

PLYMOUTH REGIONAL SENIOR CENTER



Serving: Ashland, Campton, Ellsworth, Holderness, , Plymouth, Rumney, Thornton, Warren, Waterville Valley, Wentworth

December ~ 2018

Tuesday, December 4 Santa's List Day
Since we're not little kids anymore, how about we write down something that we are **thankful for** and put it in the Santa mailbox. *No names necessary.* We will read them at lunch throughout the month.

Wednesday, December 5 Reiki Info
Learn what Reiki is all about and get a feel for if it's something you'd be interested in. *Arlene Osgood, Master Practitioner* will be upstairs, in the Conference Room at 10:30 to give you information and answer any questions you may have.

Wednesday, Dec 12 Holiday Dinner at the Senior Center You **MUST** get your ticket in advance **AND** they are on a first come, first served basis. Please see **Robin** to purchase. **NO home-delivered meals this day! Home-delivered meals will have their Holiday Dinner on Thursday, December 13th.** *Jim Tyrrell* will be here for some music from 11 ~ 1.

Monday, December 17 National Maple Syrup Day Come for some maple syrup goodies and be entered to win some real maple syrup!

Tuesday, December 18 Cookies, Cocoa and . . . Holiday Music Enjoy a cookie and some cocoa while listening to *Rick and Maria* play some holiday tunes 11 ~ 1. **BONUS: Wear your ugly sweater** to be entered for a chance to win!

Thursday, December 20 National Go Caroling Day Let's sing along to some traditional holiday songs with *Baker Valley Band* at 11:30.

Medicare Part D: Open Enrollment 2018 October 15 to December 7. Get your Medicare prescription drug plan reviewed. Call the Center at 536-1204 or ServiceLink 448-1558.

TIS THE SEASON . . .

Bus Riders/Home-Delivered Meal Recipients tis the season so **PLEASE . . .** Remember to keep walkways and driveways plowed, shoveled, sanded and, most of all, safe in inclement weather! **THANK YOU! Remember if Plymouth Schools are closed . . . so are we!!!**

****CLOSED****

Monday, December 24th, Tuesday, December 25th and Tuesday, January 1, "2019"

"Celebrate the happiness that friends are always giving, make EVERY day a holiday . . ."

SENIOR CENTER STAFF

Director	Gail Emmons-Shaw
Home Delivered Meals Coordinator . . .	Lisa Minickiello
Outreach Worker	Ron Johnson
Activity/Volunteer Coordinator	Robin Koczur
Program Assistant	Flo Hunter
Head Cook	Scarlet Hicks
Kit. Assistant	Dee Zachary
Kit. Assistant	Denise Leary
Kit. Assistant	Michael Burt
Kit. Assistant	Donna Fletcher
Transportation Coordinator	Mike White
Bus Driver	Jim Folsom
Bus Driver	William Flanders

Commodity Food For more information call 1-800-578-2050.

Foot Clinic If you are interested in making an appointment with the foot clinic, you **MUST call *Pemi-Baker Community Health*** to make an appointment **536-2232**.

Service Link Information & referral offering links to community resources: providing assistance & support coordination of services. Call 448-1558 or 866-634-9412.

BUS SERVICE is available to most destinations in Plymouth. Please call 536-1204 to schedule/cancel your ride request, at least **48 hours in advance**. Seating is limited and we try our best to accommodate. *Medical appointments MUST be scheduled before noon and take priority over other stops.*

SPORTS CARD ENTHUSIASTS . . .

Chuck had his first meet/greet/chat about the hobby last month. ***Please call him at 786-9353*** and leave your name and phone number for more information or if you are interested in joining his next session.

BOOMER BRIGADE *Making*

Retirement Relevant Are you looking to make an impact on our senior community? Have any skills that might help someone out? Ask us about joining the Boomer Brigade!

**PLEASE BE SURE TO VISIT AND
THANK OUR GENEROUS SPONSORS!**

RSVP ~ Bone Builders *Tuesday & Thursday*
9:00-10:00 and 10:30-11:30

Tai Chi & Dao Yi *Mondays*, 9:30am-10:30 by
Susan MacLeod

Wood Carvers Meet *Mondays* 9am-noon

Gentle Yoga Classes *Wednesday* 8:30am; **Chair**

Yoga at 10:00 with Nancy

Central NH Artists meet *Wednesdays* at 9:00

Country Line Dance Lessons *Fridays* 9:30 with
Joan Randlett

Book Group *1st Tuesday of Every Month* at
1:00 Sign up one month in advance to get and
read your copy of the book!

Crazy Quilting meets *Thursdays 9:00-12:00 in
the Art Room Knitters and crocheters
welcome. Call Pati 536-9567, Doris 786-2297 or
Sara 968-7170 for more information.*

Widows & Widowers Grief Group
2nd & 4th Wednesday of the month; 12:30-2:00

Caregiver's Support Group
3rd Wednesday of the month; 12:30-2:00

BOWLING/POOL NEWS

Bowling ~ Thursday, at Funspot; lunch at
noon, then carpool; \$11 for 3 strings of Tenpin or
Candlepin

Pool ~ Group meets Tuesdays after lunch or
feel free to play any time

Luncheon served at
noon unless notedMenu subject to
change**DECEMBER**

MON	TUE	WED	THU	FRI
3 Liver, Bacon & Onions	4 Beef Stew	5 Sweet & Sour Chicken <i>Bingo @ 11:00</i>	6 Roast Pork	7 Brunch @ 10:30
10 Sausage & Mac & Cheese	11 Creamed Chipped Beef on Toast	12 Holiday Ham Dinner Get your ticket ahead of Time ~ Limited Seating *NO MEAL DELIVERY* **NO BINGO**	13 HDM Holiday Ham Dinner At PRSC ~ Chili	14 Brunch @ 10:30
17 Nat Maple Syrup Day Hotdogs, Beans & Maple Cornbread	18 Hot Cocoa, Cookies & Holiday Music Baked Potato Bar	19 Baked Stuffed Fish <i>Bingo @ 11:00</i>	20 Go Caroling Day Chicken Parmesan	21 Brunch @ 10:30
24 **CLOSED** for holiday	25 **CLOSED** for holiday	26 Quiche Buffet <i>Bingo @ 11:00</i>	27 Chicken & Broccoli Alfredo	28 Brunch @ 10:30
31 Brunch @ 10:30	January 1, 2019 **CLOSED** HAPPY NEW YEAR!	January 2 Taco Bar <i>Bingo @ 11:00</i>		

**PLYMOUTH REGIONAL
SENIOR CENTER**P.O. BOX 478
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PLYMOUTH, NH 03264NON-PROFIT ORG
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PLYMOUTH, NH**Or Current Resident**