

January 2024

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +

SNOWFLAKE LUNCH SPECIAL

Thursday, January 25
at Senior Activity Center

Seating starts 10:30AM; Serving at 11AM

*Happy
New Year*

Step out of the winter doldrums and join friends new and old for this luncheon special. Gather will be on-site with an information table.

Menu includes a hearty pot roast, mushroom gravy, scalloped potatoes, peas & pearl onions, snowflake roll and coconut cream cake/cookies for dessert.

Coffee/tea station available.

Thanks to Rockingham Nutrition for providing lunch.
Voluntary \$3.00 suggested donation. Pay at the door.
RSVP required by Monday, January 22. 603-610-4433.

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.

Visit us! Open Mon-Fri 9am-5pm; Sat 9am-12pm
Portsmouth Senior Act. Center * 125 Cottage St. * Portsmouth, NH



LUNCH BUNCH - WED, JAN 3

Grill 28

Wed, Jan 3, 2024 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 still OK - pick up inside

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

Pick up 11am-11:30am

PLEASE NOTE: NO GRAB & GO THE LAST WEEK OF DEC.

Thurs, Jan 4: Spaghetti w/Meatballs

Tues, Jan 9: Beef & Bean Burrito

Thurs, Jan 11: Roast Pork w/Gravy

NO Grab & Go Tues, Jan 16

Thurs, Jan 18: Polynesian Pineapple Chicken

Tues, Jan 23: Macaroni & Cheese

Thurs, Jan 25: SNOWFLAKE SPECIAL (See front page)

Tues, Jan 30: Turkey Cordon Bleu (Cold meal)

Thurs, Feb 1: Swedish Meatballs

Thanks to Rockingham Nutrition for providing lunch.

Voluntary \$3.00 suggested donation.

SENIOR MOBILE FOOD MARKET - FREE



MONDAYS, Jan 8 & 22, 2:00-3:00PM (e/o Monday - not holidays)

At Portsmouth Senior Activity Center

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

Free produce and other perishable items available for pick up.

Everyone welcome. No reservations needed, just show up.

PROGRAMS FOR JANUARY 8-19

5 Easy Tips to Prevent Neck Pain

Wed, January 10 at 12:30PM at Senior Activity Center

Facilitator: Dakota Krol, PT, DPT, Assistant Manager Saco Bay Orthopedic and Sports Physical Therapy

Local physical therapist and neck pain specialist, Dr. Dakota Krol, will provide 5 easy tips for help manage neck pain. Neck pain is experienced by 48% of the population during their lifetime. On average, neck pain is likely to last longer and be more severe than symptoms experienced in the lower back.

Dr. Krol will be providing sandwiches for lunch.

RSVP required for seat count and food order: 603-610-4433



Working on Health Goals

Thurs, January 11 at 11AM at Senior Activity Center

Facilitator: Diana Robinson, RD, LDN, Hannaford Dietician

Once the holidays are over, the January resolutions appear. Do you struggle with setting intentions and keeping them? Setting goals that stick isn't a game of luck, but rather an approach-based practice that you can use to make habits that fit your lifestyle. A program to help you learn the steps needed to turn your health goals into accomplishments from a professional. RSVP Required: 603-610-4433

PROGRAMS FOR JANUARY 8-19



Fun with Watercolor

Fridays; Jan 12 thru Feb 16, 2024, 10:00am-12pm; virtual if snowy
Instructor: Mo O'Leary Location: Senior Activity Center

Bring your own watercolor supplies (list can be provided). Explore watercolor techniques and design. And meet new friends!

Limited to 16. RSVP required 603-610-4433

Zentangle with Patty

3rd Wednesday of the Month: **Wed, January 17 from 10am-12pm**

Facilitator: Patty Weeks, CZT Location: Senior Activity Center

Open to beginner and experienced tangles. Bring your own supplies (list can be provided). Zentangle is a meditative art form that opens you up to inspiration for creative endeavors.

\$10 paid to the instructor. RSVP Required: 603-610-4433

Cameron Sutphin: Acoustic Guitar Concert - FREE

Wed, January 17, 3:00-4:00PM at Senior Activity Center

Folk singer and guitar player love at the senior center! In 2017 he released a debut Nashville Recorded CD, 'Heartbreak Town'. His music was played on the Blue Plate Special live audience radio program in Knoxville, TN. Cameron will be playing originals and covers such as "The Times They Are A-Changin'" (Bob Dylan), "Take Me Home, Country Roads" (John Denver), "Where Have all the Flowers Gone" (Pete Seeger), and "Wake Up Little Susie" (Everly Brothers). RSVP Required: 603-610-4433



PROGRAMS FOR JAN 22-FEB 2



Senior Discover Magic 4-Week Class

Mondays; Jan 22 thru Feb 12 2024; 12:30 to 2PM

Instructor: Wayne & Kali Moulton, Owners Sages Entertainment

Learn how to do magic. This extraordinarily FUN class makes people appear! You will be shown high-quality magic props, top-secret file folders, surprises, and secret words to unlock bonus videos in the online vault round things out. Previous senior class attendees said, "We're going to be the coolest Grandma's ever!" Cost: \$25 per person for 4-week class. Please pay at sign-up. RSVP 603-610-4433

Healthy Ways to Manage Stress

Wed, January 24 at 10AM at the Senior Activity Center

Facilitator: Katie Michaud, MS, OTR/L, Cornerstone VNA

Katie, a behavior health expert, will help navigate through stress and how it can be managed. In this class you will learn: Causes and types of stress, Symptoms and self-assessment techniques, Diet and nutrition treatment options. RSVP Required: 603-610-4433

Screening of "Keys, Bags, Names, Words"

Friday, January 26, 12:30PM at Senior Activity Center

During the Free Friday Film series

A new Alzheimer's & Dementia documentary - this unusual and inspiring window into how the arts, expression, and human engagement can lead to better outcomes for those with Alzheimer's disease and other forms of dementia.

Produced in partnership with the Global Brain Health Institute, this feature documentary was released fall of 2023 in honor of World Alzheimer's Day Sep 21. This film is by private screening only. No need to RSVP, just show up.



PROGRAMS FOR JAN 22-FEB 2

NH Humanities Lecture: Norman Rockwell: Inclusion, Exclusion, & Representing America

Wed, January 31 at 3PM

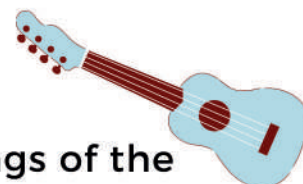
Facilitator: Jane O'Neail, NH Humanities



Norman Rockwell is heralded for depicting and defining American life. He often captured bittersweet images of people experiencing universal and relatable feelings of being left out or left behind. Yet, as an artist working in the 20th century, his works were curiously devoid of America's rich cultural and racial diversity. Toward the end of his career, Rockwell painted several poignant works about race in America that can be seen as an extension of his earlier sense of the power of inclusion and exclusion. RSVP Required: 603-610-4433

Sing-Along with the Merry Ukesters

Wed, January 24, 1:30PM at Senior Activity Center



Come sing along as the "Ukesters" strum popular songs of the past, from the Beatles, Creedence Clearwater Revival, Van Morrison, Willie Nelson, Sam Cooke, and who knows who else. You'll know the lyrics to many of the songs, and there'll be song sheets available in case you don't. Singing together spreads joy; come join for a feel-good time. RSVP Required: 603-610-4433



MODERN SQUARE DANCING

Thursdays, 1:00PM (new dancers start February 1)

Dance Leader (CALLERLAB TRAINED CALLER): Al Rouff

Try team dancing. Individuals and pairs welcome. Combine the intellectual challenge with heart healthy exercise - and fun! This is great "thinking on your feet". Dancers taught all calls. Fee: \$5 per class (pay instructor). RSVP 603-610-4433

SUPPORT GROUPS & RESOURCES

PORTSMOUTH HOUSING MONTHLY DROP-IN HOURS

Tues, January 23 from 1PM-3PM (4th Tuesday of the Month)

At Portsmouth Senior Activity Center

Facilitator: Resident Services Director, Kelley Lesko



Have you ever wondered about the affordable senior housing process in Portsmouth, but didn't know where to begin?

Portsmouth Housing is here to help. Resident Services Director, Kelley Lesko will be on-site to help with applications, explain how the Resident Services program works, and answer questions. She'd love for you to stop by and say hello!

ALZHEIMER'S SUPPORT GROUP

Thurs, January 4 (First Thursday of the month)

2:00 to 3:30pm at Senior Activity Center

Facilitator: Dick Chamberlain



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

NEW BEGINNINGS GRIEF GROUP - EVENINGS

Tues, December 12 (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. No RSVP needed.

MONTHLY HAIR CUTS BY COLLEEN

Fri, January 26 (last Friday of the month)

At Senior Activity Center - By APPOINTMENT ONLY



If you're looking for a little help, enjoy a hair wash + cut. Donations accepted, otherwise no cost. Appointment required by calling 603-610-4433.

“WALK THRU THE SEASONS” NEXT ART SHOW 2024

Our first Art Show of the New Year is intended to create a journey through nature’s transformative beauty as we traverse the evolving seasons of fall, winter, spring, and summer. Consider sharing artwork that embodies your favorite season.

To be a part of our next show, or if questions, contact the Art Committee Members:

Diane Stradling: (603) 957-7181
dianestrading@gmail.com

Maureen O’Leary: (603) 969-3012
maureenoleary2@gmail.com

DROP OFF FOR THE JANUARY EXHIBIT IS
FRI. JAN 12 FROM 10AM-12PM

OPENING ART RECEPTION
THURS, JAN 18 - MARCH FROM 2:30PM-4PM
ALL WELCOME TO ATTEND

“WALK THRU THE SEASONS”
SHOWING JAN 18 - MARCH 22, 2024
DROP BY ANYTIME

KAREN ROSANIA - OLIVETEAL ARTS CLASSES



Karen Rosania is ready to bring you fun in 2024! Karen's classes are very popular. We encourage you to say yes to Wait List- we often have cancellations, and will run popular classes multiple times.

Wool Heart Ornaments: for Portsmouth's Tree of Love Tuesday, Feb 6 -OR- Thursday, Feb 8 (CHOOSE ONE DATE) 1:00PM-3:00PM

Come learn the art of felting! No prior experience necessary. Make beautiful wool heart-shaped ornaments for the Tree of Love in Market Square. You will have the opportunity to make several heart ornaments using hand dyed wool – and you can keep one for yourself! The instructor will be running two separate classes. You only need to sign up for one date. 10-person limit per class. Suggested donation of \$10. All proceeds to benefit the Portsmouth recreation Youth Scholarship Fund. RSVP Required: 603-610-4433.

Wet Felting Pots Thursday, February 15 from 1PM-4PM



Come learn the art of wet felting! You will be making some beautiful pots out of colorful, hand-dyed wool. Your pot can be used to hold jewelry, keys, or even a plant. All participants will have the option of taking home a spider plant and liner to pop into their wool pots. 9-person limit per class. Cost is \$15 per person, includes all materials. 603-610-4433.

NILLA - THERAPY DOG EXTRAORDINAIRE



**Wednesdays; January 3 & 17, 12:00PM
(about 40-45 minutes) at Senior Activity Center**

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. No reservations needed.

TRIPS

TRIP TALK 2024 - ICE CREAM SOCIAL

Friday, February 9, 2:30PM

2024 Day Trips Announced AND Ice Cream Social.

This is NOT a sign-up session, this is a "Save the Date" for trips that spark your interest. Trips will be rolled out throughout the year with special opening registration dates to officially sign up. Rec van trips,

Royal Tours, Collette Tours, and more will be announced.

RSVP to save your bowl of Ice Cream 603.610.4433.

ROYAL TOURS & THE SENIOR ACTIVITY CENTER PRESENT

IRISH SHOW & CORNED BEEF DINNER: DEREK WARFIELD AND THE YOUNG WOLFE TONES AT THE DANVERSPORT YACHT CLUB

Wednesday, March 20

Leaving the Center at 10:30AM, Return approximately 4PM

Cost: \$127 per person, inclusive

Enjoy a traditional Corned Beef and Cabbage Dinner or Roasted Chicken.

Sing, dance, and tap your feet to the tunes. Price includes your transportation, lunch, taxes, gratuities, and live show. RSVP 603.610.4433



REC VAN TRIPS

RSVP REQUIRED: 603.610.4433

THE BROOK CASINO

Tuesday, January 16

Leaving the Center at 10:30AM, return between 2-3PM.

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

Casino goers: let's check out the casino in our backyard! Located in Seabrook, The Brook has 600 slot machines, table games, and sports betting. Food on your own in the casino.

SMITTY'S CINEMA, SANFORD - LUNCH & MOVIE

Tuesday, Jan 30

Leaving the Center at 11:15AM, return apx 3PM

Cost: \$20 Resident/\$25 Non-Resident (includes movie & lunch)

We reserved the comfy seating at Smitty's! Show is "West Side Story" and lunch includes 2 slices of cheese pizza, french fries, popcorn, and pitchers of soda. Enjoy a classic movie with friends.

WEEKLY ONGOING PROGRAMS

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

MONDAYS

PIZZA MONDAYS

Mondays 3:00-4:00PM

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.



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 *

OFF FOR JANUARY, BACK IN
FEBRUARY

TUESDAYS

CHAIR YOGA *

Tuesdays 10:15am

Instructor: Tina Travino

Join anytime. Free.

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. Sit or stand, wear comfortable clothing. Suggested donation of \$5 to teacher.

WEDNESDAYS

MEXICAN TRAIN DOMINOS *

Wednesdays 1pm - 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. Coffee & treats provided. Free.

WEEKLY ONGOING PROGRAMS

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. Chairs are available if needed. Zoom is available.



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

Come to share a favorite book, or to hear about others. Free. Drop-in.



THURSDAYS (CONTINUED)

KNITTERS (YARN WORKS) *

Thursdays 12:30-2:30pm

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



WINTER INDOOR WALKING

Thursdays, 8:30am-10:30am

Indoor walking at the Community Campus Gym - 100 Campus Dr., Portsmouth. Walk the gym in the comforts of heat and no ice to worry about.

Volunteer Tyler will be onsite from 8:30-9:30am. Or walk on your own anytime during this time slot. Free. Drop-in.

FRIDAYS

BALANCE YOURSELF WITH JEAN

OFF FOR JANUARY,
BACK IN FEBRUARY



DULL MEN'S CLUB *

Coffee & Conversation for men.

Fridays 10:30am - Noon.

CANASTA *

Fridays, 1:00pm-3:00pm

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

WEEKLY ONGOING PROGRAMS

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!



STRETCH & SOCIALIZE WITH TYLER

Saturdays, 10AM-11AM.

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

ANNOUNCING FALL 2024 COLLETTE TOUR: Canyon Country: Grand Canyon, Zion, and Bryce National Parks Oct 1 - 8, 2024



**INFORMATION SESSION WITH COLLETTE TOURS
Monday, February 26, 2:30PM**



We are excited to announce our domestic Collette Tours trip for 2024 - 8 days exploring the canyons of the American West. Join Andrew from Collette Tours and AAA to learn more about this bucket list experience. RSVP 603.610.4433.



FRIDAY MOVIES - POPCORN SERVED

Every Friday at 12:30pm - Free

Popcorn served &/or bring your own lunch

- **Jan 5: To Kill a Mockingbird** (1963) Based on the novel, when Atticus, a widowed father and respected lawyer, defends a black man named Tom Robinson against fabricated rape charges, the trial and tangent events expose the children to evils of racism and stereotyping. Starring Gregory Peck, Mary Badham, Phillip Alford, 2 hrs. 9 min.
- **Jan. 12: Barbie, the Movie.** (2023) This fun movies follows Barbie as she suffers a crisis that leads her to question her world and existence. Will Ken still be her hero? You'll have to watch to find out. Wear pink for extra fun that day!! Starring Margot Robbie, Ryan Gosling. 1hr 54 min.
- **Jan. 19: Bye Bye Birdie** (1963) When the draft selects rock star Conrad Birdie, his fans are devastated, especially a struggling song writer, Albert, whose song Birdie was just about to record. Albert's girlfriend Rosie, pushes Albert to write a new turn that Birdie will perform on television to a lucky fan selected in a contest. Starring Dick Van Dyke, Janet Leigh, Ann-Margret, Paul Lynde. 1hr 52 min.
- **Jan. 26: Keys, Bags, Names, Words** (2023) Special Screening. Produced in partnership with the Global Brain Health Institute, this documentary was released this fall, highlighting World Alzheimer's Day on September 21st. This hopeful film can be a useful tool for raising awareness and changing perceptions around this often-misunderstood disease – and rally public health resources to patients and families.
- **Feb. 1: Respect** (2021) American Biographical musical drama film following three decades of the life of Aretha Franklin. Starring Jennifer Hudson, Forest Whitaker, Mary J. Blige. 2hr 25 min.

SENIOR CENTER CLOSURES - 2024

- Mon, Jan 1 : New Year's Day
- Mon, Jan 15: MLK Jr. Day
- Tues, Jan 23: NH Primary Voting Day

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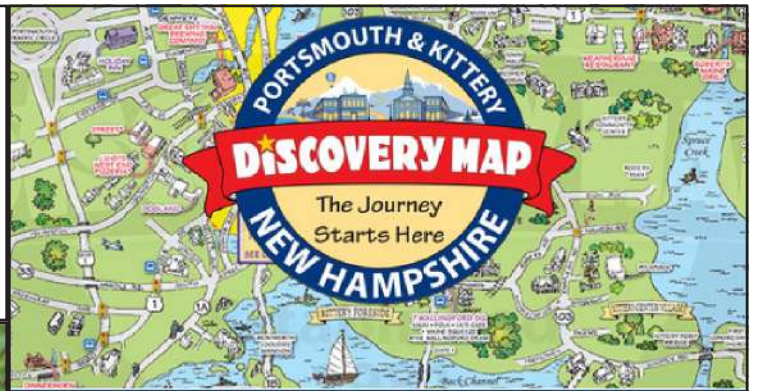


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