>	<p>19 Baked stuffed pork chop, baked sweet potato, brussel sprouts, applesauce, milk</p>	<p>20. Chicken parmesan, w/spaghetti, tomato sauce, green beans, milk. Craft Group 10am; 50/50 at lunch</p>	<p>21. Sweet n Sour pork, pineapple + cherries, white rice, asparagus, milk. Group Painting 10:30</p>	<p>22. Fish sandwich on a roll w/french fries, corn, peaches, milk</p>
<p>25. Memorial Day All GCSCC centers closed today.</p> 	<p>26. Ham salad, pea salad, served on lettuce w/tomato & cottage cheese, milk Open Mic 10:30am</p>	<p>27. Pizza bar- cheese, beef, pepperoni, tomato sauce, fruit cup, tossed salad, milk 50/50 at lunch</p>	<p>28. Chicken salad on lettuce, green beans, roll, milk</p>	<p>29. Hot dog in puff pastry, baked beans, carrots, milk</p>

Friday, May 15, 2026, all GCSCC Centers will be closed for an all-agency staff meeting. Sorry for the inconvenience.

Monday, May 25, 2026, all GCSCC centers will be closed in honor of Memorial Day. "Memorial Day is a U.S. holiday honoring military personnel who died while serving, originally known as Decoration Day, observed on the last Monday in May."

"American flags should be flown at half-staff from sunrise until noon on Memorial Day."

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.