

July 2023

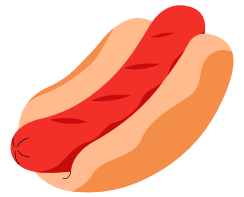
PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+



SUMMER COOKOUT



THURS, JULY 20

11:30AM SERVING, BURGERS & HOT DOGS

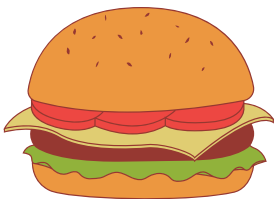
\$5/PER PERSON

**Portsmouth Fire Fighters & Recreation
Department grilling and serving.**

Lemonade stand courtesy of Humana.

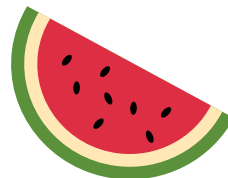
Fun in the sun under the tent!

RSVP Required - 603-610-4433



SUMMER TIME TEA PARTY

Thurs., Aug 3 at 12:30PM



Cool off with iced drinks and cool treats at the next tea party! You might want regular warm tea, but we will also have: iced tea, iced coffee with various flavors and refreshing treats. Come in your favorite vacation or tropical attire, and enjoy a relaxing social hour in the AC. \$3 resident/\$5 non-resident - pay at the door. RSVP: 603.610.4433.



LUNCH BUNCH - WED, JULY 26

Olive Garden

Wed, July 26, 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 inside with complimentary coffee/tea. Have a seat at one of our outdoor picnic tables if you choose. Come meet up with friends or make new ones.

Thurs., July 6: Swedish Meatballs

Tues., July 11: Beef & Bean Burrito

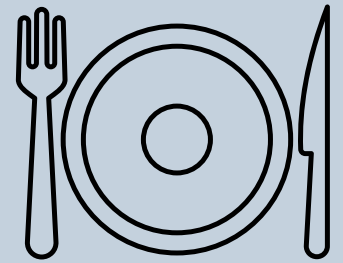
Thurs., July 13: Pulled Pork

Tues., July 18: Chicken Marsala

Thurs., July 20 - SEE YOU AT THE COOKOUT, no Grab and Go

Tues., July 25: Spaghetti w/Meatballs

Thurs., July 27: Roast Pork



Or grab your lunch and enjoy under our tent this summer.

Thanks to Rockingham Nutrition for providing lunch.

Voluntary \$3.00 suggested donation.

SENIOR MOBILE FOOD MARKET - FREE

gather
For a Hunger-free Community

MONDAYS, July 10 & 24, 2-3PM (every other Monday each month)

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 | No reservations needed, just show up.

WEEKLY ONGOING CLASSES/PROGRAMS

*(*All first timers, must register at front desk.)*

MONDAYS

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.

MAH JONGG *

Mondays 1:00pm - American

Tuesdays 1:00pm - Chinese

Games provided. FREE.

SCRABBLE *

Mondays 1:00pm. Boards provided.

(We always have the boards...bring a friend and play anytime.) FREE.

GUIDED MEDITATION W/JEAN *

Mondays 10:00am

Instructor: Jean Roalsvig

Do you want to explore more of your mind, body, spirit connection?

Come participate in a guided visualization meditation to strengthen your awareness of your own inner light, wisdom & knowledge.

Participants are sitting comfortably in chairs for guided meditation. No experience necessary although an open mind is required. Free. **No Class July 3 and July 10.**



TUESDAYS

CHAIR YOGA *

Tuesdays 10:15am

Instructor: Tina Travino

Join anytime. Free.

WEDNESDAYS

MEXICAN TRAIN DOMINOS *

Wednesdays 1:00pm - all levels.

Beginners welcome. Join the fun!

Games provided. Drop ins welcome.

VETERANS COFFEE

Wednesdays 1:00pm - all veterans welcome to this social activity to meet other veterans. Guest speakers are featured each month. Coffee & treats provided. Free.

THURSDAYS

QIGONG *

Thursdays 11:00am

Instructor: Jeanne DeFlorio

Improve your health by integrating posture, movement, breathing, and focused intent to activate your flow of energy. Start with 20-min of stretching and 10-min of standing meditation, followed by gentle, flowing Qigong exercises. Chairs are available if needed. Zoom is available.

WEEKLY ONGOING CLASSES/PROGRAMS

THURSDAYS (CONT.)

KNITTERS (YARN WORKS) *

Thursdays 12:30-2:30pm

Knitting, crocheting, needlepoint, cross stitch, etc. FREE

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.

DROP IN ART & COLORING *

Thursdays 12:30pm. FREE

We provide the canvas and paint or adult coloring books and pens.

BOOK CLUB

July 13 and 27, 3:00-4:00pm

Every other Thursday.

Facilitator: Larry Lariviere

Come share a favorite book or learn new ones. Free. Just drop-in. **Summer break for August.**

WHERE ARE THE BOOKS? BOOKS WERE MOVED FROM THE LOBBY INTO OUR LOUNGE, AND NEW READING AREA INSIDE ROOM 2!



FRIDAYS

CANASTA *

Fridays, 1:00pm-3:00pm

Join us to learn Canasta. All abilities welcome. Free. 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.

SATURDAYS

ZUMBA GOLD

Saturdays 9:00am **IN PERSON**

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

**PROGRAMS
ON JULY
BREAK:
Tai Chi,
Alexander
Technique**

JULY/AUG ARTS OPPORTUNITIES

STEVE LITTLE PLAYS PIANO

Monday, July 17, 1pm

Steve is a recent retiree who loves to play piano across all genres - something for everyone. Blues, rock and roll, classical. Free; just drop in.



BEGINNER PIANO LESSONS WITH JAMES

Mondays starting Mon., Aug 7, 1pm-3pm - 30 minute time slots

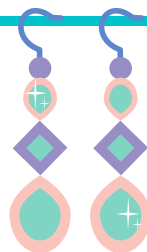
James Li previously performed at the senior center, and now he is offering some beginner piano lessons. Each student will be given a 30-minute lesson and will require sign-up each time. Free; RSVP to save a lesson slot. 603-610-4433.

BEGINNER EARRING MAKING

Wednesday, July 12, 1pm

Instructor: Carol Tompkins

Use pretty beads to make a nice pair of earrings. Materials and tools included, along with personable and knowledgeable instruction. \$10 for first pair, \$5 each additional. Max 5 students. RSVP required 603-610-4433.



INTERGENERATIONAL MUSIC TOGETHER THURSDAYS, UNTIL JULY 27, 4:00-4:45PM AT THE CENTER

The Music Together Generations class is a mixed-age family class with a twist: the class community is expanded to include older adult participants! "Grandfriends" and little ones will come together to play along with simple musical instruments provided and song. Pop in to visit with the little ones and observe or interact. A feel-good afternoon for all. Led by Music Together instructor, Sharon Morton. Free. Just drop in!

FRIDAY CONCERTS *at the* SENIOR CENTER

SENIOR ACTIVITY CENTER
PORTSMOUTH
FITNESS ENRICHMENT SOCIAL RESOURCES ENTERTAINMENT

FRI
JULY 7

3-4:30PM

RICH ALARDI

VIBRAPHONE
MUSICIAN

FRI
JULY 21

3-4:30PM

**GREEN
HERON**

FRI
AUG 11

3-4:30PM

**THE BUSTED
JUG BAND**

FRI
AUG 25

3-4PM

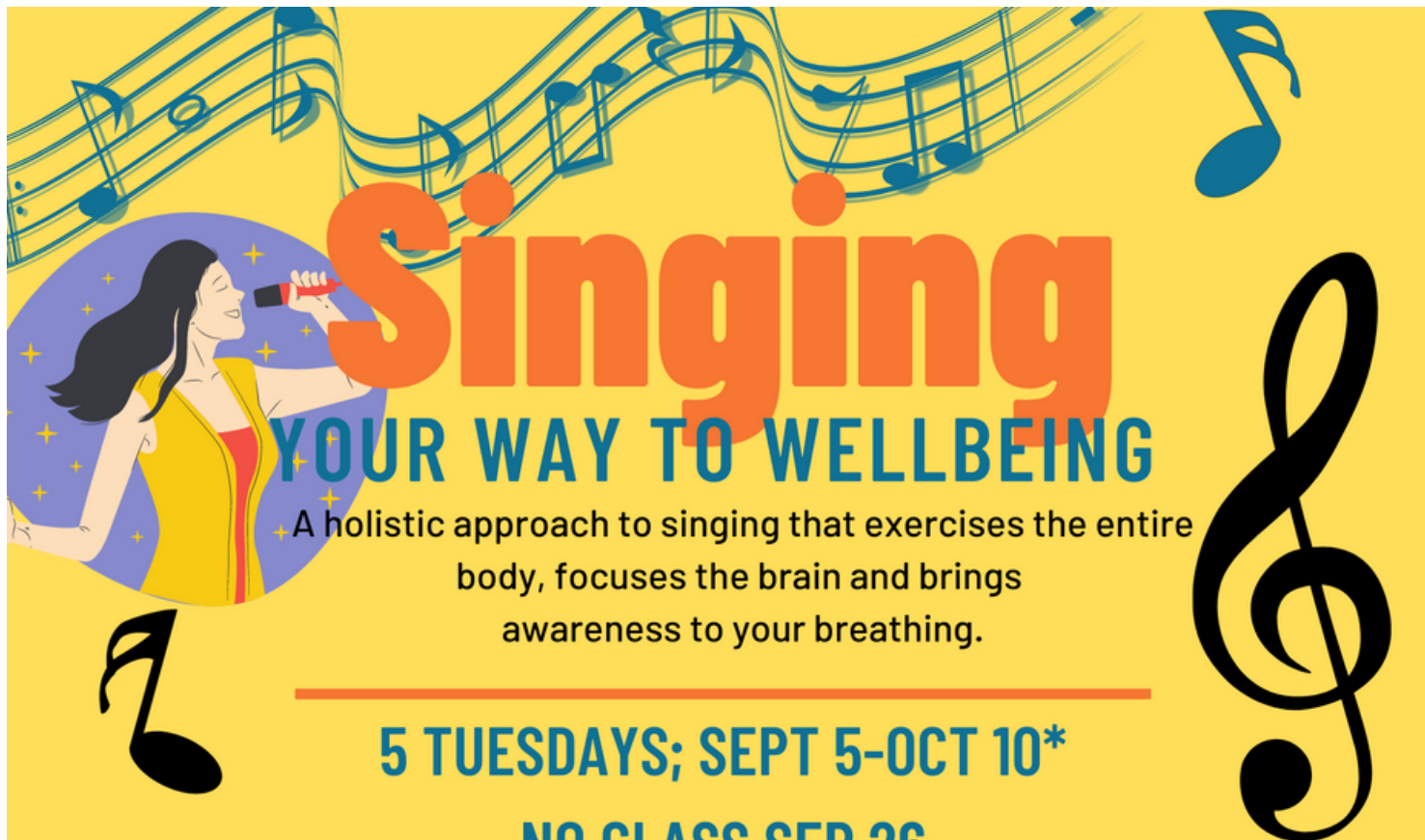
**SAGES
ENTERTAINMENT
MAGIC SHOW**

ICE CREAM BAR AT EACH EVENT THANKS TO
EDGEWOOD CENTER

SENIOR ACTIVITY CENTER
125 COTTAGE ST., PORTSMOUTH
FREE, BRING A FRIEND! NO RSVP REQUIRED

Concerts are rain or shine under the tent.
We will come indoors if it is too hot.

Free



A holistic approach to singing that exercises the entire body, focuses the brain and brings awareness to your breathing.

5 TUESDAYS; SEPT 5-OCT 10*

NO CLASS SEP 26

1:00-3:00PM @THE SENIOR CENTER

Back by popular demand! This 5-week workshop will include the fundamentals of singing as well as stretching, breathing, and vocal exercises applied to a familiar song repertoire. The skills learned in this class will be helpful with increasing voice volume and confidence as well as improve mood, cognitive stimulation, and of course, meeting new friends. NO EXPERIENCE NEEDED!

\$5 RESIDENT/\$10 NON RESIDENT

RSVP REQUIRED 603.610.4433

Instructor: Angelynne Hinson

25-years experience in private & group voice instruction for all ages and abilities as well as a decade of experience in art education. www.angelynne.com/singing-therapy

SENIOR ACTIVITY CENTER

PORTSMOUTH

FITNESS ENRICHMENT SOCIAL RESOURCES ENTERTAINMENT

ART CLASSES WITH KAREN ROSANIA, OLIVETEAL ARTS

MOSAICS WITH KAREN

Tues., Aug 8, 1-4PM and Thurs., Aug 10, 1-2:30PM

Instructor: Karen Rosania, of OliveTeal Arts



Come learn the art of mosaics using stained glass and other materials. You will learn how to design, cut, glue and grout a beautiful mosaic picture frame. No prior experience necessary! This is a 2-part class to give your piece a chance to dry before grouting. Class limited to 8 people. All materials included. \$20 per person/paid to instructor.

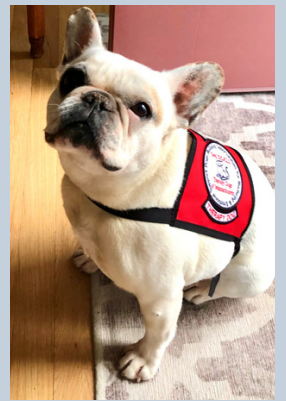
NILLA - THERAPY DOG EXTRAORDINAIRE

Wednesday July 5 and Tuesday July 11

12PM (about 40-45 minutes)

Our favorite friend, Nilla, is back, along with her caretaker, Karen. Nilla is a certified therapy dog and can help melt away stress with a few pats.

Stop by to meet her.



ART SHOW: OPENING RECEPTION FEATURING SENIOR ARTISTS "LOOKING BACK - REFLECTIONS ON THE PEOPLE, CULTURE, AND PLACES OF PORTSMOUTH"

Opening Reception: Thurs, July 20, 2:30-4PM

Show - July 20 through to October 13

Art drop-off date: Fri July 14, 10am-12pm

Please reach out to an Art Committee Member if interested in more information.



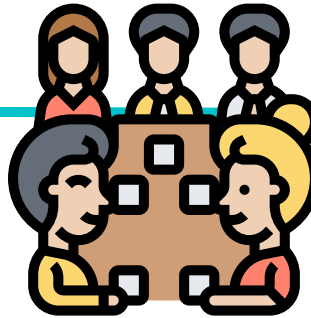
RESOURCES/SUPPORT

EVENING GRIEF SUPPORT GROUP STARTS IN AUGUST

6 Wednesdays; Aug 23 - Sep 27 from 5:30-7PM

Facilitators: Bob Viera and Stew Bradley

Grieving the loss of a loved one is universal, but for each of us individually it is a unique experience. If you have lost a spouse, partner, parent, or family member then this grief group can offer an opportunity for healing, education of the grief experience, and the chance to interact with others. Meetings are conversation, education, and exploration of challenges. Attendance for all meetings is required. RSVP to 603-610-4433.



GRIEF & CHANGES - 40 CAUSES: 2-HR WORKSHOP

Tues., July 18

11:00am-1:00pm

Facilitator: Jodi Barrett

An interactive workshop for grief and the changes we have no control over and 40 other things that cause it. Handouts and worksheets will be used with various activities to give your voice to your grief. Being heard is part of your healing. \$25 to Healing instructor at time of session. RSVP to 603-610-4433.

ALZHEIMERS CAREGIVER GROUP

Thursday, July 6

First Thursday of the month. 2:00 to 3:30pm

Facilitator: Dick Chamberlain

This free group is open to any caregivers looking to share experiences and support in a safe and inclusive environment. Group facilitator Mr. Chamberlain has 9+ years experience with Alzheimer's caregiver groups between Portsmouth's Wentworth Connections Alzheimer's Adult Day Care Center and Families First Health Center. No RSVP needed,



CALL FOR NOMINATIONS

QUILTS OF VALOR COMING TO THE SENIOR ACT. CENTER

SAVE THE DATES:

Wednesday, September 20, 10am-3pm

Sewing Day - to see quilts being made, and sewing volunteers invited to help.

Saturday, October 21, 2pm - Quilt of Honor Presentation

The Senior Center, along with local Quilts of Valor volunteers, Bare Bones Quilters of Barrington, and Seacoast Sewing of Portsmouth, is partnering to seek nominations of veterans and service members who were touched by war, serving on foreign soil, to be honored with a Quilt of Valor. September sewing demonstration day will happen at the center, with a ceremony in October to honor a selected number of recipients of quilts.

Nomination Form available on Veterans Table in senior center foyer. Drop off nomination form with our staff at the front desk.



CAPT. SHELDON TAPPIN
US MARINES/ARMY
SERVED IN AFGHANISTAN

SUMMERTIME WALKING CLUB -FREE

Upcoming meetups:

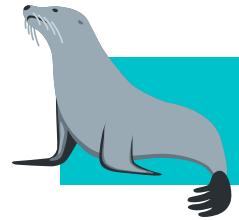
- Fri, July 14 at 3:00pm
- Wed, Aug 9 at 9:00am
- Tues, Aug 29 at 2pm

Continuing the summer walk tradition with Nicole. Meet up at the the Lower City Hall Parking Lot (1 Junkins Ave) and explore downtown and the surrounding neighborhoods.

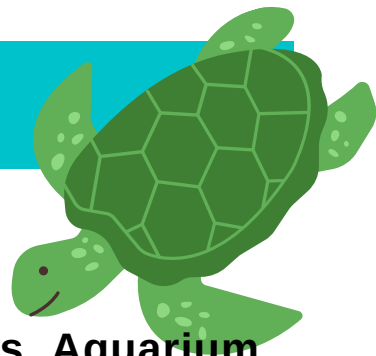
RSVP required at 603-610-4433.

INFO, RESOURCES, & HUMOR

Have you noticed we've arranged the senior center lobby? We have added a couple flyer holders. A TRIPS flyer holder and brand new, INFO, RESOURCES & HUMOR. Various topics will be in this holder that might be of interest, including some Senior Moments Humor from one of our volunteers, Chuck. Enjoy!



SENIOR CENTER TRIPS



New England Aquarium Day in Boston

Thurs., Sep. 14, 8:45am-4:30pm

Cost: \$65 resident/\$75 non-resident, includes Coach Bus, Aquarium Admission and Movie Theatre Admission

The Senior Activity Center is headed to the Aquarium for a fun-filled day exploring great exhibits like an immersive ocean experience as you walk around the 200,000 gallon Giant Ocean Tank, exotic sea creatures such as viewing the Pacific Octopus, the chattering of the penguins in the Penguin Colony, and Myrtle the 550-pound sea turtle! All while enjoying the view of the Boston skyline and harbor. Two time slots will be given for free time to wander. Lunch on own at the Harbor View Cafe inside, Central Snack Bar outside the Aquarium, or Dockside on Central Wharf.

Our group will be seated at 1pm in the state-of-the-art Simons Theatre on their giant screen 5-stories high to view the documentary selected (film title still pending once September movies are released).

8:45am departure from the center, with approximate 4:30pm return.
RSVP 603.610.4433.

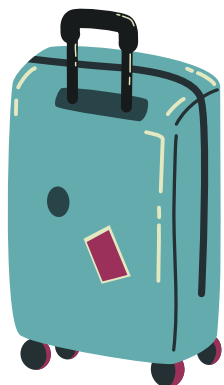
Italy Information Session 2024- *ADDED*

Second Presentation
Wed., Aug 9, 2:30PM

If you missed the first talk, this is a second talk to cover the extensive itinerary with Andrew from Collette Tours and AAA representatives.

Learn about the 13-day trip across Italy and optional additional tours. Still room for more passengers on this trip of a lifetime!

*This slide show presentation will be recorded. RSVP to 603.610.4433.



TRIPS

Kenny Rogers Tribute and Lobster Feast at the Log Cabin

Tues, Aug 22

Coach bus. \$139 per person.

Hobo Railroad with Hart's Turkey Luncheon on board in Lincoln

Wed, October 11

Coach bus. \$117 per person.

60's Music Invasion with Lunch at Danversport

Wed, November 1

Coach bus. \$111 per person.

****ABBA Tribute Band (Flyer at Senior Center)**

Thurs, Nov. 16

Coach bus. \$125 per person.

****White Mountains Hotel (Flyer at Senior Center)**

Sun., Dec 10 & Mon., Dec 11

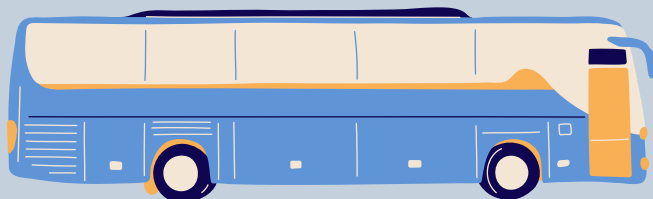
\$100 Deposit upon sign-up.

Coach bus. \$445 Double per person, \$545 Single per person

*PLEASE NOTE THE REFUND POLICY
PRIOR TO MAKING ANY TRIP RESERVATIONS.*

**ALL TRIPS HAVE FULL INFORMATION FLYERS AT THE FRONT DESK OF
THE SENIOR ACTIVITY CENTER.**

DO NOT SIGN UP WITHOUT READING ALL THE DETAILS.



NEW IN 2023: TRIP CANCELLATION/ REFUND POLICY

For all trips in 2023, refund requests must be submitted in writing (or email) and will be granted up until 2 weeks before the start of the program. Refunds are issued in the form of a check and usually take 2 to 3 weeks to process. If a request is made within two weeks prior to the start of the program, refunds will only be given for medical reasons or if the senior center is able to fill the spot with another participant.

For Royal Tours (Stacy Fenerty) Trips - we will be adhering to Royal Tours policy. If a person cancels and their space is filled with a replacement, they will be refunded. Otherwise, cancellations received within 30 days prior to the trip will not be refunded, unless they have purchased insurance, which guarantees a full refund, within 30 days after the trip.

For day trips with our Recreation Van - in the event of cancellation for any reason for the smaller amount fee day trips of \$5-\$10, we will credit your account for a future trip or program if you cannot attend.

SATURDAY COFFEE HOUR

Senior Lounge open on Saturdays for drop in coffee, wifi and social time. We have music available to listen to also or bring your own CD or record.

Open every Saturday 10:00am-noon

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



HELP US SAVE POSTAGE

Do you read the newsletter on our website at: www.cityofportsmouth.com/recreation?
Or, do you pick up a copy when you visit the Senior Activity Center? If you no longer need us to mail you a copy, please let us know.

You can email us at nmfinitsis@cityofportsmouth.com. Thank you!



FRIDAY MOVIES - POPCORN SERVED

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

***AFTER A SHORTER MOVIE ON JULY 7 AND 21. YOU'LL
HAVE TIME TO ENJOY A SPECIAL EVENT AT THE
SENIOR ACTIVITY CENTER.
(DETAILS ON CONCERT PAGE OF NEWSLETTER)***

- **July 7: Dirty Dancing** (1987, PG-13) A classic romantic-drama dance film. The story of Frances "Baby" Houseman, a young woman who falls in love with dance instructor Johnny Castle. Starring Patrick Swayze, Jennifer Gray, Jerry Orbach. 1 hr. 40 min.
- **July 14: Secondhand Lions** (2003, PG) A coming of age story about a shy young boy sent by his irresponsible mother to spend the summer with his wealthy, eccentric uncles in Texas. Starring Michael Caine, Haley Joel Osment, Kyra Sedgwick. 1 hr 51 min.
- **July 21: The Summer Place** (1959) Based on Sloan Wilson's novel about teenage lovers from different social classes who get back together 20 years later, and then must deal with the passionate love affair of their own teenage children by previous marriages. Starring Troy Donahue, Sandra Dee. 1 hr 30 min.
- **July 28: The Greatest Showman** (2017, PG) A biographical musical drama that is about P.T. Barnum, the founder of Barnum & Bailey Circus. Following the story of his life, from childhood to his marriage to Charity, the daughter of a wealthy client, and his creation of the circus as a form of entertainment for the masses. Starring Hugh Jackman, Michelle Williams, Zac Efron. 1 hr 45 min.
- **Aug 4: Grease** (1978, PG) Good girl Sandy Olsson and greaser Danny Zuko meet in L.A. in summer 1959 and fall in love. When Sandy has to leave to go back to Australia, they believe it is the end of their romance, however Sandy gets transferred to his school and they meet again. An iconic movie of "summer lovin". Starring John Travolta, Olivia Newton-John, Stockard Channing, Jeff Conaway. 1 hr. 50 min.

SENIOR CENTER WILL BE CLOSED

TUES, JULY 4, 2023

4th of July