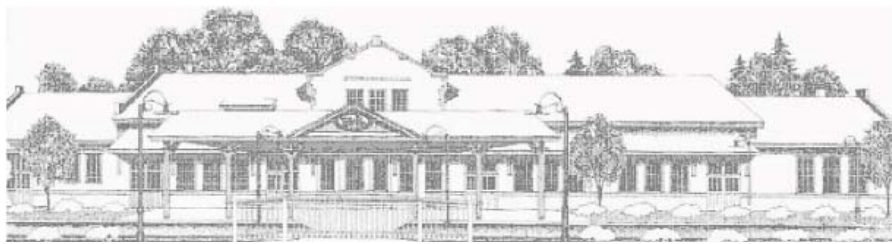


PLYMOUTH REGIONAL SENIOR CENTER

P.O. Box 478
8 Depot Street
Plymouth, NH 03264
603-536-1204



Serving: Alexandria Ashland Bridgewater Bristol Campton Groton Hebron Holderness Lincoln
Plymouth Rumney Thornton Warren Waterville Valley Wentworth Woodstock

An Affiliate
of Grafton County
Senior Citizens Council

AUGUST 2010

ARTS ADVENTURES PROGRAM

Sponsored by Friends of the Arts
And The Plymouth Regional Senior Center
Thursday, August 19th, 10am to 11:30

Take a step onto the western coast of Mexico. There we will meet the indigenous Huichol Indian tribe. This tribe is famous for their intricately designed yarn paintings. These works of art represent every walk of life from the annual corn crop to the Huichol rain Goddess. **YOU will create your own yarn painting from a variety of colored yarn**, while understanding the basic principles of pattern and textural elements. Lets go to the mountains of Mexico, as we all produce a wonderful piece of personalized artwork. Donation is \$3. Class is Limited to 20 people. You must sign up in advance with payment.

ALL GRANDPARENTS AND GRANDCHILDREN WELCOME TO

PSU LEGO CAMP HELD AT PLYMOUTH SENIOR CENTER

On Wednesday, August 11th at 10:30. The PSU kid lego camp will join grandparents and grandchildren for a fun activity using legos and working as teams. You will be surprised, delighted, and asking: "Where was this stuff when we were kids?"

HIGHLAND GAMES

Friday, Sept. 17th

Fun and entertainment for the whole family. A clan gathering and Scottish Cultural Celebration of Music, Athletics, Scottish Imports and Food. All this takes place at scenic Loon Mt. Bus will depart from the Center at 10:00, and will leave Loon Mt. at 4:00. Cost is \$30. and is payable upon sign up. Cost includes transportation and entry into the Highland Games Festival. Last day to sign up is Sept. 3rd!

First come first served, seats will go fast!

BOSTON POPS CONCERT

Thursday, December 9th

Come and enjoy a joyous holiday concert with the Boston Pops Orchestra and the Tanglewood Festival Chorus performing your favorite carols and a festive sing-a-long. Orchestra Seats have been reserved. Lunch will be served in the Park Plaza Hotel at McCormick and Schmick's Restaurant. Also enjoy a tour around Boston. Cost is only \$148. per person due by August 31st. This is a great way to start the Holiday Season.

Depart from Wal-Mart promptly at 9am.

PLYMOUTH REGIONAL SENIOR CENTER STAFF

Director.....	Sharon Lane
Assistant Director.....	Bob Decker
Meals On Wheels Coordinator.....	Cheryl Johnson
Outreach Worker.....	Ron Johnson
Head Cook.....	Cindy Lawson
Kitchen Aide.....	Elliot Ricker
Kitchen Aide.....	Vern Avery
Kitchen Aide.....	Jesse Cormiea
Kitchen Aide.....	Becky Weeks
Receptionist.....	Mary Sanborn

Van Drivers

Plymouth & Area Towns	Matt Goodier
Linwood/Warren.....	Keith Brown

ON GOING PROGRAMS**Blood Pressure Clinic**

When: Second Thursday of the month

Time: 11:30 am

Location: The Noyes Library

Commodity Food at PRSC

When: August 20th

Noyes Library, sign up for surplus food.
For more information call 1-800-578-2050

Service Link

Information & Referral offering links to community resources: providing assistance & support coordination of services. Call 536-1204 or 1-800-634-9412

Rural Development USDA

First Tuesday of the Month
Please call 603-447-3318 ext. #5
You must set up an appointment

Advisory Council Meeting

Third Tuesday of the Month
1pm in the Conference Room
Public Welcome

Foot Clinic

Tuesday, August 10th
You must call the Pemi-Baker Home Health to register. Fee of \$15. must be paid at the time of registration or in advance. No exceptions. **Call 536-2232.**

Bone Builders

Bone Builders Tuesdays from 9am to 10am and 10:30am to 11:30am., Thursdays from 9am to 10am and 10:30am to 11:30am. This class will help prevent or slow down the osteoporosis process. The class used hand weights. Start slow and go at your own pace.

Tai Chi & Dao Yi

On Mondays, from 10:00am to 11:00am, Susan MacLeod will be presenting classes for beginners in Tai Chi and Dao Yin for diabetes control, building endurance, enhancing flexibility, balance and coordination. Please arrive by 9:45 and wear comfortable clothing.

Yoga Classes

Barbara's class is held on Mondays 8:15-9:30
Donna's class is held on Wednesdays 8:15-9:30

Exercise Room

Open to all Seniors from 8:00am to 4:00pm, Monday thru Friday when classes are not scheduled.

Country Line Dancing

Instructor: Joan Randlett—Fridays 9:30
Come "kick" up your heels, have fun and exercise at the same time.

Wood Carving Class

Beginners are welcome. The class is held on Mondays upstairs in the Art Room from 9am to 12pm. Bring your own tools.

PLYMOUTH OPTICAL SHOPPE
"WHERE SEEING IS BELIEVING"
607 Tenney Mountain Highway, Suite 101
603-536-3569

Pemi-Baker
Home Health & Hospice
Aquatic & Wellness Center
536-2232
www.pemibakerhomehealth.org

ALL THE SENIORS IN TOWN
ARE READING THIS NEWSLETTER.

DO THEY KNOW WHO
YOU ARE?

CALL SENIOR CITIZEN
PUBLISHING TO PLACE
AN AD TODAY

617-254-4545

GOLDEN VIEW HEALTH CARE CENTER
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- Post Hospital Rehabilitation
- Memory Support Program
- Assisted Living • Respite Care
- Short Stay • Traditional

Opening in 2011 - The Retreat at Golden View
19 NH Route 104, Meredith, NH 03253
Telephone: **279-8111** • Fax: 677-4154
Community-Based Not-for-Profit Accepting Medicare, Medicaid and Private Insurance

SPEARE MEMORIAL

Don't Miss This One

Meet us in the exercise room at 10:30 on Wednesday, August 11th. Speare Memorial will present exercise impact and overall ability, disease management and prevention. All are welcome.

**HOLD THIS DATE!
October 16th Saturday
DEPOT STREET
ANTIQUES GALA**

Antique Sale Antique Appraisals
At the Plymouth Senior Center
Appraisal Hours: 11am to 2pm
Sale Hours: 10am to 3pm
Dealer Info: call George or Cindy Short
At 603-455-0486
More Information to follow

Pick and Play

Come join with us every Tuesday in August at 12:20 after lunch and bring your instrument. We sit around, play and sing our favorite songs. We are not professional, but have fun and enjoy ourselves. Spectators are also invited. Give us a try, you may like it.

Garden Club

Friday, August 20th 11:00am

Come join Debbie Blackey, Master Gardner and Tree Steward. We will be painting terra cotta flower pots, then planting them with flowers. She has supplies for only 12 people. Please be sure to sign up for this fun filled activity in advance.

Back by Popular Demand

Our own Jack Northrup, singing and playing the guitar for your listening pleasure every Wednesday until further notice from 11:15 to noon. Come listen to Jack croon his tune and hear him a picken and a grinnen.

Monthly Writers Club

First Wednesday of the month 1:00 to 2:00pm
Moderator: Roland Bixby.

Crafters

Join the crafters every Thursday from 9 to 11am in the Art room. Enjoy the morning over coffee and good conversation with other crafters.

Computer Classes

Every Wednesday at 9:00 a.m. Come learn how to use or improve your computer skill.

Bus Rides

The Senior Center needs a 48 hour advance notice for transportation. Donation \$3 to \$5 per ride. Prepaid tickets can be purchased at the Senior Center.

Cook and Taste Class

Wednesday, August 25th 11:00

Our own Vern Avery will show you how to prepare his special down home mouth-watering Spare Ribs cooked on the grill, outside on the deck.

Home Delivered Meals Recipients

We hope you are enjoying the meals that the Plymouth Senior Center prepares for you each day.

Did you know that over 130 meals are delivered every weekday by the Centers' caring volunteers.

As you know, we cannot leave your meal when no one is home. We become concerned when no one answers the door. If we do not hear from you, we will be calling your emergency contact. If you are not going to be home for your meals, please notify by calling us by **8:30 at 536-1204**. We will not send any further meals until we have had an opportunity to speak with you

Suggested Donation for home delivered meals is \$3.00 Also available are pre-paid meal tickets. Call the Center for more info.



Forestview Manor
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153 Parade Road • Meredith, NH 03253
"COME HOME TO FORESTVIEW"
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• Short Term Respite – Grant money available
• Adult Day Care
• Veterans Funds Available
For more information and a tour please call Susan at **279-7612**
www.forestviewmanor.com



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Plymouth, NH **536-0001**

MAYHEW FUNERAL HOME
12 Langdon Street
Plymouth, NH **536-3163**
Serving the Plymouth Area
Peter G. Mayhew James F. Mayhew

It makes sense to concentrate your advertising where it does most good - right in your neighborhood! You pay only the advertising cost. Public relations and good will values are free. This newsletter is kept at home a full month. It is regularly referred to for important dates, times, events and meetings. Convenient Budget Payment Terms Write Today! Or call 617-254-4545

*Served with coffee, tea, milk,
bread and butter*

AUGUST 2010

*Menu subject
to change*

MON	TUE	WED	THU	FRI
2 Ital. Sausage 8:15-9:30 Yoga 9:00 Cards 9:00 Wood Carving 10:00 Tai Chi	3 American Chop Suey 8:30-12:00 Print Mkg. 9:00 Cards 9:00/10:30 Bone Bldrs. 12:30 Crafters	4 BBQ Chkn Cookout 8:15-9:30 Yoga 9:30 Computer Instruction 1:00 Bingo 1:00 Writers Club	5 Beef & Pepper Patties 9:00 Crafters 9:00/10:30 Bone Builders 1:00 Quilting/Cards	6 10:30 Brunch 10:00 Cribbage 11:15 Line Dancing
9 Hot Dog Cookout 8:15-9:30 Yoga 9:00 Cards 9:00 Wood Carving 10:00 Tai Chi	10 Chef's Salad 8:30-12:00 Print Mkg. 9:00 Cards 9:00/10:30 Bone Bldrs. 12:30 Crafters	11 Pizza Buffet 8:15 Yoga 9:30 Computer Instruction 10:30 Lego Fun	12 Quiche & Salad 9:00 Crafters 9:00/10:30 Bone Builders 1:00 Quilting/Cards	13 10:30 Brunch 10:00 Cribbage 11:15 Line Dancing
16 Mac. & Cheese 8:15-9:30 Yoga 9:00 Cards 9:00 Wood Carving 10:00 Tai Chi	17 Pulled Pork 8:30-12:00 Print Mkg. 9:00 Cards 9:00/10:30 Bone Bldrs. 12:30 Crafters	18 Chkn & Egg Salad 8:15 Yoga 9:00 Computer Instruction 1:00 Bingo	19 Roast Pork 9:00 Crafters 9:00/10:30 Bone Builders 1:00 Quilting/Cards Birthday	20 10:30 Brunch 10:00 Cribbage 11:15 Line Dancing
23 Burger Cookout 8:15-9:30 Yoga 9:00 Cards 9:00 Wood Carving 10:00 Tai Chi	24 Chkn/Wild Rice 8:30-12:00 Print Mkg. 9:00-10:30 Bone Bldrs 9:00 Cards 12:30 Crafters	25 BBQ Ribs 8:15 Yoga 9:30 Computer Instruction 11:00 Cooking Class	26 Boiled Ham Dinner 9:00 Crafters 9:00/10:30 Bone Builders 1:00 Quilting/Cards	27 10:30 Brunch 10:00 Cribbage 11:15 Line Dancing
30 Baked Potato Bar 9:00 Cards 9:00 Wood Carving 10:00 Tai Chi	31 Beef Stroganoff 8:30-12:00 Print Mkg. 9:00/10:30 Bone Bldrs 9:00 Cards 12:30 Crafters			

GRAFTON COUNTY SENIOR CITIZENS COUNCIL, INC.

Or Current Resident

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

SENIOR CENTER
 PLYMOUTH REGIONAL



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