



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.

October 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 **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:**



October 1st ~ International Day of Older Persons ~ Advocating for Healthy and Inclusive Aging

"This day serves to honor the contributions older persons make to society and highlights the importance of creating a world where they can live with dignity, independence, and inclusion." (Source: <https://sdgresources.relx>)

October 7th ~ New ~ 3rd Bone Builders Class Tuesdays & Thursdays at 11 am

October 13th ~ All GCSCC Centers Closed in Observance of Columbus Day/Indigenous Persons Day

October 15th ~ Tai Ji Quan: Moving for Better Balance® Classes Start ~ (Mon. & Wed. 10 to 11am) Oct. to April

October 15th ~ Ice Cream Social after Lunch ~ see flyer on front desk for more information

October 15th ~ Estate Planning 101-Virtual Seminar 9:30-11:30 Must preregister by October 13th.

OCTOBER IS NATIONAL ESTATE PLANNING MONTH!

Since the largest benefit of **estate planning** is peace of mind, GCSCC is providing a program of options/sources to get the process going. See your Activities Coordinator or contact Becky Foster at bfoster@gcsc.org or (603) 448-4897, ext.120, to get a copy of the program options, including upcoming seminars, available materials, information from Trust & Will (online will maker), Grafton County's elder attorney listing, and Legacy Society information. We hope you will take advantage of these resources!

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 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.

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.**

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 1 pm**
Billiards..... **available daily**
Ping Pong..... **available daily**

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**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)

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Cards..... **Wednesdays 9 am**
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 1 pm** weather permitting (waiver required)

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**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**




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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)

October monthly movie and popcorn ~ Hocus Pocus ~ Monday, October 13th ~ 12:30pm
PLUS an Episode of MASH Tuesdays ~ 12:30 pm



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
Juice is available at every meal. A bread item is available at every meal.	REMEMBER Last Tuesday of the month is Open Mic at 10:30 am 	1 Spaghetti w/ meatballs; tossed salad; garlic bread Milk	2 Liver w/bacon & onions; roasted sweet potato & Brussel sprouts Milk	3 Tuna Boat; roll; chips; fruit Milk Birthdays of the Month 
6 Quiche- ham or cheese; carrots Milk	7 Ham dinner; sweet potato; peas & carrots Milk	8 Taco Bar With all the fixings Milk	9 Chicken & rice with biscuits; peas; fruit Milk	10 Breakfast for lunch - eggs; sausage; home fries; fruit Milk
13 All GCSCC Centers Closed Columbus Day/ Indigenous Peoples Day	14 American Chop Suey; roll; carrots Milk	15 Pork Roast w/ stuffing; green beans Milk	16 Chicken w/broccoli alfredo; roll; toss salad; Milk World Food Day	17 Sloppy Joe; roll; peas; fruit Milk
20 Rigatoni w/turkey; roll; peas & carrots Milk	21 Mac & Cheese; stewed tomatoes; sausage; fruit Milk	22 Baked Chicken Dinner; fruit Milk	23 Meatloaf; baked potato; green beans Milk	24 Steak & Cheese Puff; veggies; fruit Milk
27 Manicotti; salad; garlic bread Milk	28 Shepherd's Pie; bread; fruit Milk	29 Chicken Stew w/ biscuit; fruit Milk	30 Baked stuffed fish; sweet potato; veggies Milk	31 Beef Stew w/roll; plus creepy stuff Milk Halloween Party! 

*****Exciting News:** Collaboration with PSU Physical Therapy Program ~ Fall Risk Assessments Mondays - call for more information and Tai Ji Quan: Moving for Better Balance® classes to start October 15 through April 15, 2026!

*****How are we doing?** We want to hear from **YOU!** Comment cards are available at the front desk.

*****Thank you for your Feedback*****

*****Fall Informational Fair** Friday, October 10th from 10 am to 2 pm here at PRSC; Vendors from all aspects of service to include lawyers, home health agencies, Plymouth Fire Department and Police Department, 911 Cares Program, Veterans Outreach Program, Pemi-Baker Literacy, NH Electric Coop, Tri County CAP, local banks, funeral info, Aging and Disability Resource Center to name a few of the vendors.

*****October is Health Literacy Month!** Attend the Informational Fair on the 10th from 10 am to 2 pm!!! It's also **Positive Attitude Month** and **Talk About Your Medicines Month** ~ Stop in on a Monday to speak with the nurse from Pemi Baker Hospice and Home Health.

*****PRSC is seeking 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@gesc.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!!!**