



# 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.

## September 2025

**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

**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:**

**Open 7 am to 3 pm, Monday - Friday**



**Monday, Sept. 1st ~ Centers Closed** in observance of Labor Day ~

**Thursday, Sept. 4th ~ Pemi Baker Hospice & Home Health presentation -**

Alzheimer's, Dementia and Hospice

**Thursdays in Sept. 4th, 11th, 18th & 25th ~ UNH Extension Program ~ Boost Your Brain & Memory**

**Friday, Sept. 5 ~ Restarting Traditional Yoga 9 am**

**Saturday Sept. 6th ~ PRSC participating in the Plymouth Town Wide Yard Sale! Stop by!!!**

**Friday, Sept. 19th ~ Centers Closed** for a Mandatory Safety Training

**Monday, Sept. 22nd ~ Flu Vaccination Clinic ~ Pemi Baker Hospice & Home Health from 11:30 am to 1 pm ~ Bring your insurance card.**



**"The Pink Panther"**

**September monthly movie and popcorn Monday, September 8th ~ 12:30 to 2:30**

### 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](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 Bristol, 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 at (603) 536-2998.

**Chair Yoga**..... **Mondays 9 am**  
(waiver required)

**Mahjong** ..... **Mondays 9 am**

**Bingo** ..... **Mondays 10 am**

**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 9:00 am & 10:30 am**

**Bone Builders** ..... (waiver required)

**Learn 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**;  
sign up required

**Cribbage** ..... **Wednesdays 10 am**

**Bingo** ..... **Wednesdays 10 am**

**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 9:00 am & 10:30 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)




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



Menu subject to change without notice.  
Lunch served at 12 noon daily.  
Congregate meal sign-in at front desk.

# September

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 All GCSCC Centers Closed</b> 	<b>2</b> Chicken nuggets, mashed potato, corn, black beans, roll, fruit Milk	<b>3</b> Pork Pie w/potato, pork, crust; green beans, applesauce w/apple bites Milk	<b>4</b> Fish Sandwich on a roll, tartar sauce, veg. blend, chips Milk	<b>5</b> Egg Salad on bed of lettuce w/pasta salad, cottage cheese w/pineapple bits Milk <i>Birthdays of the Month</i> 
<b>8</b> Chicken Cacciatore, rice pilaf, Brussel sprouts Milk	<b>9</b> Teriyaki Pork; au gratin potato, carrots, roll Milk	<b>10</b> Sweet & Sour Meatballs, egg noodles, mixed veggies w/lima beans; fruit Milk	<b>11</b> Shepherds Pie w/ beef, potato, corn; butternut squash, garlic bread Milk	<b>12</b> Pizza Buffet Cheese + burger; tossed salad, dressing Milk
<b>15</b> Mac & Cheese w/ sauce, stewed tomatoes, fruit Milk	<b>16</b> BBQ Chicken Spinach, pasta salad, roll Milk	<b>17</b> Sloppy Joes/beef on a bun; fries, broccoli Milk	<b>18</b> Roast Pork; sweet potato, green beans, applesauce w/ apple bites Milk	<b>19 All GCSCC Centers Closed</b> All Staff Safety Training Day 
<b>22</b> Tortellini w/meat sauce, biscuit, mixed veggies w/ lima beans Milk	<b>23</b> Chef Salad w/ham, cucumber, lettuce, tomato, hard boiled egg slice, black beans bread; Milk	<b>24</b> Cranberry Chicken, rice pilaf, cauliflower; assorted fruit cups Milk	<b>25</b> Kielbasa w/ sauerkraut, roll, corn Milk	<b>26</b> Beef Stew- peas, carrots, potato; roll, fruit Milk
<b>29</b> Grilled Cheese Sandwich w/ tomato bisque Milk	<b>30</b> Chicken biscuit w/ gravy, peas, fruit Milk		Don't have time to dine in? Grab a meal to go! <i>Grab n Go</i>	Juice is available at every meal. A bread item is available at every meal.

**Hold the Date:** Fall *Informational Fair* Friday, October 10th from 10 am to 2 pm here at PRSC; Vendors from all aspects of service to include lawyers, Pemi-Baker Hospice and Home Health, Lakes Region Visiting Nurses Association, Peer to Peer Support, Belknap Merrimack CAP Partnership for Public Health, Comfort Keepers, Plymouth Fire Department and Police Department, 911 Cares Program, Veterans Outreach Program, Pemi-Baker Literacy, NH Electric Coop, Tri County CAP, Meredith Village Savings Bank, Camden Bank, Lee Webster, 603 Cremation, Aging and Disability Resource Center to name a few of the vendors.

**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@gcsc.org](mailto:hr@gcsc.org)



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