

July 2024

PORTSMOUTH SENIOR ACTIVITY CENTER

# PORTSMOUTH SENIOR NEWS

*Programs & Activities for Ages 50+*

## Annual Summer Cookout

AT THE PORTSMOUTH SENIOR ACTIVITY CENTER

Thursday, July 18

10:30AM - Green Heron Performs in Back Courtyard

11:30AM - Serving Burgers & Hot Dogs Under Tent

\$5.00 Per Person - Pay at Door

Veggie Burgers available by request



Join us at 10:30am to hear the feel-good acoustic tunes of Betsy & Scott Heron from Green Heron. Portsmouth Fire Fighters & Recreation Department, and volunteers grilling & serving. Fun in the sun under the tent! RSVP Required - 603.610.4433.

## GRANDPARENT/GRANDCHILD BUBBLE PARTY PLAYDATE

Thursday, August 15, 4PM

Another fun grandparents & kiddos playdate afternoon! Join us in August for a Bubble Party with Sages Entertainment, Kona Ice Truck, sprinklers and family friendly music. Bring your bathing suit to run through the sprinkler and towels to dry off. ALL FREE! Not necessary to have a grandchild - you can come as a grandfriend to join in the fun.

RSVP Required - 603.610.4433.



PORTSMOUTH SENIOR ACTIVITY CENTER

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

125 Cottage Street, Portsmouth, NH



## LUNCH BUNCH - WED, JULY 17

Applebees, 1464 Woodbury Ave, Portsmouth  
Wednesday, July 17 at 12PM



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, July 2:** Swedish Meatballs  
**BUILDING CLOSED THURSDAY JULY 4**  
**Tues, July 9:** Beef & Bean Burrito  
**Thurs, July 11:** Roast Pork  
**Tues, July 16:** Ham & Swiss Sandwich  
**SENIOR ACTIVITY CENTER COOKOUT THURS JULY 18**  
**Tues, July 23:** Hot Dog (National Hot Dog Day!)  
**Thurs, July 25:** Egg Salad  
**Tues, July 30:** Turkey Cordon Bleu (Cold)  
**Thurs, Aug 1:** Meatloaf

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



## SENIOR MOBILE FOOD MARKET - FREE

**MONDAYS, July 8 & 22, 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 JULY 3-10

**SENIOR ACTIVITY CENTER  
WILL BE CLOSED:  
THURS, JULY 4 - 4TH OF JULY**

## **Dry Needling: What is it and who is it good for?**

**Tuesday, July 9, 1:30pm**

**Facilitator: Emily Wehrwein, OTR/L, CHT, CMTPT-DN**

**Pivot Hand Therapy**



Emily Wehrwein, a local occupational therapist & owner at Pivot Shoulder to Hand Therapy, who uses dry needling to help people with orthopedic issues, discusses the science behind the technique and demystify the procedure. Emily is 1 of only 3 listed Certified Hand Therapists in the area. After completing her undergraduate degrees at the Univ. of Nebraska-Lincoln and her Master's in Occupational Therapy at Rush Univ. in Chicago, she gained experience working with a variety of clients including D1 & professional athletes. Space limited. RSVP to 603.610.4433.

## **Poetry Group**

**Tuesdays, July 9 & 23, 10am-11am**

**Facilitator: Judy Mazel. Volunteer & Poetry Lover**

**New!**



Have a passion for poetry? Reading, writing, sharing it? We have a new group we are excited to offer! Volunteer Judy, a fellow lover of poetry, will lead this biweekly group in July to gauge interest for future meetings and dabble in the world of poetry reading, writing, and discussion. During these sessions, the group will decide the frequency of the group meeting. This will be a fun opportunity to share poetry and life experiences with each other. Space limited to 10 people max. RSVP to 603.610.4433.

# PROGRAMS FOR JULY 10-16



## **5 Ways to Ease Your Knee Pain Naturally**

**Wednesday, July 10, 12PM-1PM**

**Facilitator: Dr. Dakota Krol, PT, DPT, Saco Bay Physical Therapy**

5 simple ways to manage your knee pain. He will also answer some of the most common questions about knees such as: “why do some days feel better than others?”, “why does my knee hurt in different spots?”, “is clicking, popping, and creaking bad?”, and “do I need surgery?!” Learn from an expert, 5 easy tips that can improve your knee health and quality of life—without medications or surgeries.

(P.S. lunch will be provided!) RSVP to 603.610.4433.

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## **When Better Cars Are Built**

**Monday, July 15, 1PM**

**Presenter: Stanley Forman, Retired Engineer & University Lecturer**



A history of Buick motorcars and GM. Benz may have built the first ‘horseless carriage’, but David Buick developed and nurtured a company now over 100 years old! Revel in the glory days of GM and the fine art of automotive styling. RSVP to 603.610.4433.

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## **Forensic Science Roadshow**

**Tuesday, July 16, 1PM**

**Presenter: Paul Zambella, Retired Forensic Scientist, Massachusetts State Police Crime Laboratory**



Venture into the world of CSI with this interactive program that introduces you to the fascinating world of forensic science. A myriad of things to be covered such as functions of the forensic scientist, DNA, fingerprints, gunshot residue, metal detectors, and more. Paul has 36 years of experience with more than 500 crime investigations and 350 criminal trials behind him. RSVP to 603.610.4433.



# PROGRAMS FOR JULY 15-16

## **Card Making & Signing for the Troops, "Christmas in July"**

**Tuesday, July 16, 1PM-3PM**

**Facilitator: Becky Crawshaw, Volunteer**

Becky is leading this card activity to participate in the "Holiday Cards 4 Our Military NH Challenge". This program encourages participants to create messages of care and holiday cheer for the upcoming winter holiday season. Get a head start during these relaxing summer months to share a nationwide mission to send holiday cards! Over 1 million cards from all 50 states have been mailed around the world and it all started in New Hampshire! FREE. Class limited to 8 people. To learn more about this program, you can go to [www.militaryholidaycardchallenge.com](http://www.militaryholidaycardchallenge.com)



## **Introduction to Genealogy & Ancestry.com**

**Wednesday, July 17, 10am-11am**

**Facilitator: Thomas Coombs, Seacoast Genealogy**

Imagine finding out incredible, interesting facts about your ancestors, countries you didn't know your lineage had connections to, or loved ones of your past you didn't know you had. Thomas Coombs, Seacoast Genealogy Owner and Member of New England Historic Genealogical Society, will present an overview of his background and research techniques through Ancestry.com in this opening workshop. Thomas has been using Ancestry.com for 14 years, and can help you avoid the mistakes he made and navigate complicated issues like second marriages, different spellings of names, etc.



At this roll-out event, he will review what will be needed to run ongoing Ancestry.com workshops at the Senior Activity Center. Details will be discussed about the workshop kicking off for future research sessions. \*Please note that after this introductory workshop, you would need a laptop or device (CANNOT be your phone) to access Ancestry.com in future sessions. FREE. RSVP to 603.610.4433.





# PROGRAMS FOR END JULY/EARLY AUGUST

## **Identity Theft**

**Tuesday, July 30, 3PM**

**Presenters: Sean McCarthy & David Dearborn, M&T Bank**

M&T Bank of Portsmouth will present on the importance of being identity theft savvy for your protection. Topics covered will include: common identity theft scams, red flags of identity theft, protecting against identity theft, monitoring and reporting services. Free. RSVP 603.610.4433.

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## **QUILTS OF VALOR SEWING DAY**

**Wed, July 31, 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](mailto:colleen.satchels@gmail.com) or 603.828.5071. More info on veterans table at Senior Activity Center. You RSVP with Colleen directly.

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## **Card Houses**

**Tuesday August 6 - OR -**

**Tuesday August 20, 10am-12pm**

**Facilitators: Linda Sherouse and Linda Fortin**

A fun, different and creative way to use old greeting cards and keep on display all year long. Using recycled greeting cards, the two Lindas will show you how to construct a house suitable as a gift to someone or for yourself.

You could even use the greeting card-built house to hold a special gift inside to someone. The possibilities are endless. Sample of a card house is on display in foyer of the Senior Activity Center. Class limited to 10. \$10 per person paid to instructor. Please tell staff which date you would like to sign up for when you call. RSVP 603.610.4433.



# UPCOMING CONCERTS & ART SHOW

## SUMMER CONCERT SERIES AT SENIOR ACTIVITY CENTER

Ice cream served - FREE.

Bring a friend & enjoy the music!

July concerts

Under the tent (move inside if rainy)

- **Wed, July 10, Steve Blackwood Jazz Quartet, 4:30-6PM**
- **Wed, July 24, 3:30PM, Jon Waterman, Journey through the Roots of Music. Music with visual presentation. Inside Assembly Hall.**
- **Fri, July 26, Busted Jug Band, 3-4:30pm**
- **Wed, Aug 7, Stairwells, 3:30pm**



**NEWLY ADDED - Fri, Aug 16, 3PM - 55th Anniversary Woodstock with award-winning songwriter Curt Bessette & vocalist Jenn Kurtz**

- **Fri, Aug 9, Donna & Scott Martin. 3:30pm**

**NEWLY ADDED - Fri, Aug 23 3PM, From the Heart Gospel Rock Group**

- **Fri, Aug 30, 2 of Us Beatles Duo, 3:30-5pm**

## NEXT ART SHOW: "CAPTIVATING NATURE"

Come enjoy the beauty of the natural world through a variety of art work displayed by talented older adult artists at the Portsmouth Senior Activity Center.

Some of the art is for sale and will be labeled as such. For more info, contact Diane Stradling, Arts Committee Volunteer at [dianestradling@gmail.com](mailto:dianestradling@gmail.com)

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



**"CAPTIVATING NATURE" ON DISPLAY  
JULY 18 - OCTOBER 11, 2024**

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



# KAREN ROSANIA - OLIVETEAL ARTS CLASSES

**Karen's classes are very popular. We encourage you to say yes to the Wait List - we often have cancellations, and will run popular classes multiple times.**

## **Wet Felted Wool Flower**

**Tuesday, July 2, 1PM-3PM**

Come join the fun and make a gorgeous wet-felted wool flower – to accessorize a scarf or purse – or wear as a brooch or hair clip. You decide! Class limited to 9 people. Cost \$10 per person includes all materials. RSVP Required: 603.610.4433



## **Mosaic Keychain**

**Tuesday, July 30, 1PM-3:30PM**

Come learn the art of “micro” mosaics using stained glass and other materials. You will learn how to design, cut, and assemble small pieces of stained glass and other materials onto an antiqued silver-plated metal keychain. You can do a simple design or work from a photo. No experience necessary!

- Class limited to 8 people
- Please wear closed-toe shoes
- \$15 per person paid to instructor
- RSVP Required: 603.610.4433

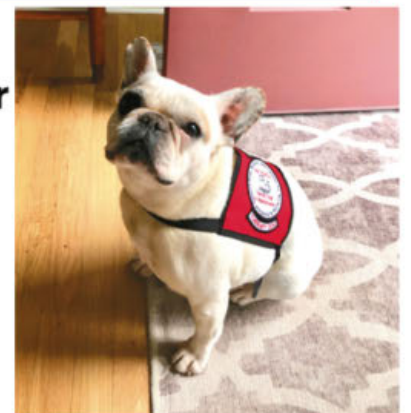


# NILLA THE THERAPY DOG

**Wednesdays, July 3 & 24, 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.





# SUPPORT GROUPS & RESOURCES

## PORTSMOUTH HOUSING MONTHLY DROP-IN HOURS

**Tues, July 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, July 18 (Date Change Due to July 4 Holiday)**

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

## **New!** EVENING STRUCTURED GRIEF SUPPORT GROUP

**Thursdays: August 29 to October 3 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 of healing, education of the grief experience, and the chance to interact with others. Meetings are conversation, education, and exploration of challenges. Attendance at all meetings required. RSVP 603.610.4433.

## SENIOR CENTER TRIPS - SEATS STILL OPEN

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 (15 spots open)

- Tour of Crane Estate
- Lunch at The Clam Box
- Stop at Marini Farm



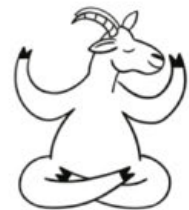
Silver Fountain Inn & Tea Parlor Experience  
Tuesday, July 30, Leaving center at 11:15am, return 2:30pm.  
Cost: \$50 Resident, \$55 Nonresident (3 spots open)

- "Dutchess of Bedford" Style Tea - 3 tier assortment of yummy food choices. Do let us know if you have dietary needs.



Goats 2 Go: Chair Yoga in Georgetown, MA  
Wednesday, August 7, Leaving center at 10am, return 3pm  
Cost: \$25 Resident, \$30 Nonresident (4 spots open)

- Chair Yoga with Goats! And stop in Newburyport for lunch



**ALL OF THESE TRIPS HAVE MORE DETAILS AT THE SENIOR CENTER AND INSIDE OUR JUNE NEWSLETTER ISSUE. PLEASE CALL 603.610.4433 FOR MORE INFORMATION AND TO RESERVE YOUR SEAT.**

## ROYAL TOURS OPEN TRIPS



The following are featured Royal Tours trips currently OPEN for registration. More info at the center or by calling, 603.610.4433.



**EARLY REGISTRATION OPEN:**

**Moulton Farm & Winnepesaukee Railroad w/Hart's Turkey Dinner**

**Thursday, September 12**

**Coach Bus: \$127 Resident, \$137 Nonresident**

**OVERNIGHT TRIP: "Still Making History," Overnight Trip to Salem, MA Includes Salem Witch Museum, Peabody Essex, Lunch at FINZ & more!**

**Wed, Oct 2 to Thurs, Oct 3**

**Coach Bus: \$465.00 Per Person Double, \$565.00 Single RESIDENT  
\$475 Per Person Double, \$575.00 Single NONRESIDENT**

**ALL TRIPS HAVE FULL INFORMATION FLYERS AT FRONT DESK OF SENIOR ACTIVITY CENTER. DON'T SIGN UP WITHOUT READING ALL DETAILS.**



# WEEKLY ONGOING PROGRAMS

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

## MONDAYS

### WAFFLE BAR W/MARCIA



Mondays - 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" **(OFF FOR JULY)**

## 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



### MEXICAN TRAIN DOMINOS \*

Wednesdays 1pm - all levels.

Beginners welcome. Join the fun! Games provided. Drop ins welcome. FREE



# WEEKLY ONGOING PROGRAMS



## THURSDAYS

### QIGONG \*

Thursdays 11:00am FREE  
Instructor: Jeanne DeFlorio

**NO CLASS JULY 18**

Improve your health by integrating posture, movement, breathing, and focused intent to activate your flow of energy. Chairs are available if needed. Qigong will be on break and **NO CLASS August 8, 15, 22, and 29.** Will return in September.

### BOOK CLUB \*

Every other Thursday, 3PM - **July 11 & July 25, Aug 8 & 22**  
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

### 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

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.

### BALANCE YOURSELF WITH JEAN

Instructor: Jean Roalsvig  
Fridays 11AM **NO CLASS JULY 12**  
Gentle movements, breathing exercises, and soothing sounds. Mindfulness and stress relief practices. No experience necessary, just an open mind. Drop-ins welcome. FREE.

### DULL MEN'S CLUB \*

Fridays 10:30am-12:00pm  
Coffee & Conversation for men. FREE

### CRIBBAGE

Fridays 1pm  
Small group cribbage. Drop ins welcome. FREE

### CANASTA \*

Fridays 1:00pm-3:00pm  
Join us to learn Canasta. All abilities welcome. Drop ins welcome. FREE



# WEEKLY ONGOING PROGRAMS

## 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 PROGRAMS

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

**July 9 and 23 and August 13 and 27; 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!

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## MONTHLY BARBER HAIR CUTS BY COLLEEN RETURNS



**Friday, July 26, 12PM-2PM at Senior Activity Center**

**\*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

- **July 5: Ticket to Paradise (2022, PG-13)** A romantic comedy about a divorced couple (who despise each other) and team up to sabotage the impending shotgun wedding of their daughter in Bali. Starring Julia Roberts, George Clooney and Kaitlyn Dever.
- **July 12: Moonrise Kingdom (2012, PG-13)** This film is set on an island off the coast of New England in the 1960's as a major storm is approaching. Sam, a 12-year old Khaki Scout is missing and so is Suzy, his penpal. The two have run away together and the town is turned upside down, which might not be such a bad thing. Starring Bill Murray, Frances McDormand, Kara Hayward and Jared Gilman.
- **July 19: Mamma Mia! (2008, PG-13)** Your feet will be tapping to Abba in this jukebox musical romantic comedy. Follow a young bride-to-be who invites three men to her wedding with the possibility that any of them could be her father. Starring Meryl Streep, Pierce Brosnan and Colin Firth.
- **July 26: Judy (2019, PG-13)** This film follows the later career of Judy Garland with flashbacks to her childhood and the iconic role of Dorothy in the Wizard of Oz. Starring Renee Zellweger and Jessie Buckley. **(Stick around to tap your toes and be entertained by The Busted Jug Band following this movie.)**
- **Aug 2: Patch Adams (1998, PG-13)** This biographical comedy drama is loosely based on the life of Dr. Hunter "Patch" Adams. Patch finds that using humor instead of conventional psychotherapy helps his patients and provides him with a new purpose in life. Starring Robin Williams and Monica Potter.

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## SUMMER CONCERT SERIES AT COMMUNITY CAMPUS 100 Campus Drive, Portsmouth

Add to your concert experiences this summer! In addition to our free concert series, the Community Campus, also has a FREE concert series. Bring your own lawn chair, food welcome, ample parking, and rain or shine (moving indoors if bad weather). Again, FREE!

- Wed, July 17, 6PM - PMAC Summer Community Band (in the gym)
- Wed, July 24, 6PM - North River Music (Americana)
- Wed, July 31, 6PM - Truffle (Acoustic Show)
- Wed, Aug 7, 6PM - Little Wishbone (Folk Music)





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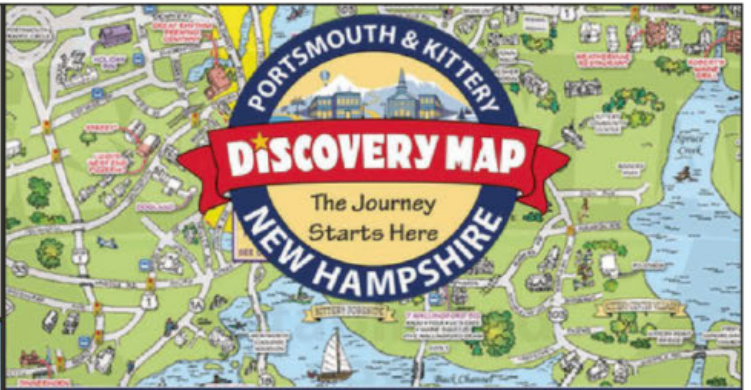
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