

February 2024

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+



Downton Abbey Afternoon Tea

Thursday, February 29, 1PM
at Senior Activity Center

Immerse yourself in the world of Downton Abbey by Lynda Simmons, owner of Teas for You. There will be an engaging presentation on proper dining etiquette in the Edwardian era; their multiple dress changes throughout the day, and a review of foods served during 'Teatime', including table manners. Guests are invited to bring an antique (over 100 years old) cup and saucer or teapot if you have one.

Dress in a hat, gloves, and pearls if you wish.



We will indulge in tea sandwiches, scones, sweet treats and of course tea! Enjoy an afternoon of royalty and fun. Lynda, also known as the 'Duchess of Bedford', has had her own business for over 15 years and has an education through the World Tea Organization, certified by the Specialty Tea Institute.



A special raffle will conclude this fun event for one of Lynda's tea related products.

\$5 Resident/\$7 Non-resident. RSVP 603-610-4433

PORTSMOUTH SENIOR ACTIVITY CENTER

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

125 Cottage Street, Portsmouth, NH



VALENTINE'S DINNER AT GATHER CAFE

at Great Bay Community College
320 Corporate Dr., Portsmouth
Tuesday, February 13, 5:00-7:00PM
FREE; Just Show Up

3-course seated meal to celebrate the season of love with your friends. Provided by Gather's Cooking 4 Community Program. This is not a Senior Activity Center event. Drive on your own; no need to RSVP. Located at the Gather Cafe at Great Bay Community College.

GRAB & GO --OR-- GRAB & STAY LUNCH

Grab & Go pick up inside
RSVP Required 603-610-4433 | nmfinitsis@cityofportsmouth.com
Pick up 11am-11:30am

Thurs, Feb 1: Swedish Meatballs
Tues, Feb 6: Turkey Cordon Bleu Sandwich
Thurs, Feb 8: Chicken Parmesan
Tues, Feb 13: Gumbo w/Chicken & Sausage
Thurs, Feb 15: Spaghetti & Meatballs
NO MEAL TUES FEB 20
Thurs, Feb 22: Roast Turkey
Tues, Feb 27: Sweet & Sour Meatballs
Thurs, Feb. 29: Meatloaf with Gravy

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

SENIOR MOBILE FOOD MARKET - FREE

MONDAYS, Feb 5, 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 FEBRUARY 1-9

AARP Tax Aide - By Appointment Only VOLUNTEER TAX PREPARERS



Scheduled appointments only: February 4 - April 14

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 apt
- Questions: Call 603-205-2646. Appointment call: 2-1-1

Valentine Cards with Becky Tuesday, Feb 6, 1PM

Facilitator: Becky Crawshaw



We're making Valentine themed and seasonally decorated cards
Supplies and instruction provided. Small fee to cover supplies
of \$5/per person paid at the class to Becky. RSVP 603-610-4433

Paper Marbling

Wednesday, Feb 7, 1:30-3:30PM

Facilitator: Molly Meng, Artist & Creative Workshop Teacher



Suminigashi is the ancient Japanese technique of decorating paper with inks. It is believed to be the oldest form of marbling, originating in China over 2,000 years ago and practiced in Japan by Shinto priests. This art form is easier than it sounds. Just a few basic steps and the right equipment. We'll use Japanese marbling inks and plain white paper to create our own unique, swirling beauties that take just a short time to dry. Great for anyone! \$15 kit fee paid to instructor. RSVP 603-610-4433

PROGRAMS FOR FEBRUARY 7-16



Craig and Diana Acoustic Concert

Wednesday, Feb 7, 3PM-4:30PM

Craig LaGrassa is a singer/songwriter who plays acoustic guitar alongside his companion Diana Haile. Upbeat, fun music that covers such artists as The Beatles, Sam Cooke, The Temptations, Johnny Cash, John Denver, Dolly Parton and more. Come enjoy an afternoon of toe-tapping fun. Treats & hot chocolate served. Sit and enjoy the music - or - choose to dance, it's all up to you. No need to RSVP, just show up!

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.



UNH Health and Wellness Returns - 5 Weeks

Wednesdays, Feb 14 - March 13, 10AM-12PM

Lead by: Occupational Health Students

Supervised by: John Wilcox, Clinical Associate Professor

UNH Occupational Health 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 health. This class is very popular and will fill up fast. Free. Participants are invited at the end of each class to enjoy lunch from Meals on Wheels with the students. Lunch is \$3 suggested donation. RSVP Required: 603-610-4433

PROGRAMS FOR FEB 19 - 29



Lunch and Socialize at the Ninety-Nine

Tues, Feb 20 at 12PM

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

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

The Ninety-Nine dinner club was a great success; now to try lunch. Join other Senior Activity Center members for a delicious meal and conversation over lunch during these winter days. Make new friends or chat the afternoon away with your regulars.

All meals include your choice from Menu below, popcorn, coffee/tea or fountain drink and gratuities.

RSVP WITH YOUR LUNCHEON CHOICE:

- Vermont Cheddar Chicken Sandwich - French Fries or Slaw
- Grilled Chicken BLT Wrap - French Fries or Slaw
- Southwest Chicken Wrap - French Fries or Slaw
- Crispy Fish Sandwich - French Fries or Slaw
- Classic Burger - French Fries or Slaw
- Flatbread Combos: Pork Flatbread, Cheese Flatbread, Carnitas Flatbread, Chicken Fajita with a choice of soup or salad (see next below for soup and salad choices)
- Soup & Salad Combos: Your choice of salad paired with a cup of Broccoli & Cheddar Soup, Seafood Chowder, or Soup du Jour. Salads are either Garden or Caesar.

Care for the Caregiver

Tuesday, February 20, 2:30-3:30PM

Facilitator: Katie Michaud, MS, OTR/L

Behavioral Health Coordinator, Cornerstone VNA



Review of self-care practices for family caregivers. This will be an informative morning of support and education for caregivers.

RSVP Required: 603-610-4433

PROGRAMS FOR FEB 19-FEB 29



Zentangle with Patty

3rd Wednesday of the Month: Wed, February 21 from 10am-12pm

Facilitator: Patty Weeks, CZT Location: Senior Activity Center

Open to beginner & experienced tangles. Bring your own supplies (list can be provided). Zentangle is a meditative art form that opens you up to inspiration. \$10 to instructor.

RSVP 603-610-4433

A Walk in Their Shoes Dementia Simulation

Wednesday Feb 21, 2:00-3:30PM

Presented by The Residence at Silver Square - Michael Merrigan

Allow our dementia experts to take you through a simulation experience to better understand and empathize with what living with Alzheimer's or other forms of dementia can be like. We will guide you through challenges of compromised vision, hearing and dexterity, which all affect cognition.

RSVP by February 14: 603-610-4433

Brain Healthy Cooking for One



Thursday Feb 22, 11AM-12PM

Presenters: Olivia Korpi, Assist. Executive Director & Jean Foster-Spillane, Director of Dining, Cornerstone at Hampton

Discover why you should cook Brain Healthy for every meal and then learn how to do it. Learn how to shop for brain-healthy ingredients, helping you eat nutritiously. Demonstration of how to cook easy and tasty Mediterranean-style meals for 1-2 people. Get tips on using the same ingredients for several meals to stretch your shopping budget and reduce food waste. Seating limited. RSVP 603-610-4433.

PROGRAMS FOR FEB 22- FEB 28

Curio Book Box Workshop

Wednesday Feb 21, 1:30-3:30PM

Facilitator: Molly Meng, Artist and Creative Workshop Teacher

Participants must bring their own book, at least 1" thick and approximately 5" X 8". Books will be gutted in the workshop.



Transform a basic book to a constructed box, while maintaining the book's structure and creating something unique. The entire construction of gutting a book and building a box will be covered in this class as well as the elements of collage. Aside from providing the book, participants are encouraged to bring personal items such as flat or 3-D family photos, pages from old notebooks, vintage rulers, sentimental fabrics, etc. Make a special & unique item for holding treasures or displaying as art. \$10 materials fee paid to instructor.

The ultimate resulting piece of work will be a curiosity box that holds one's treasures or can stand alone as a piece of artwork. RSVP 603-610-4433

InstaPot & Air Fryer 101

Wednesday, February 28, 1:30PM

Presenter: Valerie Melin, Volunteer



Were you gifted an InstaPot and don't know what to do with it? Don't let it collect dust any longer! Or perhaps you're just curious about multicookers. Come to this presentation with Valerie to learn the basics of these counter appliances with confidence. Recipes and samples will be provided. FREE. RSVP 603-610-4433.

SUPPORT GROUPS & RESOURCES

PORTSMOUTH HOUSING MONTHLY DROP-IN HOURS

Tues, February 27 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, & answer questions.

ALZHEIMER'S SUPPORT GROUP

Thurs, February 1 (First Thursday of the month)

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



Free support group open to any caregivers looking to share experiences and find support in a safe and inclusive environment. Group facilitator: Dick Chamberlain. This group is only for caregivers. Free. No RSVP needed.

NEW BEGINNINGS GRIEF GROUP - EVENINGS

Tues, February 13 (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 - THERAPY DOG EXTRAORDINAIRE



Wednesday Feb 7 and Thursday Feb 22, 12PM
(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 reservation.

KAREN ROSANIA - OLIVETEAL ARTS CLASSES

Karen's classes are very popular. We encourage you to say yes to the Wait List- we often have cancellations, and will run popular classes multiple times.

Wool Heart Ornaments: for Portsmouth's Tree of Love Thursday, Feb 8, 1:00PM-3:00PM - Spots OPEN

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 Felted Wool Eggs - One Session Class

CHOOSE ONE DATE:

- **Tuesday, March 5, 1-3PM**
- **Tuesday, March 26, 1-3PM**



Spring is in the air! Come learn the art of wet felting and leave with several gorgeous wool eggs for your Easter table or spring basket. No prior experience necessary. We will be using Styrofoam eggs as the base - not real ones. This will allow your eggs to last for many years! Class limited to 9 people. All materials included \$10 per person paid to instructor. RSVP Required: 603-610-4433



Decorate for Portsmouth's Tree of Love

Thursdays, February 1 & 8, 12:30PM

Drop-in Art Hours: 2-Thursdays dedicated to decorating Valentines that will hang on the Tree of Love in Market Square.

We provide all the materials! You provide the creativity.

Free. Just show up.

Chronic Pain & Fatigue: What You Don't Know Actually Hurts You

Wednesday, March 6, 1PM-2PM

Presenter: Ellen Ronka, Licensed Mental Health Counselor

Got pain? Tired of fatigue? Have a bunch of niggling health issues that your doctors can't seem to resolve? There is a very good chance they are not due to aging or past injuries as you might assume. Come learn what the latest in pain science says about what causes these symptoms and how to resolve them (not just cope with them!). The common understanding of pain hasn't caught up to the science yet, so you are not likely to hear this content even from your doctors. Your pain is very real (and very painful), but it IS generated by your brain. Chronic pain is learned, and thanks to neuroplasticity, you CAN unlearn it by employing certain techniques consistently. That's why a psychotherapist (with expertise in this area) is uniquely qualified to do this talk. Come ready to get a dose of hope for relief - no prescriptions necessary! RSVP 603-610-4433.

NEW ART SHOW FEATURING SENIOR ARTISTS

"WALK THRU THE SEASONS"

JAN 18 - MARCH 22, 2024; DROP BY ANYTIME

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, enjoy a slice of pizza. Cheese and pepperoni to share. Free and all welcome. Donation jar will be 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.

SCRABBLE *

Mondays 1:00pm

(We always have the boards...bring a friend and play anytime.) FREE

GUIDED MEDITATION W/JEAN *

Mondays; 10AM

Instructor: Jean Roalsvig

Do you want to explore more of your mind, body, spirit connection? 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

MONDAYS (CONTINUED)

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

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. \$5 suggested donation

WEDNESDAYS

VETERANS COFFEE

Wednesdays 1:00pm

All veterans welcome to this social activity to meet other veterans. Coffee & treats provided. FREE

WEEKLY ONGOING PROGRAMS

WEDNESDAYS (CONTINUED)

MEXICAN TRAIN DOMINOS *

Wednesdays 1pm - all levels.
Beginners welcome. Join the fun!
Games provided. Drop ins welcome.



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. FREE

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

THURSDAYS (CONTINUED)

MUSIC TOGETHER "GENERATIONS"

Thursdays. 4:00pm-4:45pm
Facilitator: Sharon Morton
The Music Together Generations class is a mixed-age family class with a twist: the community expanded to include older adult participants. "Grandfriends" and little ones will come together to play along. No experience necessary. Drop-in anytime. FREE

DROP IN ART & COLORING *

Thursdays 12:30pm
We provide the canvas, paint, adult coloring books, colored pens. FREE

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.
11 laps = 1 mile. FREE

WEEKLY ONGOING PROGRAMS

FRIDAYS



BALANCE YOURSELF WITH JEAN

Instructor: Jean Roalsvig

Fridays, 11AM

(NO CLASS 2/16 & 2/23)

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.

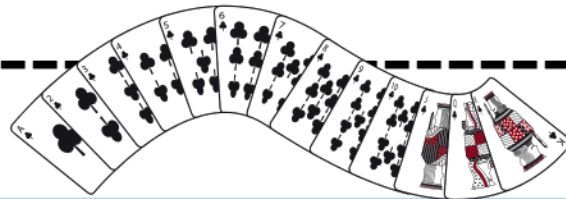
DULL MEN'S CLUB *

Fridays; 10:30am-12:00pm
Coffee & Conversation for men.
FREE

CANASTA *

Fridays, 1:00pm-3:00pm
Join us to learn Canasta. 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

Open every Saturday 9:00am-Noon

Lounge open on Saturdays for drop-in coffee, free Wi-Fi and social time...and snacks! Music also available to listen to or you can bring in your own CD or record. FREE

STRETCH & SOCIALIZE WITH TYLER

Saturdays, 10:00-11:00am

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 snacks and socialization! FREE. RSVP to 603.610.4433



FRIDAY MOVIES - POPCORN SERVED

Every Friday at 12:30pm - Free

Popcorn served &/or bring your own lunch

- **Feb. 2: 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.
- **Feb 9: Pretty in Pink** (1986, PG-13) High school senior Andie Walsh lives with her underemployed working-class father, Jack, in a Chicago suburb. Andie's best friend, an outsider nicknamed Philip "Duckie" Dale, is in love with her, but is afraid to tell her how he truly feels. Starring Molly Ringwald, Harry Dean Stanton, Jon Cryer and Andrew McCarthy. 1hr 36 min. * **Trip Talk follows today's movie in the Assembly Hall.**
- **Feb 16: Queen of Katwe** (2016, PG) Based on a vibrant true story, living in the slum of Katwe in Kampala, Uganda, 10-year-old Phiona and her family are in constant struggle. Her world changes one day when she meets Robert Katende, a missionary who teaches children how to play chess. Phiona becomes fascinated with the game and soon becomes a top player under Katende's guidance. Starring Madina Nalwanga and David Oyelowo. 2hrs 4min.
- **Feb 21: Groundhog Day** (1993, PG) A cynical TV weatherman finds himself reliving the same day over and over again when he goes on location to the small town of Punxsutawney to film a report about their annual Groundhog Day. His predicament drives him to distraction, until he sees a way of turning the situation to his advantage. Starring Bill Murray, Richard Henzel, Andie McDowell, and Rob Riley. 1 hr 41 min.
- **March 1: Wild Mountain Thyme** (2020, PG-13) Headstrong farmer Rosemary Muldoon has her heart set on winning her neighbor Anthony Reilly's love. The problem is, Anthony seems to have inherited a family curse, and remains oblivious to his beautiful admirer. Stung by his father's plans to sell the family farm to his American nephew, Anthony is jolted into pursuing his dreams. Starring Emily Blunt, Jamie Dornan, Jon Hamm and Dearbhla Molloy. 1 hr 42 min.

SENIOR CENTER CLOSED - 2024

Mon, Feb 19: President's Day



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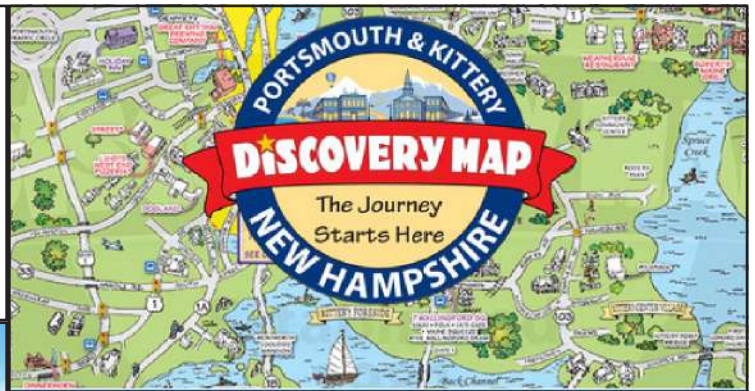
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THE FRIDGE**

TRIPS



Featured trips on a Coach bus with Royal Tours. New in 2024 - watch for "opening times" to register for Royal Tours trips as the year progresses. Check newsletter for featured trips as well as the Senior Activity Center Trip Wall. You can "Save the Date" for future trips, but registration will only be during designated times.

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

**OVERNIGHT AT TRAPP LODGE, STOWE, VT:
"A FEW OF OUR FAVORITE THINGS", WITH CONCERT
BY ELISABETH VON TRAPP**

Monday, April 15, departing at 8:30AM

Returning Tuesday April 16, 5:00PM

Cost: \$544 PER PERSON for Double

\$664 PER PERSON for Single, all inclusive



Fantastic overnight trip exploring Vermont while staying at the Trapp Family Lodge in Stowe. Guided Family History Tour of the Trapp Family Lodge and a 3-course plated gourmet dinner before an unforgettable intimate performance by Elisabeth von Trapp. In addition, trip includes the following excursions: King Arthur Flour, Ben & Jerry's Factory, Cold Hollow Cider Mill, and Rock of Ages Quarry. Includes transportation, lodging, an afternoon tea, 1 dinner, 1 buffet breakfast, all tours and all gratuities. Travel insurance is included the price.

**RSVP FOR ALL TRIPS
603-610-4433**

SENIOR ACTIVITY CENTER

PORTSMOUTH

FITNESS ENRICHMENT SOCIAL RESOURCES ENTERTAINMENT

REC VAN TRIPS



STROLL CAFE GAMES & COFFEE AFTERNOONS

- **Wed, Feb 14, 2:30-4PM - Treat Yourself Valentine Afternoon**
- **Wed, Feb 28, 2:30-4PM - Afternoon Coffee Social Hour**

Cost: \$10 per person - includes choice of drink and cheese board

Choice of two Stroll Specialty Drinks (When registering, ask for your choices)



Stroll Cafe has a new location off of Portsmouth Blvd. Hop on the Rec Van and enjoy a cheese graze board and choice of 2-featured beverages. Chat with friends or pick up one of their board games to play. Please let us know about dietary restrictions - gluten free and vegan can be accommodated.
RSVP 603-610-4433

BOWLING & PIZZA AT GAMETIME LANES - AMESBURY, MA



Tuesday, March 5, Leaving the Center at 10:30AM
returning approximately 3PM

Cost: \$20 Resident/\$25 Non-Resident
(includes bowling, shoe rental and pizza lunch)

Come have a great time candlepin bowling at Gametime Lanes in Amesbury, MA. We will be reserving 3-lanes for bowling with your friends old and new. There will be pizza and soda served. Shoe rental included in the price. RSVP 603-610-4433

MUSEUM OF FINE ARTS, BOSTON (MFA)

Tuesday, March 26

Leaving the Center at 9AM, returning approximately 5PM

Cost: \$35 Resident/\$40 Non-Resident

A Boston staple! The MFA is one of the most comprehensive art museums in the world. Its collections house nearly 500,000 works of art, from ancient Egyptian to contemporary, special exhibits, and innovative educational programs. Lunch can be purchased on own at one of the museum cafes. RSVP 603-610-4433

ANNOUNCING FALL 2024 COLLETTE TOUR: Canyon Country: Grand Canyon, Zion, & Bryce National Parks



INFORMATION SESSION WITH COLLETTE TOURS

Monday, February 26, 2:30PM

8-days; Oct 1 - 8, 2024 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