

November 2023

PORTSMOUTH SENIOR ACTIVITY CENTER

# PORTSMOUTH SENIOR NEWS

*Programs & Activities for Ages 50 +*

## VETERANS BREAKFAST

Thursday, Nov 9 from 9AM-10:30AM

Homemade pancake breakfast with short ceremony to honor all veterans. Each attending veteran will receive a small token of thanks from the Senior Activity Center.

All who served and spouses of veterans are welcome to attend. Free.



## STORIES WITH OUR MOTHERS & FATHERS: VETERANS TRIBUTE

Friday, November 3, 4:00-5:30PM

Songs and stories of WWII performed by award winning songwriter and guitarist Curt Bessette and vocalist Jenn Kurtz. This is a concert honoring WWII veterans and their generation, while also playing tribute to veterans from all wars. Open to everyone. Free. RSVP is needed to ensure enough seating. RSVP to 603-610-4433.

## HEROES AND HOMECOMINGS: NORMAN ROCKWELL & WWII

Thursday, November 9, 3:30PM

Join us later in the day of our Veterans Breakfast for this overview of Norman Rockwell and WWII. What happens when an artist known for his humor tackles the serious subject of war? Jane O'Neal, lecturer with NH Humanities. Free.

RSVP is needed to ensure enough seating. 603-610-4433.



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

**Portsmouth Senior Activity Center \* 125 Cottage St. \* Portsmouth, NH**

SENIOR ACTIVITY CENTER

# PORTSMOUTH

FITNESS ENRICHMENT SOCIAL RESOURCES ENTERTAINMENT

## Holiday Luncheon

AT COMMUNITY CAMPUS

100 Campus Drive, Portsmouth

THURSDAY, DECEMBER 14

SEATING & COFFEE 10:30AM

MUSIC BEGINS 11:00AM

LUNCH SERVED 11:30AM

Sandwiches, soup & salad

Coffee & Tea

Pot Luck Dessert Buffet

Resident \$5/Non-Resident \$7 - Pay at the Door

**RESERVATION REQUIRED 603-610-4433**



## THANKSGIVING LUNCHEON & CRAFT FAIR

Thursday, Nov 16

**Craft Fair 10AM-1:30PM | Lunch Served 11:30am Lunch**

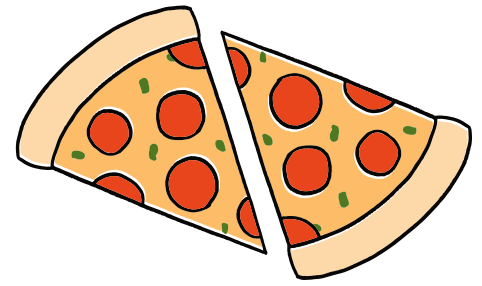
**At Community Campus, 100 Campus Drive**

Two events in one! A fun annual event that combines holiday shopping with a warm Thanksgiving meal.

Lunch: \$5 Resident/\$7 Non-Resident | Craft Fair Admission is Free

Please RSVP to 603-610-4433

# PIZZA MONDAYS



## **Mondays 3:00-4:30PM**

Join us and meet new members, chat with friends, enjoy a slice of pizza. We have both cheese and pepperoni to share. Free and everyone welcome.

Donation jar will be left out for those wishing to contribute.

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## **GRAB & GO --OR-- GRAB & STAY LUNCH**

Grab & Go still OK - pick up inside

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

Pick up 11am-11:30am

**Tables set up inside with complimentary coffee/tea to socialize**

**\*\*Please note below due to special events, or holidays, there are fewer Grab & Go/Grab & Stay dates this week.**



**Thurs, Nov 2: Meatloaf**

**Tues, Nov 14: Beef Chili**

**Tues, Nov 21: Shepherds Pie**

**Tues, Nov 28: Mac & Cheese**

**Thurs, Nov 30: Roast Pork w/Gravy**

Thanks to Rockingham Nutrition for providing lunch.

Voluntary \$3.00 suggested donation.



## **SENIOR MOBILE FOOD MARKET - FREE**



**MONDAYS, November 13 & 27, 2-3PM (every other Monday each month)**

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 | No

reservations needed, just show up.



# DINING & SOCIALIZING

## DINNER CLUB AT THE NINETY-NINE, PORTSMOUTH

Wed, Dec 13 at 5PM

Meet at the Ninety-Nine: 2454 Lafayette Rd., Portsmouth  
\$20 per person; all inclusive, menu below.



The Ninety-Nine has invited the Senior Activity Center to dine with them at a group tour rate. Join other Senior Activity Center members for a delicious meal and conversation over dinner. Make new friends or spend the evening with your regulars.

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

RSVP with your entree choice:

- Southwest Fajita Carnitas Bowl
- Broiled Sirloin Tips
- Grilled Balsamic Chicken
- Chicken Parmigiana
- Baked Schrod
- Crispy Honey Mustard Chicken Salad

**\*\*For this event you need to pay ahead.\*\*** RSVP to 603-610-4433

## SATURDAYS: STRETCH & SOCIALIZE W/TYLER

Saturdays, 10AM-11AM. Starting Sat, Nov 4 - NO session Nov 11  
Facilitator: Tyler McLaughlin, Senior Activity Center Volunteer

Tyler is a marathon trained runner who knows his thing about stretching before a big run. Join Tyler on Saturdays for simple seated and standing stretches/neck and shoulder rolls followed by some snacks and socialization!. RSVP to 603.610.4433



## FRIDAY WALKING CLUB WITH TYLER

Meet Tyler, our newest volunteer, at lower City Hall Parking Lot to explore walks around Portsmouth. Free and beautiful views, great company, and super way to start your day off right! Dress weather appropriate and bring a water bottle. RSVP 603-610-4433 so we know who to wait for.

- Fri, Nov 3, 8:30AM-9:30AM
- Fri, Nov 17, 8:30AM-9:30AM





# NOVEMBER ARTS, CULTURE, & HISTORY SERIES

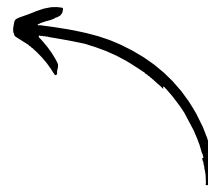


## STEVE BLACKWOOD JAZZ QUARTET Wednesday, Nov. 29, 4:30-6PM

We are excited to have Steve Blackwood and his Quartet with us on this special evening. A little jazz club if you will, under our roof. Steve is a Boston-based swing/jazz singer with a musical style that mixes the Great American Songbook/ Sinatra genre with a unique jazz sensibility.

Quartet members are Jack Senier on Piano, Les Harris on Drums, Mark Early on Sax and Dave Landoni on Bass.

The Ninety-Nine of Portsmouth is sponsoring a Hot Chocolate Bar and popcorn at this event, and cookies and brownies will also be provided. Feel free to bring along a picnic dinner for yourself as well, or other snacks. Free for all to attend, open to the public. Bring a friend!



You may recognize Steve Blackwood as "Bart" from NBC's "Days of Our Lives". Steve has said he will give out autographs and take pictures as well at this concert.

## 101 OBJECTS LECTURE: DISCOVER PORTSMOUTH

Tuesday, Nov. 14, 2:30PM



Join the Portsmouth Historical Society for an interactive presentation about their recent exhibition, "A Sense of Place," which celebrates the history of our city as it has changed and grown over the last 400 years. Hear the stories behind some of the objects featured in the publication, A History of Portsmouth NH in 101 Objects, as well as other artifacts that represent Portsmouth through the years. Test your own historical knowledge with some New Hampshire trivia and see if you can take home a prize! Free. RSVP to 603-610-4433.

# NOVEMBER ARTS, CULTURE, & HISTORY SERIES

## DONNA & SCOTT MARTIN CONCERT .....DANCING ENCOURAGED!



**Friday, December 1, 3:30-4:30PM**


Scott & Donna are a husband-and-wife acoustic duo that love to put on a show full of feel-good familiar tunes you will want to dance to! They specialize in performing fun, high-energy shows featuring classic hits from the 50's, 60's and 70's. Their performance will take you back in time. A designated spot will be made open to DANCE while they sing and play along. Free. Open to the public; bring a friend!

## ART SHOW SEEKS NEW COMMITTEE MEMBER

**Information Meeting: Friday, Nov 17, 1-2PM**



Get ready to unleash your inner art enthusiast and join the creative buzz at the Portsmouth Senior Activity Center! We're thrilled to extend an exclusive invitation to you to become an integral part of our Art Show Committee.

 Picture this: Our art shows, held quarterly, are a canvas of endless opportunities for you to dive into the world of art. Whether you're a seasoned art connoisseur or just looking to explore your artistic side, there's a role for everyone:

 Discover the art of hanging art and turn our space into a masterpiece.

 Let your imagination run wild as we brainstorm captivating art show themes.

Unleash your marketing genius & spread the word about our art shows.

Mark your calendar and make a date with creativity! Join us for an engaging and informative meeting. It's the perfect chance to meet like-minded art enthusiasts, share ideas, and embark on an exciting journey of artistry.

Don't miss this chance to add your brushstroke to our artistic community.

# CRAFTY & ARTSY THINGS TO DO



## BEGINNER EARRING MAKING

Wednesdays, Nov 15, Dec 13, all at 1PM  
Instructor: Carol Tompkins

Use pretty beads to make a nice pair of earrings. Materials and tools included, along with personable and knowledgeable instruction. \$10 for first pair, \$5 each additional. Max 5 students. RSVP required 603-610-4433.

## HOLIDAY CARD MAKING

Tues, Nov 14 at 1:00PM  
Instructor: Becky Crawshaw



Join Becky to make some festive Halloween/Autumn/Thanksgiving themed cards. Theme is open to all things fall related. Supplies and instruction provided. Limit of 8 people. RSVP 603-610-4433.

## ZENTANGLE WITH PATTY

3rd Wednesday of the Month:  
Nov 15, Dec 20 from 10am-12pm  
Facilitator: Patty Weeks, CZT



The Zentangle method is easy to learn, relaxing, and fun! This class is for beginning and experienced tangles. Zentangle is a meditative art form that can gain you inspiration for other creative endeavors. Only a few seats remain. Call today to RSVP - 603-610-4433.

## MUSIC TOGETHER GENERATIONS

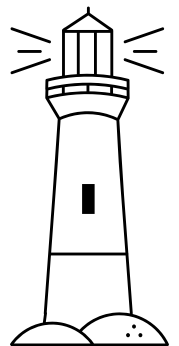


Thursdays; 4:00-4:45PM - until mid Nov.  
Facilitator: Sharon Morton

The Music Together Generations class is a mixed-age family class with a twist: the community is expanded to include older adult participants. "Grandfriends" and little ones will come together to play along simple musical instruments and song. No experience necessary. Drop-in anytime. A feel-good afternoon for all!



**ART SHOW (EXTENDED THROUGH DEC)**  
**FEATURING SENIOR ARTISTS**  
**"LOOKING BACK - REFLECTIONS ON THE PEOPLE, CULTURE, AND PLACES OF PORTSMOUTH"**  
**JULY 20 - DECEMBER 2023**



Please reach out to an Art Committee Member if interested in more information.

# GET IN THE HOLIDAY SPIRIT

## GRANDPARENT & GRANDCHILD GINGERBREAD HOUSE MAKING



WEDNESDAY, DECEMBER 6 AT 4:30PM  
AT THE SENIOR ACTIVITY CENTER  
\$5 PER FAMILY.



CALLING ALL LITTLE ENGINEERS AND CREATIVE GRANDPARENTS, PARENTS, AND GRAND FRIENDS. COME FOR A FESTIVE EVENING DECORATING GINGERBREAD HOUSES WITH YOUR FAMILY. KITS WILL BE PROVIDED TO EACH FAMILY WITH ALL THE CANDY ACCESSORIES. ALL AGES WELCOME. PLEASE RSVP - 603.610.4433.



## A HOLIDAY SING

Tuesday, Dec. 12, 1:00PM-2:00PM



Join Angelynn Hinson, our Singing to Wellbeing instructor, for a festive gathering which will include whole-body warm ups that will get your core, vocal cords, lungs and spirits ready to sing traditional and contemporary songs of the holiday season. Free. 603-610-4433.



## HOLIDAY CARDS WITH PORTSMOUTH GARDEN CLUB

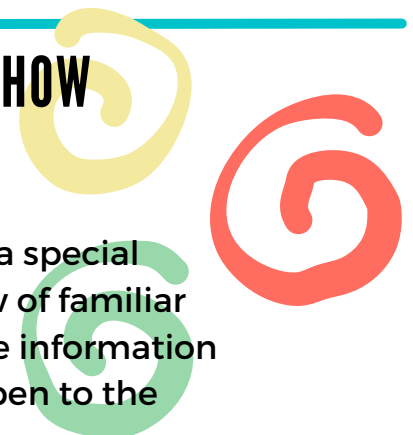
Tuesday, Dec. 12, 2:30-3:30PM

Our Portsmouth Garden Club friends are offering a holiday card making workshop, all materials provided. You could attend the sing listed above and make a card afterwards if you choose, or, just attend this fun cardmaking workshop. Free. Space is limited on this, please RSVP to 603-610-4433.

## SAVE THE DATE: FUNKY DIVAS OF GOSPEL HOLIDAY SHOW

Saturday December 16, 1pm

We are thrilled that Funky Divas offered to come our way to do a special holiday show on a weekend. This will be a one-hour joyful show of familiar Christmas songs that are sure to get everyone in the spirit. More information to come in December Newsletter. This event will be free and open to the public. Just show up.





# SUPPORT GROUPS

## ALZHEIMERS CAREGIVER GROUP

**Thursday, November 2**

First Thursday of the month. 2:00 to 3:30pm

Facilitator: Dick Chamberlain



This free group is open to any caregivers looking to share experiences and support in a safe and inclusive environment. Group facilitator Mr. Chamberlain has 9+ years experience. No RSVP needed.

## NEW BEGINNINGS GRIEF GROUP - EVENINGS

**Tuesday, November 14**

Second Tuesday of the month, 6:00pm-7:30pm

New Beginnings Grief Support Group at the Portsmouth 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 and she will return your call. No RSVP needed.

## NILLA - THERAPY DOG EXTRAORDINAIRE

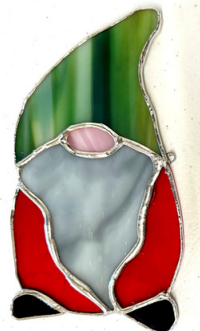
**Wed Nov 15 and Wed Nov 22, 12PM  
(about 40-45 minutes)**

Our favorite friend, Nilla, is back, along with her caretaker, Karen. Nilla is a certified therapy dog and can help melt away stress with a few pats. Stop by to meet her.



## ART CLASSES WITH KAREN ROSANIA, OLIVETEAL ARTS

Karen Rosania's classes have been a huge success in 2023. We have filled all classes, with wait lists still going. Check our December calendar for January 2024 class listings.



# 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.

### **MAH JONGG \***

Mondays 1:00pm - American

Tuesdays 1:00pm - Chinese

Games provided. FREE.

### **SCRABBLE \***

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

### **GUIDED MEDITATION W/JEAN \***

Mondays 10:00am

Instructor: Jean Roalsvig



Do you want to explore more of your mind, body, spirit connection? Come participate in a guided visualization meditation to strengthen your awareness of your own inner light, wisdom & knowledge.

Participants are sitting comfortably in chairs for guided meditation. No experience necessary although an open mind is required. Free.

## TUESDAYS

### **CHAIR YOGA \***

Tuesdays 10:15am

Instructor: Tina Travino

Join anytime. Free.

*(\*All first timers, must register at front desk.)*

### **EASE OF MOVEMENT "ALEXANDER TECHNIQUE"**

Tuesdays 11:00am

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. Alexander Technique is a user manual for how to use your body-mind with less effort for soft, fluid, movement and relief of pain. Sit or stand, wear comfortable clothing. Suggested donation of \$5 to teacher.

## WEDNESDAYS

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

Wednesdays 1:00pm - all levels.

Beginners welcome. Join the fun!

Games provided. Drop ins welcome.

### **VETERANS COFFEE**

Wednesdays 1:00pm - all veterans welcome to this social activity to meet other veterans. Guest speakers are featured each month. Coffee & treats provided. Free.

## **THURSDAYS**

### **QIGONG \***

Thursdays 11:00am

Instructor: Jeanne DeFlorio

Improve your health by integrating posture, movement, breathing, and focused intent to activate your flow of energy. Start with 20-min of stretching and 10-min of standing meditation, followed by gentle, flowing Qigong exercises. Chairs are available if needed. Zoom is available.

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

Thursdays 12:30-2:30pm

Knitting, crocheting, needlepoint, cross stitch, etc. FREE

### **UKULELE GROUPS \***

1st & 3rd Thursdays of the month

Beginners 10:30am-11:00am

Regular class 11:00am-12:00pm

Join the fun! Bring your own uke.

Drop ins welcome.

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

Thursdays 12:30pm. FREE

We provide the canvas and paint or adult coloring books and pens.

### **BOOK CLUB \***

Every other Thursday - call to inquire current dates.

Facilitator: Larry Lariviere

Book lovers take note: come to share a favorite book, or to hear about others. Free. Drop-in.

## **FRIDAYS**

### **BALANCE YOURSELF WITH JEAN**

Instructor: Jean Roalsvig

Fridays, 11AM

Gentle movements, breathing exercises, and soothing sounds. A use of mindfulness and stress relief practices. No experience necessary, just an open mind. Drop-ins welcome.

### **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.

### **CANASTA \***

Fridays, 1:00pm-3:00pm

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

## **SATURDAYS**

### **ZUMBA GOLD**

Saturdays 9:00am **IN PERSON**

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

### **COFFEE HOUR**

Senior Lounge open on Saturdays for drop-in coffee, free Wi-Fi and social time. We have music available to listen to or you can bring in your own CD or record. Open every Saturday 9:00am-Noon. Free coffee, books, WiFi and snacks!

# SENIOR CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING

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## Warner House Tour



FREQUENT WALKING

HAS STAIRS



Monday Nov. 20

Leaving the Center at 1:45pm, return approximately 3pm.

Cost: \$3 Resident/\$5 Non-Resident

A trip out to Portsmouth's own Warner House and Carriage House for a tour. Out and back quick 1-hour trip. We will have a personal tour of the Warner House by volunteer Dave Pepson. The Warner House, built in 1716, is one of the oldest urban brick residences of New England. RSVP 603.610.4433.

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## Airfield Cafe Breakfast Out



MINIMAL WALKING

Tuesday Nov. 28

Leaving the Center at 9AM, return 11AM or sooner.

Cost: \$3 Resident/\$5 Non-Resident

Breakfast trips are returning. Hop on the Rec Van to get some delicious food at the Airfield Cafe in North Hampton. A fun place to eat and admire the planes - both decorative and literally. Pay for breakfast on your own. RSVP 603.610.4433.

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## Wentworth Greenhouse & Roger's in Dover



AVERAGE WALKING

Tuesday Dec. 19

Leaving the Center at 10AM, return 3PM or sooner.

Cost: \$5 Resident/\$10 Non-Resident

Wentworth Greenhouse in Rollinsford during the holidays is always a festive place to visit for their displays - and - also enjoy beautiful flowers and plants during the colder months. Window shop or holiday shop as we inch closer to Christmas. Afterwards, we head to Roger's in Dover famous for its delicious pizza and large menu of food options. Pay for lunch on your own. RSVP 603.610.4433.





# Sandy Hill Winter Wonders - on a Sunday!



FREQUENT WALKING

\*\* TRAILS HAVE UNEVEN  
GROUND

Sunday, December 10

Leaving the Center at 4PM, return after dinner out, 7-8PM.

Cost: \$5 Resident/\$10 Non-Resident

Such a fun enthusiastically received trip last year and it's back again. Enjoy a winter stroll through Sandy Hill's Winter Wonders holiday light show. One-mile walk that winds through 14 acres of beautiful, enchanted hardwood forest. Please note, this trip will be walking on uneven trails at nighttime. We will stop for dinner at the Shipyard Brew Pub in Eliot on the way home. RSVP 603.610.4433.



## Boston Ballet's The Nutcracker

Saturday, December 9, 2023

Leave 5:30PM

from the Senior Activity Center, 125 Cottage St.

\$65 for Portsmouth Residents/\$70 for Nonresidents  
Price includes Orchestra Level seats at the Boston Opera House, coach bus transportation, and gratuities.

603-610-4433 to save yourself a seat



**\*\*White Mountains Hotel (Flyer at Senior Center)**

Sun., Dec 10 & Mon., Dec 11

\$100 Deposit upon sign-up.

Coach bus. \$445 Double per person, \$545 Single per person

## **BOSTON CELTICS take on THE DETROIT PISTONS AT TD GARDEN**



Thursday December 28

Leave the Senior Activity Center at 5:30PM

\$110 for Portsmouth Residents/\$125 for Nonresidents

Price includes balcony level seats, round trip coach bus transportation, and all gratuities. RSVP to 603-610-4433.



# FRIDAY MOVIES - POPCORN SERVED

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

- **Nov 3: Hidden Figures** (2017, PG) The incredible inspiring story about three black women who work at Langley Aeronautical Laboratory in Hampton, Virginia, starting in the early 1940's. These women play an integral role in the development of American Aviation and at NASA, instrumental in the launch of John Glenn into orbit. Starring Theodore Melfi, Taraji Henson, Octavia Spencer, and Janelle Monae. 2 hrs 6 min.
- **Nov 17: Finding Forrester** (2001, PG-13) A unique relationship develops between an eccentric, reclusive novelist and a young, amazingly gifted scholar athlete. After the novelist discovers that the young athlete is also an excellent writer and secretly takes him on as his protege, they develop an unlikely relationship. Starring Sean Connery, F. Murray Abraham, Anna Paquin. 2 hrs 16 min.
- **Dec 1: To Sir With Love** (1967) American Mark Thackeray recently received his degree in engineering but cannot find work. To make ends meet, he takes a job as a teacher in a rough London East End school populated mostly with troublemakers who were rejected from other schools for their behavior. While the students at first see Thackeray as just another teacher open to for ridicule and bullying, his calm demeanor and desire to see them succeed gradually earns their respect. Starring Sidney Poitier, Barbara Pegg, Judy Geeson, and Christian Roberts. 1 hr 45 min.
- **Dec 8: A Man Called Otto** (2023) We watched the foreign film, and now we will watch the newest one. A grumpy widower forms an unlikely friendship with his new neighbors that turns his world around. Starring Tom Hanks, Mariana Trevino, Rachel Keller. 2 hrs 6min.
- **Dec 15: It's a Wonderful Life** (1947) An angel is sent from Heaven to help a desperately frustrated businessman by showing him what life would have been like if he had never existed. Starring James Stewart, Donna Reed, Lionel Barrymore. 2 hrs. 5 min.
- **Dec 22: Miracle on 34th Street** (1947) A department store Santa is out to prove he is the real Claus in this spirited 1947 version holiday classic. Starring Maureen O'Hara, John Payne, Edmund Gwenn and Gene Lockhart. 1 hr. 36 min.



**Senior Activity Center Closed**

**Tues, Nov 7: Voting**

**Fri, Nov 10: Veteran's Day**

**Thurs & Fri, Nov 23 & 24: Thanksgiving Holiday**



# PORTSMOUTH BUSINESS OWNERS

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**Senior News  
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# CEDAR HEALTHCARE CENTER

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

When it's time to share the care,  
there's Easterseals NH Adult Day.

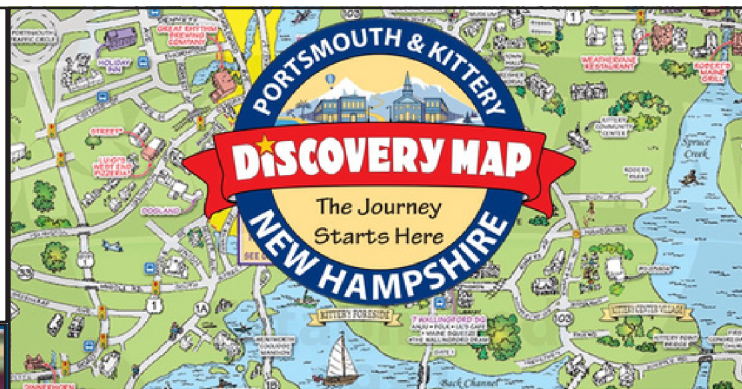


Memory Care | Preventative Care | Health Services

**FREE TRIAL DAY**

Open M-F in Manchester, NH  
7:30 AM to 5:30 PM

Call **603.845.9318** to schedule.  
eastersealsnh.org

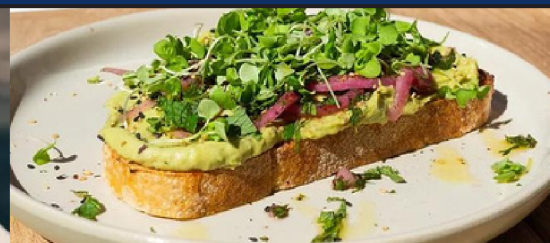


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