

September 2022

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +

Nutrition Presentation: Understanding Diabetes and Reducing Risk

By Diane Robinson, RD

Thurs, Sept 22 at 11:00am - FREE

A closer look at how to reduce your risk for developing pre-diabetes and diabetes. Explore the role nutrition plays in managing blood sugar, reducing risk factors and lowering side effects particularly in type 2 diabetes.

Free; open to the public. RSVP by calling 603-610-4433

Senior Mobil Market - FREE

Mon, Sept 12 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 | Out back under tent

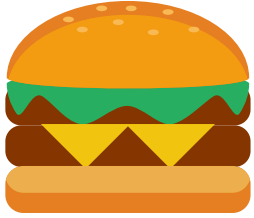
No reservations needed. Just show up.

Wet Felting - Planter Pots

Instructor: Karen Rosana

Thurs, Sept 29 from 1:00-3:00pm - \$15pp

Make a beautiful planter holder through a process called wet felting. All supplied provided and chose your colors from lots of gorgeously colored wool. Karen will guide you through the process and you'll get to take home a pretty plant holder and plant. \$15 per person. RSVP 603-610-4433.



LUNCH BUNCH - SEPT 21

Dinnerhorn

Wed, Sept 21 at 12:00pm

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

RSVP Required - 603-610-4433

JOIN US FOR LUNCH

Grab & Go still OK - pick up inside

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

Pick up 11am-11:30am

Tables set up both inside + out under tent with complimentary coffee/tea. Come meet up with friends or make new ones.

We also have picnic tables out back under the shade of a tree.

Tues, Sept 13: No Meal (Primary Voting for Ward 3 at senior center)

Thurs, Sept 15 -Chicken Parm SPECIAL - come eat in with us! - RSVP Required 603-610-4433

Tues, Sept 20: Baked Ham

Thurs, Sept 22: No Meal

Tues, Sept 27: Spaghetti & meatballs

Thurs, Sept 29: Meatloaf

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

VETERANS CONFERENCE - SAT, SEPT 24

Saturday, Sept 24 from 8:30am-2:30pm - FREE

At Service Credit Union, 3003 Lafayette Rd, Portsmouth

A day dedicated to educating veterans on resources to better their health and well-being. For more information:

www.seacoastveteransconference.com / 603-422-7829

YOGA STRETCH

Mondays 11:30am

Instructor: Diane Stradling

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

KNITTERS

Thursdays 12:30-2:30pm

Knitting, crocheting, needlepoint, cross stitch, etc.

SCRABBLE

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

ZUMBA GOLD

Saturdays 9:00am **IN PERSON**

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

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.

TAI CHI BY JANE

Fridays at 10:00am

Instructor: Jane Fithian

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

CHAIR YOGA

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

Under the tent for the summer. Join anytime. New session just started - still time to join. RSVP required: 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.

MAH JONGG

Mondays 1:00pm - American

Tuesdays 1:00pm - Chinese

Games provided. Drop ins welcome.

MEXICAN TRAIN DOMINOS

Wednesdays 1:00pm - all levels.

Beginners welcome. Join the fun!

Games provided. Drop ins welcome.

FIDDLE & UKULELE GROUPS

2ND & 4TH 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.



TEA TIME - THURS, OCT 27

THURS, OCT 27 AT 12:30PM

HALLOWEEN/FALL THEMED TEA PARTY. COME DRESSED IN COSTUME OR IN YOUR FALL ATTIRE. FALL TEAS AND CIDER DONUTS SERVED. RSVP REQUIRED. \$3 RESIDENT/\$5 NON RES



BEGINNER EARRING MAKING

Thurs, Sept 15 at 12:30pm Instructor: Carol Tompkin

Use pretty beads to make a nice pair of earrings. Materials + tools included along with personable and knowledgeable instruction. \$10 for first pair; \$5 for each additional. Maximum 5 students. RSVP Required 603-610-4433. Next Class Oct 18 and Holiday workshop Nov 14 + 16.



DEVICE HELP WITH BI

Fridays between 2:00-4:00pm by Appointment

1:1 device help for basic questions about your phone or laptop. Or maybe you have questions about Facebook or Instagram. Or would you just like to turn off notifications? While we can't do everything, we certainly can try to help. Call 603-610-4433 to schedule an appointment.

SENIOR SEPTEMBER WALKS - FREE

Walk and talk:

- Fridays, July 16, 23 & 30 at 3:00pm
- Wednesdays, Sept 14, 21 & 28 at 8:30am

Meet at the Lower City Hall Parking Lot (1 Junkins Ave) and begin our 2-mile walk around town. We'll walk through Market Square then down to the tug boats and continue onto Prescott Park. From there will follow Mechanic Ave to Marcy Street and circle back to City Hall via New Castle Ave to South Street. RSVP Required. 603-610-4433



CARD MAKING

THURS, SEPT 27 AT 1:00PM

INSTRUCTOR: BECKY CRAWSHAW

We're making holiday cards for the troops. Join Becky to make some pretty cards for those who are serving and veterans. Supplies and instruction provided. Next workshop to make seasonal fun cards on Tues, Oct 18 at 1:00pm.

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

SATURDAY COFFEE HOUR

New! Senior Lounge open on Saturdays for drop in coffee.

Open every Saturday 10:00am-noon

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

NEW!

WATERCOLOR CLASS

Instructor: Maureen O'Leary

Fridays; Sept 16 - Oct 21 (6 weeks) from 10:00am to noon. Bring your own watercolor supplies (list can be provided).

Let's have fun with watercolor! This beginner friendly painting class will explore watercolor techniques, try painting en plein air, (as weather permits) and foster a positive environment to enjoy the medium while creating your own works of art. Limited to 12. RSVP REQUIRED 603-610-4433.

UNH HEALTH & WELLNESS CLASS

Wednesdays, Sept 21 - Nov 30 from 10:00am-noon

UNH Occupational Therapy graduate students teach a class that involves information on a variety of health topics including falls prevention, balance, healthy eating, in-home helpful hints, and overall physical wellbeing. This class is very popular and will fill up.

RSVP Required 603-610-4433.





FRIDAY MOVIES - POPCORN SERVED

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

- **Sept 9: The Highwaymen** (R; 2019) The untold true story of the legendary detectives who brought down Bonnie and Clyde. 2 hr 12 min. Starring Kevin Costner and Woody Harrelson.
- **Sept 16: The Rescue** (PG; 2020) Documentary. A chronicle of the enthralling, against-all-odds story that transfixed the world in 2018: the daring rescue of twelve boys and their coach from deep inside a flooded cave in Northern Thailand. 1 hr 47 min.
- **Sept 23: Fatherhood** (PG 13; 2021) A father brings up his baby girl as a single dad after the unexpected death of his wife who died a day after their daughter's birth. 1 hr 49 min. Starring Kevin Hart
- **Sept 30: The Boss** (PG 13; 2016) A titan of industry is sent to prison after she's caught insider trading. When she emerges ready to rebrand herself as America's latest sweetheart, not everyone is so quick to forgive and forget. Starring Melissa McCarthy & Kristin Bell. 1 hr 39 min.
- **Oct 7: Judy** (PG13; 2019) Thirty years after starring in The Wizard of Oz, beloved actress and singer Judy Garland (Renée Zellweger) arrives in London to perform sold-out shows. While there, she reminisces with friends and fans. 2 hours.
- **Oct 14: The Sandlot** (PG; 1993) In the summer of 1962, a new kid in town is taken under the wing of a young baseball prodigy and his rowdy team, resulting in many adventures. 1 hr 41 min.
- **Oct 21: Beauty & the Beast** (not the cartoon) (2017; PG) A selfish Prince is cursed to become a monster for the rest of his life, unless he learns to fall in love with a beautiful young woman he keeps prisoner. 2 hrs 9 min.
- **Oct 28: Hocus Pocus** (PG; 1993) Starring Bette Milder, this movie is a family-friendly Halloween treat. A curious youngster moves to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century. 1 hr 36 min.

TRIPS

Travel Presentation for Ireland - Spring 2023

Pick up flyer at senior center or ask and we can email it to you.

Wed, September 14 at 2:00pm - RSVP 603-610-4433

Travel dates: April 26-May 5, 2023

Double \$3,799 pp / Single \$4,399 pp

Boston to Dublin flight (transportation to Logan provided from the senior center). Highlights include Dublin, Kilkenny, Blarney Stone, Ring of Kerry, Gap of Dunloe, Cliffs of Moher, Limerick, Galway, Tullamore, and a sleepover in a castle.

NORTH CONWAY'S WHITE MOUNTAIN HOTEL

10 spots left!!

Sun-Mon, Dec 11-12: White Mountain Hotel and Resort - Christmas 2-day/1-night getaway at the scenic White Mountain Hotel & Resort in North Conway. The hotel will be decorated in the colonial style Christmas. Upon arrival you will enjoy a Sunday Brunch. That evening dinner is included at their Ledges Restaurant followed by a show. Day 2 will include breakfast and choice of sleigh ride or hotel amenities. On the way home the bus will stop for shopping and lunch on your own in North Conway. Motorcoach to/from No. Conway. Full flyer available at senior center. 9am departure. Return home apx 3:30pm on day 2. \$399 pp Double / \$499 pp Single. Insurance \$25pp - ensures a 100% refund. Deposit of \$50 to reserve your spot. This trip will fill. RSVP Required 603-610-4433.



Senior Activity Center Art Show

On display through Oct 14

Open Mon-Fri 9am-5pm

"Photos from Afar" features work by Peter E. Randall, Robert Ortiz, Dave Turbide, Pat Kennedy Corlin, Debra Woodward, Judy Arnold, Carol Van Loon, Susan Sweetser Bank, Corinne Kubelka Wood, David Random, and Bobbi Slavin. Free and open to the public.



MODERN SQUARE DANCING

THURSDAYS STARTING SEPT 22 AT 1:00PM

Dance leader (CALLERLAB TRAINED CALLER): AL ROUFF

Try this form of team dancing. Combine the intellectual challenge with heart healthy walking exercise - and fun!

Learn to circulate, spin chair through, cross run, spring the top, relay the duecey, load the boat, and many more calls. Singles and doubles welcome. This is great "thinking on your feet" and continuously move to the beat. Classes are ongoing. First class free. All other classes \$5 pp. At Senior Activity Center.

CRAFT FAIR VENDORS SIGN UPS - NOW!

Our annual craft fair returns! Thurs, Nov 17 from 9:30am - 1:30pm

At Community Campus Gymnasium

Typically about 20 vendors are on site selling their crafts and food items. About 200 seniors come for lunch - in the same room. You are welcome to have lunch as well for an additional \$5. The building will be open for the public to attend. \$20 for a table (\$25 with lunch). Call or email for a registration form: 603-610-4433 | bsullivan@cityofportsmouth.com



SENIOR HEALTH & WELLNESS EXPO

Thurs, Oct 13 from 9:00am-noon

Community Campus Gym

100 Campus Drive

Free Admission

A variety of health and wellness organizations on site to inform you of the area's local services.

Light refreshments provided.

BRINN IS LEAVING THE SENIOR CENTER

Dear senior center members and friends,

It is with bittersweet emotions that I announce to you that I am transitioning to another job within the City's Recreation Department. Later in September you will find me at Community Campus as the new Assistant Recreation Director.

Between now and then, we will be hiring a new senior center manager and I will help to bring that new person on-board. We want to make the transition as smooth as possible.

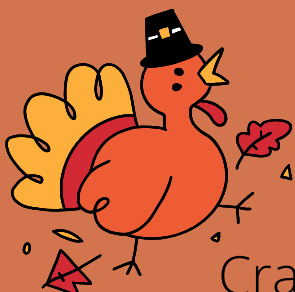
I know you will help to make them feel welcome!

The senior center is my baby and while I love it - and you - I have been in this role for 10 years and feel it is time to move on. My new office will always have an open door and I will see many of you at our regular special events. Including the Thanksgiving Lunch on Thurs, Nov 17.

Thank you all for your support over the years. Without you we would not have such an amazing senior center.



Love,
Brinn



Save the Date:

▸ Thanksgiving Luncheon & Craft Fair
Thurs, Nov 17

Craft Fair 9:30am-1:30pm | Lunch at 11:30am

