



SENIOR NEWS



A publication of the City of Portsmouth's Senior Services
Senior Activity Center: 100 Campus Drive, Portsmouth
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January – February – March 2017

...The Newsletter is for 3 months....

Things are always being added. Make sure to stop in or call to learn the latest things added to the calendar.



NEW!!! Tuesday Lunch Transformation – JOIN US!
Each month the Senior Activity Center hosts a lunch on the 2nd Tuesday of the month upstairs at Community Campus.

In 2017 we are changing the format of lunch. Instead of hosting a formal lunch, we have transformed lunch to be a casual get together.

Starting in January, on the 2nd Tuesday of each month, all seniors are welcome to meet in the Café at Community Campus for lunch starting at 11:30am. Café closes at 1:30pm. There is plenty of seating to sit together in groups or pairs.

We are excited for people to be able to eat a broader range of food including hot lunch, salad bar, deli bar, soup, desserts, drinks, and panninis.

Lunch will be pay on your own. A “senior special” will be available on those days.

Volunteers will be on site to help us get accustomed to the new format.

The Thursday senior luncheon will continue as usual.

2nd Tues in Winter: Jan 10 Feb 14 March 14

Café accepts cash & credit.

Weather Cancellations

The Senior Center will close if the Portsmouth schools are canceled due to weather.

In the event of a school delay, the center will open at the regular time.

If needed, closings will be posted on WMUR | 9 under "Portsmouth Senior Activity Center". Also “Community Campus” posts their closing along with the school listings. If Community Campus is closed then the center will be closed as well.

Please note that even if the center is open for the day, a class instructor may choose to cancel their class. As always you can call the Senior Activity Center at 603-610-4433 or Brinn Sullivan at 603-247-9531 if you have any questions.



Senior Luncheon

*Social lunch with yummy food
Brought to you by Portsmouth Senior Services*

2017 SCHEDULE

Tuesdays (2nd Tuesday of the Month)

Lunch transformation!

We will no longer be hosting the Tuesday lunches in the upstairs room. Instead we welcome people to eat lunch in the Café at Community Campus. Soup, salad, hot lunch, and sandwiches can be purchased. Café is open 11:30am-1:30pm. We'll be there to shepherd people together.

Thursdays

12:00pm buffet lunch is served. Arrive as early as 10:30 for coffee.

January 26 February 23 March 23 April 27 May 25
June 22 July 27 August 24 September 28 October 26
Nov 16 – Thanksgiving hot lunch Dec 21 – Lunch w/ dessert potluck

~ Line dance show before every Thursday lunch from 10:30-11:00am in SAC ~

- \$5.00 -- Soup, salad & sandwiches served with coffee, tea and dessert
- At Community Campus, 100 Campus Drive
- First lunch complimentary to any new guests
- RSVP Required to 610-4433 or bsullivan@cityofportsmouth.com



SAVE THE DATE:

Thurs, February 23

Special Valentine's Day Hot Lunch \$7.00
Chicken Parmesan

Thursday, May 25

Balance Day 'Y'
Big Salad Buffet Lunch \$5
Special wellness demonstrations during the day

Thursday, July 27 - FREE

Annual Cookout Celebration
Portsmouth Police Ice Cream Station
Served in gym

SAVE THE DATE:

Tues, October 10 from 9am-noon

- ✓ Senior Health & Wellness Expo
- ✓ Falls Prevention Day
- Free admission to Expo

Thursday, November 16

3rd Thurs of the month at 12:00pm
Thanksgiving Hot Lunch – \$5 - Served in Gym

Thursday, December 21

3rd Thurs of the month at 12:00pm
Luncheon with Potluck Dessert Buffet - \$5
Holiday Theme Decorations & Served in Gym

Things to Do

"The Salon" – Discussion Group

1st & 4th Tuesday of the month from 12:00-1:00pm at the Portsmouth Senior Activity Center. Join us as we revive a decades old tradition in an open, casual and thoughtful group to read and discuss a poem, magazine article, excerpt from a book or whatever ignites your interest. Almost anything goes, except cell phones!

Call Sharon for more information at 603.610.4433.



Afternoon Yoga by Deb Levine

4 Wednesdays; January 4, 11, 18 & 25 from 2:00-3:15pm

@ Senior Activity Center \$25 for 4-weeks

Learn to support your own health and healing. Deb has advanced training in Kripalu and Adaptive yoga. This class is beginner-friendly. Participants may be seated or use mats. RSVP required by calling 603.610.4433 or email bsullivan@cityofportsmouth.com

SPECIAL MOVIE PRESENTATION by WENTWORTH SENIOR LIVING

"Glen Campbell...I'll Be Me" Movie Screening (PG)

Friday, Feb 10 11:30am @ Senior Activity Center Free; Open to Public
RSVP REQUIRED to Jenna Dion 570-7856 Light Snacks Served

In 2011, music legend Glen Campbell set out on an unprecedented tour across America. They thought it would last 5 weeks instead it went for 151 spectacular sold out shows over a triumphant year and a half across America.

What made this tour extraordinary was that Glen had recently been diagnosed with Alzheimer's disease. He was told to hang up his guitar and prepare for the inevitable. Instead, Glen and his wife went public with his diagnosis and announced that he and his family would set out on a "Goodbye Tour."

The film documents this amazing journey as he and his family attempt to navigate the wildly unpredictable nature of Glen's progressing disease using love, laughter and music as their medicine of choice. Special appearances include Bruce Springsteen, Paul McCartney, Steve Martin, and Bill Clinton among many others.

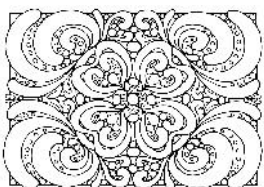
<http://glencampbellmovie.com>

Chair Yoga with Jeanne Russell - Free

Tuesdays at 1:00pm @ Senior Activity Center

Modified yoga movement with chair assist to help people strengthen, stretch and increase flexibility and balance. Lots of Laughter!!!

No reservations needed – just show up.



Adult Coloring - Free

Wednesdays at noon @ Senior Activity Center

We provide the pencils and books (or bring your own). Join us for the social and relaxing activity. No one's is being graded – all for fun!

Things to Do



MORNING YOGA by Carla Murphy - Increase Your Balance & Core Strength

Wednesdays 9:00am; Starting September 7 Suggested donation - \$5.00/class

Ongoing 45-minute vinyasa style yoga class focusing on strengthening the core, balance and connecting breath with movement. Yoga adds years to your life and life to your years. Chair available for stability. Beginners welcome, bring a yoga mat (extras available). RSVP to the Senior Activity Center 603.610.4433 or just drop in.



Ukulele Classes – EVERYONE welcome

Classes will run the 1st and 3rd Thursday of each month

10:30-11:30am Free

Laura Cassinari King, String Director from the Seacoast Academy of Music will be teaching lessons this fall. Newbies, beginners and experienced players welcome.

Lessons are free but reservations required. This is an organized group and not just a drop in. Must have an instrument. If you need to buy one, please let us know and we'll connect you with the instructor. RSVP by calling 603.610.4433

Ping Pong - Free

Mondays 9:00-10:00am, Fridays 2:00-3:00pm @ Senior Activity Center

We have paddles and balls – all we need is you! No reservations needed – just show up.

Strength and Balance – Evening Class with Vivian

New session - 8 Wednesdays starting January 25 and runs for 8-weeks. 5:00-5:45pm. \$40 with a minimum number of 8 people pre-registered and pre-paid.

Ordinarily we take our balance for granted, but it is an important and vital part of our daily life. That is why following an exercise program which incorporates strength, flexibility and balance training is essential for performing every day activities. Exercises are performed either seated or standing. Join Vivian Lefebvre, certified fitness instructor for seniors, in an evening workout for anyone ages 50+.

Registrations taken by calling 603.610.4433. Deadline to register and pay is Wed, Jan 18.

Scrabble and Bridge - Free

Mondays from 1:00-3:00pm @ Senior Activity Center

We set up the activity room for folks to play Scrabble and Bridge.

Complimentary coffee and light snacks available.

No reservations needed – drop in only. We have 4 regulars who come to Scrabble and 8 people on our Bridge interest list. So hopefully you'll join us too 😊

Mindfulness Meditation - Free

Tuesdays 11:15am @Senior Activity Center with Sharon

Anyone can do mindfulness practice. There are no barriers. It doesn't matter how old you are or your physical ability. Meditation is known to help reduce stress, sharpen your concentration skills and focus, boosts working memory, improve sleep, decrease pain, and find peace in a frantic world. No reservations needed – just show up.

Things to Do

ServiceLink is Back at the Senior Activity Center – Starting in February 1st Monday of Each Month

Do you have questions about Medicare? A staff member from ServiceLink of Rockingham County will be at the Senior Activity Center at Community Campus on the 1st Monday morning of each month to help people understand their benefits and options.

- Unable to get your prescription drugs or afford them?
- Did you recently turn 65 or retire and are new to Medicare?
- Did Medicare not pay a bill and you are not sure what to do?
- Will Medicare pay for your Preventative Services?
- Want to know how to protect yourself from Medicare errors, fraud and abuse?
- We would be happy to answer your Medicare related questions!

Please call ServiceLink at 603-334-6594 to schedule an appointment to meet at the Senior Center or at the ServiceLink office at the Pease Tradeport.



NEW!!! Canvas Painting Class - \$5 per class
Wednesdays; Jan 18, Feb 15 and March 15
12:00pm @Senior Activity Center
Instructor will guide you step by step to paint a pre-determined painting on your own. Anyone can do it. We'll provide all of the art materials. You'll have a lot of fun creating a picture you can take home. Each month there is a new picture. 10 Spots per class. RSVP 610.4433.
←January's picture

Lecture: A Climate Change Solution Conservatives Can Love

Monday, March 20, 1:30 pm

Free; open to the public ages 50+ years old, retired or not

@ Active Retirement Assoc, Durham Evangelical Church (lower level), 114 Dover Rd, Durham

Is there an effective, politically feasible, market-based approach compatible with both conservative and liberal values – on which we all can agree? Michael Fleming will address this question, and more, in his presentation. Mr. Fleming has been concerned with environmental issues since before the first Earth Day in 1970. He earned master's degrees in Preventive Medicine and Geography from Ohio State University. In 2015, he retired from managing a national health care quality data team for Anthem Blue Cross and Blue Shield, after previously working in the Maine and Ohio Departments of Health and Mental Health. He resides in Lee, New Hampshire.

ARA offers lectures, discussion groups, films, cultural tours, walks/hikes, classes, special-interest groups, and much more! For additional info, visit www.unh.edu/ara or contact Membership Director Carol Caldwell at 603-343-1004 or info@ara-nh.org.

Other Lectures:

- “The Nature of NH: Natural Communities of the Granite State” Mon, Feb 13, 1:30pm
- “The Cotton Mills of Dover, NH: 125 Years of Manufacturing.” Tues, March 7, 1:30pm

Things to Do

"Library Laura" is Back to Help with Your Device
Mondays, Feb 13 and March 13 at 11:00am - FREE
@ Senior Activity Center Only 10 per class.

Learn how to better use your device and get online. Use Facebook, take pictures, download an app, talk-out your text messages, and more. Must bring your device, email, apple id and passwords. Have your questions written out. This is a group class where we will all learn from each other's questions. RSVP required. 603.610.4433

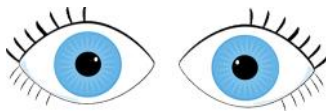


Iceland Eco-Adventures Information Night

Wed, January 11 at 6:00pm @ Seacoast Science Center, 570 Ocean Blvd, Rye.
Learn about the Seacoast Science Center's exhilarating Eco-Adventure to Iceland, the Land of Fire and Ice, to be held September 24-October 2, 2017 in this special presentation. You'll hear about the full itinerary of activities, including the all-inclusive travel plans and lodging, during an image-rich presentation. Presentation is free of charge and no obligation to join the trip. For more info: Contact Henry at 436-8043 x16 or h.burke@sscnh.org.

Volunteers Needed to Teach Bone Builders

The Senior Activity Center is looking to host a Bone Builders class but we need your help! Volunteers are required to go through background check, be trained by watching other Bone Builder classes and work within a team. No fitness experience needed but an interest in working with people (specifically seniors) – and a sense of humor! Bone Builders is offered 2x per week throughout the year. We are looking for people to train over the winter and start a class by April/May. Will work with other instructors – you will not be alone☺ The RSVP Bone Builders Program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. Call Addie to get more info and fill out an application. 603.498-0410.



Lecture: *The Importance of Eye Exams for Seniors: Cataracts, Glaucoma and Age-related Macular Degeneration*
Friday, February 17th at 3pm

At Wentworth Senior Living 346 Pleasant St., Portsmouth

Presented by: Dr. Laura Potvin, Optometrist

Since parking can be tight in that area, the senior transportation shuttle will bring people from Community Campus to WSL for the lecture. Pick up at 2:30pm return at 4pm.

Reservations for lecture and transportation required by calling Pheobe at 603-570-7855.



~ FALLS PREVENTION ~

Fall Prevention & Creative Expression/Stress Management Program
11-Wednesdays starting Feb 8 from 10:15am-1:45pm (lesson and lunch)
@ Senior Activity Center

Free; RSVP required 603-610-4433 (only 15 spots available)



**University of
New Hampshire**

UNH Graduate students from the Occupational Therapy Dept will be facilitating a 11-week fall prevention & creative expression/stress management program beginning Wednesday, Feb 8th and ending on April 26th (no class on 3/15). The first class will be just a morning class as an intro to the program. Goals for the groups are to increase strength, endurance, flexibility, confidence, and, promote independence and encourage social connectedness within the community, as well as engage in Creative Expression & Stress Management activities to 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. This is a lecture style class. Not a fitness class.

Prevent a Fall



- ✓ Lesson: 10:15-11:15am and again from 12:45-1:45pm
- ✓ Lunch: A lunch break embracing food from each others cultural and family background will be prepared from 11:30am-12:30pm.

Tai Ji Quan: Moving for Better Balance - Free

Mondays & Wednesdays 10:30-11:30am 12 week session: Feb 6 - April 24

A researched based balance and training program designed for older adults and people with balance disorders. This program is designed to improve strength, balance, mobility, and prevent falls in older adults. Additional goals aim to improve posture stability, awareness of mindful control of body, functional walking, range of motion, and movement symmetry and coordination. This is a movement style class.

Instructor Steve Warren is certified TJQMBB program instructor as well as a Tai Chi (Shido-In) Instructor. *RSVP Required 603.610.4433. Maximum 15 people.*

Balance Day – Monday, January 30 from 10:00-12:00am - FREE

Dawna Pidgeon from the NH Falls Prevention Taskforce will be on site to do balance screens, learn about ways to reduce falls and learn about and have demo of the upcoming programs. @ Senior Activity Center.

NEW!! Therapeutic Qigong - \$7 per class

Thursdays at 3:00pm Starting February 3 @ Senior Activity Center

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, lisc massage therapist for 13 years and teaches at Spinnaker Point and Portsmouth Regional Hospital. Join anytime – this is an ongoing program. Invest in your health!

Let's Eat!

Lunch Bunch

Meet the 2nd Wednesday of every month at 11:30am for lunch with friends...and yet-to-meet friends. Discover new restaurants or rediscover old favorites.

- Wed, Jan 11: Olive Garden
- Wed, Feb 8: Café Espresso
- Wed, March 8: Kim Lai

Only 20 reservations accepted.

Each person is responsible for their own lunch. RSVP required 610-4433.

Dinner Date

On Break for Jan, Feb & March

Will resume Thurs, April 20 at 4:30pm

ELKS SENIOR LUNCHEON

The Portsmouth Elks invite you their "Senior Spring Social" for a complimentary luncheon with a hot meal served in their banquet facility.

Wed, April 12 at 11:30am

At the Portsmouth Elks, 500 Jones Ave

RSVP to the Senior Activity Center starting March 1.

While we are taking 150 reservations, I fully expect this to fill in a couple days.

Call 603-610-4433 (leave a message with both name and phone #.)

Meals on Wheels Lunch Specials

Served at Senior Activity Center \$3 donation

Thurs, January 12 at 12:00pm

Ham w/ Pineapple Sauce, French Peas and Sweet Potato Casserole

Thurs, Feb 9 at 12:00pm "Sweet Heart Celebration"

Seafood Bake (Fish, Scallop, Shrimp) and Strawberry Mousse w/ Valentines Sprinkles

Thurs, March 16 at 12:00pm

"St. Patrick's Day Special" Corned Beef Au Jus, Cabbage Wedge, Irish Soda Bread

RSVP Required by the Friday before the meal by calling the senior center at 610-4433.

Movie & Lunch

@ Cinemagic and The 99

Jan 15 Feb 12 March 12
Matinee movie \$7.50

@ Cinemagic on Lafayette Rd (Rt 1).

Followed by lunch at the 99 Restaurant
Pay on your own.

Meet group in front lobby after you have bought your ticket and snacks.

RSVP to movie and/or lunch required so we can tell you the movie name & time and make lunch reservations. 610.4433

THURSDAY Senior Luncheon \$5.00

Have you been to a senior luncheon yet? Try it for free!

All first time lunch-goers get a complimentary lunch.

Soup, salad and sandwich with coffee/tea and dessert.

12:00pm (guests are welcome to arrive as early as 10:30am)

@ Community Campus, 100 Campus Dr., Portsmouth

Tuesdays: See Tuesday Lunch Transformation on Page 1

Thursdays: Jan 26 Feb 23 March 23 April 27 May 25

RSVP Required 610-4433 or bsullivan@cityofportsmouth.com

Special guests playing the accordion at the Jan 26th lunch.

~ Friday Movies ~

Friday Café, Tai-Chi, Movies, & Ping Pong at Senior Activity Center
Fridays we offer Keurig coffee/tea and good times with Marsha. We also offer Tai Chi for those who would like to increase balance, flexibility and coordination and Ping Pong to get your heart rate up and better your hand-eye coordination. Plus it's fun!!!

We try our best to show movies with subtitles.

Café opens at 9:00am with coffee & conversation

Tai Chi 10:00am Movie 11:30am with popcorn Ping pong 2:00pm

Jan 6: *Truth* (R) (2015) Newsroom drama detailing the 2004 CBS 60 Minutes report investigating then-President George W. Bush's military service and the subsequent firestorm of criticism that cost anchor Dan Rather and producer Mary Mapes their careers. Robert Redford.

Jan 13: *Opening Night* (2016 comedy/musical) A failed Broadway singer who now works as a production manager must save opening night on his new production by wrangling his eccentric cast and crew.

Jan 20: *Men Go to Battle* (2015) The story of two brothers struggling to hold their crumbling estate together outside a small Kentucky town in the fall of 1861.

Jan 27: *Five Easy Pieces* (1977) The story of a surly oil rig worker, Bobby Dupea, whose seemingly rootless, blue-collar existence belies his privileged youth as a piano prodigy. When Bobby learns that his father is dying, he goes home to see him. Jack Nicholson

Feb 3: *Free State of Jones* (R) (2016) A disillusioned Confederate army deserter returns to Mississippi and leads a militia of fellow deserters, runaway slaves, and women in an uprising against the corrupt local Confederate government. Matthew McConaughey.

Feb 10: *I'll Be Me* (Glen Campbell story) Hosted by Wentworth Senior Living (PG. Documentary). As he struggles with Alzheimer's disease, country-music legend **Glen Campbell** embarks on his farewell tour in the U.S., Australia, and Europe.

Feb 17: *Scoop* (PG-13) (2006) An American journalism student in London scoops a big story and begins an affair with an aristocrat as the incident unfurls. Scarlett Johansson, Hugh Jackman.

Feb 24: *The Big Sleep* (1946) Private detective Philip Marlowe is hired by a rich family. Before the complex case is over, he's seen murder, blackmail, and what might be love. Humphrey Bogart, Lauren Bacall.

March 3: *The Dressmaker* (R) (2015) A glamorous woman returns to her small town in rural Australia. With her sewing machine and haute couture style, she transforms the women and exacts sweet revenge on those who did her wrong. Kate Winslet

March 10: *Chocolat* (PG-13) (2000) A woman and her daughter open a chocolate shop in a small French village that shakes up the rigid morality of the community. Johnny Depp

March 17: *Tree of Life* (PG-13) (2011) The story of a family in Waco, Texas in 1956. The eldest son witnesses the loss of innocence and struggles with his parents' conflicting teachings. Brad Pitt, Sean Penn.

March 24: *Bridge of Spies* (PG-13) (2015) During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers. Tom Hanks, Mark Rylance, Alan Alda.

March 31: *On Golden Pond* (PG) (1981) Norman is a curmudgeon with an estranged relationship with his daughter Chelsea. At Golden Pond, he and his wife nevertheless agree to care for Billy, the son of Chelsea's new boyfriend, and a most unexpected relationship blooms. Katharine Hepburn, Jane Fonda, Henry Fonda.

Senior Activity Center Schedule

Located at Community Campus



Mondays:

Closed Jan 16 & Feb 20 Holidays
 Drop in Hours 9:00am-3:00pm
 Scrabble & Bridge Every Monday 1:00-3:00pm.
 Toe nail cutting clinic 2nd Monday; 1/9, 2/13, 3/13 appointments starting at 10am. \$25.
 ServiceLink on site 1st Mon of the Month. Call ServiceLink for appt 334-6594
 Library Laura Device Help Mon, Feb 13 & March 13 at 11:00am
 Tai Ji Quan 12 Weeks on Mon & Wed starting Feb 6. RSVP Required.
 Tea Club Private Group; 2nd Mon of each month at 2:00pm

Tuesdays:

Drop in Hours 9:00am-3:00pm
 Walking Tuesdays 9:00-10:00am – Gym
 Strength & Balance 10:00-11:00am with Colleen Furlong – FULL
 Mindfulness Meditation Tuesdays 11:15-12:00pm
 Healthy Rhythms Drumming No Class for Jan, Feb & March
 Chair Yoga 1:00-2:00pm every Tues with Jeanne Russell
 Senior Luncheon in Cafe 2nd Tue of the month in café 11:30am-1:30pm
 Visual Studies Starting Jan 17 at 2:00pm. - FULL



Wednesdays:

Drop in Hours 9:00am-3:00pm
 Morning Yoga with Carla Every Wed 9:00am; Voluntary \$5 donation per class
 Matter of Balance Wednesdays starting Feb 8 at 10:15am. RSVP required.
 Tai Ji Quan 12 Weeks on Mon & Wed starting Feb 6. RSVP Required
 Drop in Art & Adult Coloring 12:00-1:00pm
 Canvas Painting Jan 18, Feb 15 & March 15 at 12pm. \$5 per class. RSVP.
 Senior Strength & Balance with Vivian Wednesdays at 5:00pm Starting 1/25. \$40
 Afternoon Yoga with Deb 2:00-3:15pm; 4 Wednesdays in January. \$25

Thursdays:

Drop in Hours 9:00am-3:00pm
 Walking Tuesdays 9:00-10:00am Gym
 Line Dancing 9:00-10:30am (recital each 4th Thurs of the mo @10:30am) FULL
 Ukulele 1st & 3rd Thurs of each month at 10:30am
 Yarnworks! Knitting, crocheting, cross-stitch, etc, all welcome. 12:30-2:30pm
 Senior Luncheon 4th Thursday of the Month at 12pm. \$5
 Therapeutic Qigong Thursdays at 3:00pm Starting Feb 2. \$7 per class
 Valentine's Day Lunch Special Feb 23 at 12:00pm. \$7.
 Meals on Wheels specials Jan 12, Feb 9 & March 16 at 12pm. RSVP required. \$3

Fridays:

Drop in Hours 9:00am-3:00pm (newspaper, wifi, magazines, cards, coffee & snacks)
 Tai Chi 10:00am with Jane Fithian – Group is growing...join the fun!
 Friday Café 9:30-11:30am – Keurig coffee, snacks, walk, games, and more
 Movies 11:30am – free movie (see schedule)
 "Glenn Campbell...I'll Be Me" special movie presentation on Feb 10 at 11:30. Free. RSVP
 Ping Pong 2:00pm-3:00pm (immediately following movie)

Sundays:

Movie @ Cinemagic Matinee Jan 15, 2/12 & 3/12 Pay on your own - \$7.50. RSVP.
 Followed by optional dinner/appetizers at the 99 Restaurant.