

Summer 2017



PORTSMOUTH SENIOR NEWS

A publication of the City of Portsmouth's Senior Services

Visit us at the Senior Activity Center

Programs & Activities for Ages 50+

...Loving Life at Every Age!...



Annual Cookout Celebration – Thurs, July 27 - Free

Thursday, July 27 at noon Community Campus Gymnasium RSVP required by calling 603.610.4433

Mayor's Lemonade Stand opens at 11am and lunch is served at noon. Cookout-style Food (hot dogs and hamburgers) with an ice cream station sponsored by The Residence at Silver Square.



Beach Days – NEW!!

Casual beach socials to enjoy walking or sitting watching the waves roll. Volunteer Greeter on site to welcome everyone. 2nd Tuesday of the summer months from 3:00-5:00pm.

- July 11 Wallis Sands, 1050 Ocean Blvd, Rye (parking free for ages 65+; \$15 per car for all others)
- August 8 Newcastle Common (\$2 admission for 65+)
- Sept 12 North Hampton State Beach - Across from Beach Plum, 27 Ocean Blvd (parking meters)



Open House - Fridays; July 28 and Aug 25 from 9:30-11:30am – NEW!!

For those who have been wondering about Portsmouth's senior center or who have only visited once or twice but would like a refresher-visit, please stop by for light refreshments and to visit the senior center, to meet the staff and to gather some activity information. Seniors and senior providers are welcome. Free.

Portsmouth Senior Activity Center • 100 Campus Drive/Community Campus, Portsmouth
Center: 603.610.4433 • Cell: 603.247.9531 • Email Brinn Sullivan at bsullivan@cityofportsmouth.com

Special Travel Presentation:

THURSDAY, JULY 13 at 11:00am

"Canyon Country"

Come learn more about Collette Travel's next trip to Arizona, Utah and Las Vegas
Travel Dates: April 12-20, 2018 (9 days)
~ Book by Oct 12, 2017 ~

Traverse through canyon country, including national parks and some of America's most awe-inspiring scenery. Start by flying into Scottsdale, AZ. Delve into this region's Native American history, visit Camelback Mountain, Paradise Valley and have some downtime in Old Town Scottsdale.

Then travel to Sedona with colorful vistas, Oak Creek Canyon, Kaibab National Forest, and the south rim of the Grand Canyon. By day 4/5 you'll be exploring more of the Grand Canyon, Lake Powell & Navajo land.

Day 6 included Bryce Canyon and Zion National Park. On day 7 you will start the day winding alongside the Virgin River through the 2,400 foot deep, 1/2 mile wide Zion Canyon. By the days end you'll be surrounded by the glitz of Las Vegas. Day 8 is all yours to do as you please in Las Vegas. Day 9 you depart for home with your memories.



Brochures available at
Senior Center 603-610-4433

JULY ACTIVITIES

Resiliency for Caregivers

Tues, July 11 from 5:00-7:00pm @ Senior Activity Center Free

In this interactive presentation, family caregivers will learn about the importance of resiliency and the ability to "bend but not break." Participants will be encouraged to share what works for them in maintaining resiliency and learn ways to increase positive responses to the difficulties of caring for those with chronic illness. Presenters from Extended Family: Barbara Trimble, RN, M.Ed - CEO/Founder and Mary Boucher, MSW -COO/ Partner.



Learn How to Tie a Scarf Thurs, July 13 at 10:30am @Senior Activity Center Free
Pam, one of our crafty and well dressed seniors, will be leading this class to show everyone how to tie a scarf in a variety of ways. RSVP Required. Only 12 per class. Bring your own scarf.

Zumba Gold – 6 Fridays at 9am starting ~~July 14th~~ Aug 11th \$5 per class
Zumba takes the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. The design of the Zumba Gold class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Instructor: Anna Howard is a certified Zumba and Zumba Gold instructor. She has been teaching Zumba classes in MA for two years and has recently relocated to Portsmouth.

Clipper Harbor Lunch-N-Learn Series @ Senior Activity Center

11:00-12:30pm – Light snack provided RSVP 610-4433 Free

- Thurs, July 20 - What is Alzheimer's? Learn more about Alzheimer's and many different types of dementia. What signs to look for? How to care for someone with dementia?
- Thurs, August 17 - Caring For the Caregiver. Caring for yourself is one of the most important and one of the most forgotten things you can do as a caregiver. This will be presented by Clipper Harbor and Compassus Hospice.
- Thurs, September 21 - Health Insurance. Do you know what Medicare, Medicaid, and your other insurances cover? How about when you are in the hospital, acute rehabilitation hospital, or sub-acute rehabilitation? Does your insurance cover long term care?

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JULY ACTIVITIES



Tea Lecture and Tasting

Tuesdays; July 11, 18 & 25 \$10 for all 3 classes (bring the first day of class)

Learn about tea etiquette, tea history and the different types of tea and how to prepare them.

1:00-3:00pm. RSVP Required 603-610-4433. Only 12 people per class. @ Senior Activity Center

Bring your own tea cup (or buy one on the first day of class).

A Tea Club will also run in the fall for those who are interested in continuing on.

How to Have a Healthy Lifestyle – 4 Week Course

4 Thurs; Aug 17, 24, 31 & Sept 7 from 10:30am-11:30am

Learn more about a healthy lifestyle using the L.E.A.N. approach to health: Lifestyle, Exercise,

Attitude and Nutrition. Class 1: Open Your Internal Pharmacy. Class 2: Make Health Your

Hobby. Class 3: Move Waste From Your Waist. Class 4: Live Without Pain & Inflammation. Each

participant will need to purchase the workbooks before the start of the first class. LEAN is a

scientifically proven plan for feeling young and living longer delivered through a collection of

interactive educational classes. "Add years to your life and life to your years." quote by William

Sears, MD. Taught by Sherylee Strout, a certified health coach through Dr. Sears Wellness

Institute. \$30 – included book and class instruction. \$10 deposit payable by Aug 1.

RSVP by calling the Senior Activity Center at 610-4433. Minimum 10 people to run the class.

Walk with a Cop – All ages welcome!

Every-Other Wednesday at 10:00am @South Mill Pond Parking Lot (Picnic Table by Playground)

Walk fast or slow with Portsmouth Police Officers for a 1-1.5 mile loop around downtown.

New Time!! Movie Field Trip: Wed, July 26 @Cinemagic Theatre on Lafayette

Time and Movie to be determined based on that week's schedule.Call to get on the list.

We've moved the Sunday movie date to a Wednesday to see if that can accommodated more

people. Must have 5 people to go. Pay on your own. 603-610-4433.



The Senior Activity Center will be closed on Tues, July 4. On Mon, July 3 the Drop-in-Lounge is open but all other activities have been canceled for the day.

UPCOMING SUMMER TRIPS:

Gloucester Lobster Cruise \$89.00

Only 20 spots left!!

Mon, July 17 from 9:30am-6pm

New England Clambake lunch as you tour Gloucester harbor. After the cruise the bus will stop in Rockport's downtown.

RSVP required with payment at the Senior Activity Center.

State House Tour \$5 + lunch \$\$

Wed, July 12 from 9am-3:00pm

Depart Community Campus at 9:00am.

Tour of Statehouse in Concord at 10:00am

Lunch at the Common Man to follow.

Rec Van is the transportation.

Only 14 spots. RSVP 603-610-4433

Gundalow Boat Ride \$25.00

Thurs, Aug 24 at 2:45pm

~ Special Upriver Cruise ~

Departs from Prescott Park. 2.5 hour cruise on the Piscataqua River sailing towards Dover. Go under the Memorial Bridge and see the shoreline from a whole new perspective.

Only 25 spots. RSVP 603-610-4433

~ Reservations are important ~

As well as keeping the reservation.

No-shows mean people miss out and money is lost. Please inform us if your plans change.

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UPCOMING FALL TRIPS:

Flyers are available in the center.

We'll be taking a nice bus with bathroom.

Max 55 people. RSVP required 603-610-4433.

Departs from Community Campus

Price includes: Gratuities for restaurant and bus.

Quabbin Reservoir Tour \$72.00

Lunch at Salem Cross Inn & Tavern

Breezlands Orchards

Wed, October 11 from 7:45am-5:00pm

Spend a fall day exploring the scenic reservoir with lots of history and wildlife. Lunch will follow at the Salem Cross Inn with your choice of chicken or pot roast. After lunch we visit Breezlands Orchards with farm stand, apple cider, jellies and cheese.

Portland Symphony Orchestra \$84.00

“Magic of Christmas” Fri, December 8

Depart Community Campus at 10:30am.

Celebrate the spirit of the season with the splendor of the PSO. Lunch before the show at The Super Great Wall Buffet with a variety of food option from Chinese, Italian and American fare.

SPECIAL PROJECT!!!

Can you sew or glue gun?

We are adding the accessories to 100 fleece hats that will be sold at the Elks Craft Fair and the proceeds benefit Pease Greeters in Portsmouth.

Thursdays in July & August from 12:30-2:30pm we will have the hats on site for you to come a work on. Great project for grandkids. Bring your needles & thread, glue gun, buttons, ribbons, bows, patches...anything you want. (Come August...call first.)

Let's Eat – Upcoming Lunches & Dinners



Senior Luncheon

4th Thursday of Each Month at 12:00pm

- July 27: Summer Cookout – Free. Hot dogs and hamburgers served. Ice cream station served by Portsmouth Police and sponsored by Silver Square Assisted and Independent Living Community. Served in the gym at Community Campus. Parking may overflow into the satellite lot.
- August 24: Soup, Salad and Sandwiches \$5. First time lunch guests are free.
- Sept 28: Soup, Salad and Sandwiches \$5.



Thanks to Wentworth Senior Living for their sponsorship Senior Luncheon program

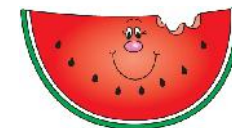
Dinner Date

3rd Thurs of Each Month at 4:30pm

RSVP required 610-4433

Pay on your own

- July: Ray's Seafood: 1677 Ocean Blvd., Rye
- Aug: Jitto's: 3131 Lafayette Rd, Portsmouth
- September: Outback Steakhouse: 712 Lafayette Rd, Seabrook



Lunch Bunch

2nd Wed of Each Month at 11:30am

RSVP required 610-4433

Pay on your own

July 12: Tuscan Kitchen Aug 9: Margaritas Sept 13: Portsmouth Country Club

Tuesday Lunch in the Café

2nd Tues of Each Month at 11:30am

Drop-ins welcome

Pay on your own

Variety of lunch options; hamburgers, deli sandwiches, hot lunch, soup, salad, paninis, & more.

Meals on Wheels Lunch Specials – At the Senior Activity Center 12:00pm

- Thurs, July 13 - Club Sandwich w/Turkey RSVP required 610-4433 \$3 donation
- Tues, Aug 29 - Special BBQ Lunch! RSVP required 610-4433 \$3 donation



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August Activities

Essential Oils, Breathing & Movement 101 Wed, Aug 2 from 3:00-5:00pm
Leah Pacione, Kripal Yoga Instructor, will guide participants through breathing and gentle movements while integrating essential oil usage and knowledge throughout the 2-hour class. Fee is \$30 – includes sample kit containing instruction book and 5 different blended and pure essential oils used in class and for continued usage. Payment due 7/28 – we need to order kits. Registration required by calling Senior Activity Center at 610-4433

Cyber Safety Presentation by AARP Tues, August 22 at 6:00pm Free
How to stay connected AND protected. AARP is arming Americans with the tools they need to spot and avoid fraud and scams so they can protect themselves and their families. RSVP required to Senior Activity Center 603-610-4433.

Brain, Balance & Breakfast Wed, September 6 from 9:00-11:00am Free
Topic: Falls Prevention with therapist-guided exercises and a light breakfast. Presented by Rehab 356. @Senior Activity Center. RSVP to SAC at 603-610-4433.

Diabetic Shoe Clinic Wed, August 22. Appointments starting at 1:00pm
@Senior Activity Center Call for your 15-min appointment at 603-610-4433
Bring Medicare card, primary Dr name, add & phone and secondary insurance (if you have it). Shoes are typically covered by Medicare. Leanne will discuss all shoe needs w/ you personally.

Fall Prevention & Creative Expression/Stress Management Program Free
Wednesdays for 10-weeks; Starting September 13 10:15am-1:45pm (includes lunch)
Taught by UNH Graduate students from the Occupational Therapy Dept.
If you missed it last spring, make sure to sign up early. It will fill up - 15 people only. While this course is free, it is intended for people who can commit to all 10-weeks. @Senior Activity Ctr. Goals are to increase strength, endurance, flexibility, confidence, and, promote independence and encourage social connectedness within the community, as well as promote overall health. The Matter of Balance (MOB) standardized falls prevention protocol will be used to enhance physical capabilities and discuss perceptions regarding fall risk. RSVP 603-610-4433.

Stay Cool When it's Hot Outside!

- **Check the weather report** and make a plan for staying cool.
- **Stay in air conditioned** and limit activity.
- **Drink plenty of water.** Don't wait until you feel thirsty to drink.
- **Wear lightweight clothing** and **wipe your skin with a damp towel** to keep your body cool.
- **Check in with a friend or relative everyday** to let them know if you're staying cool (or not).
- **Talk to your doctor.** Some health conditions and meds make it harder for your body to handle the heat.
- **Watch out for signs of heat illness**, such as fatigue, skin rash, heavy sweating, muscle cramps, weakness, dizziness, nausea, and headache. If you feel any of these symptoms, cool off and seek medical attention if symptoms worsen or last longer than 1-hour.

The Portsmouth Senior Activity Center is open Mon-Fri 9am-3pm and always has cool water and snacks. Stop in anytime.

SAVE THE DATE!

Qigong 5-week Workshop
5 Tuesdays; Sept 26-Oct 24
11:30am-12:30pm

Invest in your health and regain confidence in this 1-hour integrated wellness and body work class that uses breathing and gentle movements to achieve better body balance and health. Instructor Francesca Gianni is a Level 1 & 2 Qigong instructor. @Senior Act Center \$50 for 5-weeks. Must RSVP 610-4433.

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Save the Date: Celebrating 65! Tues, September 12 from 5:00-7:00pm Free

Robin Chouiniere from Harvard Pilgrim Health will be on site to speak about important topics that help us be proactive in planning for those retirement years. What is social security, can I work and still collect?, spousal benefits, 4 parts of Medicare, how to apply, and supplemental plans. This is an educational opportunity only. RSVP to Robin at 603-656-9531 / robin_chouiniere@harvardpilgrim.org

FREE FRIDAY FILMS Every Friday at 11:30am Free @Senior Activity Center

- July 7: Hidden Figures (2016) (PG) The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.
- July 14: The Last Word (2017) (R) Harriet is a retired businesswoman who tries to control everything around her. When she decides to write her own obituary, a young journalist takes up the task of finding out the truth resulting in a life-altering friendship. Shirley MacLaine.
- July 21: Lion (2016) (PG13) A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia. 25 years later, he sets out to find his lost family. Tip: Read the book first – see how they compare!
- July 28: The Sting (1973) (PG13) In Chicago in Sept 1936, a young con man seeking revenge for his murdered partner teams up with a master of the big con to win a fortune from a criminal banker. Paul Newman, Robert Redford.
- Aug 4: La La Land (2016) (PG13) A jazz pianist falls for an aspiring actress in Los Angeles. Ryan Gosling, Emma Stone.
- Aug 11: The Founder (2016) (PG13) The story of Ray Kroc, a salesman who turned two brothers' innovative fast food eatery, McDonald's, into one of the biggest restaurant businesses in the world with a combination of ambition, persistence, and ruthlessness.
- Aug 18: Allied (2016) (R) In 1942, a Canadian intelligence officer in North Africa encounters a female French Resistance fighter on a deadly mission behind enemy lines. When they reunite in London, their relationship is tested by the pressures of war. Brad Pitt.
- Aug 25: Seven Year Itch (1955) When his family goes away for the summer, a so far faithful husband is tempted by a beautiful neighbor. Marilyn Monroe

Drop in Lounge Open Monday-Friday 9:00am-3:00pm. Free wifi, complimentary coffee/tea, newspaper and conversation.
Special Friday Café from 9:30-11:30am with Keurig Coffee and lots of laughs.



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