

May 2024

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +

DANCE NIGHT WITH DJ RHONDA:
YORK CENTER FOR ACTIVE LIVING &
PORTSMOUTH SENIOR ACTIVITY CENTER TOGETHER

FRIDAY, MAY 17, 6PM-8PM

AT THE PORTSMOUTH SENIOR ACTIVITY CENTER

We are excited to have DJ Rhonda from the Center for Active Living in York be our DJ for a FUN night of dancing and music. Rhonda will be running a couple line dances during the night, as well as a surprise to kick the evening off. Get a chance to mingle with York senior center members and get your groove on. Or, sit and enjoy watching the fun. FREE. Ice Cream Smorgasbord sponsored by Benchmark from 6PM-6:45PM.

RSVP for this fun night. 603.610.4433

GRANDPARENT/GRANDCHILD FOAM PARTY

Wednesday, May 22, 4-6PM

AT THE PORTSMOUTH SENIOR ACTIVITY CENTER

ANYONE WELCOME - YOU DON'T HAVE TO HAVE A GRANDCHILD

What is a FOAM party? A FUN interactive foam and bubbles party experience for ALL AGES. Sages Entertainment will be using foam producing equipment to create our micro-foam play area that will have adults and children laughing and playing like never before. Ice cream bar, family-friendly music, and so much FUN!

RSVP - 603.610.4433 and share how many children are joining you.

PORTSMOUTH SENIOR ACTIVITY CENTER

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

125 Cottage Street, Portsmouth, NH



LUNCH BUNCH - WED, MAY 15

Cafe Espresso, 800 Islington St., Portsmouth
Wednesday, May 15 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, May 7: Ham & Swiss Sandwich**
- Thurs, May 9: Stuffed Chicken Cordon Bleu**
- Tues, May 14: Vegetable Lasagna**
- Thurs, May 16: Swedish Meatballs**
- Tues, May 21: Spaghetti w/Meatballs**
- Thurs, May 23: Yankee Pot Roast**
- NO MEAL TUES MAY 28**
- Thurs, May 30: Cheeseburger**



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

gather SENIOR MOBILE FOOD MARKET - FREE

For a Hunger-free Community

MONDAYS, May 13 Only this Month 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 MAY 3-8



“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

Going Local Watercolor Class

Fridays; May 3 to June 14, 10AM-12PM
Facilitator: Maureen O’Leary, Artist



Using local scenes from Rye Beach to downtown Portsmouth, we’ll practice watercolor land/seascape skills to prepare students for a summer of en plein-air opportunities. If new, please inquire when you call for supply list. Space is limited. RSVP to 603-610-4433

PROGRAMS FOR MAY 14-15

Supper Club at the Community Campus

Tuesday, May 14, 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: Turkey Dinner with all the fixings, Coffee and Tea Station with Dessert. RSVP to 603.610.4433

Zentangle with Patty

Third Wednesday of the Month: Wed, May 15, 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

Falls Coalition - Portsmouth Regional Mini Session

Wednesday, May 15, 2PM-4PM

**Facilitator: Seth Kenneway, Portsmouth Regional Hospital
Trauma & Pharmacy Departments will be on-site**

Last month’s day-long Falls Coalition was a great success, they are coming back to do a mini session on fall prevention (Trauma Department) and Medications (Pharmacy Dept). RSVP to 603-610-4433

Ken Goldman Photography class

Wednesday, May 15, 1PM

Facilitator: Ken “KenPhotoGeek” Goldman, Local Photographer

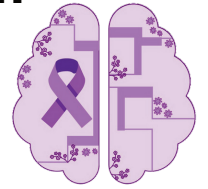
Are you just getting started in photography or would you like to improve your photos? Did you know that more photos are now taken with phones each day than used to be taken with traditional cameras in a year! This short introductory class will be helpful for people who use both traditional and phone cameras. One of the most important factors in taking good photos is composition, which is a main topic that will be discussed in addition to how cameras work, basic concepts in photography, photo editing, and what to do next. Please bring your camera(s) and questions to the class. RSVP to 603-610-4433

PROGRAMS FOR MAY 16-21

Being a Better Listener: Communicating Through Dementia

Thursday, May 16, 11AM

Facilitator: Olivia Korpi, Cornerstone at Hampton



This presentation will cover communication and how it is affected and altered by dementia and similar cognitive impairments, what signs and symptoms you may observe, and challenges you may encounter when trying to communicate. Participants will walk away with practical, research-based strategies for overcoming these obstacles, along with greater confidence when interacting with individuals with dementia, whether in a professional or personal setting. RSVP to 603.610.4433

SPRING CARDS WITH BECKY

Tuesday, May 21, 1PM

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



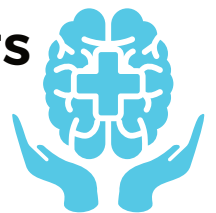
MENTAL HEALTH FIRST AID FOR OLDER ADULTS Tuesday, May 21, 9AM-5PM

at the **Portsmouth Senior Activity Center**

BOXED LUNCH PROVIDED

Facilitators: Sue Meattley, University of New Hampshire

Learn how to improve quality of life & how to assist and support older adults who may be experiencing a mental health or substance use challenge by getting certified in this early intervention program. Whether you need to assist today or years from now, this certification will allow older adults to live as comfortably and independently as possible. This class is designed for anyone who is part of, or connected to and supports older adults and their caregivers. Boxed lunch included. This event is a FREE event. You must attend the entire program. RSVP 603.610.4433



PROGRAMS FOR MAY 20-29

No More Worries: Let Go of Stress

Monday, May 20, 1PM

Presenter: Trisha Eveleth, Independent Licensed Agent

Everyone experiences stress from time to time; it isn't entirely avoidable. In this class we will explore what stress is and how the body responds, common causes of stress, factors that impact the stress response, like attitude and lifestyle habits, and 5 stress-busting tips to help minimize stress and manage it better. This class was developed by Humana in conjunction with clinical staff and the presenter, Trisha. RSVP to 603.610.4433

TECH TIP #2 OF A THREE-PART SERIES: MAIL, PHOTOS & NORTON SECURITY

Wednesday, May 22, 1PM

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

Deb was well received for our first part of her Tech Series, and she returns to answer more of your questions in one of her monthly technology 101 sessions. Each class is crafted to go with the "speed" of the group. All levels welcome. Space is limited for this class. Call to inquire for this month's specific topic focus.

RSVP - 603.610.4433

QUILTS OF VALOR SEWING DAY

Wed, May 29, 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. You RSVP with Colleen directly.

PROGRAMS FOR MAY 28-29

SINGING TO WELL BEING

5 Tuesdays; Starting May 28 to June 25, 1PM-3PM

Facilitator: Angelynne Hinson

A 5-week workshop that will include the fundamentals of singing as well as stretching, breathing, & vocal exercises applied to a familiar song repertoire. Skills learned in this class will be helpful with increasing voice volume and confidence as well as improve mood, cognitive stimulation, and meeting new friends. **NO EXPERIENCE NEEDED.** Donations Accepted. RSVP - 603.610.4433

5 WAYS TO PREVENT SUMMER SPORTING INJURIES

Wednesday, May 29, 12PM-1PM

Facilitator: Dakota Krol. Saco Bay Physical Therapy

Warm weather is upon us and can bring new aches and pains as people's daily activities change. Popularity of sports like pickleball has skyrocketed, with the number of players rising from 4.8 million in 2021 to 8.9 million in 2023. With that increase, the number of pickleball-related injuries went from 9,000 in 2020 to over 17,000 in 2022. Since 2018, pickleball has been responsible for more than 60,000 emergency room visits. More than 75% of these occurred in those aged 55-75. Pickleball is not alone. Golf, gardening, walking, and cycling are all responsible for increased injury rates when us New Englanders return to outdoor activity. Dr. Krol will be providing sandwiches. Free. RSVP - 603.610.4433

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



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

SUPPORT GROUPS & RESOURCES

PORTSMOUTH HOUSING MONTHLY DROP-IN HOURS

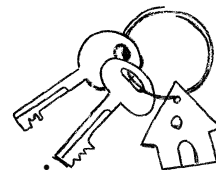
Tues, May 28 from 1PM-3PM (4th Tuesday of the Month)

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, May 2 (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, May 14 (Second Tuesday of the month)

6:00pm-7:30pm at Senior Activity Center

If you are a widow or widower and would like to attend a meeting, contact Shirley at samcann@yahoo.com or leave a voicemail at 207-602-9710. Free. No RSVP needed.

NILLA THE THERAPY DOG

Wednesday, May 8, 12PM

About 40-45 minutes at Senior Activity Center

Nilla is back! Our favorite friend, Nilla, is back, along with caretaker Karen. Nilla is a certified therapy dog and can help melt away stress with a few pats. Stop by to meet her - or find her roaming the hallways with Karen. No reservation needed.



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 Medeira 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

Monday, May 13, 4PM (Date change) & Thursday, June 6, 11AM

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. All welcome. Free; Just show up.

Reiki Circle - Tuesday afternoons; every other week

May 14 and May 28; 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!

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

SPACE
AVAILABLE



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)
- 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

PORTSMOUTH SENIOR TRANSPORTATION PROGRAM

Cooperative Alliance for the Seacoast Transportation (COAST)

Did you know Portsmouth has its own
Senior Transportation Program?

COAST - who also runs the trolley and bus system that operates throughout Portsmouth and the seacoast - is the senior transportation provider for Portsmouth residents. Rides **MUST** be scheduled a day in advance of a trip. Trips may not exceed more than 5 miles beyond the Portsmouth City line and must stay within the NH, and Eliot, ME line.

Who can use the service? Someone ages 62 and over or have an eligible disability (ages 18-61). Non-emergency Medical Trips & Seacoast Mental Health Center are **FREE**. Shopping Trips \$2, Senior Activities \$3. For more information go to: <https://coastbus.org/pst>

SCHEDULE A RIDE/MORE INFO:
TripLink, 603.834.6010



WEEKLY ONGOING PROGRAMS

(*All first timers to the center, must register at front desk.)

MONDAYS

NEW



WAFFLE BAR W/MARCIA

Mondays - **Starts May 6**, Drop in between 9:30-11AM. Donations accepted. New staff member Marcia will be making waffles Mondays. You can pop in anytime between 9:30-11am to have delicious warm waffles & toppings while visiting with friends.

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

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

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. Guest speakers at times. 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 **NO CLASS May 24**

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. 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

Every Saturday 9:00am-Noon
Lounge open on Saturdays for drop-in coffee, free Wi-Fi and social time...and snacks! FREE

MONTHLY BARBER HAIR CUTS BY COLLEEN

NOW TWICE A MONTH

Wed, May 8 - 11AM-1PM (BEFORE VETS MEETING)

Fri, May 31 (last Friday of the month) - 12PM-2PM

At Senior Activity Center *DROP-IN, WAIT FOR CUTS

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 to the Senior Activity Center accepted at front desk.





FRIDAY MOVIES - POPCORN SERVED

Every Friday at 12:30pm - Free

Popcorn served &/or bring your own lunch

- **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.
- **May 10: Joe Versus the Volcano** (1990 PG) In this romantic comedy, Joe Banks is apparently dying. This is good news though, since his life wasn't worth much anyway. A strange millionaire offers Joe a way to die with meaning and dignity - by hurling himself into a volcano! Starring: Tom Hanks, Meg Ryan and Lloyd Bridges. 1 hr 42 min.
- **May 17: My Blue Heaven** (1990 PG 13) In this crime/comedy, Vinnie has decided to trade his life in the Mob for the Witness Protection Program. After moving to a small suburb in CA, he becomes quite the challenge for the FBI agent charged with keeping Vinnie alive long enough to testify. Starring: Steve Martin and Rick Moranis. 1 hr 37 min.
- **May 24: Oscar** (1991 PG) In this remake of this 1967 French film of the same name, a gangster attempts to keep the promise he made to his dying father; that he would give up a life of crime and finally "go straight." He finds this is a lot more complicated than he anticipated and you'll enjoy the twists and turns in this comedic crime story. Starring: Sylvester Stallone, Ornella Muti, Marisa Tomei and Tim Curry. 1 hr 49 min.
- **May 31: Moonstruck** (1987 PG) It's a romantic comedy, not tragedy. No sooner does Italian-American widow Loretta accept a marriage proposal from her doltish boyfriend Johnny, then she finds herself falling in love with his younger brother, Ronny. But Ronny lost his hand in an accident he blames on his brother and has no scruples about aggressively pursuing Loretta while Johnny is out of the country. Loretta also learns she is not the only one with a secret romance. Starring: Cher, Nicolas Cage, Olympia Dukakis and Donny Aiello. 1 hr 42 min.

**CLOSED: MONDAY MAY 27,
MEMORIAL DAY**



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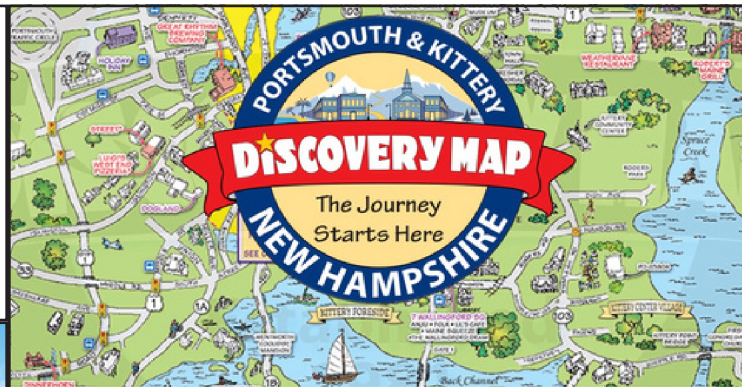
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REC VAN TRIPS



Literature in Bloom - Portsmouth Public Library
Wednesday, May 15

Time for this event starts approximately 12:45pm. Time slots will be given for van shuttle. Staff will be calling you with your time slot. Your time slot could be between 12:45pm-3:30pm.

Cost: \$3 Per Person for van ride

Opportunity to visit the Library as a group during their annual Literature in Bloom event. This is a spectacular display inspired by book covers chosen by Portsmouth Garden Club members from the Library's collection to make an interpretive floral arrangement. We will be shuttling groups of people back and forth with 15-20 minutes at the library to hear from a PGC member on their displays and enjoy. RSVP to 603-610-4433

Kentucky Derby at York Center for Active Living

Friday, May 31

Leaving center 11:30am, return apx 4:30pm

Cost: \$10 Resident | \$15 NonResident



We are invited to York Center for Active Living's Kentucky Derby Day. They are another FUN senior center! Your visit includes: Watching Horse Racing, Derby Luncheon, Derby Themed Drinks & Snacks, Best Hat and Best Derby Costume Contest. Win, place, or show prizes with a winner's circle photo booth & more! Cost includes everything you will experience, plus the van ride.

RSVP to 603-610-4433

Sand Sculptures at Hampton Beach

Thursday, June 20

Leaving center 10:30am, return 2:30pm

Cost: \$5 Resident | \$10 NonResident



A day at the beach! You will be dropped off at the Hampton strip where you will find beach, restaurants, entertainment & shopping while you admire the Hampton Beach sand sculptures. Self guided day. Max 14 people on van. RSVP to 603-610-4433

LARGER BUS TRIPS

Botanical Gardens, Boothbay & Brunch at Muddy Rudder Thursday, June 27

Leaving center at 8:45am, return 6:30pm

Cost: \$95 Resident | \$100 NonResident

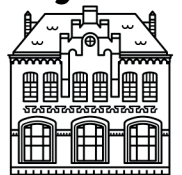


An exciting exploration of the Coastal Maine Botanical Gardens with more than 300 acres of gardens & natural spaces to discover. On our way, we stop at the Muddy Rudder in Yarmouth for an all inclusive delicious breakfast buffet to ensure full tummies before the gardens. The buffet will include Petite Greens Salad, Fresh Fruit, Breakfast Casserole, Bacon & Sausage, Baked Haddock, Fresh Muffins, Coffee/Tea, Juice and Lemonade among other goodies. After we eat, we continue to the Botanical Gardens to explore the expansive property on your own. Drop off will be near Courtesy Shuttle that make stops every 20 minutes to drive visitors to their destination points - or you may walk your way around. Comfortable shoes, water bottle, sunscreen, bug spray, snacks & camera are all recommended items to bring. Cost includes your breakfast, garden admission, transportation & gratuities. RSVP 603.610.4433.

Castle Hill on the Crane Estate Tour & Ipswich, MA Day Wednesday, July 10

Leaving center at 8:45am, return 4pm

Cost: \$90 Resident | \$100 NonResident



A day spent in Ipswich, MA. Travel back in time as we enjoy a personal guided tour of the Great House on Castle Hill, the gardens, and landscape. We will spend a good couple hours on the Crane Estate grounds exploring the Italian and Rose Gardens, and picturesque views overlooking the Atlantic. After our time on Castle Hill, we will head to lunch at The Clam Box in Ipswich. Choice of menu items inclusive of both seafood and non seafood options will be released to those that signed up in June. Before heading home, we will stop at Marini Farm in Ipswich that boasts a large Farm Stand, fresh flowers, and bakery. Cost includes the Castle Hill tour, lunch at The Clam Box, transportation & gratuities. RSVP 603.610.4433.