

February 2022

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +

VALENTINE'S GRAB & GO LUNCH

Thursday, February 10

Enjoy a hot lunch of chicken parm. Pick up your lunch in the overflow parking lot of the senior center.

Chicken Parmesan with fettuccini pasta, vegetable, roll, and a cookie dessert. \$3.00

RSVP Required by Feb 7 at 9am. 603-610-4433

FREE CLASSICAL CONCERT

Sun, Feb 6 at 1:00pm

Local student & concert pianist, James Li, will astound you with his talents on the piano playing pieces from Chopin, Bach, Czerny & Beethoven. I heard him practicing and was in awe!

HEALTH & WELLNESS GROUP

Wednesdays, Feb 16 - May 4. 10:00am-noon

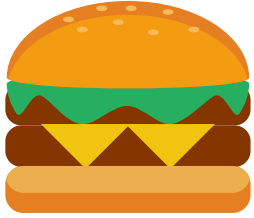
Lead by UNH Occupational Therapy students.

Engage your mind and body.

Topics included: physical endurance/strength/exercise, stress management & relaxation, creative expression, aging in place, and home safety.

Offered in a social, welcoming atmosphere.

RSVP Required 603-610-4433 | bsullivan@cityofportsmouth.com



LUNCH BUNCH - MARCH

(No Lunch Bunch in February)

Applebee's in Newington

Wed, March 23 at 12:00pm

Meet at the restaurant. Plenty of parking.

Enjoy a lunch together out a favorite local restaurant. We'll make the reservation. You pay on your own. RSVP Required - 603-610-4433

GRAB & GO LUNCH

Pick up outside in the overflow parking lot - next to assembly hall.

Pull your car up and we'll hand you the lunch.

RSVP Required 603-610-4433 | bsullivan@cityofportsmouth.com

Tues, Feb 1: Orange Pineapple Chicken w/ Rice - RSVP by Thurs, Jan 30

Thurs, Feb 3: Swedish Meatballs - RSVP by Mon, Jan 31

Tues, Feb 8: Veggie Lasagna - RSVP by Thurs, Feb 3

Thurs, Feb 10: Valentine's Lunch - Chicken Parm - RSVP by Mon, Feb 7

Tues, Feb 15: Baked Ham - RSVP by Thurs, Feb 10

Thurs, Feb 17: Roast Turkey w/ Gravy - RSVP by Mon, Feb 14

Tues, Feb 22: No lunch

Thurs, Feb 24: Meatloaf w/ gravy - RSVP by Mon, Feb 21

Thanks to Rockingham Nutrition for providing lunch.

Voluntary \$3.00 suggestion donation.

We are hoping that by March we can resume our indoor seating for lunch. Stay tuned.

YOGA STRETCH

Mondays 11:30am

Instructor: Diane Stradling

Must be able to go from standing to sitting and back up unassisted. No chairs. All yoga levels welcome, including beginners.

KNITTERS

Thursdays 12:30-2:30pm

Knitting, crocheting, needlepoint, cross stitch, etc.

SCRABBLE

Mondays 1:00 - 3:00pm

Board provided.

Beginners & drop ins welcome

ZUMBA GOLD

Saturdays 9:00am **via Zoom**

Get added to the email list for weekly schedule.

DULL MEN'S CLUB

Coffee & Conversation for men.

Fridays 11:00am Drop ins welcome

CRIBBAGE & OTHER GAMES

Fridays 2:00-4:00pm

drop in and play cards, cribbage, checkers, gin rummy, etc

DROP IN ART - THURSDAYS

Thursdays 12:30pm

We provide the canvas and paint.

MAH JONGG

Mondays 1:00pm - American

Tuesdays 1:00pm - Chinese

Games provided. Drop ins welcome.

INTO TO AMATEUR RADIO

Thurs, Feb 17 11:00am-12:30pm

Learn about amateur radio, how it is used, Morse code, response in times of disaster, and radio as a hobby.

RSVP encouraged by drop ins welcome. 603-610-4433

Presenter: Derek Simpson

NEW! BRAIN HEALTH

Wed, Feb 16 at 12:30pm

"Get Thinking about Brain Health" presentation encompassing normal aging, self-assessment, how memory works, diet, cognitive & physical exercise, sleep, the social brain, vision and hearing and more.

Presented by" Mind & Memory Care:
A Benchmark Experience
RSVP encouraged 603-610-4433

TAI CHI BY JANE - FEB START

6 Fridays, Feb 4-March 11

10:00am

Instructor: Jane Fithian

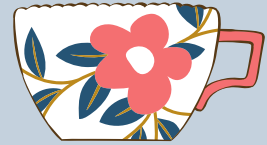
6-week Tai Chi class at the senior center. Recreation based tai chi focusing on balance and movement. Free; all levels welcome. Drop ins welcome.

TEA TIME

THURSDAY, MARCH 17 AT 12:30PM \$3.00

(NO TEA IN FEBRUARY)

Come sip tea using our delightful collection of tea cups and saucers. We'll also have scones as a snack. Wear your best hat or dress up a bit. We'll chat about tea and have a variety of flavors to choose from. Reservations required. 603-610-4433 | bsullivan@cityofportsmouth.com



BEGINNER EARRING MAKING

Wed, Feb 23 at 12:30pm Instructor: Carol Tompkins

Back by popular demand! The instructor has created kits to make a pretty pair of earrings. All materials and tools included along with personable and knowledgeable instruction. Earrings are made with pretty beads. \$10 for first pair; \$5 for each additional. Maximum 5 students. RSVP Required 603-610-4433 | bsullivan@cityofportsmouth.com



CARD MAKING WITH BECKY

Tues, February 22 at 1:00pm Instructor: Becky Crawshaw

Make cards for Spring or St. Patrick's Day. Use nice paper, stamps, stickers, and other accessories to create a lovely card to share with a friend or family member. All materials provided. Free but reservation required: 603-610-4433 | bsullivan@cityofportsmouth.com

AARP TAX AIDE

Volunteer tax preparers will be on site Tuesdays 4:00-5:00pm and Sundays 11:00am-noon starting Feb 1.

Pick up the envelope and instructions to complete prior to drop off. Available outside under the canopy 24/7 at the senior center in blue bucket. No appointments needed. Free. Questions, call 603-205-2646.



FRIDAY MOVIES - POPCORN SERVED

Every Friday at 12:30pm

Free & Popcorn Served



February is a Ryan Gosling Marathon!

- **Feb 4: The Notebook:** A poor yet passionate young man falls in love with a rich young woman, giving her a sense of freedom, but they are soon separated because of their social differences. PG13. 2004. 2 hr 3 min.
- **Feb 11: Lala Land:** While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future. PG13. 2016. 2 hr 8 min.
- **Feb: 18: Crazy Stupid Love:** A middle-aged husband's life changes dramatically when his wife asks him for a divorce. He seeks to rediscover himself with the help of newfound friend. PG13. 2011. 1 hr 58 min.
- **Feb 25: The Nice Guys:** In 1970s Los Angeles, a mismatched pair of private eyes investigate a missing girl. R. 2016. 1 hr 56 min.

BOOSTER, VACCINE & TESTING INFORMATION

Visit state website: www.vaccines.nh.gov or call 2-1-1

Schedule a vaccine or booster directly from the website.

Fixed Vaccine Site in Rochester

Open Mon-Fri 10am-7pm; Sat 9am-2pm

Spaulding Commons 306 North Main Street, Rochester

No appointment needed; Walk ins welcome. All brands of vaccine & booster. www.on-sitemedservices.com/rochester

At Home Testing Kits: State of NH: <https://sayyescovidhometest.org> and Federal Government: <https://www.covidtests.gov/>

State Testing Site at Newington Mall (old Sears)

9am-3pm; 7 days/week. According to website, test results can take up to 72 hrs. <https://ccmdcenters.com/state-of-nh-covid-19-testing>

TRIPS



St. Patrick's Day Party at Danversport Yacht Club

O'McMurphy Brothers performing with Fabulous Fiona Finely to celebrate all things Irish.

Tues, March 15. 9:30am departure / 4:00pm return

Coach Bus to Danvers, MA for a Corned Beef & Cabbage lunch (or choose chicken with stuffing) and a show filled with music and humor.

\$101 includes transportation on coach bus (bathrooms), lunch, show, tax, and gratuity for lunch and bus driver. RSVP Required 603-610-4433 along with payment.

Wines and Steins Tour featuring Northwoods Brewing Co. and Flag Hill Winery

Lunch included at Johnson's Seafood and Steak

Mon, April 25. 10:30am departure / 4:00pm return

Coach Bus to Northwoods Brewing for a delicious luncheon and beer tasting in their brand new brewery. Sit down meal will include choice of grilled chicken or baked haddock. After lunch you will travel to Lee, NH for a tour & tasting at Flag Hill Winery, the largest vineyard in the state.

\$101 includes transportation on coach bus (bathrooms), lunch, beer tasting, tour and tasting at Flag Hill, taxes and gratuities for bus driver and servers. Please note this trip has a lot of walking.

RSVP Required 603-610-4433 along with payment.

Mount Washington Luncheon Cruise out of Weir

Includes visit to Kellerhause for homemade candies, chocolates & ice cream.

Wed, June 22/ 10:00am departure / 4:00pm return

2.5 hour cruise on the famous Mount Washington boat. Enjoy the beauty of Lake Winnepesaukee as well as a delicious lunch from the comfort of inside the boat. Buffet lunch with a variety of items to choose from.

\$111 includes transportation on a coach bus (bathroom + wifi), boat ride with lunch buffet, wait staff gratuities, drivers gratuity, and visit to Kellerhaus.

California Dreamin': Monterey, Yosemite & Napa - TRIP PREVIEW on Wed, March 16 at 2:00pm

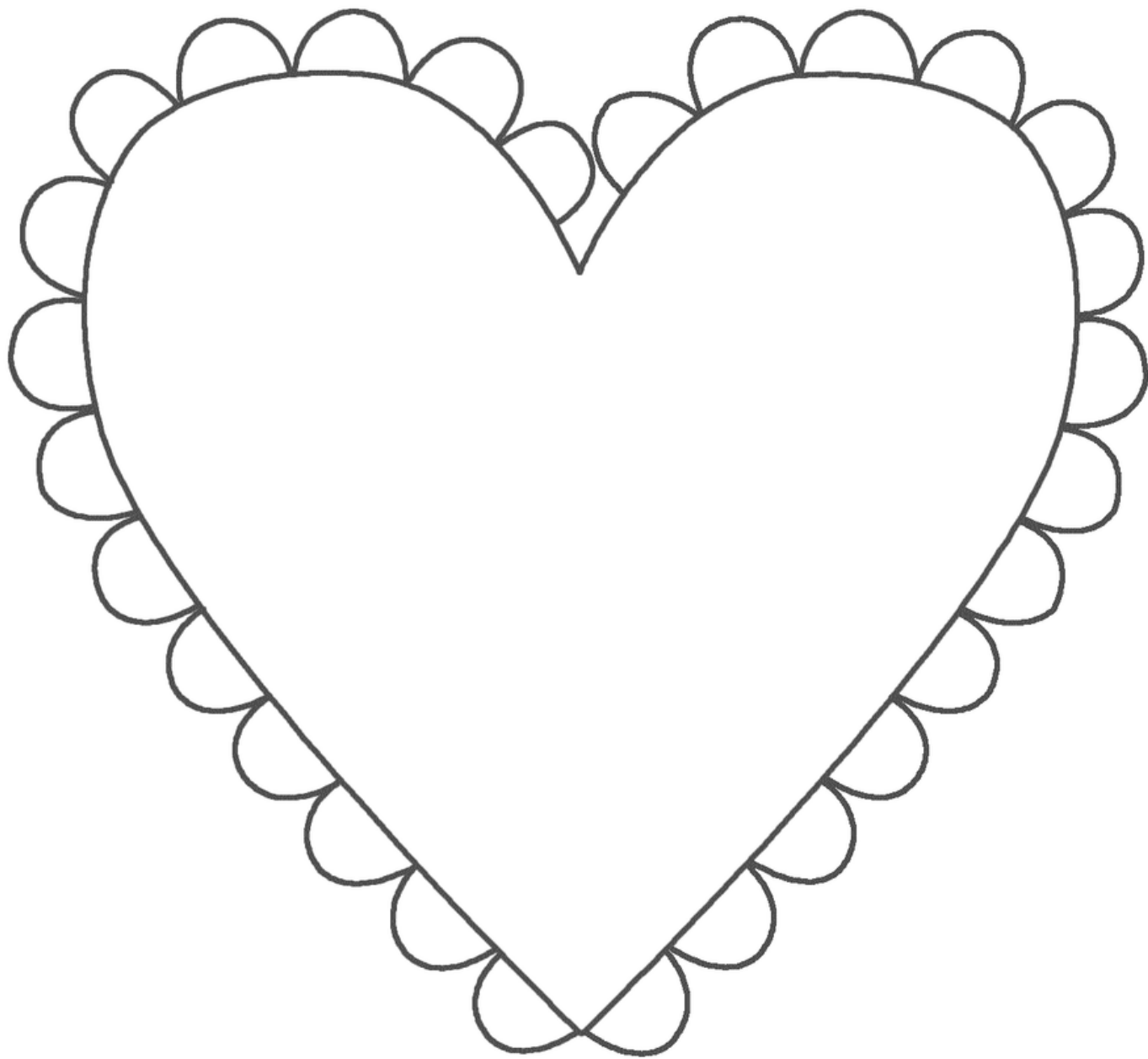
Travel Dates: September 26 - October 3, 2022

8 days; From the rugged coastline of the Pacific Ocean to Yosemite National Park, Lake Tahoe to Napa Valley, the scenery, history and culture of northern California is unparalleled. Start in Monterey then head to Yosemite. Then onto Sacramento and Lake Tahoe by traveling over the Sierra Nevada Mountains. You're last days will end in the rolling vineyards of Napa Valley and San Francisco. Double: \$3,009 / Single: \$3,899. Trip includes transportation to/from Portsmouth to Logan Intl Airport. AAA discount available.

RSVP to the preview so you can learn the details of this exciting trip. 603-610-4433.

TRIP PREVIEW on Wed, March 16 at 2:00pm at senior center.

**Stay Tuned for the March newsletter with the return of
the Rec Bus Trips starting in April!**



TREE OF LOVE

In honor of Valentine's Day, Love, & Spreading Kindness,
The City of Portsmouth is creating a "Tree of Love" in downtown.

The city's Christmas tree, will be transformed & decorated with hearts colored by you!
Hearts may include positive words, names of loved ones, thank yous, prayers, good vibes, or
just decorated for the season. Be creative.
Feel free to use our template or a different design altogether.

How to participate:

1. Color heart or make your own picture
2. Deliver to senior center
3. Hearts will be laminated and hung on tree
4. Come find your heart anytime after 12pm on Mon, Feb 14