

April 2024



PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+



MASON THE COMFORT DOG'S "YEAR IN REVIEW" CELEBRATION WITH PORTSMOUTH POLICE DEPARTMENT

Thursday, April 11, 2:30PM-4PM

Sponsored by: Portsmouth Police Department
and AT&T FirstNet

Celebrate One-Year of Mason the Comfort Dog at
the Senior Activity Center.

Remarks by Nicole Finitzis, Senior Activity
Center Supervisor, Portsmouth Police Dept (PPD)
Chief Mark Newport, PPD Captain Nick Small,
Laura Barker, Founder of HeroPups, AT&T FirstNet
on health and wellness initiatives for First
Responders. and Mason's handler, Det. Rochelle
Jones, will show a year in review in pictures.
Other Comfort Dogs, and their handlers will be in
attendance, as well as local and state leadership.

Light refreshments served.

FREE but Space is limited.

RSVP required for this special event.

603.610.4433



PORTSMOUTH SENIOR ACTIVITY CENTER
Visit us! Open Mon-Fri 9am-5pm | Sat 9am-12pm
125 Cottage Street, Portsmouth, NH





SPRING FLING COMMUNITY DINNER

Gather Cafe, Great Bay Community College
Tuesday, April 23 at 5PM



A complimentary three course meal prepared by Gather's Cooking 4 Community Team. Due to increased popularity, we now need to have you RSVP for this event. You cannot attend without RSVP.

***NEW *RSVP required: 603-610-4433. Wait List encouraged.**

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, April 2: Oriental Chicken
Thurs, April 4: Sweet & Sour Meatballs
Tues, April 9: Spaghetti & Meatballs
NO GRAB & GO, Thurs. April 11
Tues, April 16: Beef Chili
Thurs, April 18: Turkey w/Gravy
Tues, April 23: Macaroni & Cheese
Thurs, April 25: Meatloaf w/Gravy
Tues, April 30: Ham & Swiss Sandwich
Thurs, May 2: Roast Pork w/Gravy

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

gather SENIOR MOBILE FOOD MARKET - FREE

For a Hunger-free Community

MONDAYS, April 1, 15, 29, 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 APRIL 1-16

Supper Club at the Community Campus

Tuesday, April 9, 4:30pm seating, 5:00pm serving

at the Community Campus Cafe, 100 Campus Drive, Portsmouth

Just like the “old” days, Supper Club returns for spring! Join us for a home cooked meal and socializing with friends old and new. Menu: Stuffed Shells with Garlic Bread, Coffee and Tea Station with Dessert. RSVP to 603.610.4433

Staying Safe in Your Home

Sponsored by Keller Williams Coastal & Lakes

Wednesday April 10, 2:00-3:30pm

- Making Your Home Fall Prevention Safe, Ryan Poplaski. MPT, Bodywise Physical Therapy
- Amy Clark, Prog. Manager & Rick Wisler, Program Assistant from NH Older Individuals who are Blind & Impaired (OIB)

Keller Williams is once again sponsoring a mini panel of speakers to educate seniors on helpful tools and tips to stay at home independently and safe from falls. Ryan Poplaski, MPT, a physical therapist of 20 years will present on staying independent in your home by preventing falls. Amy Clark and Rick Wisler will present on the OIB and share numerous helpful devices available to support those who are blind and impaired. Attendees will be able to view a myriad of show-and-tell items from the OIB. Seating limited.

Please call to reserve your seat - 603.610.4433

Tech Tips #1 - First of a Four-Part Series: iPhones & iPad Basics

Tuesday, April 16, 1PM

Facilitator: Deb Weil-O’Day, Owner of Personalized Technology Training & Retired Techie

We are excited to have an expert with us for monthly technology 101 sessions. First session, Deb will teach you basics of iPhone and iPad uses. Everything from workings of the devices to definitions of terms used when talking about the devices. Each class will be crafted to go with the “speed” of the group. All levels welcome. Space is limited on this class. RSVP to 603-610-4433

PROGRAMS FOR APRIL 15-17

Zentangle with Patty

Third Wednesday of the Month: Wed, April 17, 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. RSVP to 603-610-4433

Stop the Bleed

Wednesday, April 17, 1PM

Facilitator: Seth Kenneway,
Portsmouth Regional Hospital



SAVE A LIFE

A bleeding injury can happen anywhere. We've all seen it happen too often—on the news or in everyday life. Life-threatening bleeding can happen in people injured in serious accidents or disasters. Instead of being a witness, you can become an immediate responder because you know how to STOP THE BLEED. Join Seth Kenneway, Portsmouth Regional Hospital Trauma Department as he teaches the basics of addressing a bleeding individual. RSVP to 603-610-4433

Screening of “Live at Mister Kelly’s”

Friday, April 19, 12:30PM at Senior Activity Center
During the Free Friday Film Series



A new star-studded documentary film that features Barbra Streisand, Bob Newhart, Richard Pryor, Ella Fitzgerald, Bette Midler, the Smothers Brothers, Steve Martin, and many others! A marvelous and memorable film filled with nostalgia, laughs, and never-before told stories from some of the biggest names in American entertainment history! This film is private screening only for the Senior Activity Center audience. No need to RSVP, just show up.

PROGRAMS FOR APRIL 23-29



SPRING CARDS WITH BECKY

Tuesday, April 23 at 1:00PM

We're making spring themed and seasonally decorated cards. Supplies and instruction provided. Small fee to cover supplies of \$5/per person to instructor. Class limited to 8. RSVP: 603.610.4433

QUILTS OF VALOR SEWING DAY

Wed, April 24, 9AM-3PM; 4th Wednesday of the Month

What is a Quilt of Valor? A quality handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. Anyone is welcome to join the Sew Day. Veterans are invited to walk through the room on this date to see quilts in the making and meet the talented artists. Pattern and fabric to be provided; supply list given upon registration. Register with Colleen Martin, QOV Volunteer - colleen.satchels@gmail.com or 603.828.5071. More info on veterans table at Senior Activity Center.

PROTECTING YOURSELF AGAINST INSURANCE SCAMS

Monday, April 29, 1PM

Facilitator: Director James Fox, NH Insurance Department

Companies that sell deceptive consumer guaranty contracts have been targeting seniors in New Hampshire. Director Fox will share who the scammers are and offer advice on what to do when you get that questionable phone call, email, or letter. RSVP to 603.610.4433

AT&T CYBER AWARE ONLINE SAFETY TRAINING

Tuesday, April 30, 1PM

Facilitators: Portsmouth Police and AT&T Tech Experts

AT&T tech experts will host a fun and interactive training session about how seniors can stay safe in a digital world while taking full advantage of the latest connected technology. Phone/online scams, fraud and robocalls; ways to protect yourself & your data; how best to utilize apps, social media and more. This free event is followed by AT&T tech experts helping individuals one-on-one with technical questions & device issues. This is not a sales event - the information provided is universally applicable. RSVP 603.610.4433

PROGRAMS FOR END APRIL/EARLY MAY

HOW TO PLAN FOR HOME SERVICES AS WE AGE

Wednesday, May 1, 2PM at Senior Activity Center

Facilitator: Shawn Shambo, Assisted Living Locators

Learn about all forms of senior living from Independent Living Communities; Assisted Living, Memory Care, and Nursing Homes. Review of the options & how people pay for them, as well as the aid programs that that help pay for them. RSVP - 603.610.4433

"2 of US" BEATLES ACOUSTIC DUO CONCERT

FREE ICE CREAM & OPTIONAL SINGING ALONG

Friday, May 3, 3:30PM

Senior Activity Center

Singing all of your Fab 4 favorites, come see "2 of Us". The Beatles were a passion of singers Tom and Melissa Moore as kids, inspiring them to sing and play. Previously having played at Strawberry Banke's Tuesdays on the Terrace Series, we are excited to have them with us at the Senior Activity Center. No RSVP, just show up.



PONTINE THEATRE PRESENTS: "Robert Frost's New Hampshire"

Wednesday, May 8, 3PM

Senior Activity Center



Pontine Theatre's Artistic Co-Directors present an original stage adaptation of a suite of early poems by Robert Frost, a long-time summer resident of Franconia, NH. Frost's first of four Pulitzer Prizes was awarded for his volume: "New Hampshire: A Poem with Notes and Grace Notes." Frost, known for his New England settings, stark depictions of the difficulties of rural farm life, and his use of colloquial speech, he is widely admired as a true American master. FREE but must RSVP 603.610.4433

EARLY MAY EVENTS CONT.



KUSUDAMA ORIGAMI FLOWER CLASS

Tuesday, May 14, 1:00PM-4:00PM

Facilitator: Patty Weeks

A relaxing paper folding project with the end result being a beautiful Kusudama flower. You will start with a larger flower and work towards a smaller one. Sample on display at Senior Activity Center front desk. If you have a paper folding tool, bring it along. Limited to 8 students. Cost: \$15 to instructor for supplies. RSVP 603.610.4433



NEXT ART SHOW FOR SPRING 2024 “FIBER ART”



Enjoy a variety of contemporary fiber arts by Lisa Grey, Wen Renwood, Nancy Grace Horton, Pat De Grandpre and many others at the Portsmouth Senior Activity Center.

Some of the art is for sale and will be labeled as such. For more information, contact Diane Stradling, Arts Committee Volunteer at dianestradling@gmail.com

**OPEN ART RECEPTION
THURSDAY, APRIL 18, 3-4:30PM
ALL WELCOME TO ATTEND**

**“FIBER ART” ON DISPLAY
APRIL 18 - JULY 12, 2024**

**DROP BY ANYTIME
SENIOR ACTIVITY CENTER HOURS
MONDAY-FRIDAY 9AM-5PM | SATURDAY 9AM-12PM**



KAREN ROSANIA - OLIVETEAL ARTS CLASSES

Wet Felted Wool Clutch Bag

One Session: Thursday, May 9, 1-4PM

Come join the fun and make your own wet felted wool clutch bag! You can choose your color palate using hand-dyed wool, trim and an assortment of beautiful wood buttons. Cost includes materials.

- Class limited to 9 people
- \$20pp paid to instructor
- RSVP Required: 603-610-4433



Stained Glass Nightlights - Must attend all 4 sessions

Thursdays; June 20, 27, July 11 and July 18, 1-4PM

!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



Gentle Reminder: If you need to cancel one of Karen's classes for whatever reason, kindly call the Senior Activity Center ASAP as these classes run on Wait Lists. 603.610.4433

SUPPORT GROUPS & RESOURCES

PORTSMOUTH HOUSING MONTHLY DROP-IN HOURS

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

At Portsmouth Senior Activity Center

Facilitator: Resident Services Director, Kelley Lesko

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

Portsmouth Housing is here to help. Resident Services Director, Kelley Lesko will be on-site. **THIS IS NOT A CLASS, IT IS DROP-IN OFFICE HOURS FOR INDIVIDUALS.**



ALZHEIMER'S SUPPORT GROUP

Thurs, April 4 (First Thursday of the month)

2:00-3:30pm 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, April 9 (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.

NEW

EVENING GRIEF SUPPORT GROUP

Thursdays: May 9 - June 13 from 5:30pm-7pm

Facilitators: Bob Viera and Stew Bradley

Grieving the loss of a loved one is universal, but for each of us individually it is a unique experience. If you have lost a spouse, partner, parent, or family member then this grief group can offer an opportunity for healing, education of the grief experience, and the chance to interact with others. Meetings are conversation, education, and exploration of challenges. Attendance for all meetings required. RSVP to 603.610.4433.

2025 INTERNATIONAL TRIP

COLLETTE 2025 TOUR: Sunny Portugal
May 8-17, 2025
INFORMATION SESSION WITH COLLETTE TOURS
Wednesday, June 12, 2:30PM



We are excited to announce our 2025 international Collette Tours destination will be a 10-day picturesque tour of sunny Portugal (with option 4-night Madeira Island post tour extension). Join Andrew from Collette Tours and AAA Travel to learn more about this bucket list experience. RSVP 603.610.4433

MONTHLY AFTERNOON PROGRAMS

Sing & Dance Joyfully with Jean

Thursday April 11, 11AM & Thursday May 9, 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.

Reiki Circle - Tuesday afternoons; every other week

April 9 and April 23; 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. NO RSVP. Just show up!

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. Free. 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, April 26 (last Friday of the month) - 12PM-2PM

At Senior Activity Center *NOW DROP-IN, WAIT FOR CUT*

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

Colleen is a barber and not a hair stylist. Plan to sign-in when

you arrive, and have a cup of coffee while you wait. FREE.

Donations accepted.



FRIDAY MOVIES - POPCORN SERVED

Every Friday at 12:30pm - Free

Popcorn served &/or bring your own lunch

- **April 5:** *Willie and Me* (2023 NR) Greta is a bored German housewife in a stagnant marriage. Obsessed with Willie Nelson since childhood, she runs off to America to see him in concert. Starring Eva Hassmann with cameos and music by Willie Nelson. 1 hr 27 min.
- **April 12:** *Boynton Beach Club* (2006 R) A romantic comedy set in a Florida adult retirement community about our amazing capacity to rebound and fall in love at any age. Starring: Dyan Cannon, Joseph Bologna and Brenda Vaccaro. 1 hr 44 min.
- **April 19:** *Live at Mister Kelly's* (2021) Special screening. A new star-studded documentary film that features Barbra Streisand, Bob Newhart, Richard Pryor, Ella Fitzgerald, Bette Midler, the Smothers Brothers, Steve Martin, and many others! A marvelous and memorable film filled with nostalgia, laughs, and never-before told stories from some of the biggest names in American entertainment history! 1hr 23min.
- **April 26:** *Carmen* (2002 R) Inspired by a true story, Carmen is a Maltese spinster who has spent her adult life caring for her brother, a Roman Catholic Priest. She then finds herself free to explore her own desires and goals. Starring: Melissa Barrera, Paul Mescal and Rossy de Palma. 1hr 56 min.
- **May 3:** *Yesterday* (2019 PG13) In this musical romantic comedy, a struggling musician realizes he is the only person on Earth who can remember the Beatles after waking up in an alternate reality where they existed. Starring: Himesh Patel, Lily James and Ed Sheeran. 1 hr 57 min.



HELP SAVE POSTAGE. IF YOU ALREADY GET YOUR NEWSLETTER AT THE CENTER, LET US KNOW. IF YOU DONT NEED IT SNAIL MAILED ANYMORE - WE CAN REMOVE YOU FROM THE SNAIL MAIL LIST. EMAIL NICOLE AT NMFINITIS@CITYOFPORTSMOUTH.COM.

REMINDER: YOU CAN FIND THE NEWSLETTER ONLINE HERE:
WWW.CITYOFPORTSMOUTH.COM/RECREATION/SENIOR

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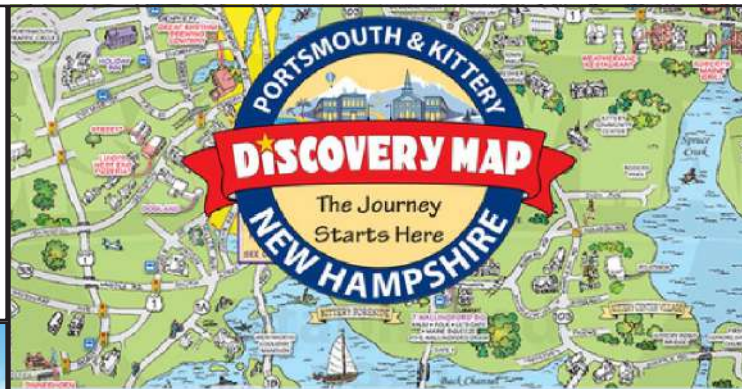
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REC VAN TRIP



The Farm at Wolf Pine Hollow

Thursday, May 2

Leaving the center at 9:30am return between 4-4:30pm

Cost: \$50 Resident/\$55 Nonresident

A spring trip perfect for the tulip lovers; spending a day in Hancock, NH to take in the bounty of colorful tulip fields. This 100-plus-acre farm of rolling hills and woodlands not only has infamous tulip fields, but also adorable barnyard animals as well as “The Stand” which boasts a vintage-vibe and shopping for farm to fork favorites. We will be enjoying a lunch catered by Wolf Pine Hollow on this field trip. Lunch will be Roasted Turkey Breast with Wolf Pine’s own Raspberry Jalapeno Jam, Bacon, Lettuce, Bell and Goose Camembert Cheese on Artisan Bread, with Farmer’s Pasta Salad, Fresh Fruit and Lavender Shortbread Cookies. Your cost is all inclusive of transportation, catered picnic lunch, tips and gratuities. 603.610.4433.

Savory Lane “Freddie” the Bus Experience: Tour of Beauport, the Sleeper-McCann Home in Gloucester, MA

Thursday, May 23

Leaving the center at 10:45am return at 5pm

Cost: \$100 Resident, \$110 Nonresident

Savory Lane & Freddie the Bus are coming to the Senior Activity Center. You will experience a ride on Freddie, a converted school bus into farm-chic traveling restaurant we guarantee you haven’t experienced before. Destination: Gloucester, MA to tour the Beauport, Sleeper-McCann Home (1907), a National Historic Landmark.



- Individualized charcuterie box & choice of non-alcoholic drink
- Super fun vibe of Freddie the Bus (moving restaurant) with optional karaoke! Freddie does come equipped with a bathroom.
- Tour the Beauport, Sleeper-McCann in Gloucester, MA (1907)
- Gloucester Village Shopping stop before heading home
- Cost includes: Freddie the Bus, Food & Beverage, Guided Tour of the Beauport, Tips and Gratuities.

****Lots of walking will happen on this trip. Freddie is a converted school bus. Please keep both of these tips in mind when signing up for this trip. RSVP: 603.610.4433**

COACH BUS TRIPS



LINDA RONDSTADT EXPERIENCE

Thursday, May 16
\$117.00 Resident
\$127 Nonresident

MOBSTERS & LOBSTERS

Thursday, May 30-
\$171.00 Resident
\$181.00 Nonresident

APRIL 1ST OPENS THESE TRIPS TO REGISTER:

LEGENDARY LADIES OF THE 50's & 60's: Connie Francis/Brenda Lee Tribute Featuring Cil B at the Beautiful Indian Head Resort, Lincoln, NH

Thursday, June 13
\$117.00 Resident
\$127.00 Nonresident

"LIFE'S A BEACH" with the MALIBU BROTHERS at Castleton, Windham, NH

Wednesday, July 17
\$117.00 Resident
\$127.00 Nonresident

THE BOSTON DUCK TOUR w/LUNCH AT VENEZIA

Wednesday, July 31
\$147.00 Resident
\$157.00 Nonresident



A JOURNEY THROUGH THE DECADES: Best of the 50's, 60's, and 70's & Lobster Bake at Foster's, York

Wednesday, August 14
\$89.00 DRIVING ON OWN
\$99.00 VAN TRANSPORTATION - LIMITED SEATS

SALEM, MA "STILL MAKING HISTORY" OVERNIGHT

Wednesday Oct 2 - Thursday Oct 3

	Double	Single
Per Person Resident	\$465.00	\$565.00
Per Person Nonresident	\$475.00	\$575.00

**ALL TRIPS HAVE FLYERS AT FRONT DESK OF
SENIOR ACTIVITY CENTER WITH DETAILS.**