

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

April ~ 2019

Ongoing . . . Reiki appointments will be available. Sign up at the front desk or see Robin or Arlene Osgood. Sessions are by donation and benefit PRSC.

Thursday, April 11 National Barbershop Quartet Day Can't get the real thing to be here, but come enjoy some barbershop quartet music while you enjoy your lunch.

Tuesday, April 16 Wear Your PJ's to Work Day Make sure to cast your vote for which employee wore the best pajama outfit to work today! If the person you vote for wins . . . so do you!!!

Wednesday, April 17 Spring Celebration Dinner Come celebrate Spring by wearing your Spring bonnet and walk in the parade to show it off! We'll have a Spring treat for everyone, too.

Monday, April 29 National Zipper Day How many zippers can you wear? The number of zippers you're wearing is the number of raffle tickets you will receive.

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.

Tax Preparation: *Call 211 on your telephone for assistance.*

Did you know . . . Our senior center is a program of Grafton County Senior Citizens Council (GCSCC). Contributions from donors like you, make it possible for GCSCC to provide the programs and services essential for older adults living in communities throughout Grafton County. Only half of our budget comes from State and Federal government funds. The rest is from local communities and individuals who donate to GCSCC to support local senior centers. Please consider donating, either by mail (*GCSCC, 10 Campbell St., Lebanon, NH 03766*) or online at www.gcsc.org. Thank you for your generosity!

****CLOSED****

Monday, April 8 for private event

“Spring is when you feel like whistling . . . even with a shoe full of slush!”

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.

IT'S NOT OVER QUITE YET...

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.**

Tuesday, May 7 New to Medicare or General Medicare Questions ServiceLink will be here for a presentation at 10:00 a.m.

SAVE THE DATE: Step Up, Stop Hunger Walkathon to benefit Meals on Wheels, **May 18** in Haverhill... more info to come!

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

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 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

Golf Group News

"Spring Training" starts May 9th! Join us on Thursdays for lunch, at noon, at PRSC (suggested donation \$3) come early and catch up. Tee time at White Mountain Country Club at 1:00 p.m. for 9 holes.

Greens fees and cart approximately \$25.00.

For more information please call Ron 536-1204 or Norm 744-6739. Free beginner's lessons, call Norm.

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

MON	TUE	WED	THU	FRI
1 Taco Bar	2 Teriyaki Chicken	3 Build Your Own Salad <i>Bingo @ 11:00</i>	4 Beef Stroganoff	5 Brunch @ 10:30
8 **CLOSED TO PUBLIC** No meals today	9 Mac & Cheese	10 Liver, Bacon & Onions <i>Bingo @ 11:00</i>	11 Spaghetti & Meatballs	12 Brunch @ 10:30
15 Soup n' Sandwich	16 Tuna Noodle Casserole	17 Spring Celebration Dinner Ham **NO BINGO**	18 Hodge Podge Smorgasbord by the All Male Review	19 Brunch @ 10:30
22 Fish Sandwich	23 Creamed Chipped Beef	24 Southern Baked Chicken <i>Bingo @ 11:00</i>	25 Shepherd's Pie	26 Brunch @ 10:30
29 Chili	30 Baked Potato Bar			

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Or Current Resident