

**NEWFOUND AREA SENIOR SERVICES  
PLYMOUTH REGIONAL SENIOR CENTER  
GRAFTON COUNTY SENIOR CITIZENS COUNCIL  
Temporary Message # - 603 744 8395**

**Summer, 2020**



**Due to Covid-19**

*Our senior centers – and all senior centers managed by Grafton County Senior Citizens Council – will be closed until further notice. Meals on Wheels deliveries will continue. The safety of our clients, volunteers and staff are our top priority. As we continue to monitor this rapidly-changing situation, we will post any additional changes to our operations here and on WMUR.com.*

**Plymouth and Newfound Centers are continuing our Home Delivered Meals**

**The Newfound office is taking calls at 603 744 8395**

**Thank you to all of our generous donors !!**

**Our Activities and Programs Will Resume When We Are Able To  
Safely Re-open.....we'll see you then XOXO**

**MEANWHILE**

**WE HAVE INTRODUCED A NEW MEAL PLAN**

**GRAB 'N GO**

**CHECK OUT THE LAST PAGE OF THIS NEWSLETTER  
FOR MORE INFORMATION ABOUT HOW YOU CAN PARTICIPATE**

**June**

**14 – Flag Day**

**20 – Summer Begins**

**21 – Father's Day xoxo**

**July**

**4**

**Independence Day**

**August**

**Lazy Days of  
Summer**

**September 7**

**Labor Day**

## FOOT CLINIC

Nana offers foot care and blood pressure clinics at various locations in the community, including our center.

Call NANA at 744-2733 for information and to schedule your appointment.

## OH, SNAP!

**Supplemental Nutrition Assistance Program aka  
Food Stamps**

For more information about the program and eligibility  
Call Fran at 603-744-8395.

## Day Away Program

The Day Away Program is an adult daycare program held Thursdays in Bristol.

**Volunteers Needed!!**

Learn more by calling: 536-6304.

**Did you know.....***Your local 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 the 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. Thank you for your generosity and to The Jack & Dorothy Byrne Foundation for their dollar- for- dollar match!*

## Birthdays



**Happy Birthday to You.....**

**We'll see you as soon as we can! xoxoxo**

If we omitted your name, we apologize. Please tell us so we can correct our records. If you would like to have your birthday listed here please let us know.

**\*\* We love our VOLUNTEERS \*\***

**Call us at 744-8395 anytime, to discuss our many Volunteer opportunities.**

**WE NEED YOU and THANK YOU !!**

## Center Office Hours:

Monday 8:00-12:00 Tuesday 8:00 – 3:00 Wednesday 8:00-12:00  
Thursday 8:00-12:00 Friday 8:00 – 12:00 ..... and by appointment.

## Newfound Area Senior Services Staff & Volunteers

Fran Olson...Outreach Worker	Shirley Johnson...Bus Driver
Gail Emmons-Shaw...Coordinator	Linda Mancini...Program Associate
Scarlet Hicks...Cook	Lee-Ann Forsyth...Kitchen Assistant
Joe Labelle, Michael Loft, Cathy Gilpatric - Kitchen & Dining Room Assist.	
Liz Carlson, Cindy DeFeo and Heather Walker.....Office Assistants	

## **\*OUR ON~GOING EVENTS\***

### **WEEKLY LUNCHEONS ~ TUESDAYS AT NOON**

#### **HOME DELIVERED MEALS**

If you, or someone you know, is interested in home delivered meals or volunteering as a meal driver please call the Center.

### **BUS TRANSPORTATION SERVICE**

#### **CRAFT GROUP**

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays of the month at 9:00 a.m.

#### **BLOOD PRESSURE TESTING**

1<sup>st</sup> Tuesday of the month at 11:30 a.m. Thank you NANA!

#### **BINGO**

2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month

#### **RSVP ~ BONE BUILDERS**

Tuesday and Friday at 9:30 AM ~ upstairs  
\$.50 suggested donation per class.

#### **NEWFOUND Senior Center COMPUTER LAB**

We have a nice newer computer getting set up ~ we'll keep you posted!

### **Durable Medical Equipment**



The Senior Center in Plymouth has equipment available at no charge.  
If you or someone you know is in need of wheelchair, walker or commode.  
Please, call the Center at 536-1204.

### **FOOD FOR THOUGHT**

#### **NH Commodity Supplemental Food Program**

Delivered right here in Bristol

For more information call: 1-800-578-2050 x 1135 or just ask us

# MENU



We will plan our dining room menu as soon as services resume, thank you.

**IN THE MEAN TIME ..... WHY NOT TRY OUR**

## **GRAB 'N GO MEALS**

### **PLYMOUTH REGIONAL SENIOR CENTER**

#### **WEDNESDAYS AT NOON**

**FORM LINES OF CARS IN THE DIRT PARKING LOT, WHEN SIGNALLED - DRIVE UP AND SWING INTO THE KITCHEN DOOR PARKING AREA, MAKE A DONATION IF YOU WISH AND .....**

**GRAB AND GO.... then ... EXIT via MAIN STREET**

#### August Menu

8/5/20 Liver, Bacon and Onions

8/12/20 Spaghetti and Meatballs

8/19/20 BBQ burgers and dogs

We hope Plymouth Fire Department will be able grill for us !!

8/26/20 Chicken Alfredo with Broccoli

**THANK YOU FOR SUPPORTING OUR NEW MEAL PROGRAM  
IT'S WONDERFUL TO SEE YOU ALL!! XOXO**

**We'll be packing up a hot meal,  
just like you would get in the Newfound and Plymouth dining rooms.  
Our goal is to see you, feed you and keep you safe and healthy.**

**PLEASE STAY WELL XOXOXO**

