

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

May ~ 2019

Tuesday, May 7 New to Medicare? Have some questions in general? Sue from ServiceLink will be here at 10:00, upstairs for an informal presentation and question/answer session.

Wednesday, May 8 Mother's Day Celebration Mothers, aunts, sisters, wives, caregivers . . . come for our special luncheon to celebrate YOU! *Paul Hubert* will be here with music from 11~1.

Tuesday, May 14 Dance Like a Chicken Day Do you know how to do the chicken dance? Let's have some fun!

Wednesday, May 15 Grand Opening of The Little Free Library on the deck with entertainment at 11:30.

Wednesday, May 22 1st BBQ of the Season with Music by Peter Previte (thank you Baker-Pemi club)!!!

Friday, May 24 Memorial Day Tribute *Baker Valley Band* will be here to help us pay tribute to the men and women who have died protecting our freedom!

Sweet April showers do bring May flowers . . . Did you enjoy the gardens in front of the center last year? It takes a lot to keep them going . . . if you'd like to make a monetary donation or donate time to weed, water or plant, please see Robin or Gail. Thank you for your support!

Step Up, Stop Hunger 2019 Meals on Wheels Walkathon Saturday, May 18th Donate, sponsor, walk with sponsors . . . Please come help in any way you can! If you can't come you can buy a raffle ticket *here* to support as well. BBQ, face painting, vendors, entertainment. *PRSC will be making popcorn and have the ever popular "Fashion Truck". ALL money raised at this event goes to support Meals on Wheels. Horse Meadow Senior Center, 91 Horse Meadow Road, North Haverhill.* Registration opens at 9 a.m. and the walk begins at 10 a.m. Please help support this important fundraiser that helps supplement the cost of meals to you and your peers. Go to www.gcsc.org or speak to Robin or Gail for further information.

****CLOSED****

Monday, May 27 for Memorial Day

"Hello May . . . please do to our hearts what you do to the earth's flowers"

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

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!

Low/Moderate Income Homeowners' Property Tax Relief If you have owned and lived in your home since April 1, 2018, you may be eligible for property tax relief. Call Ron 536-1204 for more info. Applications accepted May 1 to June 30.

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; see Robin for more information

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**MAY**

MON	TUE	WED	THU	FRI
		1 Chicken Parmesan <i>Bingo @ 11:00</i>	2 Cinco de Mayo Taco Bar	3 Brunch @ 10:30
6 Soup n' Grilled Cheese	7 Chili n' Cornbread	8 Mother's Day Celeb. Roast Pork **NO BINGO**	9 Baked Potato Bar	10 Brunch @ 10:30
13 Chicken Salad	14 Creamed Chipped Beef <i>Bingo @ 1:00 ~ this is not a mistake . . . it is after lunch on Tuesday!</i>	15 Baked Ziti **NO BINGO**	16 Pork Chops	17 Brunch @ 10:30
20 Pizza Buffet	21 Kielbasa & Sauerkraut <i>Bingo @ 1:00 ~ this is not a mistake . . . It is after lunch on Tuesday!</i>	22 1st BBQ of Season Memorial Day BBQ Hotdogs & Burgers **NO BINGO**	23 Baked Stuffed Shells	24 Memorial Day Tribute Brunch @ 10:30
27 MEMORIAL DAY **CLOSED**	28 Quiche Buffet	29 Build Your Own Salad <i>Bingo @ 11:00</i>	30 American Chop Suey	31 Brunch @ 10:30

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U.S. POSTAGE
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PLYMOUTH, NH**Or Current Resident**