

December 2022

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +



Holiday Luncheon AT THE

COMMUNITY CAMPUS

100 CAMPUS DRIVE, PORTSMOUTH

THURSDAY, DECEMBER 15

SEATING 10:30AM; MUSIC BEGINS 11AM

LUNCH SERVED 11:30AM

Menu includes assorted sandwiches, two choices of soups: chicken & rice or corn chowder, assorted breads, garden salad, and cookies. Coffee & tea provided as well. Entertainment by our own ukulele players, daycare kiddos and Journey Song choir with holiday sing-a-longs.

**POTLUCK DESSERT TABLE - BRING A
DESSERT TO SHARE!**

Resident \$5/Non-Resident \$7 - Pay at the Door

RESERVATION REQUIRED at 603-610-4433

SENIOR CENTER WILL BE CLOSED:

**SUN DEC 25, MON DEC 26, SUN JAN 1, MON JAN 2 FOR OBSERVED HOLIDAYS
WEEK OF DEC 27-30: OPEN FOR LOUNGE ONLY, NO ACTIVITIES
(WE GIVE OUR DEDCIATED VOLUNTEERS THE WEEK OFF.)**

COCOA WITH A COP

Wednesday December 14
9-10:30AM
in the senior center lounge



JOIN THE PORTSMOUTH POLICE DEPARTMENT AT THE CENTER FOR A FESTIVE VERSION OF COFFEE WITH A COP. ENJOY MAKE-YOUR-OWN HOT CHOCOLATE STATION OR HAVE COFFEE OR TEA WITH DOUGHNUT BITES AND PASTRIES.

INFORMAL CONVERSATIONS ABOUT WHAT MATTERS MOST TO YOU AS A RESIDENT OR VISITOR OF PORTSMOUTH.

FUN HOLIDAY THEMED ACTIVITIES. FREE TO ALL.

PLEASE RSVP: 603-610-4433





LUNCH BUNCH - JANUARY 18

Longhorn Restaurant

Wed, Jan 18 2023 at 12:00pm

Meet at the restaurant. Enjoy lunch together at a favorite local restaurant. Pay on your own.

RSVP Required - 603-610-4433

GRAB & GO --OR-- GRAB & STAY LUNCH

Grab & Go still OK - pick up inside

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

Pick up 11am-11:30am

**Tables set up both inside with complimentary coffee/tea.
Come meet up with friends or make new ones.**

Tues, Dec 6: Chicken Marsala

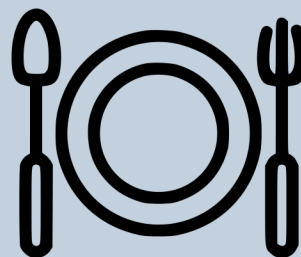
Thurs, Dec 8: Swedish Meatballs

Tues, Dec 13: Chicken Florentine

Tues, Dec 20: American Chop Suey

Thurs, Dec 22: Roast Beef & Swiss Sandwich

No Grab & Go last week of December - Center is Closed to Activities



Thanks to Rockingham Nutrition for providing lunch.
Voluntary \$3.00 suggested donation.



SENIOR MOBIL FOOD MARKET - FREE

Mondays inside the center: Dec 5 & 19 from 2:00-3:00pm

A farmer's-market-style food distribution program from **Gather**.

Free produce and other perishable items available for pick up.

Everyone welcome. At Portsmouth Senior Activity Center | Moving inside these colder months. No reservations needed, just show up.

Keep the Holiday Deliciousness & Lose the Guilt

**FREE Nutrition Class with your
Hannaford Dietitian**

**Portsmouth Senior Activity Center
125 Cottage St, Portsmouth, NH
December 8, 2022, 11 am - 12pm
Call (603) 610-4433 to register**

Class Discussion:

- Do you look forward to all the delicious homemade goodness during the holiday season?***
- Is your holiday indulgence followed by regret and lethargy come January 2nd because you've neglected your nutrition from Thanksgiving all the way to New Year's?***
- Learn strategies to enjoy the deliciousness of the holidays while still honoring your body's health and your health goals.***
- Get rid of that annual New Year's guilt while keeping the holiday yumminess by using recipe substitutions to make things healthier.***
- Learn how to be intentional with how and when you indulge and prioritize fitting in your physical activity during the holiday season.***
- Bring your favorite recipes to class along with questions about how make substitutions with healthier ingredients.***
- Attendees will make and eat a yummy healthy holiday recipe of Pumpkin Pie Mousse in class!***



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.

CHAIR YOGA

Tuesdays 10:15am - 6 weeks for \$10.

Join anytime. New session has started. RSVP required: 603-610-4433

*NO CLASS on 12/6 and 12/20 *

ZUMBA GOLD

Saturdays 9:00am **IN PERSON**

Plus 2 other Zoom sessions each week. RSVP to email list for times.

SCRABBLE

Mondays 1:00pm. Boards provided.
(We always have the boards...bring a friend and play anytime.)

MAH JONGG

Mondays 1:00pm - American

Tuesdays 1:00pm - Chinese

Games provided. Drop ins welcome.

QIGONG

Thursdays 11:00am **(No Class 12/8/22)**

Instructor: Jeanne DeFlorio

Qigong improves your health by integrating posture, movement, breathing technique, and focused intent to activate your flow of energy.

Class starts with 20 minutes of stretching and 10 minutes of standing meditation, followed by gentle, flowing Qigong exercises. Chairs are available if needed. Drop ins welcome.



EASE OF MOVEMENT "ALEXANDER TECHNIQUE"

Tuesdays 10:00am

Instructor: Anita Freeman

Unconscious habits holding ourselves with tension can cause imbalances in muscles that can lead to pain and make movement stiff or tiring.

Alexander Technique is a user manual for how to use your body-mind with less effort for soft, fluid movement and relief of pain. Sit or stand, wear comfortable clothing.

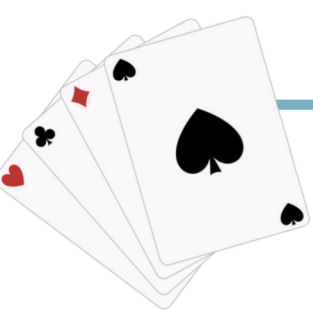
Drop ins welcome.

MEXICAN TRAIN DOMINOS

Wednesdays 1:00pm - all levels.

Beginners welcome. Join the fun!

Games provided. Drop ins welcome.



NEW! CARD GAMES IN JANUARY

Starting Friday 1/6/2023, 2-4PM & 1st Friday each month
Come join us for Canasta, 500 Rummy, Casino, and more.
All abilities welcome. Card game snacks provided.
Free. RSVP - 603-610-4433

DROP IN ART & COLORING

Thursdays 12:30pm
We provide the canvas and paint or adult coloring books and pens.
If you have a sketchbook or other form of art, please feel free to use this time to create.

KNITTERS

Thursdays 12:30-2:30pm
Knitting, crocheting, needlepoint, cross stitch, etc.

FIDDLE & UKULELE GROUPS

1st & 3rd Thursdays of the month.
Fiddle = 10:00am
Uke = 11:00am - all levels
12:00-12:30pm beginner uke extra time. Join the fun! Bring your own uke. Drop ins welcome.

DULL MEN'S CLUB

Coffee & Conversation for men.
Fridays 10:30am - Noon.
Drop ins welcome. Try it out and see if this group works for you.



HOLIDAY SING-A-LONG WITH AMAZING GRACE GOSPEL GROUP

Friday Dec 16, 3-4PM

Amazing Grace Gospel is a contemporary group of musicians from Portsmouth, under the direction of Aurora Jones, along with Deb Henderson, Virginia Towler, and Raymond Sykes. They will be accompanied by Carmen Buford Paige from Dover on piano.

Lyrics will be provided so all can sing-along!

Cookies & Hot Chocolate provided. FREE. Please RSVP at 603-601-4433.



UPCOMING WORKSHOPS/PRESENTATIONS



COPING WITH LOSS DURING THE HOLIDAYS

Presented by Beacon Hospice, an Amedisys Company
Tues Dec 13 from 1:00-2:00PM

Holidays evoke many sentimental emotions in us—lots of joyful memories-- but often tinged with sadness over those we have lost. Join us for a one hour group where we will talk about how to celebrate the holidays while coping with feelings of loss. Free. RSVP to 603-610-4433

NAVIGATING YOUR GRIEF 2-HOUR WORKSHOP IN 2023

Jodi Barrett, Grief Specialist from Healing Journey for Mind, Body, & Soul
Thurs Jan 19, 11:00am-1:00pm

Are you stuck? You are not alone. An opportunity to share about your loved one. A general grief workshop, this is an opportunity to process your grief and honor your loved one. \$40 includes handouts and journal. Pay facilitator directly. RSVP to 603-610-4433.

WE NEED TO TALK (WNT): FAMILY CONVERSATIONS WITH OLDER DRIVERS BY

Charlie Zoeller, AARP We Need to Talk Instructor and Volunteer
Jan 11 2023, 10am-11:30am

This AARP program can help you plan sensitive, successful conversations concerning an elder's driving...and then, if necessary, for steps to be taken for them to limit or retire from driving. Survey shows that more than half of older drivers whose family asked them to retire from driving followed those suggestions. **FYI -This is NOT AARP Driver Safety, it is an accompanying program. Spring 2023 Driver Safety will return. This workshop is FREE. Please RSVP to 603-610-4433 to reserve a seat.

BEADED SNOWFLAKES

FRI, DEC 9 AT 1:00PM

INSTRUCTOR: LONI SELIGMAN

Add bedazzle to your holiday decorating! Create beautiful snowflake ornaments for your home or as a perfect gift. Lots of colors and beads to choose. All materials provided create 2 snowflakes.

RSVP required. \$10 to instructor for supplies.



CARD MAKING

TUES, DEC 13 AT 1:00PM

INSTRUCTOR: BECKY CRAWSHAW

We're making seasonally decorative cards. Join Supplies and instruction provided. New - a small fee to cover the cost of supplies has been added (pay at class).

RSVP required. \$3 resident/\$5 non res



WINE CORK TREES WITH NICOLE

Mon Dec 19 11:30am-12:30pm

Nicole wants to do a craft with you.

Wine cork ornaments are easy and fun to put together. Make a couple to hang on your tree or give as a gift!

FREE. RSVP to 603-610-4433.

MEET NILLA - THERAPY DOG EXTRAORDINAIRE

Tues Dec 13, 12pm (about 40-45 minutes)

Our favorite friend, Nilla, is back. She is a certified therapy dog and can help melt away stress with a few pats. Just stop by to meet her.



"ART LIVES ON" NEXT ART SHOW 2023

INVITATION TO SHARE ARTWORK FROM AN ARTIST WHO HAS PASSED AWAY

OUR FIRST ART SHOW IN 2023 WILL HONOR ARTISTS WHO HAVE PASSED AWAY. IN "ART LIVES ON" PLEASE CONSIDER SHARING ARTWORK IN YOUR COLLECTION. YOU SHOULD HAVE AT LEAST FIVE PIECES OF ART FROM AN INDIVIDUAL ARTIST.

THIS SHOW WILL BEGIN ON **JAN 19 2023, AND RUN UNTIL APRIL 13, 2023.**

DROP OFF FOR THE JANUARY EXHIBIT IS FRIDAY JAN 13, 10A-12P

SAVE THE DATE - OPENING ART RECEPTION ON THURSDAY JAN 19, 2-3:30PM. ALL ARE WELCOME TO ATTEND. JUST STOP BY.



TO BE PART OF OUR NEXT SHOW, OR IF QUESTIONS,
PLEASE CONTACT ONE OF THE FOLLOWING ART
COMMITTEE MEMBERS:

- DIANE STRADLING (603) 957-7181, DIANESTRADLING@GMAIL.COM
- MO O'LEARY, (603) 969-3012, MAURENOLEARY2@GMAIL.COM
- BB BAYERLE, (207) 613-0593, BBANNE7@HOTMAIL.COM



WINTER TEA

Thursday January 26, at 12:30PM

Join us in January for our Winter Tea with some various themed teas and hot cider as well. Wear a favorite cozy sweater and bring your favorite snow themed memory to share. Assortment of flavored breads will be provided. RSVP 603-610-4433.

\$3 Res/\$5 non res - Pay at the tea.

IN JANUARY: WINTER WARMTH CONCERT



JAN 13, 3-4 PM AT THE CENTER

A special visit from long time favorites throughout New England, award winning songwriter, vocalist and guitarist Curt Bessette and vocalist Jenn Kurtz will be delighting us with their musical talents.

Curt and Jenn will help you push through the winter cold with uplifting and warm tunes. From "You've Got a Friend," to "Let it Be", "Put a Little Love in Your Heart" - they will certainly make the winter doldrums be forgotten about. Music and interactive conversation with the audience, they are a delight to listen to.

Refreshments will be served.

**RSVP required as seating will be limited. \$3 resident/\$5 non res.
Pay at the door.**

SHARE YOUR VOICE: HEALTH LISTENING SESSION WED JAN 4, 2023 - 2PM-3:30PM



The Portsmouth Health Department is conducting a Community Health Profile and would like to hear from you. Are you experiencing any barriers that stop you from being your healthiest? Do you experience barriers that are affecting your quality of life? A Listening Session is scheduled at the Senior Center so the Health Department can hear from you directly. Cookies, coffee & tea provided. Free. Please RSVP at 603.610.4433.

**JANUARY NEWSLETTER WILL HAVE SOME UPCOMING REC
VAN SHORT TRIPS FOR BREAKFAST, OXFORD CASINO,
& OUT TO THE MOVIES, STAY TUNED.**



FRIDAY MOVIES - POPCORN SERVED

Every Friday at 12:30pm - Free
Popcorn served &/or Or bring your own lunch

- **Dec 2: The Family Stone** (2005; PG-13) The outgoing and eccentric Stone family unites in common cause when their favorite son brings home his uptight and reserved girlfriend to meet the family at Christmas. Starring Demot Mulroney, Sarah Jessica Parker, Diane Keaton. 1 hr 43 min.
- **Dec 9: Christmas in Connecticut** (1945) Owner of the magazine Elizabeth Lane (Barbara Stanwyck) works for has decided that a national hero (Dennis Morgan) will spend his Christmas on "her" farm. Lane's boss' (Sydney Greenstreet) decides to plan a visit to Lane's property. Lane's career is over if the truth comes out, but what can she do? 1 hr 41 min.
- **Dec 16: Elf** (2003; PG) One Christmas Eve long ago, a baby crawled into Santa's bag of toys and was raised as an elf. "Buddy" (Will Ferrell) goes looking for his true place in the world to find his dad (James Caan) in New York City.
- **Dec 23: Miracle on 34th Street** (1947) A department store Santa is out to prove he's the real Claus in this spirited 1947 holiday classic. Starring: Maureen O'Hara, John Payne, Edmund Gwenn.



SATURDAY COFFEE HOUR



Senior Lounge open on Saturdays for drop in coffee, wifi and social time. We have music available to listen to also!

Open every Saturday 10:00am-noon

Free coffee, books, magazines, wifi...and snacks!



VS



JOIN THE PORTSMOUTH RECREATION DEPARTMENT
AS WE SEE THE

BOSTON CELTICS

TAKE ON THE
CHARLOTTE HORNETS
AT THE TD GARDEN!

Friday, February 10, 2023

\$100

Portsmouth
Residents

\$125

Nonresidents
Residents

Leaving Portsmouth at 5:30pm
from the Senior Activity Center (125 Cottage St.)

All ages are welcome.

Cost includes balcony level ticket, round trip
coach bus transportation, and all gratuities.

Register online at rec.cityofportsmouth.com

FITNESS • ENRICHMENT • ARTS • ATHLETICS

PORTSMOUTH

RECREATION DEPARTMENT