



April 2025



PORTSMOUTH SENIOR ACTIVITY CENTER

# PORTSMOUTH SENIOR NEWS

*Programs & Activities for Ages 50+*



## Spring Fling Luncheon Special



Thursday, April 17

Senior Activity Center

10:30AM Seating, 11AM Serving

Savory Pot Roast w/Gravy, Sweet Potatoes, Peas, Spiced Honey Cake and Roll. Flavored seltzer waters, coffee and tea station. Thanks to Rockingham Nutrition for providing lunch. Special dessert provided by Maple Suites. Voluntary \$3.00 suggested donation. Pay at the door. RSVP by April 14. 603.610.4433.

## JAZZY SUNDAY AFTERNOON



**At the Senior Activity Center  
Sunday, April 6, 1-3PM**



An afternoon of jazz music and time with friends.  
Steve Blackwood Jazz Quartet to entertain.

### **Food Provided by Benchmark at Rye:**

Pork Sliders, Fruit, Cheese & Veggie Platter,  
Cannoli & Strawberries

### **Mocktails Provided by Assisting Hands**

Senior Activity Center will have  
gluten free/dairy free options.

**Food & Beverages While Supplies Last.**

**\$5 Per Person Cover Charge, Pay at the Door.  
No RSVP. Just Show Up.**

Visit us! Open Mon-Fri 9am-5pm | Sat 9am-12pm  
125 Cottage Street, Portsmouth, NH





## LUNCH BUNCH - WED, APRIL 16

Grill 28

200 Grafton Drive, Portsmouth

Wed, April 16, 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 Meals on Tuesdays & Thursdays managed by our friends at Meals on Wheels, Patti & Joel. Your choice - hot or cold meal choices each month. If new, please complete Meals on Wheels registration form. Pick up a menu at any time in kitchen.

Please call 603-766-4448.

Voluntary \$3.00 suggested donation.

Grab & Go pick up inside kitchen 11am-11:30am.

### AARP Tax Aide - By Appointment Only

### VOLUNTEER TAX PREPARERS



Scheduled appointments only - **DEADLINE is April 13**

#### What to do:

- Call 2-1-1 to schedule appointment. No walk ins.
- Pick up tax packet under front canopy at Senior Activity Center. Available 24/7. 125 Cottage Street.
- Return completed tax packet to tax counselor at appt
- Questions: Call Tax Aide Volunteer at 1-202-630-6071. Appointment call: 2-1-1



## SENIOR MOBILE FOOD MARKET - FREE



**MONDAYS; April 14 & 28 2:00-3:00PM**

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

Free produce and other perishable items available for pick up.

A simple registration form is given to shop the Mobile Markets. All information is kept confidential and only used for data reporting purposes. Please note the markets are meant for anyone; by participating, you are not taking away from anyone else. The more that participate the better! No RSVP, Just Show Up.





# APRIL SPECIAL PROGRAMS



## BUNNY HOP COMMUNITY DINNER

**at Great Bay Community College, Gather Cafe**

**320 Corporate Dr., Portsmouth**

**Tuesday, April 8, 4:00-6:00PM**

**FREE; RSVP REQUIRED SEATS LIMITED**

**603.610.4433**

A complimentary seated three-course dinner prepared with love by Gather's Cooking 4 Community team. This is not a Senior Activity Center event. Drive on your own. SEATING LIMITED. **RSVP REQUIRED - [nmfinitsis@portsmouthnh.gov](mailto:nmfinitsis@portsmouthnh.gov)**

## SUPPER CLUB RETURNS

**Tuesday, April 15, 4:30PM seating, 5PM serving**  
**at the Community Campus, 100 Campus Drive, Portsmouth**  
**INSIDE THE GYM, PARK RIGHT IN FRONT**

### APRIL 15: MENU:

**Lasagna**  
**Garlic Bread**  
**Buttered Green Beans**  
**Sheet Cake Dessert**

**Pay at the Door: \$7 Resident; \$10 Non-Resident. You MUST RSVP for Supper Club as it is a highly popular event.**

## 6-Week Mindfulness Course

**at the Senior Activity Center**

**Saturdays; April 26 to May 10, 10:30AM-12PM**

**Facilitator: Liz Korabek-Emerson, MFA, Certified Mindfulness Teacher & Owner of Korabek Training**

This 6-Week Saturday course will include the following:

- Training in meditation, developing awareness of breath, body, feelings and thoughts.
- Managing stress and learning how to shift from reaction to response.
- Recognizing and letting go of unhelpful habitual thoughts and mind states.
- Exploring, understanding and working with a range of emotional experiences.

Each class will include a talk, meditation practice and discussion. No prior experience required. Everyone is welcome. Five person minimum to run the class.  
**\$25 for the 6-Week Course.** Pay ahead. **RSVP 603.610.4433.**

# PROGRAMS FOR APRIL 4-8

## BASIC DRAWING CLASSES WITH CHONG SCOTT

Drawing classes will now be broken down into Beginner & Beginner to Artists at Heart. These classes are designed to go at your pace and you can choose to float between classes and keep adding to your portfolio.

**Monday, April 7 AND Monday, April 21 - First and Third Mondays**

**10:00am-10:30am (Beginners)**

**Shape, Shade & Shadow**

Turn geometric shape into a three-dimensional picture by adding shading and shadows to your subject matter. Step-by-step instructions and follow along.

**10:30-12:00 (Beginners to Artists at Heart)**

Basic sketching skills while applying the shape, shade & shadow fundamentals.

Choose a time slot above or come for both. JUST SHOW UP. FREE.

## Tony & the Great American Street Organ Friday, April 4, 4PM-5:30PM

Tony Gangi of Great American Street Organ will delight us with a captivating journey through history and music. Experience the charm of a real, hand-cranked street organ as Tony shares the fascinating stories behind organ grinders. Stick around afterward for a touch of magic from our friends at Sages Entertainment. Get a sneak peek at their upcoming magic class at the Senior Activity Center in May. FREE. Just Show Up. Bring the grandkids to this one!!



## Up, Up and Away

**Monday, April 7, 1PM**

**Facilitator: Stanley Foreman, Special Interest Speaker**



How did the Wright brothers, two bicycle mechanics from the Midwest, out-think and out-engineer the best scientific minds in the world and invent the airplane? A story of careful work and inspiration gives us the greatest advance in modern travel! Come hear all about it.

FREE. RSVP - 603.610.4433

## Proper Body Mechanics for Gardening

**Tuesday, April 8, 1PM**

**Facilitator: Ben Otis, PT, OMT, Ben Otis Physical Therapy, Portsmouth**



Is pain keeping you away from gardening? Join Ben as he teaches good body mechanics for gardening this year. FREE. RSVP 603.610.4433.



# PROGRAMS FOR APRIL 10-15



## Healthy Aging with UNH Therapeutic Recreation Students

**Thursday, April 10, 9:30AM-10:30AM**

Led by UNH Therapeutic Rec students, come paint and learn about the benefit of recreational activities for your health. The students will be making morning mocktails as well. All supplies provided. Limited to 25 people. FREE. RSVP 603.610.4433.

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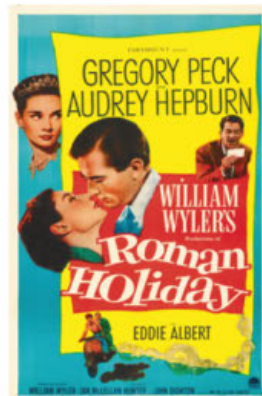
## **Roman Holiday (1953): Friday Movie with Host Jeannie MacDonald**

**Friday, April 11, 12:30PM**

Something a little different before our Friday movie. Classic film historian Jeannie MacDonald will kick off the movie with a brief intro of fun facts and trivia.

She will then wrap up the movie with a Q&A. First come, first served. **See Friday Movies page for details.**

Free. No RSVP needed.



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## **Advanced Directives**

**Monday, April 14, 1PM**

**Facilitator: Amanda Mertens, Palliative Nurse Practitioner, Amedisys**

If you had a medical emergency, would your loved ones know your wishes and how best to advocate on your behalf? Advanced Directives are essential legal documents that allow individuals to specify their health care preferences if they become unable to make decisions due to illness or incapacity. They ensure that a person's medical treatment aligns with their wishes and values. If you have not completed your advanced directives, join Amanda Mertens, Palliative NP with Amedisys, Inc to learn more. FREE. RSVP to 603.610.4433.

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## **Robotic Petting Zoo**

**Tuesday, April 15, 12:30PM-2PM**



A new hands-on adventure into the fascinating world of robotics! Meet the Robot Ambassadors from Sages Entertainment and discover how these incredible machines work. Interact with friendly robots, try your hand at coding them to do tasks and learn about their unique jobs and abilities.

No experience is needed—just curiosity and a sense of fun! Come see, touch, and learn in this engaging, interactive experience.

Don't miss this chance to meet the robots up close! \$5 Per Person paid at the event. RSVP 603.610.4433.



# PROGRAMS FOR APRIL 16-29

## **Zentangle with Patty**

**Third Wed of the Month: Wed April 16, 10AM-12PM**

**Facilitator: Patty Weeks, CZT**

Open to beginner & experienced tangles. Bring your own supplies (list can be provided). Zentangle is a meditative art form that you can gain inspiration for other creative endeavors. \$10 per student paid to instructor. \*Please tell us if you are new to Zentangle. RSVP - 603.610.4433

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## **Experienced Watercolor Class: Sea & Sky Painting**

**Fridays, Starting April 18-June 13, 10AM-12PM**

**Facilitator: Maureen O'Leary, Artist & Volunteer**

Get ready to dive into spring watercolor classes where Maureen will make Sea and Sky painting a breeze! The first session of classes is for those who have taken Maureen's classes before. FREE. RSVP 603.610.4433. **Never taken one of Maureen's classes? See below.**

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## **Beginner Watercolor Class with Maureen O'Leary**

**Fridays, Starting May 2-May 30, 9AM**

**Facilitator: Maureen O'Leary, Artist & Volunteer**

Beginner watercolor class for anyone who hasn't taken a Maureen O'Leary class or feels they need more experience. FREE. RSVP 603.610.4433.

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## **Medicare Prescription Drug Costs**

**Monday, April 21, 2PM**

**Facilitator: Natalie Allen from Allen Agency**



Are you baffled, befuddled or bewildered by 2025 Medicare Prescription Drug Costs? Come to this informative session to learn when and how to enroll and learn more about plan notifications. Natalie will be with us monthly for various helpful Medicare topics. FREE. RSVP 603.610.4433.

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## **iPhone/iPad Tips & Tricks Ad Hoc Q&A**

**Wednesday, April 23, 1PM**

**Facilitator: Deb Weil O'Day, Retired Techie**

April Tech Tips will get us caught back up from previous sessions. Participants bring their questions and concerns with their technology devices to the class. Each class is crafted to go with the "speed" of the group. Come with your questions related to anything from email, to notifications, apps, photos and more. FREE. RSVP to 603.610.4433

## Mother's Day & Spring Cards with Becky

**Tuesday, April 29, 1PM**

**Facilitator: Becky Crawshaw, Volunteer**



We're making Mother's Day & spring decorated cards. Supplies and instruction provided. Small fee to cover supplies of \$10 per person paid at the class to Becky. Limit 8 people. Sign up early! RSVP 603.610.4433

## MAY PROGRAMS NOT TO MISS

### Fraud Prevention Medicare

**Wednesday, May 7, 1PM**

**Facilitator: Lori Raymond, Senior Medicare Patrol Specialist**

Lori will be coming to us from the Partnership for Public Health and the Aging and Disability Resource Center in NH to share helpful information and ways to prevent, detect, and report Medicare fraud in the state. Specific scams in New Hampshire will also be shared. FREE. 603.610.4433.

### Pontine Theatre - Soujourner Stories: New Englanders in Nature

**Tuesday, May 13, 3PM**

Excited to have Pontine Theatre with us again this spring! Soujourner Stories is an original adaptation of two stories by New England authors - Sarah Orne Jewett's A White Heron and Robert Frost's The Star Splitter. Seats limited. FREE. Please RSVP to 603.610.4433.

### Discover Magic Classes Return - 4-Week Session

**Tuesdays; May 13, 20 & 27 & June 3, 10:30AM to 12PM**

**Facilitators: Wayne & Kali Moulton, Sages Entertainment**

**Cost: \$25 Per Person for all 4-weeks**



Join us for a fun and engaging 4-week magic class where you'll learn incredible tricks, explore the rich history of magic, and gain skills that will amaze family and friends. Each session includes high-quality magic props, top-secret file folders, and special surprises, plus access to an online vault filled with bonus videos. No experience is needed—just a sense of wonder and a willingness to have fun! As past participants have said, "We're going to be the coolest grandmas ever!" Don't miss this opportunity to learn, laugh, and create a little magic of your own! ✨RSVP 603.610.4433 to reserve your spot!



**Karen Rosania Art Classes will return in our May issue.**





**6-Week WALK WITH EASE: an Arthritis Foundation Program**  
**Thursdays; Starting April 24 thru May 29, 10AM-11AM**  
**Community Campus, 100 Campus Dr, Portsmouth, Walking Trails**

Designed to encourage people to start walking and staying active. During the 6-weeks you learn how to safely make physical activity a part of your daily life. Proven to reduce pain and discomfort of arthritis, increase balance, strength and walking pace. Participants will:

- Receive a FREE guidebook & Online resources
- Walk at your own pace 3 times per week for 6 weeks
- Benefit from the support of your peers and walking together



**The class and walking will take place on the property of the Community Campus, and you will be walking flat trails or inside the gym in bad weather. FREE.** RSVP to 603.610.4433. After you register, a Walk with Ease volunteer will reach out to complete their additional paperwork.

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## **NEW ART SHOW STARTS APRIL 11-JULY 11**

***"Patterns in Nature"***

April 11<sup>th</sup> – July 11<sup>th</sup>  
Artist's Reception, Thursday April 17<sup>th</sup>

All mediums are accepted,  
why not consider being a  
contributor!!!

For More Details Contact:  
Diane ([dianestrading@gmail.com](mailto:dianestrading@gmail.com)) or  
Mo ([maureenoleary2@gmail.com](mailto:maureenoleary2@gmail.com))

**NEW ART SHOW  
OPEN HOUSE:  
THURS, APRIL 17  
3-4:30PM**

**"Landscapes Real &  
Imagined"  
ON DISPLAY  
thru April 10  
DROP BY ANYTIME**

**SENIOR ACTIVITY  
CENTER HOURS  
MON-FRI 9AM-5PM  
SAT 9AM-12PM**



# SUPPORT GROUPS & RESOURCES

## DEMENTIA SKILLS TRAINING

**Tuesday April 1**

**1:00pm - Senior Activity Center**

Facilitator: Debbie Kroner, Monarch Care Partners

Focusing on practical, hands-on skills that will empower you to provide effective care for your loved one living with dementia. Free. No RSVP needed.

## DEMENTIA SUPPORT GROUP

**Thurs, April 10, 2PM (Second**

**Thursday of the Month)**

**2:00-3:30pm - Senior Activity Center**

Facilitator: Debbie Kroner, Monarch Care Partners

Free support group open to any caregivers looking to share experiences and find support in a safe and inclusive environment. Free. No RSVP needed.

## NEW BEGINNINGS GRIEF GROUP - EVENINGS

**Tues, April 8 (Second Tuesday of the month)**

**6:00pm-7:30pm at Senior Activity Center**

If you are a widow or widower and would like to attend a meeting, contact Shirley at [samcann@yahoo.com](mailto:samcann@yahoo.com) or leave a voicemail at 207-602-9710. Free. No RSVP needed.

## 6-WEEK EVENING GRIEF SUPPORT GROUP

**Thursdays: May 14 - June 18, from 5:30pm-7pm**

**Facilitators: Bob Viera and Stew Bradley**

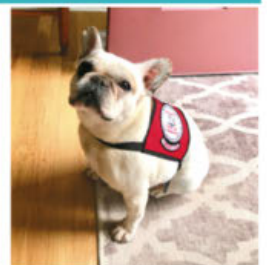
We understand that grieving is a challenging and unique experience. The purpose of this Grief Support Group is to provide members with a safe opportunity to share and receive support. Meetings are a combination of conversation and education. We hope that through this Group experience you will be empowered by new insights, perspectives, and renewed strength. The Group will meet for six consecutive weeks. FREE. RSVP to 603.610.4433.

## NILLA THE THERAPY DOG

**Friday April 18 & Wednesday April 30, 12PM**

**About 40-45 minutes at Senior Activity Center**

Our favorite friend, Nilla, is back, along with caretaker Karen. Nilla is a certified therapy dog and can help melt away stress with a few pats. Nilla is the fur baby of Karen Rosania. Stop by to meet her. No reservation needed. FREE.





**A concert follows today's movie!**

## MOVIE MATINEE FRIDAYS



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



**Thank you Ninety-Nine of Portsmouth for our popcorn!**

**April 4: American Underdog (2021) PG, 1hr. 52min.** The story of NFL Hall of Famer and MVP quarterback, Kurt Warner, who went from stocking shelves at a supermarket to becoming an American Football Star. Starring: Zachary Levi, Anna Paquin. **A concert follows today's movie!**

**April 11: Roman Holiday (1953) 1hr 53 min.** A modern-day princess, rebelling against the royal obligations, who explores Rome on her own. One of the top romantic comedies. Starring Audrey Hepburn, Gregory Peck, Eddie Albert, Tullio Carminati. **Special Introduction to the film by Jeannie MacDonald today. Come early!**

**April 18: Noah (2014) PG 13, 2hr 18 min.** Noah is chosen by God to undertake a momentous mission before an apocalyptic flood cleanses the world. Starring: Russell Crowe, Jennifer Connelly, Anthony Hopkins, Emma Watson.

**April 25: The Doctor (1991) PG 13, 2hr 2 min.** When a self-centered doctor in a busy San Francisco hospital is diagnosed with cancer, he becomes better able to empathize with his patients and appreciate life outside his career.

**May 2: Glory Road (2006) PG 1hr 58 min.** In 1966, Texas Western coach Don Haskins led the first all-black starting lineup for a college basketball team to the NCAA National Championship. Starring: Josh Lucas, Derek Luke, Austin Nichols.

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### **CARDIO DRUMMING at the Senior Activity Center**

**Tuesdays, 2:30PM-3:15PM**

**\$5 Per Person Paid at Class | Instructor: Gail Eaton**

Cardio Drumming is low impact but high energy and can be done sitting or standing. You will be moving the entire 45-minutes. Movements include standing, curls, knee lifts, arm work and squats. We will provide the bucket and sticks. **You need to supply your own 55 or 65 cm yoga ball.** The Center will store buckets/sticks but your ball needs to come and go with you. Wear comfortable clothes and sneakers. RSVP 603.610.4433



*\*All first timers  
to the center,  
must register at  
front desk.*

# WEEKLY ONGOING PROGRAMS

## 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. Suggested \$5 donation.



### **SCRABBLE \***

Mondays 1:00pm

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

### **GUIDED MEDITATION W/JEAN & WENDY**

Mondays; 10am

Instructor: Jean Roalsvig and Wendy Fletcher

Come participate in a guided meditation to strengthen your awareness of your own inner light, wisdom & knowledge. Participants sitting comfortably in chairs for guided meditation. No experience necessary although an open mind is required. FREE

### **MAH JONGG \***

- Mondays 1:00pm - American
- Tuesdays 1:00pm - Chinese

Games provided. FREE



## TUESDAYS

### **CHAIR YOGA \***

Tuesdays 10:15am

Instructor: Tina Trevino

Join anytime. FREE



## TUESDAYS (CONT.)

### **POETRY GROUP**

1st and 3rd Tuesdays; 10am-11am

**Tues April 1 and April 15**

Facilitator: Judy Mazel

If you have a passion for poetry, this group is for you. Biweekly meetings will cover reading, writing and discussion of poetry. Experience not necessary. All welcome. FREE.

### **EASE OF MOVEMENT**

#### **"ALEXANDER TECHNIQUE"**

Tuesdays; 11am

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. Sit or stand, wear comfortable clothing. \$5 suggested donation to facilitator.

## WEDNESDAYS

### **VETERANS COFFEE**

Wednesdays 1:00pm

All veterans welcome to this social activity to meet other veterans.

Coffee provided. Guest speakers at times. Goodies for the veterans sponsored by our local DAR Chapter volunteers. FREE.

### **MEXICAN TRAIN DOMINOS \***

Wednesdays 1pm - all levels.

Beginners welcome. Join the fun!

Games provided. Drop ins welcome. FREE



# WEEKLY ONGOING PROGRAMS

## THURSDAYS

### **QIGONG \***

Thursdays 11:00am FREE

Instructor: Jeanne DeFlorio

Improve your health by integrating posture, movement, breathing, and focused intent to activate your flow of energy. Chairs are available

### **BOOK CLUB \***

Every other Thursday, 3PM - **April 10 and April 24.**

Facilitator: Larry Lariviere

Come to share a favorite book, or to hear about others. FREE

### **KNITTERS (YARN WORKS) \***

Thursdays 12:30-2:30pm

Bring your knitting, crocheting, etc.

This is a social based program, not a teaching program. FREE

### **DROP IN ART & COLORING \***

Thursdays 12:30pm

We provide the canvas, paint, adult coloring books, colored pens. FREE

### **WINTER INDOOR WALKING**

Thursdays, 8:30AM-11AM

Indoor Walking at the Community Campus Gym - 100 Campus Dr., Portsmouth. 11 laps = 1 mile. FREE

## FRIDAYS

### **BALANCE YOURSELF WITH JEAN & WENDY**

Instructor: Jean Roalsvig & Wendy

Fridays 11AM

Gentle movements, breathing exercises, and soothing sounds.

Mindfulness and stress relief practices. No experience necessary, just an open mind. Drop-ins welcome. FREE.

### **CRIBBAGE**

Fridays 1pm

Small group cribbage. Drop ins welcome. FREE

### **CANASTA**

Fridays 1:00pm-3:00pm

Join us to learn Canasta. All abilities welcome. Drop ins welcome. FREE

### **PITCH**

Fridays 1:00pm-3:00pm

Join us to learn Pitch - a Hi-Low Jack Game. Same room as Canasta for all the card fun! All abilities welcome. Drop ins welcome. FREE

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## SATURDAYS

### **ZUMBA GOLD**

Saturdays 9:00am **IN PERSON**

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

### **COFFEE HOUR**

Every Saturday 9:00am-Noon Lounge open on Saturdays for drop-in coffee, free Wi-Fi and social time...and snacks! FREE

# MONTHLY PROGRAMS

## **Senior Activity Center Stitches with Seacoast Sweet Stitches** **Saturday, April 5, 10AM-12PM; FIRST SATURDAY OF THE MONTH**

Crafting and community program. Seacoast Sweet Stitches is an ongoing group coming to the Senior Activity Center made up of people who knit, crochet, sew, etc. No experience necessary. All ages and abilities welcome. Need supplies? Email Abby at [scliab2@comcast.net](mailto:scliab2@comcast.net). FREE. Just Drop In!



## **Sound Bath with Bloom By Healing & Pawsitive Vibes Healing** **Saturday, April 19, 10:30AM; THIRD SATURDAY OF THE MONTH**

Meditative experience designed to help you unwind, reconnect, and embrace your life with renewed peace. Meditation bowls and relaxing music are played. Bring what you need to be cozy, dress comfortably. Sitting in chairs. **Suggested Donation \$10 per person.** Minimum of 4 sign-ups to run the class. RSVP to 603.610.4433.

## **Reiki Circle - Second & Fourth Tuesdays (LARGE GROUP)** **Tuesday, April 8 and April 22**

Facilitator: Mary Schworer, Reiki Master Teacher

- 1-1:20PM - Reiki Practitioners Meet
- **1:30PM to 2:30PM- Reiki attendees come to receive Reiki**



Join skilled practitioners for an hour of gentle energy healing and breath exercises. Reiki is non-invasive and powerful. NO RSVP. Just Show Up.

## **QUILTS OF VALOR SEWING DAY** **Wed, April 30, 9AM-3PM; 4th Wednesday of the Month**



What is a Quilt of Valor? A quality handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. Anyone is welcome to join the Sew Day. Pattern and fabric to be provided; supply list given upon registration. Register with Colleen Martin, QOV Volunteer - [colleen.satchels@gmail.com](mailto:colleen.satchels@gmail.com) or 603.828.5071. FREE.



## **BARBER CUTS - LAST WEDNESDAY OF MONTH**

**Wednesday, April 30, 12-2PM at Senior Activity Center**

**\*DROP-IN, WAIT FOR CUT\*. Please note, this is a barber and not a hair stylist.** Please arrive with clean hair. Plan to sign-in when you arrive. FREE. Donations accepted.





# ANNOUNCEMENTS



## SENIOR CENTER CLOSURES:

Sunday April 20 - Easter (No Rentals)

## NEW SOFTWARE REGISTRATION:

Thank you to everyone who has been updating their information in our new software. Please keep it up!

Stop by the desk to create your new account or visit [portsmouthnh.myrec.com](http://portsmouthnh.myrec.com) and click "New Account."

## WINTER WEATHER INFO:

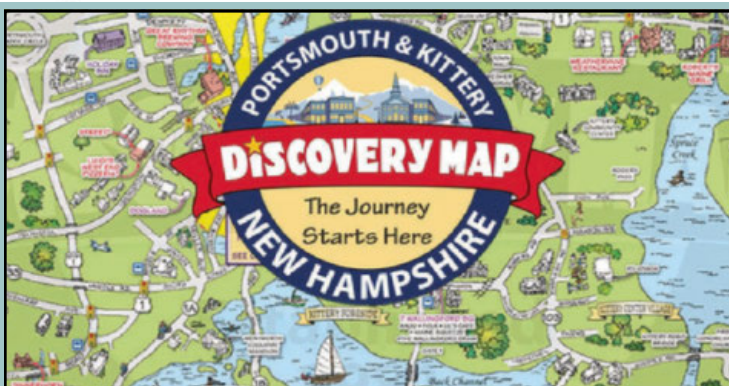
The Senior Activity Center would like to remind everyone we follow Portsmouth School Department's delays & cancellations - if the schools are closed, programs are closed. The Senior Activity Center will remain open for Drop-In Lounge only. In the event of severe weather, we would list on WMUR.

When in doubt, call the Center, or check social media.



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WE ARE IN A RELENTLESS PURSUIT OF A CURE

## HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

**RESERVE YOUR RV/CAMPING SEASON!**

Check us out at:  
[www.camp-nh.com](http://www.camp-nh.com)



Or call us at:  
**603-744-3344**







## Elisa "Lisa" Hietala

Medicare Specialist

elisa.hietala@wellsense.org

603-605-1450 (TTY: 711)

wellsense.org/lisa

Here to assist with  
your Medicare needs



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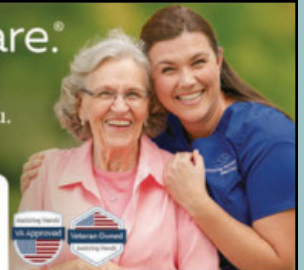


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Portsmouth Senior Activity Center, Portsmouth, NH

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# SENIOR ACTIVITY CENTER TRIPS



**Discount Shopping Trip: Mardens, Reny's - Maine**

**Monday, April 21**

**Leaving the Center at 9:30AM, return approximately 3PM**

**Cost: \$5 Resident/\$10 Nonresident**

Discount shopping lover's trip. Starting out to the largest Marden's store in Scarborough, then onto Reny's in Portland before ending at the Maine Mall in S. Portland to grab a bite to eat or walk the mall. RSVP 603.610.4433

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**Oxford Casino Senior Hot Seat Day, Oxford, ME**

**Wednesday, April 16**

**Leaving center 9:30am, return apx 4:30pm**

**Cost: \$10 Resident | \$15 NonResident**



Time for another casino run! Press your luck at one of the nearly 1,000 slot machine games Oxford Casino is famous for or try a table game. **This is Senior Hot Seat Day. All seniors get a free cookie & if you go to Guest Services and get a Loyalty Card (free) you have a chance at several drawings to win cash throughout the day.** Grab lunch on own in the casino & enjoy a good time! RSVP 603-610-4433

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**Millyard Museum and Lunch at Puritan Backroom, Manchester**

**Thursday, April 10**

**Leaving the Center at 9:30am, Return approximately 3:30pm**

**Cost: \$15 Resident/\$20 Nonresident - Lunch Paid on Own at Restaurant**

NH History buffs take note. The Millyard Museum tells the history of Manchester, located in Mill No. 3 in the historic Amoskeag Millyard. We will be on a guided tour of the museum with time to browse the gift shop. After the museum we will be heading to the Puritan Backroom Restaurant. Puritan boasts a delicious American fare menu with fresh seafood and sandwich, salad or pizza options. Your lunch is pay on own. RSVP 603.610.4433

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**John F. Kennedy Museum & Commonwealth Museum, Boston**

**Wednesday, May 21**

**Leaving the Center at 9:15AM return approximately 4PM**

**Cost: \$50 Resident/\$60 Nonresident; includes museum tickets, Coach bus transportation and driver gratuities.**

Dedicated to the memory of our nation's thirty-fifth president, John Fitzgerald Kennedy (1917-1963), the JFK Presidential Library and Museum is located in the Dorchester neighborhood of Boston, MA and has a captivating tribute of the life, legacy, and vision of America's 35th president. Explore exhibits, theaters, and video presentations telling the stories of the era. Get lunch on own in the JFK Cafe. Seating throughout the exhibits. After the JFK Museum we will head to the Commonwealth Museum across the street for some more exhibits. RSVP 603.610.4433.



# ROYAL TOURS TRIPS

**The following trips are just a few of the several Royal Tours trips being offered. Check out Trip Flyer wall at the Senior Activity Center to see all.**

## **Cruisin with the King on board the M/S Mount Washington Tuesday, May 20**



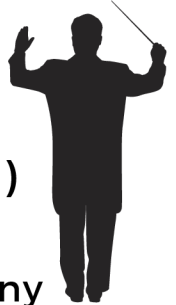
**Leaving the Center at 11AM return approximately 5PM**

**Cost: \$151 Resident/\$161 Nonresident; includes coach bus, boat ride with luncheon, staff gratuities and driver gratuities and entertainment.**

Board the Mount Washington to cruise the Lake Winnepesaukee for an unforgettable "Cruisin' with the King" experience. Rick Anthony to perform as Elvis. This 2.5 hour cruise also includes a delicious buffet lunch! RSVP 603.610.4433

## **OVERNIGHTS!**

### **Boston Symphony Orchestra at Tanglewood Norman Rockwell Museum, Stockbridge, MA Sunday, August 3 to Monday August 4, 2025**



**Cost Per Person: \$779 Resident, \$789 Nonresident (SINGLE)  
\$639 Resident, \$649 Nonresident (DOUBLE)**

2-Day overnight to the famed summer home of the Boston Symphony Orchestra at Tanglewood. Lodging at the Red Lion Inn and day trip excursions to both the Norman Rockwell Museum and The Mount, a turn of the century home built by Edith Wharton. Price includes 3 meals and admissions to all destinations as well as gratuities.

Deposit: \$100 Deposit due upon signing up. \$250.00 due by April 3, 2025. Final payment due June 15. Checks payable to the City of Portsmouth.

### **Charming 3-Day, 2 Nights Getaway: Boothbay Harbor Maine Sunday, June 29- Tuesday, July 1, 2025**



**Cost Per Person: \$999 Resident, \$1,009 Nonresident (SINGLE)  
\$819 Resident, \$829 Nonresident (DOUBLE)**

3-day Trip to Boothbay Harbor, Maine. Experience the sights, sounds and tastes that Maine has to offer! Visit Portland Headlight, Ocean Point and the Coastal Maine Botanical Gardens. Enjoy a boat ride to Cabbage Island for a delicious Double Lobster Bake. Complete flyer at Senior Center.

Deposit: \$100 Deposit due upon signing up. \$250.00 due by March 30, 2025. Final payment due May 15. Checks payable to the City of Portsmouth.

**RSVP to save your seat for these adventures 603.610.4433**