

March 2024



PORTSMOUTH SENIOR ACTIVITY CENTER

# PORTSMOUTH SENIOR NEWS

*Programs & Activities for Ages 50 +*

*Happy  
St. Patrick's  
Day*

## **St. Patrick's Day Lunch Special**

**Thursday, March 14**

10:30am Seating, 11am Serving  
at Senior Activity Center



Enjoy a hot corned beef au jus, parsleyed potatoes, carrot & turnip blend, marbled rye bread, chocolate mint cake, cookies/brownies for dessert, and coffee/tea station as we all feel the luck o' the Irish.

Thanks to Rockingham Nutrition for providing lunch.  
Voluntary \$3.00 suggested donation. Pay at the door.  
RSVP Required by Monday, March 11. 603-610-4433.



## **Irish Show & Corned Beef Dinner** **Derek Warfield & The Young Wolfetones** **at Danversport Yacht Club**

**Wednesday, March 20**

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



Enjoy a traditional Corned Beef and Cabbage Dinner or Roasted Chicken. Sing, dance, and tap your feet to the tunes.

Includes Coach bus transportation, lunch, taxes, gratuities & show.  
Cost: \$127.00 Per Person. RSVP: 603-610-4433

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PORTSMOUTH SENIOR ACTIVITY CENTER

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

**125 Cottage Street, Portsmouth, NH**



## LUNCH BUNCH - WED, MARCH 20



**Olive Garden, 2048 Woodbury Ave, Portsmouth**  
**Wednesday, March 20 at 12:00PM**

Meet at the restaurant. Enjoy lunch together at a favorite local restaurant chosen by the group. Pay on your own.  
RSVP required: 603-610-4433

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

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

**Tues, March 5:** Chicken Dijon  
**Thurs, March 7:** Spaghetti & Meatballs  
**Tues, March 12:** Shepherd's Pie  
**Thurs, March 14:** **ST. PATRICKS SPECIAL (See Front Page)**  
**Tues, March 19:** Turkey Club Sandwich  
**Thurs, March 21:** Roast Pork  
**Tues, March 26:** Baked Ham  
**Thurs, March 28:** Swedish Meatballs



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

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

For a Hunger-free Community

**MONDAYS, March 4 & March 18 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 MARCH 4-15

## **AARP Tax Aide - By Appointment Only VOLUNTEER TAX PREPARERS**



**Scheduled appointment now through 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. **If packets are all gone, make an appointment anyways and come without packet.**
- Return completed tax packet to tax counselor at your appointment
- Questions: Call 603-205-2646 (not the senior center).

THE SENIOR ACTIVITY CENTER IS NOT PART OF THE TAX PROGRAM. All preparers are volunteers through AARP Tax Aide.

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## **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. RSVP 603-610-4433.

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## **Exploring Watercolor**

**Fridays, March 8 to April 26; 10AM-12PM**

Facilitator(s): Maureen O'Leary and Seasoned Students

Join a group of artists as they experiment with watercolor techniques, discover new tools and have fun. Classes will be led by past students who will bring a new project to each class.

Please request a supply list if you are new to watercolor.

RSVP 603-610-4433



# PROGRAMS FOR MARCH 4-19

## **A Matter of Balance: 5-Week Class**

**Tuesdays AND Thursdays; 9:30AM-11:30AM**

**Starting March 12 to April 4**

**Facilitator: Katie Michaud & Balance Coaches of Cornerstone VNA**



Join Cornerstone VNA for a 4-week class - twice per week. Balance Coach will help you become more confident about managing & reducing falls and learn exercises to increase strength and balance. You must attend BOTH sessions. Space is limited.

RSVP to 603-610-4433

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## **Total Solar Eclipse: Science and Safe Viewing**

**TWO DATES TO CHOOSE FROM:**

- **Monday, March 11, 3PM**
- **Wednesday, March 27, 3PM**

**Presenter: Ali Munsey, Science Teacher & Portsmouth Resident**

Have you ever wondered about the phenomenon of total solar eclipse? Join us to learn about this once in a lifetime event that will be occurring April 8, 2024. Discussion of safe viewing practices, and the science behind why these occur, and they are so rare. Ali is a Solar Eclipse Partner with the National Science Teachers Association and the Space Science Institute.

First 10 Registered for each date receive a FREE pair of NASA Safe and Certified Solar Eclipse Viewing Glasses. RSVP to 603-610-4433



## **Easter Cards with Becky**

**Tuesday, March 19, 1PM**

**Facilitator: Becky Crawshaw**

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

# PROGRAMS FOR MARCH 4-19



## **Band of Hope Concert** **Friday, March 15, 11:30AM** at Senior Activity Center



What better way to feel the Luck O' the Irish, then to celebrate traditional Irish and Scottish music with PMAC's Band of Hope. The group will hold an Irish "session" with us and play traditional tunes together. Unwind, relax, and enjoy the company of others. Under the direction of Jason Crigler, the Band of Hope is sure to delight those that enjoy Irish and Scottish music.

The York Center for Active Living will be touring our center on this date and joining us for the concert. Concert is **FREE**;  
No RSVP, just show up.

Afterwards, you can join them for a lunch out at Newicks.  
See below for more info. Newicks IS an RSVP event.



### **Lunch Out with York Center for Active Living**

Join York Senior Center at Newicks after the concert!  
Meet at Newicks for lunch; pay on your own. Drive on Own.  
York & Portsmouth will have grouped seating together.

**RSVP for Lunch Seat: 603-610-4433**



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## **Curtain Call for Theater Lovers: Ogunquit Playhouse Volunteer Opportunities**

**Wednesday, March 13, 1PM**

**Presenters: Llyod Ziel, Volunteer Workforce Manager & Volunteer Sue**

History & overview of Ogunquit Playhouse in Ogunquit, Maine and an opportunity to learn about potential volunteer opportunities from their staff and volunteers. RSVP 603.610.4433.

# PROGRAMS FOR MARCH 15-22

## Zentangle with Patty

3rd Wednesday of the Month: Wed, March 20 from 10am-12pm

Facilitator: Patty Weeks, CZT Location: Senior Activity Center

Open to beginner & experienced tanglers. 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

## Donna & Scott Martin Concert Free Ice Cream & Optional Dancing! Friday, March 22, 3:30PM-4:30PM

We are welcoming back husband-and-wife acoustic duo, Donna & Scott that love to put on a show full of feel-good familiar tunes that you will want to dance to! Dancing is of course optional. Just tap your toes to fun, high-energy music of the 50's, 60's, and 70's. Their performance will take you back in time. Free ice cream while supplies last. No RSVP, just show up.



 University of New Hampshire  
Center on Aging and Community Living  
Age of Champions Health and Wellness Fair



Age of Champions  
**Save the Date**

SATURDAY, APRIL 20TH 2024  
10AM-1PM  
LUNDHOLM GYMNASIUM, UNH,  
DURHAM NH



## HEALTH & WELLNESS FOR MARCH

**Senior Falls Coalition Workshop:  
Presented by Portsmouth Regional Hospital**

**Monday, March 25, 9AM-2PM**

Spots limited; must attend duration of the workshop

**A unique one-day comprehensive  
education & on-site screenings for fall safety**

- Marilyn Gugliucci, MA, PhD, Professor at University of New England, "Aging in Your Health"
- R.J. Grossman, MD, FACS - MD Trauma Surgeon
- Shawn Wheeler, Portsmouth Fire Department
- Lizbeth Liakos, Stacy Malloux, and Amanda Packard PRH Occupational Therapy, Home Safety, Fall Reduction
- Rebecca P. Cain, MSN, RN - Stroke Services, Prevention, Recognition and Treatment
- PRH Pharmacy Department - Medications & Falls

Free; Lunch will be provided!

Senior Activity Center will provide snacks & your lunch.  
Limited seating in order to provide hands-on interaction and  
health screenings. RSVP: 603-610-4433

## KAREN ROSANIA - OLIVETEAL ARTS CLASSES

**Wet Felted Wool Eggs - One Session Class  
Tuesday, March 26, 1-3PM - FEW SPOTS REMAIN**

Come learn the art of wet felting and leave with several gorgeous wool eggs. No prior experience necessary. Class limited to 9 people. All materials included \$10 per person paid to instructor.

RSVP Required: 603-610-4433



# KAREN ROSANIA - OLIVETEAL ARTS CLASSES

## **Stained Glass Nightlights - Must attend all 4 sessions Tuesdays; April 16, 23, 30 and May 7, 1-4PM**

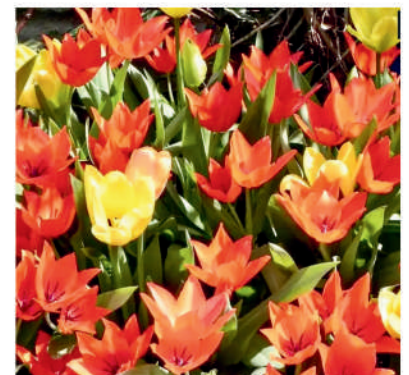
Fun with stained glass into a nightlight!  
During this 4-session class you will learn how to design, cut, grind, foil and solder a stained glass nightlight for your home. You are welcome to bring your own design or find inspiration in patterns and books provided by Karen. All tools, safety equipment, and materials provided. Also included in this class: nightlight holder and bulb. Class limited to 6 people. All materials included \$25 per person paid to instructor. Please wear closed-toe shoes. RSVP Required: 603-610-4433



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## **Mosaic Terracotta Pot w/ Bulbs - Must attend both dates! Thurs, April 18 from 1-4PM AND Thurs, April 25 from 1:00-2:30PM**

Learn the art of mosaics using glass, beads, pebbles and metal. You will learn how to design, cut, glue and grout your mosaic on the upper rim of a terra cotta pot. No prior experience necessary. All materials included. Each person will receive a pot, glass beads and some bulbs for forcing indoors. This is a 2-part class you AND you must attend both sessions.



- Please wear close-toed shoes
- Class limited to 8 people
- \$25pp paid to instructor
- RSVP Required: 603-610-4433



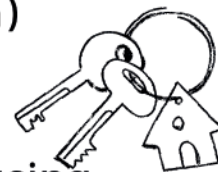
# SUPPORT GROUPS & RESOURCES

## PORTSMOUTH HOUSING MONTHLY DROP-IN HOURS

**Tues, March 26 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.

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## ALZHEIMER'S SUPPORT GROUP

**Thurs, March 7** (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.

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## NEW BEGINNINGS GRIEF GROUP - EVENINGS

**Tues, March 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](mailto:samcann@yahoo.com) or leave a voicemail at 207-602-9710. Free. No RSVP needed.

# NILLA - THERAPY DOG EXTRAORDINAIRE



**Thursday March 7 and Wednesday March 20, 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.

**ART SHOW FEATURING SENIOR ARTISTS  
“WALK THRU THE SEASONS”  
OPEN THRU APRIL 12; DROP BY ANYTIME  
NEXT ART SHOW THEME WILL BE “FIBER ARTS”**

**\*NEW\* MONTHLY AFTERNOON PROGRAMS**

**Yoga Music & Movement: SPECIAL MONTHLY PROGRAM**

**Next class: Monday, March 11, 4PM**

Facilitator: Jean Roalsvig

Come listen to some joyful music. Sing - Dance - Relax with rhythms. Music is a powerful stress management tool that relaxes the whole body. No judgment zone. Dance as though no one is watching. Have some fun and release tension. Bring your yoga mat or sit in a chair. All welcome. Free; Just show up.

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**Reiki Circle - Tuesday afternoons; every other week**

**Starting March 12; 2nd and 4th Tuesdays**

Facilitator: Mary Schwoerer, Reiki Master Teacher

- 1-1:20PM - Reiki Practitioners Meet
- 1:30PM to 2:30PM- Reiki attendees come to receive Reiki

Join skilled practitioners for an hour of gentle energy healing and breath exercises. Reiki is non-invasive and powerful. On a physical level it can help relieve pain such as migraine, arthritis, or sciatica. It also helps reduce stress and promotes relaxation. Are you already a Reiki practitioner? You are welcome to attend the opening meeting and then give Reiki to attendees. Donations accepted. RSVP: 603-610-4433

# 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 provided. Treats sponsored by Service Credit Union. FREE



# WEEKLY ONGOING PROGRAMS

## WEDNESDAYS (CONT.)



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

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

## THURSDAYS

### **QIGONG \***

Thursdays 11:00am FREE  
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.

### **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 ART & COLORING \***

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

### **WINTER INDOOR WALKING**

Thursdays 8:30-10:30am  
Indoor walking at the  
Community Campus Gym  
100 Campus Dr, Portsmouth  
11 laps = 1 mile. 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  
**Program stops June 17 until fall.**

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



Thursdays 12:30-2:30pm  
Bring your knitting, crocheting,  
needlepoint, cross stitch, etc.  
projects. This is a social based  
program, not a teaching program.  
FREE

## FRIDAYS

### **OUTDOOR WALKING CLUB RETURNS**

Fridays 8:30AM FREE  
Join volunteer Tyler for a  
morning walk around town.  
Meet at City Hall Lower Lot and  
enjoy beautiful views, great  
company. As long as we  
continue a mild winter, Tyler will  
meet you there; just show up.

# WEEKLY ONGOING PROGRAMS

## FRIDAYS (CONTINUED)

### **BALANCE YOURSELF WITH JEAN**

Instructor: Jean Roalsvig

Fridays 11AM

Gentle movements, breathing exercises, and soothing sounds.

Mindfulness and stress relief practices. No experience necessary, just an open mind.

Drop-ins welcome. FREE.

### **BEGINNER TAI CHI**

Fridays 10am

Basic movements, beginner Tai Chi.

**Space is limited.** Please call to see if there is space: 603-610-4433. FREE

### **CRIBBAGE**

Fridays 1pm

Small group cribbage. Drop ins welcome. FREE

### **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



## **MONTHLY BARBER HAIR CUTS BY COLLEEN**

**Friday, March 29 (last Friday of the month)**

**At Senior Activity Center - By APPOINTMENT ONLY**

If you're looking for a little help, enjoy a wash + cut.

Please note, **Colleen is a barber and not a hair stylist.**

FREE; donation optional. Appointment required: 603-610-4433



## FRIDAY MOVIES - POPCORN SERVED

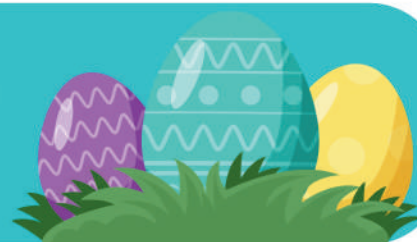
Every Friday at 12:30pm - Free

Popcorn served &/or bring your own lunch

- **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.
- **March 8: Priscilla** (2023, R) When teenager Priscilla Beaulieu meets Elvis Presley at a party, a man who's already a meteoric rock 'n' roll superstar becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, and a gentle best friend. Starring Sophia Coppola, Cailee Spaeny, Jacob Elordi, Ari Cohen. 1 hr 52 min.
- **March 15: Waking Ned Devine** (1999, PG) When best friends discover someone in their small Irish village has won the lottery, they immediately set off to see if the winner is in a sharing mood. Deducing that Ned Devine is the lucky man, the friends pay him a visit, only to find him dead from shock. Starring Ian Bannen, Kirk Jones, David Kelly, and Fionnula Flanagan. 1 hr 31 min.
- **March 22: Funny Girl** (1968) Barbra Streisand's debut film that won her the Academy Award for her performance as a singer-comedienne, Fanny Brice. Nominated for 7 other awards, this classical musical film contrasts Fanny's on stage antics with her offstage romance with dashing gambler, Nicky Arnstein. Starring Barbra Streisand, Omar Sharif, Kay Medford. 2 hrs 28 min.
- **March 24: 80 for Brady** (2023, PG-13) Based on a true story, four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl. Starring Kyle Marvin, Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field and Tom Brady. 1 hr 38 min.

**SENIOR CENTER CLOSED - 2024**

Sunday, March 31



# CEDAR HEALTHCARE CENTER

188 Jones Avenue · Portsmouth, NH 03801  
603.431.2530 · www.cedar-hc.com

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

## HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

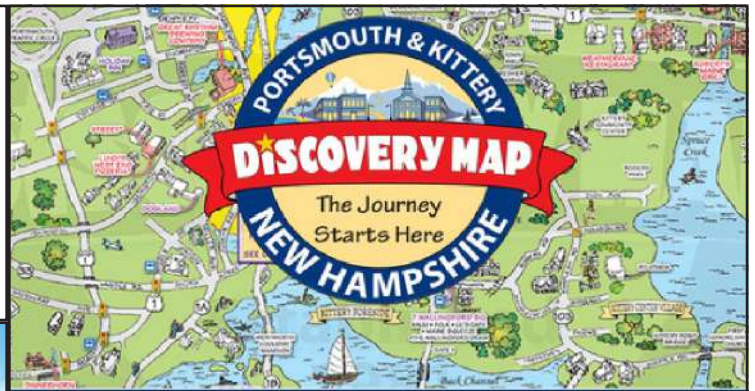
CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

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Or call us at:  
**603-744-3344**



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## Elisa "Lisa" Hietala Medicare Sales Specialist

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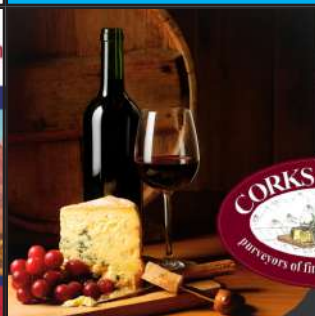
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# PORTSMOUTH BUSINESS OWNERS

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**[info@snpnewsletters.com](mailto:info@snpnewsletters.com)**



**Senior News  
Publications**  
[snpnewsletters.com](http://snpnewsletters.com)



## COACH BUS TRIPS

### LINDA RONDSTADT EXPERIENCE



Thursday, May 16

\$117.00 Resident

\$127.00 NonResident

### MOBSTERS & LOBSTERS

Thursday, May 30

\$171.00 Resident

\$181.00 Non resident



ALL TRIPS HAVE FLYERS AT FRONT DESK OF SENIOR ACTIVITY CENTER. PLEASE BE AWARE OF OUR REFUND POLICY BELOW.

## TRIP CANCELLATION/REFUND POLICY

The Senior Activity Center will continue our Cancellation/Refund Policy in 2024. All refund requests must be submitted in writing (or email) and will be granted up to 2 weeks before the start of the program. Refunds are issued in the form of a check and usually take 2 to 3 weeks to process. If a request is made within 2 weeks of a program, refunds will only be given for medical reasons or if the senior center is able to fill a spot with another participant. Overnight trips have insurance built in, which guarantees a refund no matter when the cancellation happens. Credit to future trips is also an option in lieu of a refund.

## REC VAN TRIPS



### BARBER OF SEVILLE: LIVE OPERA ON STAGE MUSIC HALL

SUNDAY, April 7

Leaving center at 2:20PM - Show starts 3PM

Cost: \$23 Resident | \$25 NonResident (includes transportation)

Join the center on a Sunday afternoon to see the Barber of Seville at the Music Hall. An extraordinary presentation of the finest comic opera, promising an afternoon filled with humor, charm, and incredible vocal performances. We are fortunate to have some deep discount tickets for you - and to give you a ride! Tickets limited. Sung in Italian with English supertitles. 603-610-4433

## REC VAN TRIPS

### **CHAIR MASSAGES & LUNCH AT GATHER CAFE**

**Tuesday, April 9**

**Leaving center at 11:45AM, Return apx 2PM**

**Cost: \$15 Resident | \$20 NonResident**

Enjoy a lunch at Gather Cafe - choose anything you would like off the menu. Following lunch you will be individually taken to relax and relieve stress with a chair massage by the Massage Therapy program students and Program Coordinator. RSVP: 603-610-4433

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### **BOTANICAL GARDENS AT TOWER HILL - 2 DATES!**


**Choose a date:**

- **Monday, April 15**
- **Tuesday, April 16**

**Leaving center at 9:15AM, return 4PM**

**Cost: \$25 Resident | \$30 NonResident**

We are headed to the Botanical Gardens at Tower Hill in Boylston, MA for a day of exploring their garden experience: conservatories, formal and naturalistic gardens, trails, a Garden Shop, and expansive views of the Wachusett Reservoir. Enjoy a lunch on your own at the Farmer and Fork Cafe on the property that offers a variety of menu items with fresh, locally sourced ingredients. You may enjoy your meal in the cafe or anywhere on the grounds. We will be running this trip twice in anticipation of popularity. 603-610-4433



### **SEA LOVE CANDLE POURING & BOXED LUNCH OUT**

**Monday, April 29**

**Leaving center at 9:45AM, return apx 2PM**

**Cost: \$40 Resident | \$45 NonResident**

We are going downtown to have a unique candle-pouring experience at Sea Love! You will be pouring a large 13 ounce candle - choosing your own fragrance to take home with you. You will be walked through the candle pour experience and while your candle cools, we will take a boxed lunch on a little adventure to eat our lunch somewhere with a nice view. Price includes your candle, boxed lunch, and transportation. 603-610-4433