

PLYMOUTH REGIONAL SENIOR CENTER



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

March~ 2019

Tuesday, March 5 Mardi Gras Celebration Come down for *Fat Tuesday*. Wear your Mardi Gras attire, enjoy a Cajun meal and dessert, and maybe have a “voodoo cocktail.”

Thursday, March 7 Chiropractor Presentation *Ashley Rice* from Lakes Region Chiropractic will give a presentation on the benefits chiropractic care at 10:30 in the Conference Room. *Sign up at front desk prior to March 7.*

Thursday, March 7 Alexander Graham Bell Day Do you know what his very first invention was? If you do, write it down, put it in the bucket and see if you are a winner of this contest.

Thursday, March 14 St. Patty’s Day Celebration *Erin Go Bragh* Let’s have corned beef, cabbage, & some *shenanigans*.

Thursday, March 14 Dan Hobbs, Elder Advocacy Coordinator for NH Legal Assistance will give a presentation at 10:30 in the Conference Room. You may remember Dan mingling at lunch in February.

Thursday, March 21 Common Courtesy Day *Common courtesy* refers to the favors we do for everyone, whether we know them or not. *Common courtesy* is holding a door open for someone, throwing your garbage in bins and not littering, or listening to someone without interrupting them. We all could use a reminder now and then . . .

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.

“Lucky are those who can give without remembering and take without forgetting!”

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.

Baker Pemi Club will be voting on their By-Laws at the March 7th meeting.

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

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 Dancing *Fridays* 9:30

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 at 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

Bridge Group meets on Tuesday afternoons

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 noted

Menu subject to change

MARCH

MON	TUE	WED	THU	FRI
				1 Brunch @ 10:30
4 Quiche Buffet	5 Mardi Gras Jambalaya	6 Mac & Cheese <i>Bingo @ 11:00</i>	7 Lasagna	8 Brunch @ 10:30
11 Pizza Buffet	12 American Chop Suey	13 Soup N' Sandwich <i>Bingo @ 11:00</i>	14 St. Patty's Day Celebration Corned Beef & All the Trimmings	15 Brunch @ 10:30
18 Chicken & Dumplings	19 Hotdog Bar with all the Fixins	20 Pork Chops <i>Bingo @ 11:00</i>	21 Meatloaf	22 Brunch @ 10:30
25 Nat. Waffle Day Waffle Buffet	26 BBQ Chicken	27 Chili & Cornbread <i>Bingo @ 11:00</i>	28 Baked Potato Bar	29 Brunch @ 10:30



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PLYMOUTH, NH 03264

Or Current Resident

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