

# PLYMOUTH REGIONAL SENIOR CENTER



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

## MARCH ~ 2020

**Tuesday, March 3 National Anthem Day**  
Come show your pride and join in the pledge and playing of the National Anthem.

**Wednesday, March 4 \*\*NEW\*\* Sewing Basics with Barbara** Barbara will offer *Introductory Hand & Machine Sewing* on Wednesdays, 9~10 in the living room. This is on a first come, first serve basis.

**Thursday, March 5 Friends Foster Grandparent Program** Agnes from the Friends program will be in the library from 10-12 to provide interested parties in the program which not only benefits the children, but might also benefit the provider and you might actually earn a bit of money in the process!

**Tuesday, March 10 Middle Name Pride Day** Willing to wear your middle name on you shirt? Get a name tag from the front desk and display it with pride to be entered to win a prize!

**Wednesday, March 11 Hepatitis A Clinic** from 10-12 in the library. Everyone is welcome, even if you're not a senior . . . For more information, please contact Angel Ekstrom, the Central NH Public Health Emergency Preparedness Coordinator, at 238-3582 or [aekstrom@midstatehealth.org](mailto:aekstrom@midstatehealth.org).

**Thursday, March 12 National Popcorn Day** Robin will be making popcorn beginning about 11:00 for your enjoyment.

**Tuesday, March 17 Erin Go Bragh** Let's have some corned beef, cabbage and shenanigans . . .



**Thursday, March 26 Squam Lakes Science Center** will be presenting *Wildlife of New Hampshire* at 10:00 in the great room upstairs. Thank you to *Stewarts Ambulance* for their generous donation which made this presentation possible for us!

**Bus riders/home-delivered meal recipients . . .**  
The Winter weather is not gone yet, *please* keep driveways/walkways cleared, sanded, salted.

*We "March" forward because Spring is in the air . . . .*

### 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 . . . . .	Michael Burt
Kit. Assistant . . . . .	Donna Fletcher
Transportation Coordinator . . . . .	Mike White

**Commodity Food** For more information call 1-800-578-2050.

**Foot Clinic Call *Pemi-Baker Community Health*** to make an appointment **536-2232**.

**Service Link** Information/referral to community resources: 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](http://www.gcsc.org). Thank you for your generosity!

**Storm closings** are listed on **WMUR . . .** If you don't see it or are unsure, please call us!

Although GCSCC welcomes political candidates at our senior centers and permits them to conduct speaking engagements, doing so does not constitute and endorsement or recommendation by GCSCC. Any views and opinions shared are solely those of the speaker.

**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 9:00am* *New members always welcome . . . come for a visit and see what we're all about!*

**Gentle Yoga Classes** *Wednesday 8:30am*

**Country Line Dancing** *Friday at 9:15*

**Senior Strollers Walking Group** *Thursdays at 11:15, meet in Leatherbee (exercise) room*

**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.

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

**Ask a Pemi-Baker Nurse** *March 5 and March 19 at 11:00am*

**Cribbage** *Thursday 9:30am ~ NO cribbage March 26th* **Thank you for understanding!**

**Bridge Group** meets on *Tuesday* afternoon; call Robert Miller for more info 536-1130

### **Bowling/Pool**

Bowling on *Thursdays*, carpool to FunSpot, \$11 for 3 strings of tenpin or candlepin.

Pool on *Tuesdays* **after lunch**, upstairs

*For bowling or pool information, please call Norm 744-2383.*

**PLEASE BE SURE TO VISIT AND THANK OUR SPONSORS!**

For those 60 years & older  
we suggest a donation of  
\$3.00; for those under 60,  
the charge is \$5.00.

# MARCH

Luncheon served at noon  
unless noted. Menu  
subject to change.

MON	TUE	WED	THU	FRI
2 Mac n' Cheese	3 Chili Dogs	4 Beef Stew  <i>Bingo @ 11:00</i>	5 Baked Chicken	6 Brunch @ 10:30
9 Pizza	10 Fish Sandwich	11 <b>**NO BINGO**</b> Ply HS Jazz Band 11:00  Chef's Choice Buffet	12 Popcorn Lovers Day  Meatloaf	13 Brunch @ 10:30
16 BBQ Chicken	17 St. Patty's Day  Corned Beef & Cabbage	18 Frito Pie  <i>Bingo @ 11:00</i>	19 Hamburgers	20 Brunch @ 10:30
23 Quiche	24 Stuffed Shells	25 Swedish Meatballs  <i>Bingo @ 11:00</i>	26 Baked Potato Bar	27 Brunch @ 10:30
30 Build Your Own Salad Buffet	31 Pork Chops			



**PLYMOUTH REGIONAL  
SENIOR CENTER**

P.O. BOX 478  
R. R. DEPOT SQUARE  
PLYMOUTH, NH 03264

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U.S. POSTAGE  
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PERMIT NO. 50  
PLYMOUTH, NH

**Or Current Resident**