



# 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](http://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.

## November 2025

**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](http://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

Until further notice: Please **do not** drop off equipment or incontinent supplies at the senior center **Due to Renovation of the storage building we have limited storage space**. Sorry for the inconvenience. **Call 603-536-1204 for other possible resources:**



**11/2/25** Daylight Savings Time ends - **remember to change your clock!**

**11/11/25** Veterans Day - All GCSCC centers are **closed** - Thanking all

Veterans for their service.

**11/13/25** World Kindness Day - a when we all focus on compassion, connection, and spreading positivity through small, daily acts.

**11/14/25** National Seatbelt Day - Stay Safe Out there!

**11/15/25** National Philanthropy Day - Support Your Senior Center any way that you can!

**11/17/25** Odd Sock Day - Surprise us with your odd socks

**11/19/25** 3rd Wednesday Craft Group - swag making with Campton Garden Club - supplies will be available but feel free to bring bling to share if you like.

**11/26/26** what do you love about America day

**11/27/25** Thanksgiving - All GCSCC centers are **closed** - **Enjoy your time with family and friends.**

**11/28/25** Day after Thanksgiving All GCSCC centers are **closed**.

### 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.....                      | Full Time Position Open/Hiring |

**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](http://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](mailto: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](http://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.

**BEFORE I DIE PROJECT** Candy Chang  
 A global participatory public art project. This project invites all of us to reflect on mortality and to share our personal aspirations in public.  
**Join Us.** Blackboard located in the dining room.  
<https://www.candychang.com/beforeidie/>

**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**..... **Mondays 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)

**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.

Meals are provided at no cost.  
A \$3 per meal voluntary donation  
is suggested but not expected.

| Monday                                                                              | Tuesday                                                                                                                         | Wednesday                                                               | Thursday                                                                                                                                                         | Friday                                                                                                                                            |
|-------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| 3<br>Beef Hot Dogs on<br>roll with baked<br>beans, fruit<br>Milk                    | 4<br>Mac & Cheese with<br>stewed tomatoes,<br>fruit<br>Milk                                                                     | 5<br>Cranberry Chicken<br>with rice and veg-<br>gies<br>Milk            | 6<br>American Chop<br>Suey with veggies<br>Milk                                                                                                                  | 7<br>Breakfast for Lunch<br>Milk<br>Birthdays of the<br>Month  |
| 10<br>BLT with chips and<br>cottage cheese<br>Milk                                  | 11<br>Centers Closed<br>THANK YOU VETERANS<br> | 12<br>Stuffed Peppers<br>with a roll and veg-<br>gies and fruit<br>Milk | 13<br>Fall Roast Chicken<br>with potatoes and<br>fruit<br>Milk                                                                                                   | 14<br>Pork Fried Rice<br>with veggies and<br>fruit<br>Milk                                                                                        |
| 17<br>Chicken & a biscuit<br>with gravy and veg-<br>gies<br>Milk                    | 18<br>Grilled Cheese<br>Sandwich with<br>soup and salad<br>Milk                                                                 | 19<br>Ham, sweet potato<br>and veggies<br>Milk                          | 20<br>Baked Stuffed Fish<br>with potatoes and<br>veggies<br>Milk                                                                                                 | 21<br>Beef Pot Pie (yum!)<br>Milk                                                                                                                 |
| 24<br>Taco Bar<br>Milk                                                              | 25<br>Baked Stuffed<br>Shells with veggies<br>Milk                                                                              | 26<br>Turkey Dinner<br>with the fixings<br>Milk                         | 27<br>Centers Closed<br>Thanksgiving Day                                                                                                                         | 28<br>Centers Closed<br>Day after<br>Thanksgiving                                                                                                 |
|  |                                              |                                                                         | <b>REMEMBER</b><br>Last Tuesday of the<br>month is Open Mic<br>at 10:30 am  | 31<br>Juice is available at<br>every meal.<br><br>A bread item is<br>available at every<br>meal.                                                  |

November monthly movie and popcorn ~ *Operation Petticoat* ~ Monday, November 10th 12:30 to 2:30 pm. **PLUS** an Episode of *MASH* Tuesdays ~ 12:30 pm



\*\*\*PRSC is seeking Bus Driver(s), Full-time (40 hours) and Per Diem. Driver(s) needed for transporting passengers to medical appointments, shopping and errands. Food pick-up and delivery. Experience driving a bus, or commercial driving experience helpful, but not required. Valid driver's license, NH DOT physical. Training is provided. HS diploma or the equivalent. Contact: hr@gcsc.org

\*\*\*Parking: Dirt Lot ~ Pull up close to the pavement, in straight line, form two rows, to leave room for as many cars as possible especially as winter approaches. Thank you!!!

### Reminder and Request for Bus Riders and Home-Delivered Meals Recipients

**PLEASE** keep walkways and driveways plowed, shoveled, sanded and safe!

Storm closings are listed on **WMUR TV Channel 9** and **online at [www.wmur.com](http://www.wmur.com)**. If you don't see it or you are unsure, please call us at (603) 536-1204. In most cases, the center follows the school closings.