

March 2025



PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +



St. Patrick's Senior Luncheon

TUESDAY, MARCH 11

AT COMMUNITY CAMPUS

100 CAMPUS DRIVE, PORTSMOUTH

- 11:00am Coffee & Seating
- 11:30am Corned Beef Luncheon
- 12-2pm Concert & Dancing

Featuring the Northeast's Premiere Roots Band EJ Ouellette & Crazy Maggy

RSVP REQUIRED 603.610.4433



Winter Tea

With St. Thomas Aquinas Students



As part of their Community Service Week, St. Thomas students will be with us for a casual tea party that includes cookie decorating! Variety of hot teas; optional to bring something to share. Wear a favorite winter sweater as we chat about winter memories & all things cozy.

\$5 RESIDENT/\$7 NONRESIDENT
RSVP - 603.610.4433 (SPACING LIMITED)

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





LUNCH BUNCH - WED, MARCH 19

Paddy's American Grill

27 International Drive, Portsmouth

Wed, March 19, 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.



MONDAY SOUP AFTERNOONS

WITH MARCIA

AT SENIOR ACTIVITY CENTER



Mondays - Drop in between 11am-12:45pm

Hot soup and conversation - a perfect blend to start your week! Two choices of soup along with either crackers or bread. Soup options posted 1-week before. Just show up!

Donations accepted, but not necessary.



SENIOR MOBILE FOOD MARKET - FREE



MONDAYS; March 3, 17, & 31 2:00-3:00PM

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

Free produce and other perishable items available for pick up.

No reservations needed, just show up.

NEW: GATHER NOW HAS A REGISTRATION FORM TO BE COMPLETED IN ORDER TO SHOP THE MARKET. PLEASE SEE FRONT DESK FOR APPLICATION.

SPECIAL MARCH PROGRAMS



DINNER CLUB - A NIGHT OUT WITH FRIENDS!
TUESDAY, MARCH 25 AT 5PM
MEET AT THE NINETY-NINE: 2454 LAFAYETTE RD.,
PORTSMOUTH
\$22 PER PERSON; INCLUDES TAX AND GRATUITIES

The Ninety-Nine has invited us once again to dine with them at a group tour rate. Join other Senior Activity Center members for a delicious meal and conversation over dinner.

All meals include Starter House Salad, your Choice of Entree, Dessert, Coffee/Tea or Fountain drink and your gratuities.

RSVP with your entree choice:

- Southwest Fajita Chicken Bowl
- Grilled Balsamic Chicken
- Honey Mustard Chicken Salad
- New England Baked Schrod
- Chicken Parmigiana



**** For this event you need to pay ahead. ** RSVP to 603.610.4433.**

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

PROGRAMS FOR MARCH 3-11

BASIC DRAWING CLASSES WITH CHONG SCOTT

Let's Draw I: Shape, Shade and Shadow

Monday, March 3, 10:30AM-12PM

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

Let's Draw II: Vases, Jars, Glasses

Monday, March 24, 10:30AM-12PM | Facilitator: Chong Scott, Artist

Find an easy way to draw, decorate and even add some flowers to simple vase, jar, and glass drawings. FREE.

These classes are designed to go at your pace and if you already took Draw I or II in the past, you can return to this class and keep adding to your portfolio. Please RSVP 603.610.4433.



RAPTORS RULE FRIDAY, MARCH 7, 2:30-3:30PM

Raptors RULE! Join Tailwinds live raptor program and discover three local raptor species. Learn about their remarkable adaptations, conservation needs, and ways to be a responsible neighbor to these magnificent birds. Just Show Up!

Ken Goldman Phone Photography Class

Tuesday, March 11, 2PM

Presenter: Ken "PhotoGeek" Goldman



Did you know that more photos are now taken with phones each day than used to be taken with traditional cameras in a year?!? This short introductory class will be helpful for people who want to learn more about how to use the camera in their phone, and how to improve their photos. Composition is one of the most important factors in taking good photos and is one of the main topics that will be discussed. We will also talk about how cameras work, basic concepts in photography, photo editing, and what you should do next. Please bring your phones and your questions to the class. FREE. 603.610.4433.

PROGRAMS FOR MARCH 12-13

iPhone, iPad Tips & Tricks Ad Hoc Q&A

Wednesday, March 12, 1PM

Facilitator: Deb Weil O'Day, Owner of Personalized Technology Training & Retired Techie

March 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

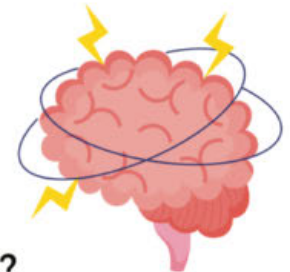
Understanding Parkinson's Disease & Importance of Exercise

Thursday, March 13, 3:30 - 4:30 PM

Facilitator: Laurie Lavoie, MS, OTR/L, 18+ years specializing in Neuro Therapy

Gain valuable insight and information, including:

- What is Parkinson's Disease (PD)?
- What is Dopamine's role?
- What are the risk factors?
- How can exercise help?
- What are the motor & non-motor symptoms of PD?
- When and how to incorporate therapy?



Brought to you by:
Northeast Rehabilitation Hospital Network's
Parkinson's Disease Outpatient Clinic and Inpatient
Hospital Program

Long Term Care Planning

Thursday, March 13, 11AM

Facilitator: Catherine Cournoyer, Strategic Caring Solutions

Strategic Caring Solutions' team of experts assist families with how to manage assets before or during a time of crisis, to ensure the proper legal documents are in place, as well as to create a long-term care plan that includes the Medicaid process and to provide funding options and strategies to preserve an estate from a nursing home. FREE. RSVP to 603.610.4433

PROGRAMS FOR MARCH 18-19

The Senior Activity Center and the Pre-Dead Social Club with Laura Cleminson are teaming up to support caregivers with a three-part expanded version of the signature care planning workshop "Beyond the Bedside: Planning to Care". Geared towards present and future caregivers - and those they care for. ALL FREE.

Come learn more at our info session. Tues March 18, 1PM.
Just Show Up.

One-week post-info session workshop will take place on Tuesday March 25, 1PM.

BEYOND THE BEDSIDE PLANNING TO CARE

From complexity to clarity

INFO
SESSION

MAR 18TH
1-2 PM

JUST SHOW UP TO INFO SESSION



A workshop for current and future caregivers and those they care for.

Spring & Easter Cards with Becky Tuesday, March 18, 1PM Facilitator: Becky Crawshaw, Volunteer



We're making Easter themed and 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

Zentangle with Patty Third Wed of the Month: Wed March 19, 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

PROGRAMS FOR MARCH 21-EARLY APRIL



Ballroom Dance Afternoon - Try Ballroom Dancing! Friday, March 21, 3PM-5PM

Fun afternoon to try out ballroom dancing or to ballroom dance if you already know how. Seacoast Ballroom Dance instructor Fred Dunn will be on-site to play music and walk you through the dance. First timers encouraged. This is to just have fun and try something new!

\$10 per person paid at the event. RSVP - 603.610.4433

Kevin Farley Performs Irish Tunes Wednesday, March 26, 1PM

A celebration of Irish folk songs, popular songs, fun facts, trivia, ballads with Irish harp and guitar, toe-tapping fiddle tunes, sing-alongs and more. Come prepared for a program of laughter and song!

Kevin will be performing in our large classroom.
Seating is limited, please RSVP 603.610.4433



Brian Stankovich Concert Friday, March 28, 2:30PM

A solo acoustic guitarist from the Berwicks in Maine, Brian is a talented cover soloist who has played at local clubs, restaurants and private functions. Covers include music from the Beatles, Eagles, Garth Brooks, Alan Jackson, Elvis, Eric Clapton, Zac Brown Band & Steve Miller Band. and more! Just Show Up.

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!!



PROGRAMS EARLY APRIL (CONT.)

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

KAREN ROSANIA OLIVETEAL ARTS CLASSES

Wet Felted Wool Eggs **at the Senior Activity Center**

Wednesday, April 9, 1PM-3PM

Instructor: Karen Rosania, Owner OliveTeal Arts

Spring is in the air! Always a senior center favorite - come learn wet felting and leave with several gorgeous wool eggs for your Easter table or spring basket. We will be using Styrofoam eggs as the base - not real ones. This will allow your eggs to last for many years!

All materials included \$10 per person paid to instructor day of. Class limited to 9 people. RSVP to 603.610.4433



CURRENT ART SHOW

“Landscapes Real & Imagined”

ON DISPLAY

thru April 16

DROP BY ANYTIME

SATURDAY 9AM-12PM

SENIOR ACTIVITY CENTER HOURS

MON-FRI 9AM-5PM

SAT 9AM-12PM



SUPPORT GROUPS & RESOURCES

DEMENTIA SKILLS TRAINING - TWO SESSIONS

Tuesday March 4 and Tuesday April 1

1:00pm at the Senior Activity Center

Facilitator: Debbie Kroner, Monarch Care Partners



This two-session class will equip you with a deeper understanding of how dementia affects the brain and impacts your loved one. The second session focuses 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, March 13, 2PM (Second Thursday of the Month)

2:00-3:30pm at 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. This group is only for caregivers. Free. No RSVP needed.

NEW BEGINNINGS GRIEF GROUP - EVENINGS

Tues, March 11 (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.

NILLA THE THERAPY DOG

Friday March 14 and Wednesday March 26, 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.



MOVIE MATINEE FRIDAYS



FREE MOVIES & POPCORN SERVED

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



Thank you Ninety-Nine of Portsmouth for our popcorn!

March 7: Super/Man: The Christopher Reeve Story (2024, PG 13, 1 hr 44 min) In this documentary, Reeves rise to becoming a film star follows with a near-fatal horse riding accident in 1995 that left him paralyzed from the neck down. After, he becomes an activist for spinal cord injury treatments and disability rights. Starring Christopher Reeve, Will Reeve and Peter Ettedgui. **Raptor Show follows today's movie!**

March 14: Leap Year (2010) PG 1hr. 40min. In this romantic comedy, Anna travels to Dublin to propose to her boyfriend Jeremy on February 29, Leap Day. According to Irish tradition, a man who receives a marriage proposal on a Leap Day must accept. Starring Amy Adams, Matthew Goode, Adam Scott.

March 21: Conclave (2024) PG 2 hrs. This conspiracy thriller centers around Cardinal Lawrence who is tasked with one of the world's most secretive and ancient events, selecting a new Pope. He finds himself at the center of a web of conspiracies and intrigue that could shake the foundation of the Catholic Church. Starring Ralph Fiennes, Stanley Tucci, John Lithgow.

March 28: My One and Only (2009) PG 13, 1hr 48min. In 1953 New York City, Anne discovers her philandering husband has had yet another affair. She takes her two sons on a road trip across the United States to find a new husband to fund a life for her and her boys. Starring: Renee Zellweger, Logan Lerman, Mark Rendall, Eric McCormack, Chris Noth. **A concert follows today's movie!**

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.

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

WEEKLY ONGOING PROGRAMS

**All first timers to the center, 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.



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 March 4 and March 18

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.

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 - **March 13 and March 27.**

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

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, March 1, 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 Owner Kayla Buckley

Saturday, March 15, 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, March 11 and March 25**

Facilitator: Mary Schwoerer, 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, March 26, 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



BARBER CUTS - **LAST WEDNESDAY OF MONTH**

Wednesday, March 26, 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 and click "New Account."

WINTER WEATHER INFO:

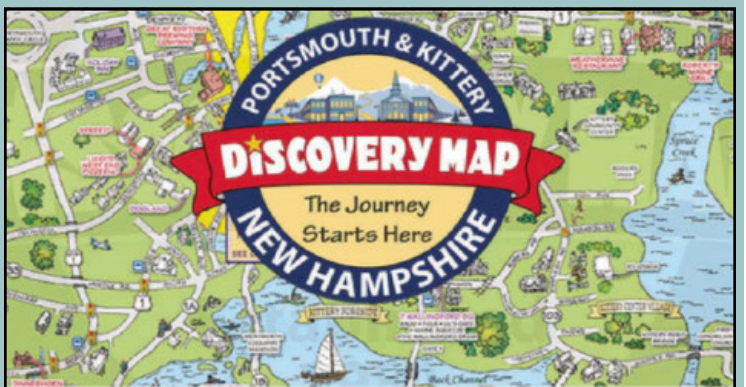
The Senior Activity Center would like to remind everyone we follow Portsmouth School Department's delays & cancellations - if the schools are closed, programs are closed. The Senior Activity Center will remain open for Drop-In Lounge only. In the event of severe weather, we would list on WMUR.

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



188 Jones Avenue · Portsmouth, NH 03801
603.431.2530 · www.cedar-hc.com

Experience rehab at it's best at Cedar Healthcare in the heart of Portsmouth, NH



eat shop play & save FREE PRINTED MAPS AT 160+ LOCATIONS INCLUDING THE PORTSMOUTH SENIOR CENTER
CLICK TO START EXPLORING!

CYSTIC FIBROSIS FOUNDATION

HELP MAKE CF STAND FOR CURE FOUND

Cystic fibrosis is a genetic disorder that affects close to 40,000 people in the U.S. The Cystic Fibrosis Foundation is the world's leader in the search for a cure for CF, and supports a broad range of research initiatives to tackle the disease from all angles.

DONATE TODAY

WWW.CFF.ORG

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



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



50% OFF DINNER!

LUNCH | ATTRACTIONS | TASTING TOURS | MORE



Simply Click.
Print. Dine.

**HALF OFF Certificates at over 30 local
restaurants, attractions, tasting tours, & more!**
deals.tasteoftheseacoast.com



Help us end
**Multiple
Myeloma**

Your tax-deductible donation funds
lifesaving research, treatment and care
and would mean so much to someone
fighting cancer.



Please donate today

donate.cancer.org

Your Home. Our Care.®



When life's events require
extra help, we're here for you.
Give us a call today.



Serving Seacoast NH &
Surrounding Areas
603.824.8200



AssistingHands.com/SeacoastNH

SUPPORT OUR ADVERTISERS!

**DOES YOUR NONPROFIT
ORGANIZATION NEED
A NEWSLETTER?**



Engaging,
ad-supported
print and digital
newsletters to reach
your community.



Scan to
contact us!

Visit lpicommunities.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

**CONTACT ME
Mac Economy**

meconomy@4lpi.com

(800) 477-4574 x6442



Hear Me Again

Restoring Quality of Life

94 Auburn St., Ste. 201, Portland, ME
180 Pool St, Ste 104, Biddeford, ME
www.Hearmeagain.net

Affordable Hearing Aids

Randall A. Robinson, BC-HIS

207-309-9001

ACCEPTING MOST MAJOR INSURANCE
Contact me to see if your insurance has hearing aid benefits!



J. Verne Wood Funeral Home - Buckminster Chapel

Providing an unparalleled service in the Seacoast Area

Services can include:
Personalized Obituary Page
Creative Video Tribute | Funeral Receptions

Thomas G. LaBerge
funeral director / native of portsmouth
603.436.1702
jverneewoodfh@comcast.net
www.jvwoodfuneralhome.com



No Obligation Pre-Planning • Mortuary Trust Agreements • Veteran Discounts



Insurance Agency
A Liberty Mutual Company

Home • Auto • Life Insurance

Expert insurance advice from a member
of your local community



Patrick Miner
603-502-3121 | Portsmouth, NH



Since 1911

*"Independence when you want it,
care when you need it."*

We are excited
to meet you.
Call to tour today!



603-436-0169 • wentworthseniorliving.org
346 PLEASANT ST, PORTSMOUTH



Personalized Attention • Award Winning Care

The Edgewood Center is widely acclaimed for its unwavering high standard of care and dedication to the health and wellness of each member of its community.

We've been recognized as "Best Nursing Home" by the U.S. News & World Report and are the only three-time winner of the New Hampshire Quality of Life Award (recognizing quality of life initiatives and improvements).

Services: Physical Therapy • Occupational Therapy
Speech Therapy • Restorative Therapy
24-hour Licensed Nursing Care • Physiatrist on Site
Ancillary services such as: podiatry, dentistry, psychology

Care Options: Short term Rehab Memory Care
Long Term Care End of life and Palliative Care • Respite Care

Learn more about our award-winning care today
603-766-2310 • www.edgewoodcrh.com

Martin's Point

Generations Advantage

Terrence Knight, Field Sales Agent

Cell: 207-233-8960 • Ph: 888-640-4423

Terrence.Knight@martinspoint.org

A 10 year Martins Point Sales Representative
offering 1-on-1 and in-person Medicare guidance.

Certified to Serve Seniors & Their Families with Their Real Estate Needs



SRES®, ATWD, ABR®
Cell: 207-318-3000
AliceK@kw.com
callalicek.kw.com

Alice Kubacki
Broker NH, ME, MA

Catharine Bray
REALTOR®

ABR®, SRES®, SRS
Cell: 603-809-3669
CatharineBray@kw.com
catharinebray.kw.com



750 Lafayette Road, Suite 201
Portsmouth, NH 03801
Office: 603-610-8500

kw COASTAL AND
LAKES & MOUNTAINS
KELLERWILLIAMS REALTY



Each Office Is Independently Owned & Operated.

SENIOR ACTIVITY CENTER TRIPS

Breakfast at Tuckers Restaurant or Strafford Farms, Dover

Wed, March 12

Leaving the Center at 9:30AM

Cost: \$3 Resident/\$5 Nonresident



We do Call Ahead seating at Tuckers to reserve seats as they don't allow reservations; backup plan is Strafford Farms around the corner. Lots of yummy menu choices and can accommodate dietary needs. Pay for breakfast on your own. RSVP 603.610.4433

FunSpot & Kellerhaus in Laconia

Thurs, March 20

Leaving the Center at 11AM, return for 4PM

Cost: \$25 Resident/\$30 Nonresident



Feel like a kid again at the largest arcade in the world. FunSpot in Laconia has three floors of arcade and game bliss; 180 pinball machines and video games from before 1988 to explore and reminisce and PLAY. Cost includes game tokens, a round of mini golf, and pizza lunch. Stop at Kellerhaus for homemade chocolates, candies & ice cream on the way home; purchase on own. RSVP 603.610.4433

Seed Starting Workshop at Kensington Gardens Flower Farm

Wed, March 26

Leaving the Center at 11:45AM, Return 3:45PM

Cost: \$40 Resident/\$45 Nonresident - Go Home with Seed Starter!



Everything you need to know to successfully start seeds indoors (and out) for spring planting. We will start our afternoon at Me & Ollies in Exeter to grab a quick bite before we head to the home of Deb Weil-ODay, our Tech Tips teacher and farm owner.

YOU MUST BE ABLE TO WALK DOWN A SET OF STAIRS FOR THIS TRIP. You will be sitting in Deb's Seed Starter basement on low stools. A thorough workshop that walks you through all supplies, steps and tips for seed starting. All participants go home with 6 seedlings, plant labels and markers. Spots limited. RSVP 603.610.4433

Titanic Artifact Exhibition Boston

Wednesday, April 23

Leaving the Center at 9:30AM return approximately 5:30PM

Cost: \$75 Resident/\$80 Nonresident; includes exhibit ticket, Coach bus transportation and driver gratuities.



Experience the wonder and tragedy of the world's most famous ocean-liner, Titanic. Each guest receives a replica boarding pass, assumes the role of the passenger, and follows a chronological journey through the life of the Titanic. Following the exhibit, we will take the coach bus to Faneuil Hall Marketplace for lunch and shopping on own. **PLEASE NOTE: HEAVY walking trip.** Walking exhibit with very little seating and Faneuil Hall is mostly cobblestone. 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.

John Denver Tribute at Scenic Castleton in Windham, NH

Monday, April 7

Leaving the Center at 10:30AM return approximately 4PM

Cost: \$131 Resident/\$141 Nonresident; All Inclusive.

One of New England's Premiere Venues, take a ride to Castleton in Windham to see Chris Collins as John Denver for this special concert. Sing along to hits such as "Rocky Mountain High", "Annie's Song", "Country Roads", and many more. Choice of Apple Cranberry Cornbread Stuffed Chicken or Cracker Crumb Crusted Baked Haddock. 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