

May 2025

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+

GRANDPARENT/GRANDCHILD FOAM PARTY

Wednesday, May 21, 4PM-5:30PM



AT THE PORTSMOUTH SENIOR ACTIVITY CENTER
ANYONE WELCOME - YOU DON'T HAVE TO HAVE A GRANDCHILD

What is a FOAM party? A FUN interactive foam and bubbles party experience for ALL AGES. Sages Entertainment will be using foam producing equipment to create our micro-foam play area that will have adults and children laughing and playing like never before. Free Baby Kona Ice per kiddo, family-friendly music, and so much FUN! RSVP - 603.610.4433 and share how many children are joining you.

2025

Sock Hop Afternoon

FEATURING THE GEMSTONES & RICK ANTHONY AS ELVIS

at the Senior Activity Center

Friday, June 20

4PM-6PM

Live music you can dance to! Hors d'Oeuvres and appetizers served with a couple fun surprises.

\$7 Resident | \$10 Nonresident Pay at Door

RSVP 603.610.4433.

Visit us! Open Mon-Fri 9am-5pm | Sat 9am-12pm

125 Cottage Street, Portsmouth, NH

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.



WAFFLE BAR MONDAYS



Mondays - Drop in between 9:30-11AM

Donations accepted, not necessary.

Our very own weekly breakfast option. Staff Member Marcia will be making waffles Mondays. You can pop in anytime between 9:30-11am to have delicious warm waffles & toppings while visiting with friends. No RSVP necessary. Just show up.



SENIOR MOBILE FOOD MARKET - FREE



MONDAYS; May 12, 2:00-3:00PM - Only one day this month due to holiday

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.



5TH ANNUAL FLAGS OF HONOR



Sponsored by Vouchers for Veterans & City of Rochester

May 24-25-26 2025 at the Rochester Common, S Main St Rochester

Displayed over Memorial Day weekend will be a stirring and unforgettable sight as heroism is portrayed for the men and women who have served in the armed forces. A total of 550 8-foot flag poles each flying a full-size American Flag, with name attached honoring a veteran. A lovely display. **This is NOT a senior center event. Just sharing info.**

SPRING SPECIAL PROGRAMS

SUPPER CLUB

Tuesday, May 13, 4:30PM seating, 5PM serving
at the Community Campus, 100 Campus Drive, Portsmouth
INSIDE THE GYM, PARK RIGHT IN FRONT

MAY 13: MENU: Chicken Cordon Bleu
Zucchini & Summer Squash, Mashed Potato & Dessert

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

Pontine Theatre

Soujourner Stories: New Englanders in Nature **at the Senior Activity Center**

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.



Woven Paper Basket Workshop Series

Tuesdays; June 24, July 1, 8 and 15
1:00pm - 3:00pm

at the Senior Activity Center



Mary Banach was a featured artist for Star Arts on Star Island where she taught woven paper baskets. Baskets made with paper are a colorful creative endeavor. The process uses some of the same techniques as traditional basket making, with some modifications. In this workshop, you will complete a colorful basket which will be approximately six inches. A complete step by step description of the process will be provided. A \$12 fee for the starting kit can be paid to the instructor on the first day. Come with your imagination and creative juices! Space limited. RSVP to 603.610.4433.

PROGRAMS FOR MAY 2-7

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, May 5 AND Monday, May 19 - 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.

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.

Seed Starting Workshop

Tuesday, May 6, 1PM

Facilitator: Deb Weil O'Day, Retired Techie

Get a head start on your Spring Gardening with this Seed Starting Workshop! All materials and seeds provided by instructor. FREE. 603.610.4433.



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.

PROGRAMS FOR MAY 13-19

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!

Healthy Ways to Manage Stress

Wednesday, May 14, 2PM-3PM

Facilitator: Katie Michaud MS, OTR, Cornerstone VNA

May is National Mental Health Awareness Month. Learn about the causes and types of stress, symptoms, self-assessment techniques, diet and nutrition, and treatment options. FREE. 603.610.4433.



Look for program titles in blue font in this issue around Mental Health Awareness.



Kickin' Off Summer with Randy Hawkes Concert Friday, May 16 3PM



Rockin' Randy Hawkes joins us to play good time music for everyone. Randy plays music from the 50's, 60's, 70's and beyond. We have enjoyed him a couple times and are happy to have him return to kick off our summer! FREE. Just Show Up.

Medicare Monthly: Planning Ahead - Long Term Care & Medicare Mon, May 19, 2PM; Medicare talks take place 3rd Monday of month Facilitator: Natalie Allen from Allen Agency

Natalie will be with us to discuss long-term care planning and how Medicare is a part of that. Natalie is a licensed independent agent and these sessions are meant to be informative overviews that happen monthly. FREE. RSVP 603.610.4433.

PROGRAMS FOR MAY 19-JUNE 3

Father's Day & Summer Cards with Becky

Tuesday, May 19, 1PM

Facilitator: Becky Crawshaw, Volunteer

We're making Father's Day & summer 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

Oh My Goodness - The Importance of Goodness in Our Lives

Wednesday May 21, 1PM

Facilitator: William Nee, REAP Clinician, Seacoast Mental Health

A frequent complaint about people in group setting is the lack of tolerance for people who are different than themselves. These differences can be ethnic or cultural diversity, physical disability or limitations, or economic status. This atmosphere is often cause for hurt feelings that can lead to isolation and other factors that can put elders at risk for alcohol abuse and/or medication misuse. The goal of this presentation is to promote tolerance and acceptance in a non-judgmental manner that is both funny and poignant. FREE. 603.610.4433.

Zentangle with Patty

Third Wed of the Month: Wed May 21, 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

Walk in Their Shoes Dementia Simulation

Wednesday May 28, 2:00-4PM

Presented by The Residence at Silver Square

Allow our dementia experts to take you through a simulation experience to better understand and empathize with what living with Alzheimer's or other forms of dementia is like. We will guide you through compromised vision, hearing & dexterity. RSVP by Wed May 21 603-610-4433

Understanding Anxiety in Older Adults



New Hampshire

Tuesday, June 3, 1PM

Facilitator: Meredith Kolodze, DSW, LICSW, NAMI NH

Meredith will be on-site from National Alliance on Mental Illness (NAMI) NH to cover Anxiety in Older Adults inclusive of real-life situations, interactive exercises, handouts and discussion in a relaxed learning atmosphere. FREE RSVP to 603.610.4433

JUNE PROGRAMS

THE COLORADO ROCKIES: MAY 2026

COLLETTE TOURS INFORMATION SESSION FOR 2026 TRIP

WEDNESDAY, JUNE 4, 1PM
AT THE SENIOR ACTIVITY CENTER

SPECIFIC MAY 2026 DATES: TO BE ANNOUNCED

We are excited to announce the 2026 domestic Collette Tour destination as The Colorado Rockies. Experience the grand landscapes of the American West as you journey from the "Mile High City" of Denver to Colorado Springs. Tour highlights will include:

- Black Canyon at Gunnison National Park
- Rocky Mountain National Park
- Pike's Peak Cog Railway from Silverton to Durango and spend 2 nights in Durango to relive the excitement of the Old West.
- So much more! FREE to attend info session.

RSVP 603.610.4433



MODERN SQUARE DANCING RETURNS FOR FALL

TRY IT FOR FREE: Thursday, June 5, 1PM-2:30PM

First Class starts Thursday June 12, 1PM-2:30PM

Dance Leader: Al Rouff, Callerlab Trained

This beginner's level modern square-dancing class kicks off again with new dancers Thursday June 5. No partner needed; no experience necessary. Learn modern square dancing & dance in teams of 8 to modern music. Regular (but not perfect) attendance required. RSVP to 603.610.4433



Structured Tai Chi for Beginners

12 Tuesdays; June 3 - Aug 19, 11:30am-12:30pm

Facilitator: Jeffrey Cooper

Series of 12-classes to master Part 1 of Tai Chi Longform. Learn basic principles and how to move for strength and balance. Tai chi teaches movement in a way to avoid aches and pains, and to prevent falls. For best results, please plan to attend all 12 classes - or as much as possible. Suggested donation \$5 per class to be paid to instructor. RSVP - 603.610.4433



KAREN ROSANIA ART CLASS

Wrapped Frame Class

Wednesday, June 11, 12:45PM-4:15PM

Instructor: Karen Rosania, Owner OliveTeal Arts

**Karen's
Studio Class
this month**

Come join the fun and make a beautiful, wrapped picture frame! You will have access to gorgeous fabrics, unique trims and learn how to personalize your frame with letter beads. These also make wonderful gifts if you are attending a wedding, anniversary party, or have a new Grandbaby or Great Grandbaby on the way!

Location: Class will take place at Karen's studio in Portsmouth. Transportation provided - shuttle will leave the Senior Activity Center at 12:45PM, return for 4:15PM. Class limited to 6 people. Cost \$15 resident | \$20 nonresident and paid to instructor and includes all materials. RSVP to 603.610.4433



Karen's home studio is a stone's throw away from the Senior Activity Center. Class takes place in her cozy studio. Shuttle provided to and from for your convenience.

"Patterns in Nature"

April 11th - July 11th
Artist's Reception, Thursday April 17th

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

For More Details Contact:
Diane (dianestrading@gmail.com) or
Mo (maureenleary2@gmail.com)

ART SHOW APRIL 11-JULY 11

"Landscapes Real & Imagined"

ON DISPLAY

April thru July 11

DROP BY ANYTIME

SENIOR ACTIVITY CENTER

HOURS

MON-FRI 9AM-5PM

SAT 9AM-12PM

SUPPORT GROUPS & RESOURCES

DEMENTIA SKILLS TRAINING

Tuesday May 20

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, May 8, 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, May 13 (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 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

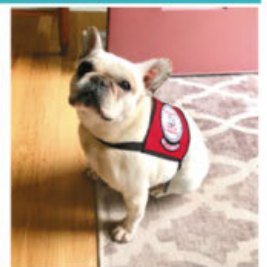
We understand that grieving is a challenging and unique experience. The purpose of this Grief Support Group is to provide members with a safe opportunity to share and receive support. Meetings are a combination of conversation and education. We hope that through this Group experience you will be empowered 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

Fridays; May 2 and May 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.





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!

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.

May 9, A Complete Unknown (2024) R, 2hr 20min. This American biographical musical drama follows the life of Bob Dylan. In 1961 Bob hitchhikes to New York City to meet his idol, Woody Guthrie. Her performs a song for the dying Guthrie and the rest is history. Starring: Timothee Chalamet, Edward Norton, Elle Fanning, Monica Barbaro.

May 16, Lost on a Mountain in Maine (2024) PG, 1hr 38 min. Based on the true story of 12-year-old Donn Fendler who became lost in the rugged wilderness of Northern Maine during the summer of 1939. This film depicts his struggle for survival in a fast-moving storm. Starring: Griffin Henkel, Luke David Blumm, Paul Sparks, Caitlin Fitzgerald.

May 23, The Last Dance (2000) PG 1hr 45 min. We learn about the past of a retired school teacher after she befriends one of her former students who is need of guidance. Together, they discover that life is a lesson you learn by heart. Starring: Maureen O'Hara, Eric Stoltz, Trini Alvarado.

May 30, White Bird (2024) PG 13, 2hr 1min. Struggling to fit in at his new school after being expelled for his treatment of Auggie Pullman, Julian is visited by his grandmother and is transformed by the story of her attempts to escape Nazi-occupied France during WWII. Starring: Helen Mirren, Gillian Anderson, Ariella Glaser and Orlando Schwerdt.

June 6, King Richard (2021) PG 13, 2hr 24min. Follow the careers of tennis superstars, Venus and Serena Williams as they become who they are under the tutelage and coaching of their father, Richard. Starring: Will Smith, Aunjanue Ellis-Taylor, Jon Bernthal.

**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 & Wendy Fletcher

Come participate in a guided meditation to strengthen your awareness of your inner light & knowledge. Participants sitting comfortably in chairs for guided meditation. Open mind is all you need. 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 May 6 and May 20

Facilitator: Judy Mazel

Bi-weekly meetings will cover reading, writing and discussion of poetry. 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.

CARDIO DRUMMING*

Tuesdays, 2:30PM-3:15PM

Instructor: Gail Eaton



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. \$5 paid to jar at class each session. RSVP if new to this class. 603610.4433

WEEKLY ONGOING PROGRAMS

WEDNESDAYS

VETERANS COFFEE

Wednesdays 1:00pm

All veterans welcome to this social activity to meet other veterans. 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. Drop ins welcome. FREE

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 Thurs, 3PM - **May 8 & 22**
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

ZUMBA GOLD

Saturdays 9:00am **IN PERSON**
Plus 2 other Zoom sessions each week. RSVP to email list for times. FREE

THURSDAYS (CONT.)

DROP IN ART & COLORING *

Thursdays 12:30pm
We provide the canvas, paint, adult coloring books, colored pens. FREE

FRIDAYS

OUTDOOR WALKING CLUB RETURNS

Fridays 8:30AM FREE
Join volunteer Tyler for a morning walk around town. Meet at City Hall Lower Lot and enjoy beautiful views, great company. Free. Just show up.

BALANCE YOURSELF WITH JEAN & WENDY

Instructor: Jean Roalsvig & Wendy
Fridays 11AM
Gentle movements, breathing exercises, and soothing sounds.
Mindfulness & stress relief practices.
No experience necessary, just an open mind. Drop-ins OK. FREE.

CRIBBAGE

Fridays 1pm
Small group cribbage. Drop ins OK. FREE

CANASTA

Fridays 1:00pm-3:00pm
Join us to learn Canasta. All abilities welcome. Drop ins welcome. FREE

SATURDAYS

COFFEE HOUR

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

MONTHLY PROGRAMS

Senior Activity Center Stitches with Seacoast Sweet Stitches **Saturday, May 3, 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. FREE. Just Drop In!



Sound Bath with Bloom By Healing & Pawsitive Vibes Healing **Saturday, May 17, 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, May 13 and May 27**

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, May 28, 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 or 603.828.5071. FREE



BARBER CUTS - LAST WEDNESDAY OF MONTH

Wednesday, May 28, 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:

Monday, May 26 - Memorial Day

Thursday, June 19 - Juneteenth

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 and click "New Account."

HELP US SAVE POSTAGE

Do you read the newsletter on our website at:

<https://www.portsmouthnh.gov/recreation/senior?> 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@portsmouthnh.gov. Thank you!



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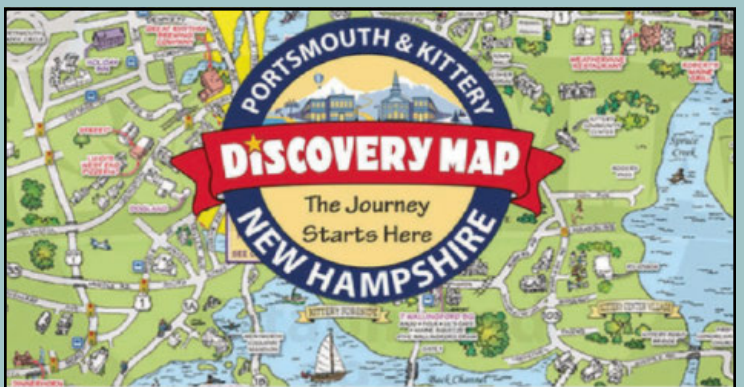
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Elisa "Lisa" Hietala Medicare Specialist

elisa.hietala@wellsense.org
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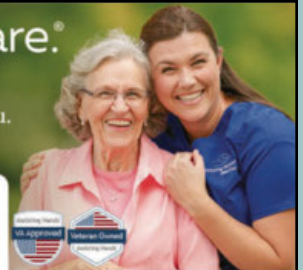


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- Source: Net Promoter Score

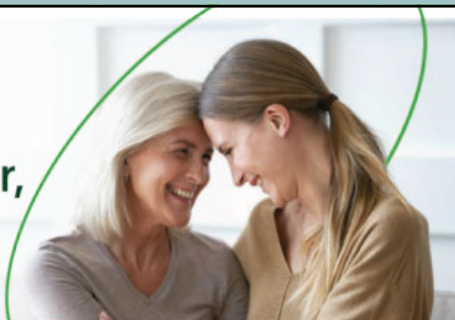


For More Info and to Request an Appointment

- ▶ Parkinson's Disease Clinic
*Speak Out!, PWR! Moves,
LSVT BIG and LOUD*
- ▶ Orthotics/Prosthetics Clinic
- ▶ Sports Medicine Clinic
- ▶ Post-Operative Therapy
- ▶ Aquatic Therapy
- ▶ PT/OT/ST for
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Portsmouth Senior Activity Center, Portsmouth, NH

06-5447



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Portsmouth Senior Activity Center, Portsmouth, NH

06-5447

SENIOR ACTIVITY CENTER TRIPS

Seacoast Science Center & Lunch Out at Bratskellar, Portsmouth Tuesday, May 13

Leaving the center 9:45am, Return apx 2pm

Cost: \$15 Resident | \$20 NonResident

Fun in your own backyard! We are spending the morning with Seacoast Science Center on a guided tour and interactive review of the center, as well as time to walk the grounds. After, we head to the Bratskellar for lunch together/pay on own. RSVP 603-610-4433

Goat Hike & Intro to Baby Goat Cuddles with Goats 2 Go, Georgetown, MA Wednesday, May 14

Leaving the center 10am, Return apx 3pm

Cost: \$25 Resident | \$30 NonResident

Back by popular demand, we head back to Great Rock Farm in Georgetown, MA to go on a Goat Hike! We will be going on a private goat hike with goats of all ages, and then snuggle baby goats following the hike. Afterwards we stop in Newburyport to grab lunch on your own or do some window shopping. RSVP 603-610-4433



John F. Kennedy Museum & Commonwealth Museum, Boston Wednesday, May 21

Leaving the center 9:15am, Return apx 4pm

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

Dedicated to the memory of our nation's 35th president, John Fitzgerald Kennedy (1917-1963), the JFK Presidential Library and Museum in Dorchester, MA has a captivating tribute of the life, legacy & vision of this American president. Explore exhibits, theaters, and video presentations telling stories of the era. Lunch on own in the JFK Cafe. Seating throughout exhibits. After the JFK Museum we also attend the Commonwealth Museum across the street. RSVP 603.610.4433

Nat Zegree From Mozart to Popchart: Volume 1 at The Music Hall, Portsmouth - **Take the van shuttle! Thursday, May 22**

Leaving the center 10am, Return apx 2pm

Cost: \$50 Resident | \$55 Nonresident

Did you see Nat Zegree on our trip to see the Million Dollar Quartet? Nat brings new life to favorite modern hits. Music lovers of all genres will relish this journey celebrating the power of music. From days of Mozart to today's hits, you will be on a musical journey like no other. Rec Van shuttle so no worries about parking downtown! RSVP 603.610.4433





SENIOR ACT CENTER COACH BUS TRIP

BINGO Lunch Cruise Aboard the Spirit of Boston
Thursday, July 17

Leaving the Center at 9:15am, return apx 4pm

Cost: \$105 Resident | \$115 Nonresident



NEW!!! Enjoy the Boston skyline with a BINGO Lunch Cruise! Your day includes 2-hour Boston skyline cruise, 3 games of BINGO with prizes for winners, delicious lunch buffet, DJ entertainment and games. Price includes all experiences, transportation and gratuities. RSVP 603.610.4433

ROYAL TOURS 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.

Boothbay Harbor Maine

Charming 3-Day, 2 Nights Getaway

Sunday, June 29- Tuesday, July 1, 2025

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



Experience the sights, sounds and tastes that Maine has to offer! Visit Portland Headlight, Ocean Point and the Maine Botanical Gardens. Enjoy a boat ride to Cabbage Island for a delicious Double Lobster Bake.

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. Complete flyer at Senior Activity Center.

RSVP to save your seat for these adventures 603.610.4433