



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!

September 2026



Open 7 am to 3 pm,

Monday - Friday

Monday, September 7, 2026- All GCSCC Centers

Closed- Labor Day, a federal holiday honoring workers and marking the unofficial end of summer.

Wednesday, September 9 - TJQMBB starts!

September 10 - ***Advisory Council Meeting 9 am in the conference room - **all are welcome**

*****Planning with Purpose** 10:30 to 11:30 in the conference room. Panel discussion topics with Chloe McCauley; Peabody Place, in partnership with Dianna Paquette and Chelsea Browne: Financial/long-term care/wellness/end of life planning.

September 12 - Plymouth Town Wide Yard Sale - Space available on PRSC deck by donation. Stop by 9a - 3p.

September 18- All GCSCC Centers closed for an all-agency training ~ See you on Monday

September 22: Autumn Equinox, marking the start of fall in the Northern Hemisphere & *National Voter Registration Day* - Bus is available if needed

September 24- On Deck with *Good Grief Jug Band* 4pm - inside if the weather doesn't cooperate!

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

RESOURCES

September

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 - 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-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.



"Happily we bask in this warm September sun, which illuminates all creatures." -Henry David Thoreau

2026

ACTIVITIES

Chair Yoga..... **Mondays** 9 am (*waiver required*)
Mahjong..... **Mondays** 9 am
Bingo..... **Mondays** 10 am
TJQMBB..... **Mondays** 9 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** 9 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*)
Currently on HOLD

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.

September 2026 MENU

Meals are provided at no cost.

Lunch served at 12 noon daily.

**50/50 most Wednesdays
at lunch**

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

Congregate meal sign-in at front desk.

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Beef & broccoli, pasta, grated cheese, fresh fruit cup Book Club 1 pm	2. Pulled pork on roll w/coleslaw & 3 bean salad 	3. Ziti bake w/hamburg & cheese, asparagus, apple wedges	4. Breakfast for lunch- sausage, eggs, roasted potatoes, peaches
7. All GCSCC Centers Closed ~ Labor Day 	8. Bacon cheeseburger on roll w/fries, green beans, watermelon wedge	9. Taco bar- cheese, tortilla chips, beef, lettuce, tomato, salsa, cucumber, rice w/kidneybeans 	10. Sweet n Sour chicken w/egg noodles, green beans, pineapple bits	11. Hot dogs in puff pastry, baked beans, corn on the cob
14. Chicken ala King, egg noodles, mixed vegetables w/lima beans Movie/Popcorn 12:30	15. Kielbasa w/sauerkraut, dinner roll, cauliflower	16. Spaghetti w/red sauce & meatballs, garlic bread, roasted brussel sprouts  Craft Group 10am	17. Lemon pepper fish, rice, green beans, pears Group Painting 10:30	18. All GCSCC Centers Closed for an all-staff training
21. Ham & cheese quiche, tossed salad w/garbanzo beans	22 Pork pie w/crust, broccoli, fruit cup	23. Cranberry chicken, butternut squash, rice pilaf 	24. Ground beef w/red & green peppers, CA mix vegetables, dinner roll, peaches 4pm On Deck!!!	25. BLT on wheat or rye, chips, watermelon wedge
28. Mac & cheese, stewed tomatoes, fresh fruit cup	29. Beef stew- potato, carrot, peas in gravy, roll Open Mic 10:30am	30. Pizza bar- cheese, pepperoni, tossed salad w/black beans, dressing 	Coffee Cafe: coffee, tea, hot cocoa Monday - Friday all day.	Bread, Milk & Juice are available at every meal.

SUPPORT THE GIFT N THRIFT SHOP AT PRSC!!!

~ **On Deck** ~ Thursday, September 24th 4 PM to 5:30 pm

Music by Good Grief Jug Band

Dancing- who knows?, , Horseshoes- if you want, Popcorn

Every 4th Thursday Next: October! Join us for some fun...

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



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...



A HUGE shout out to Forrest Howes' Auto Repair, LLC located at 487 Main St, Plymouth, NH for all the work they do to keep the PRSC bus on the road ~ Thank you!!!