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.gcscc.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.

November 2026



Open 7 am to 3 pm, Monday - Friday

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.gcscc.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!

ALL GCSCC CENTERS CLOSED ON:



Noveber 11- in honor of Veteran's Day

November 26- Thanksgiving Day

November 27- the day after Thanksgiving



Dates to also remember:

November 1- Daily Savings Time Ends

November 3- Voting Day - Do you need a ride- call the center to schedule.



November 21- Holiday/Fall Craft Fair 9 to 1 pm PRSC Support PRSC and your friends/neighbors!



November is:

- National Alzheimer's Disease Awareness Month
- National Diabetes Month

~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 Burtt
Kitchen Assistant	Douglas Donaldson
Kitchen Assistant	Philip Morris
Drivers	David Robins; Pahl Sharrow

ACTIVITIES

November

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)

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 10:30 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*)

"Peering from some high window, at the gold of November sunset and feeling that if day has to become night, this is a beautiful way." – E. E. Cummings

2026 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.gcscc.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@gcscc.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 - 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 or to schedule.

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-hitchock.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.

PLYMOUTH REGIONAL SENIOR CENTER

Menu subject to change without notice.

November 2026 MENU

Lunch served at 12 noon daily.
Congregate meal sign-in at front desk.

50/50 most Wednesdays at lunch

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

Monday	Tuesday	Wednesday	Thursday	Friday
2. Hot dog in puff pastry, mixed veg., mandarin oranges	3. Sweet n sour chicken, brown rice, carrots **Book Club 1 pm**	4. Mexican zucchini boats w/beef, tossed salad, dressing	5. French Fry Bar- egg salad, lettuce, tomato, cuke, salsa, cottage cheese, watermelon slice	6. Shaved steak, cheese on roll, chips, cole slaw, tossed salad
9. Mac & cheese, stewed tomatoes, ham slice, apple wedge	10. Chicken lo mein in teriaki sauce, rice, broccoli	11. **All GCSCC Centers Closed** 	12. Stuffed bell pepper w/rice/beef, cauliflower	13. Breakfast for lunch: eggs, baked beans, sausage, roasted potato, bread pudding
16. Fish Sandwich, fries, 3 bean salad, pears	17. Meatloaf (beef/pork), mashed potatoes, gravy, peas/carrots	18. Chicken Parmesan, pasta/red sauce, spinach **Craft Group 10am**	19. Taco Bar: corn tortilla, rice w/black beans, salsa, lettuce, tomato, cuke **Group Painting 10:30**	20. Roast Pork, baked potato, green beans, applesauce w/apple wedges
23. grilled cheese sandwiche, tomato soup, chips	24. Cheese manicotti w/red sauce, tossed salad, garlic bread **Open Mic 10:30am**	25. Thanksgiving Dinner- turkey, mashed potato, gravy, squash, cranberry sauce, roll	26 **All GCSCC Centers Closed** 	27 **All GCSCC Centers Closed** 
30. Quiche w/spinach, tossed salad	Did you know: November 23, 1889: The First Jukebox is Installed in San Francisco?		Coffee Cafe: coffee, tea, hot cocoa Monday - Friday all day.	Bread, Milk & Juice are available at every meal.

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



Annual Holiday/Fall Craft Fair
Saturday, November 21, 2026 9am to 1 pm

Plan to attend and support your Senior Center, Friends and Neighbors! Shop for the Holidays, Birthdays and other importance occasions.

Hand♡Made Hand♡Made

Thanksgiving is celebrated on the fourth Thursday of November and has been celebrated since 1621. The first Thanksgiving was a feast celebrating the first bountiful harvest of the Pilgrims of Plymouth and New England.
https://www.thefactsite.com/november-facts/

Presentation by Izzy Jackson, PSU Climate Studies Major, Wednesday, November 18 at 12:30 pm ~ ***Climate Change and its local effects in New England***. This presentation is part of Izzy's Major's requirement; she is completing this capstone project which combines all the learning and skills she has developed during her time at PSU. She is also minoring in media studies, and one of her career goals is to work in communication. Please plan to attend and support Izzy's Educational Goals.