

PLYMOUTH REGIONAL SENIOR CENTER



P.O. Box 478
8 Depot Street
Plymouth, NH 03264
603-536-1204
Grafton County Senior Citizens Council

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

January ~ 2019

HAPPY NEW YEAR!!!

Plymouth Senior Center is going strong and we are very fortunate to have wonderfully dedicated and devoted volunteers, staff and participants. Our building is in good shape Memorial Gardens are beautiful and we hope to keep adding to them. Your generous donations and daily contributions are greatly appreciated and help to keep the Center the dynamic and comfortable place that we all love so dearly. **We all wish everyone a safe, healthy and happy 2019!!!**

Tuesday, January 15 National Hat Day

It's probably cold out there, so why not wear a hat and be entered to win?! Any kind of hat will do . . .

Wednesday, January 23 National Pie Day

What kind of pie will we have for dessert today? And, what kind of pie might you **WIN???**

Thursday, January 24 REIKI Appointments

There are 6 appointments for our first Reiki sessions. You **MUST** sign up at the front desk for an appointment.

Friday, January 25 Fashion Show

during brunch. If you are interested in participating, please see Robin, Gail or Mary Ann in the Gift Shop. Or, you can just come and see what everyone is wearing!

NEW ACTIVITY Cribbage on *Thursday mornings at 9:30*. See Sandy in the Gift Shop or Robin for more information.

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 check WMUR and if Plymouth Schools are closed . . . so are we!!! And if you're not sure, give us a call.**

CLOSED**

Monday, January 21 for Martin Luther King Day

“Let us never know what age is. Let us know the happiness that time brings, not count the years!”

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 the Plymouth area. Please call 536-1204 to schedule/cancel your ride request, at least **48 hours in advance**. Seating is limited and requests are taken on a first come, first served basis per the State of New Hampshire.

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*

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

Cribbage Thursday mornings at 9:30

BOWLING/POOL NEWS

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

Pool ~ Group meets upstairs on Tuesday after lunch or feel free to play any time

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

MON	TUE	WED	THU	FRI
	1 **CLOSED** Happy New Year!!	2 Taco Bar <i>Bingo @ 11:00</i>	3 Chicken & Biscuit	4 Brunch @ 10:30
7 Pizza Buffet	8 Kielbasa Boiled Dinner	9 Salisbury Steak <i>Bingo @ 11:00</i>	10 Nat. Chocolate Day Baked Stuffed Fish	11 Brunch @ 10:30
14 Tomato Soup & Grilled Cheese	15 Sloppy Joes	16 Mac & Cheese <i>Bingo @ 11:00</i>	17 Baked Stuffed Shells	18 Brunch @ 10:30
21 **CLOSED** Martin Luther King Day	22 Baked Potato Bar	23 National Pie Day Shepherds Pie <i>Bingo @ 11:00</i>	24 Chicken Parmesan	25 Fashion Show 11:00 Brunch @ 10:30
28 Quiche Buffet	29 Nat. Corn Chip Day Frito Pie	30 Pork Chops <i>Bingo @ 11:00</i>	31 Hotdog Bar with All the Fixins	

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