



JULY 2022

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1 Chef's Choice	2 Grab & Go/Grab & Stay Thursdays 11:00 – 11:30
HDM (Home Delivered Meals) are Monday-Friday For those that are signed up for Meals on Wheels	4 CLOSED 	5 Hot Dogs, Baked Beans, Mixed veggies, Peaches	6 HDM-Chefs Choice G&G-Chicken/Gravy, Mashed Potato, Veggie of the day	7 Egg Salad Sandwich, Pasta Salad	8 Pulled Pork, Green Beans, Cole Slaw	9
10	11 Chicken Sandwich w/Lettuce & Tomato Parsley Carrots, French Fries, Fruit	12 Baked Fish, Sweet Potato, Broccoli, Fruit	13 Anniversary Celebration  Lawn Party/BBQ	14 Roast Pork w/ Apples, Baked Potato, Green Beans	15 Stuffed Pepper Casserole, Garlic Bread	16
17	18 Mac & Cheese, Stewed Tomato w/ Zucchini	19 Chipped Beef over Potato, Beets, Peaches	20 BBQ Turkey Burger, Orzo w/Peas, Roasted Sweet Potato w/Apple	21 Chicken & Rice Casserole, Pinto Beans, Corn	22 Beef & Bean Burritos, Veggie of the Day, Peaches	23
24 31	25 Chop Suey w/Meat Sauce, Garlic Bread, Veggie of the Day	26 Turkey, Stuffing, Mashed Potato, Gravy, Green Beans	27 Ruebens, Cauliflower w/Cheese Sauce, Applesauce	28 Sweet/Sour Pork, Egg Noodles, Broccoli	29 Meat Loaf, Mashed Potato, Brussel Sprouts, Fruit	30

Menu is subject to change
Over 60 a \$3.00 donation is suggested
Under 60 the requested price/donation is \$5.00



PAINTING WITH JOAN

Hope you will join us for our upcoming monthly Painting with Joan class. Take home your very own masterpiece!

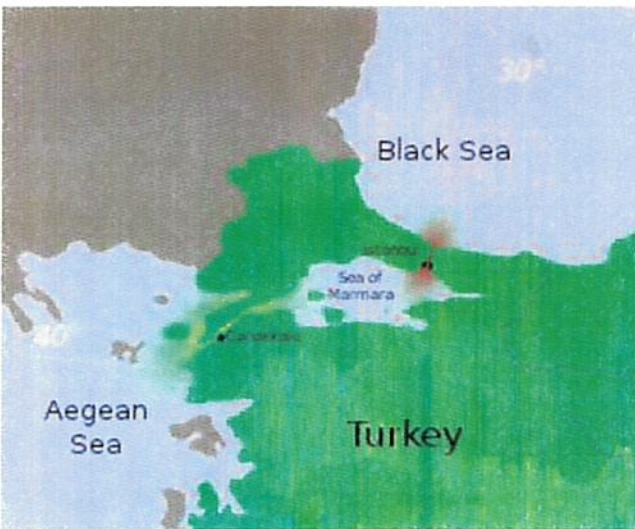
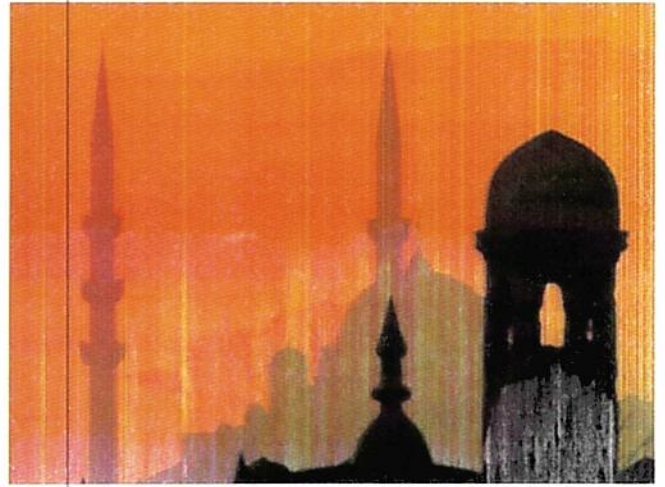
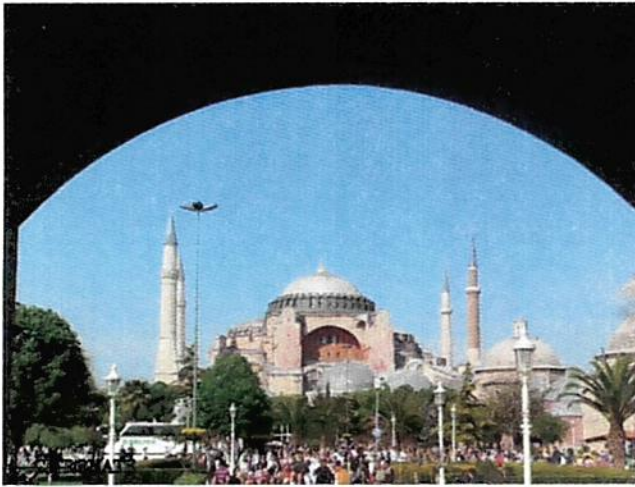
WHEN: Thursday, June 16, 11-12
Thursday, July 21, 11-12
Thursday, August 18, 11-12

WHO: In-Person at Plymouth Regional Senior Center and by Zoom for all other GCSCC participants.

HOW: All supplies will be sent to your attention before the class. There is no charge for the class or the supplies.

Reservations required.

Contact bfoster@gcsc.org or 603-448-4213. Must have reservation no later than Friday, June 10, so we can get the kits to you in time.



Virtual Walking Tour of Constantinople, Istanbul-- Strolling Through the Heart of the City

Tuesday, July 12, 10-11 am
RESERVATIONS REQUIRED: PLEASE
CONTACT BFoster@GCSCC.ORG OR
CALL 603-448-4213

Meet the Tour Guide: Ayşe of Unicorn Travel:

"Hi. My name is Aysegul. You can call me Ayşe, which reads like "I-shay" in my mother tongue Turkish. I am an English/German/Spanish-speaking tour guide in Turkey and live in Istanbul. Besides showing the beauties of my country to my guests, traveling and dancing are the two others things that fascinate me most in life. I look forward to hosting you on my tour."

Itinerary:

"This one hour tour starts at the Sultanahmet Square. First, we will walk through the Hippodrome of Constantinople, once the public arena for chariot races, gladiatorial games, official ceremonies, celebrations and protests. I will explain all the monuments that were brought in from across the empire to demonstrate the power of the Roman Emperors: The Serpent Column from Delphi, The Obelisk of Thutmosis III from Egypt, etc."

"Then we will enter the courtyard of the Blue Mosque and talk about the conquest of Constantinople and all the changes and consequences afterwards. From there, we will walk through the Sultanahmet Square to the Baths of Roxelane, the wife of the Ottoman Sultan Suleiman the Magnificent. At the end of the tour, we will reach Saint Sophia, and I will explain to you how this extraordinary building was erected in just five years."



SCIENCE FOR SENIORS — OCEAN LIFE

COME AND LEARN WHERE WATER COMES FROM...

OR WHY THE OCEAN IS SALTY...

OR WHAT IS THE BIGGEST CREATURE ON OUR PLANET...

OR CAN YOU EAT STARFISH? And much, much more!

What: Zoom Science Class for GCSCC senior center participants

When: Thursday, July 14, 1:30-2:30

Reservations Required. Contact bfoster@gcsc.org or 603-448-4213