

PLYMOUTH REGIONAL SENIOR CENTER



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

February ~ 2019

Beginning Monday, February 4 . . .

Take a guess at how many hearts are in the bottle . . . If you are the closest, you will win a \$25 gift card to the Common Man to take your sweetheart out! Winner will be announced at our Valentine's Day celebration.

Thursday, February 7 The Wellness Ambassador from Rite Aid, *Janet*, will be here, in the library from 10~12, to talk with anyone who is interested in finding out the services and discounts that Rite Aid offers.

Thursday, February 14 Valentine's Day Celebration Come join us for some music by *Jim Tyrrell* from 11~1 and a small treat from Cupid. Winner of the Heart Guessing Game will be announced.

Friday, February 15 National Gumdrop Day Be entered to win a free prize for this fun day!

Wednesday, February 20 National Love Your Pet Day Bring a photo of your pet or pets and be entered to win. Multiple pets get you multiple chances!

Friday, February 22 National Be Humble Day *"Humble enough to know I'm not better than anybody, but wise enough to know I'm different from the rest!"*

NEW ACTIVITY Cribbage on *Thursday mornings at 9:30*. Interested in playing? Come on down!

FUNDRAISER Trip to Island of Coudres in Canada If you missed our information meeting, no worries . . . See Robin to get all the information that you will need to join us on this fun-filled adventure while raising money for the Center! 6 days, 11 meals, all tips included . . . **MUST** have passport.

Tax Preparation: If you need help with your taxes or where to get them done, you can dial 211 on your telephone for further information or where to schedule an appointment.

CLOSED**

Monday, February 18th for Presidents' Day

"When it rains look for rainbows. When it's dark, look for stars"

SENIOR CENTER STAFF

Director	Gail Emmons-Shaw
Program Assistant	Flo Hunter
Home Delivered Meals Coordinator	Lisa Minickiello
Outreach Worker	Ron Johnson
Activity/Volunteer Coordinator	Robin Koczur
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.

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.**

LOOKING TO MAKE A DIFFERENCE? Why not volunteer as a home-delivered meal driver or substitute driver? Possible mileage reimbursement. See Gail or Lisa for more information.

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 Call Guy at Pemi-Baker Community Health for more information 536-2232.

Caregiver's Support Group *3rd Wednesday* of the month; 12:30-2:00 Call Guy at Pemi-Baker Community Health for more information 536-2232.

Cribbage Thursday mornings at 9:30

BOWLING/POOL NEWS

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

Pool ~ Group meets upstairs, at the Center, on Tuesday after lunch or feel free to play any time For more information about either of these groups please call Ron 536-1204 or Norm 744-6739.

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

MON	TUE	WED	THU	FRI
				1 Brunch @ 10:30
4 At PRSC ~ BLT's HDM ~ Creamed Chipped Beef	5 Chicken Teriyaki	6 Build Your Own Salad Buffet	7 Sweet & Sour Meatballs	8 Brunch @ 10:30
11 Taco Bar	12 Chicken & Dumplings	13 American Chop Suey	14 Valentine's Day Pot Roast	15 Nat. Gum Drop Day Brunch @ 10:30
18 **CLOSED** Presidents' Day	19 At PRSC~Soup/Sandwich HDM~ Ravioli	20 Chicken Broccoli Alfredo	21 Chili & Cornbread	22 Brunch @ 10:30
25 Mac & Cheese & Hotdogs	26 Nat. Pistachio Day Pizza Buffet	27 Baked Stuffed Fish	28 Baked Potato Bar	

**PLYMOUTH REGIONAL
SENIOR CENTER**P.O. BOX 478
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