



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!

July 2026 Open 7 am to 3 pm,
Monday - Friday

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



July 3rd All GCSCC Centers Closed for the 4th of July Holiday ~ Enjoy, Relax, Spend time with Family and Friends ~

July 4th Marking the 250th year since the Declaration of Independence was adopted in 1776.

Do you have any relatives who fought in the Revolutionary War?

July 10th National Motorcycle Day - Do you have a motorcycle? Motorcycle Show anyone?

July 17th National Tattoo Day - Do you have a tattoo? What does it mean to you?

July 26th Americans with Disabilities Act (ADA) Anniversary, celebrating the historic 1990 civil rights legislation.

July is Social Wellness and UV Safety Month - See you at the senior center, which is a great place to build and strengthen social ties! Remember your sunscreen!

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
Drivers	David Robins; Pahl Sharrow

RESOURCES

July

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. PLEASE Call first before dropping off items.

Foot Clinic - Welcome Pemi-Baker Hospice & Home Health monthly foot care clinic- 2nd Friday of the Month. 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.

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 is like the sunniest hour of the day."

William C. Bryant

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

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)

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

Quilting Plus **Thursdays** 9 am (knitters and crocheters welcome)

RSVP ~ **Thursdays** 9, 10 & 11 am

Bone Builders (*waiver required*)

Mahjong **Thursdays** 9 am

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.

Lunch served at 12 noon daily.

Congregate meal sign-in at front desk.

July 2026 MENU

Meals are provided at no cost.

A \$5 per meal voluntary donation is suggested but not expected.

Monday	Tuesday	Wednesday	Thursday	Friday
Coffee Cafe: coffee, tea, hot cocoa Monday - Friday all day.	Bread, Milk & Juice are available at every meal.	1. Hamburgers, potato & pasta salad, baked beans, watermelon 50/50 at lunch	2. Creamy pork chops, au gratin potatoes, asparagus, applesauce	3. All GCSCC Centers Closed for the 4 th of July See you on Monday! 
6. Taco Bar- chili, cheese, lettuce, tomato, cucumber, rice & beans, salsa, sour cream	7. Ham & cheese sandwich, pasta salad, chips Book Club 1 pm	8. BBQ chicken, rice pilaf, green beans, peaches 50/50 at lunch	9. Tortellini w/red sauce, mixed veggies w/lima beans, garlic bread	10. Beef & gravy, mashed potatoes, peas, mandarin oranges
13. Mac & cheese, ham, stewed tomatoes, apple slices Movie/Popcorn 12:30	14. Pork fried rice, tossed salad	15. Swedish meatballs, egg noodles, brussel sprouts Craft Group 10am 50/50 at lunch	16. Cranberry chicken, au gratin potatoes, beets, pears Group Painting 10:30	17. Grilled cheese sandwich, tossed salad, chips
20. Keilbasa w/sauerkraut, corn & peas, rice	21. Chicken casserole in gravy, pasta, lima beans, peaches	22. Stuffed bell peppers, rice, tossed salad 50/50 at lunch	23. Salami & cheese sandwich, greek salad 4pm On Deck!!! Info below	24. Breakfast for lunch- eggs, bacon, roasted potatoes bread pudding
27. Sloppy joe on a bun, coleslaw	28. Lemon pepper fish fillet, rice, spinach Open Mic 10:30am			

July 4, 2026 will be the 250 celebration of the signing of the Declaration of Independence!



Happy Birthday to all those celebrating a birthday in July!!!



*Thursday, July 23rd 4 PM to 5:30 pm ~ **On Deck** ~ Music by saxophonist Mark Flynn, Dancing- who knows?, Impromptu 4th of July Themed Fashion Show!, Horseshoes- if you want, Popcorn Every 4th Thursday August and September! Join us for some fun...*

4th Tuesday of the month- Open Mic - 10:30am

Do you sing, play an instrument, write poetry, etc. or just enjoy listening and supporting your friends and neighbors?

Plan to attend the monthly Open Mic! Join the Fun! Watch for more information...

THANK YOU TO ALL WHO DONATED DURING NH GIVES JUNE 9 TO JUNE 10!

GCSCC surpassed their goal of \$10,000!