June 2021

PORTSMOUTH SENIOR ACTIVITY CENTER

# PORTSMOUTH SENIOR NEWS

*Programs & Activities for Ages 50 +*

## WE'RE OPEN!

**Drop-in Hour Social Time**
Tues & Thurs 10am-noon

**Drop-in for a Self Guided Tour**
Mon-Fri 10am-4:00pm

**Meeting a Friend?**
Feel free to use the front patio or tent for your social meet up.

**Friday Movies**
12:30pm. Call to reserve your spot.

**Dull Men's Coffee & Conversation**
Fridays 11:00am

## BODY, BREATH, BALANCE, AND BRAIN

Tuesdays & Fridays at 10:30am Instructor: Jeanne DeFlorio

Everyone is welcome! 1-hour class. Stretching, exercise, meditation, Qigong, and balance exercises. We end with the Yang Long Style Tai Chi Form. Chair available for support. The movements are low impact and gentle on your joints. No experience necessary. Drop-ins welcome. Donations will be gratefully accepted.

125 Cottage Street, Portsmouth, NH 03801 603-610-4433

# GRAB & GO LUNCH

Meals are served 11:00-11:30am.
Out front of the senior center.
Pull your car up + we'll put the meal on your passenger seat. Tent open out back to stay and eat with friends.

- **Thursday, June 10:** Meatloaf w/ gravy, mashed potatoes and a vanilla pudding cup.
- **Father's Day Special "Big Daddy Cheeseburger" - Thurs, June 17:** Swiss Mushroom Burger with baked beans and a yogurt parfait.
- **Wednesday, June 23:** Chef Salad with turkey, a wheat roll and applesauce. (NOTE: this is a Wednesday lunch)
- **Friday, July 2:** All Beef Hot Dog w/ baked beans and fudgy dessert. (NOTE: this is a Friday lunch)

**RSVP REQUIRED** for each meal.
bsullivan@cityofportsmouth.com or call 603-610-4433.

# ART OPEN HOUSE

Thurs, June 10 4:00-5:00pm
Senior Activity Center
Stroll through the center to see the wonderful work by many local artists. Free; Open to the public.

# ZUMBA GOLD - OUTSIDE

Saturdays 9:00am
Under Tent
Senior Activity Center
Drop ins welcome

# KNITTERS

Thursdays 12:30-2:30pm
Inside Senior Activity Center
Bring your knitting, crocheting, needlepoint, cross stitch or other work.

# STRETCH CLASS

Wednesdays 10:00am
Under Tent
Senior Activity Center
Drop ins welcome

# SCRABBLE & MAH JONGG

Fridays 1:00 - 3:00pm
Senior Activity Center
Beginners & drop ins welcome

# ART UNDER THE TENT

- **Wind Chime:** Thursday, July 8th at 1:00pm make a beaded wind chime to hang in your garden or in a window. Instructor: Carol Tompkins. $10 per person. Supplies provided.

- **Decoupage**: Tuesday & Thursday, July 13th and 15th from 11am-12pm join Diane Stradling as she leads a creative decoupage class decorating containers using magazine cutouts. $5 per person. Supplies provided but feel free to bring your own pretty magazines or other cut outs.

- **Watercolors**: On two consecutive Thursdays, July 22nd & 29th from 10-11:15am join Mo O'Leary to play with watercolor to create small designs to frame or to use as greeting cards. Mo O'Leary will lead these two sessions. $10 per person. Supplies provided.

**RSVP REQUIRED:** bsullivan@cityofportsmouth.com | call 603-610-4433
--All participants are asked to fill out complete a registration form if one is not already on file.
--Each session is limited to 10 attendees. Class will be rain or shine (we can come inside if necessary).

# FRIDAY MOVIES

Every Friday 12:30pm FREE Drop ins welcome

- **June 4: The Young Victoria**. 2009. PG. 1 hour 45 min. A dramatization of the turbulent first years of Queen Victoria's rule, and her enduring romance with Prince Albert.
- **June 11: We Bought A Zoo**. 2011. PG. 2 hr 11 min. A father moves his young family to the countryside to renovate and re-open a struggling zoo.
- **June 18: The Secret Lives of Bees**. 2008. PG 13. 1 hr 54 min. In 1964, a teenage girl in search of the truth about her mother runs away to a small town in South Carolina and finds a family of independent women who can connect her to her past.
- **June 25: The Guernsey Literary and Potato Peel Pie Society**. 2018. PG. 2-hours. Based on the book by the same name, a London writer bonds with the colorful residents of Guernsey as she learns about the book club they formed during the WWII German occupation.
- **July 2: Special Movie Presentation in honor of the 4th of July**. The tale of Americas founding father Alexander Hamilton set to music. 2 hr 40 min.

# TRAVEL

- **ICELAND'S MAGICAL NORTHERN LIGHTS**
  March 26 - April 1, 2022 (7 days)  3,099 pp Double | $3,599 pp Single
  Fly Logan Airport to Reykjavik. Transportation to/from Logan provided.
  Highlights include Northern Lights Cruise and search for Northern Lights, Golden Circle, Thingvellir National Park, Gullfoss, Lava Exhibition Center, Skogar Museum, Glacial Lagoon, Vatnajokull Glacier.
  10 meals included (5 breakfasts and 5 dinners)
  *Rates booked after Sept 27, 2021 are subject to change.
  CLICK HERE to learn more or call Brinn to get a brochure.
  //Gateway.memberchoicevacations.com/link/1063457

- **CALIFORNIA DREAMING: MONTEREY, YOSEMITE & NAPA**
  Sept 26 - October 3, 2022 (8 days) 3,099 pp Double | $3,899 pp Single
  Fly Logan Airport to Monterey, CA. Transportation to/from Logan provided.
  Highlights include coastal town of Monterey, Yosemite National Park with towering sequoias (tram ride through park with tour guide), Sacramento with choice of tours, Lake Tahoe, Nappa Valley wine country. Last night on your own in San Francisco.
  12 meals included (7 breakfasts and 2 lunches, 3 dinners)
  *Rates booked after March 19, 2022 are subject to change.
  CLICK HERE to learn more or call Brinn to get a brochure.
  //Gateway.memberchoicevacations.com/link/1063473

## Travel Presentation

**Wednesday, August 11 at 11:00am**
@Portsmouth Senior Activity Center
Learn about our 2 upcoming overnight excursions to Iceland and California with Collette Tours.

AAA Travel Advisors will be on site to discuss what the trips have to offer as well as sign up details. They can also speak with you about any travel opportunities that interest you (even if we're not planning a trip there, another group might be and you can join them.)
RSVP:  bsullivan@cityofportsmouth.com | call 603-610-4433