

June 2024



PORTSMOUTH SENIOR ACTIVITY CENTER

# PORTSMOUTH SENIOR NEWS

*Programs & Activities for Ages 50 +*

## Father's Day Lunch Special

### “BIG DADDY CHEESEBURGER”



Thursday, June 13

Senior Activity Center

10:30AM Seating, 11AM Serving

We are celebrating all the dads with a “Big Daddy Cheeseburger” Loaded with Onions & Peppers, Stewed Tomatoes with Herb Breadcrumb Topping, Potato Salad, Double Chocolate Chip Cookie and a special Root Beer Float station sponsored by Assisting Hands of Portsmouth.

Thanks to Rockingham Nutrition for providing lunch.

Voluntary \$3.00 suggested donation. Pay at the door.

RSVP required by Mon, June 10. 603.610.4433

## 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.

PORTSMOUTH SENIOR ACTIVITY CENTER

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

125 Cottage Street, Portsmouth, NH



## LUNCH BUNCH - WED, JUNE 26

Grill 28 on Pease, 200 Grafton Rd, Portsmouth  
Wednesday, June 26 at 11:30AM (NEW ARRIVAL TIME)



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, June 4:** Turkey Cordon Bleu Sandwich

**Thurs, June 6:** Tuscan Roast Beef

**NO MEAL TUESDAY JUNE 11**

**Thurs, June 13:** FATHER'S DAY SPECIAL, SEE FRONT PAGE

**Tues, June 18:** Shepherd's Pie

**Thurs, June 20:** Turkey Club Sandwich

**Tues, June 25:** Baked Ham

**Thurs, June 27:** Seafood Salad

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



## SENIOR MOBILE FOOD MARKET - FREE

**MONDAYS, June 10 & 24, 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 JUNE 5-6

## **TED X: AGELESS: For Mature Audiences Only**

**Wednesday, June 5, 1:30PM**

**Facilitator: Shawn Shambo, 2023 Portsmouth TED Talk Speaker**

A presentation developed from a scripted TED X Shawn created called "If You Lost Your Thrill...How Do You Get it Back?"

A passion project that is in the process of being turned into an unscripted Docuseries. Shawn Shambo is an Occupational Therapist, who over the past several years has focused on maximizing senior's fictional abilities to aid in finding new ways of discovering their ultimate thrill, no matter what age; redefining aging for all.

Shawn's focus is to show examples of seniors over 80 achieving incredible goals from which he creates short documentaries. Such as, an 87-year-old setting a world record in pole vaulting, or a group of 9 seniors in their mid to late 80's rowing in the Head of the Charles Regatta in Boston alongside college athletes. Their stories inspire!

Shawn's documentaries have been picked up by a LA based production company with an established goal to have Shawn host a 10-Episode Docuseries. He will discuss what the process looks like in the early stages in producing a docuseries and will be premiering for the first time the trailer to his docuseries: [Ageless- For Mature Audiences Only]. RSVP to save yourself a seat: 603.610.4433

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## **QUALITY SUMMER THIRST QUENCHERS: The Importance of Hydration for Seniors**

**Thursday, June 6, 11am**

**Facilitator: Diana Robinson, RD, LD**



Join Diana Robinson, RD, LDN, Hannaford Dietitian, for a thirst-quenching class on the importance as well as the challenges of staying hydrated as we age. Learn what foods and drinks you can count towards your hydration. Taste several samples of beverages and a delicious frozen fruit smoothie! **RSVP 603.610.4433**

# PROGRAMS FOR JUNE 11-18

**CONCERT SERIES: Ben Baldwin & Kent Allyn**  
**Tuesday, June 11, 3:30pm (performance approx. 45 min)**  
**At the Senior Activity Center**



Listen and tap your toes to the Seacoast jazz legends Ben Baldwin and Kent Allyn outside under the tent. If in climate weather, will move inside. You can attend this concert and make it to Supper Club on time if you choose.

RSVP to 603.610.4433

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**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

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**When to Call a Doctor; Keeping Independence Longer**  
**Tuesday, June 18, 1PM**

**Facilitator: Shannon Potter, FNP-BC, Birch Point Healthcare**

How often do you wonder, when should I call a doctor as you age? For example, when is does a cough become concerning?

- When does joint swelling warrant a workup?
- What symptoms require further investigation?

Also included, is a review of simple things you can do in your everyday to stay independent, longer.

Secondly, this presentation is for YOU! Please come and bring questions. This is to allow you to have some of your concerns answered by a family nurse practitioner. RSVP to 603.610.4433

# PROGRAMS FOR JUNE 14-26

## **TECH TIP #3 OF A THREE-PART SERIES: PHOTOS & FAVORITE APPS**

**Wednesday, June 26, 1PM**

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

Deb was well received for our second part of her Tech Series, and she returns to answer more of your questions in one of her monthly technology 101 sessions. This class will be on Photos & Favorite Apps. All levels welcome. Space is limited for this class.

RSVP - 603.610.4433

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## **QUILTS OF VALOR SEWING DAY**

**Wed, June 26, 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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## **SUMMER CONCERT SERIES AT SENIOR ACTIVITY CENTER**

Ice cream served - FREE.

Bring a friend & enjoy the music!

Under the tent (move inside if rainy)

- Tues, June 11, Ben Baldwin & Keny Allyn, 3:30pm
- 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.
- Fri, July 26, Busted Jug Band, 3-4:30pm
- Wed, Aug 7, Stairwells, 3:30pm
- Fri, Aug 9, Donna & Scott Martin. 3:30pm
- Fri, Aug 30, 2 of Us Beatles Duo, 3:30-5pm



# FRIDAY SPECIAL EVENTS IN JUNE

## THE SINGING TROOPER ON FLAG DAY

Friday, June 14

3PM - 4:30pm

Sgt. Daniel Clark, aka "The Singing Trooper" has been performing in uniform during his 20-year career. He will be delighting us on this Flag Day with a patriotic tribute. He has appeared with the Boston Pops, the Boston Red Sox, and past presidents to name a few.

Under the tent (move inside if rainy)

FREE. RSVP - 603.610.4433



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## SOCK HOP WITH RICK ANTHONY AS ELVIS!

Friday, June 21

4PM-6PM

Our Sock Hop Afternoon returns! This year, New England based Rick Anthony is with us as Elvis for the event. This is the same man that came to us as Roy Orbison and we LOVED him.

**Photo Booth, Optional Dancing**

**Light Refreshments**

**Fun with friends old and new!**

\$5pp at the door. RSVP - 603.610.4433



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## RAPTORS RULE SHOW

Friday, June 28

2:30PM-3:30PM

We are excited to share with you the world of raptors in NH with **Tailwinds: Raptor Education & Conservation**. Explore these magnificent birds up close and personal. Learn about their biology, habitat, and conservation needs.

FREE. RSVP - 603.610.4433



# KAREN ROSANIA - OLIVETEAL ARTS CLASSES

## **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

**NEW!**



## **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!

**NEW!**



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

## **Mosaic Picture Frames - Must Attend BOTH dates! Tues, August 27 (1PM-4PM) & Thurs, August 29 (1PM-2:30PM)**

Learn the art of mosaics using stained glass and other materials. Learn how to design, cut, glue and grout a beautiful mosaic picture frame. This is a 2-part class and you **MUST** attend both days in order to complete your frame. No prior experience necessary!

- Class limited to 8 people
- Please wear closed-toe shoes
- \$20pp paid to instructor
- RSVP Required: 603.610.4433



# SUPPORT GROUPS & RESOURCES

## **PORTSMOUTH HOUSING MONTHLY DROP-IN HOURS**

**Tues, June 25 from 1PM-3PM** (4th Tuesday of the Month)

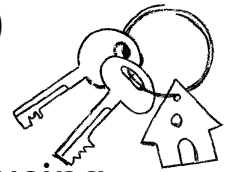
At Portsmouth Senior Activity Center

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.**

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## **ALZHEIMER'S SUPPORT GROUP**

**Thurs, June 6** (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.

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## **NEW BEGINNINGS GRIEF GROUP - EVENINGS**

**Tues, June 11** (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.

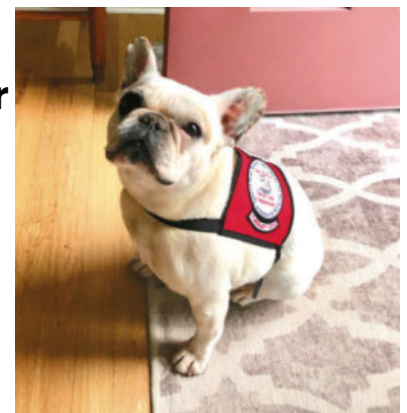
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# NILLA THE THERAPY DOG

**Tues, June 11 and Tues, June 25, 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.





# MONTHLY PROGRAMS

**Reiki Circle - Tuesday afternoons; every other week**  
**June 11 and June 25; 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!

## PLANT SWAP RETURNS AT THE SENIOR ACTIVITY CENTER

Plant enthusiasts! Bring your healthy, rooted houseplant clippings to the senior activity center in the month of June. Bring your own container to take home your new plant friend!

Starting first week of June. Be on lookout in foyer for "plant table" to start your swapping. Just drop by. No sign-ups. Very casual.



# 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.

**“Life’s a Beach” w/ Malibu Brothers at scenic Castleton in Windham, NH  
Playing Doo Wop to Country to everything in between!**

Wed, July 17

Coach Bus: \$117.00 Per Person Resident, \$127.00 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.

## 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**



# REC VAN TRIPS



## Silver Fountain Inn & Tea Parlor Experience

Two Dates to Choose!

- Tuesday, July 23 - **OR** -
- Tuesday July 30

Teatime

Leaving center at 11:15am, return approximately 2:30pm

Cost: \$50 Resident, \$55 NonResident - includes gratuities

Tea lovers this trip is for you. We anticipate a big response, so we are having 2 trips. Located in Dover, NH, the Silver Fountain Inn & Parlor will treat you to all the touches to detail of a tea parlor complete with tea parlor ambiance. Each participant will indulge in “The Dutchess of Bedford” style tea that includes a salad, and 3-tier assortment of sandwiches and desserts to choose from, and of course, choices of tea. You are welcome to dress in afternoon tea attire if you wish, but not required. Cost includes transportation, food and beverage, and all gratuities. Please tell us if you have gluten free, dairy free, vegan, or other dietary needs so we can tell the Silver Fountain. RSVP to 603-610-4433

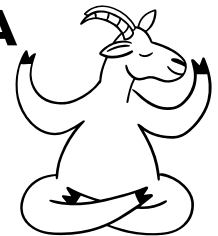
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## Goats 2 Go: Chair Goat Yoga in Georgetown, MA

Wednesday, Aug 7

Leaving center at 10am, return approx. 3pm

Cost: \$25 Resident | \$30 NonResident



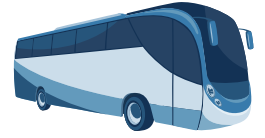
Love chair yoga? Love goats? Ever want to experience yoga with goats? This is your chance. We will be traveling to Great Rock Farm in Georgetown, MA to arrive for a 10:45am Chair Yoga class with goat friends! Goats 2 Go will be running a private Chair Yoga with the Goats class for us. \*\*Please know this will be taking place inside a barn that does not have A/C. Should temperatures be extreme, the Senior Act Center will discuss a reschedule. Dress in loose, comfortable clothing, sneakers, and bring a water bottle. The Senior Activity Center will also be supplying water bottles. After Chair Yoga and exploring the property, we will head into Newburyport for lunch on own and some window shopping before heading home. 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**



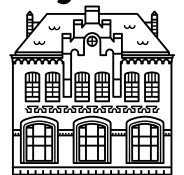
An exciting exploration of the Coastal Maine Botanical Gardens with more than 300 acres of gardens & natural spaces to discover. On our way, we stop at the Muddy Rudder in Yarmouth for an all inclusive delicious breakfast buffet to ensure full tummies before the gardens. The buffet will include Petite 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.

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## 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.

# 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"

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

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, June 12 - 11AM-1PM (BEFORE VETS MEETING)**

**Fri, June 28 (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.

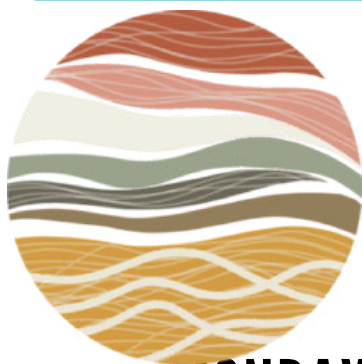
Donations to the Senior Activity Center accepted at front desk.



## FRIDAY MOVIES - POPCORN SERVED

Every Friday at 12:30pm - Free Popcorn served &/or bring your own lunch

- **June 7: Jules** (2023, PG-13) A man's quiet life gets upended when a UFO crashes in his backyard in rural Pennsylvania. Starring Sir Ben Kingsley, Harriet Harris, Jane Curtin and Jade Quon. 1 h 27 min.
- **June 14: The Simple Life of Noah Dearborn** (1999, PG) A greedy developer sets his sights on an ageless carpenter who has remained untouched by 20th-century corruption. Starring Sidney Poitier, Mary Louise-Parker, Dianne West. 1 h 27 min. **(The Singing Trooper concert follows this movie.)**
- **June 21: Viva Las Vegas** (1964) A musically gifted race-driver (Elvis) preparing for the Grand Prix wiles his time in Las Vegas working as a waiter to pay for his new engine and soon strikes up a romance with a beautiful young woman. Starring Elvis Presley, Ann-Margret, Cesare Danova. 1 h 24 min. **ELVIS SOCK HOP DAY! Stick around to dance at the Sock Hop and see ELVIS!**
- **June 28: Blues Brothers 2000** (1998, PG-13) The now brotherless Ellwood Blues is finally out of prison, attempting to reunite the old band and find a few new partners in crime. In this sequel to "Blues Brothers", Ellwood battles Chicago police, sings and dances his way out of sticky situations. Starring Dan Aykroyd, John Goodman. 2h 3 min. **(The Raptors Rule Show follows this movie.)**



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

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

**SENIOR ACTIVITY CENTER WILL BE CLOSED:  
WED, JUNE 19 - JUNETEENTH  
THURS, JULY 4 - 4TH OF JULY**



# 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.

**RESERVE YOUR RV/CAMPING SEASON!**

Check us out at:  
[www.camp-nh.com](http://www.camp-nh.com)



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

## Elisa "Lisa" Hietala Medicare Sales Specialist

elisa.hietala@wellsense.org  
857-276-3192 (TTY: 711) | [wellsense.org/medicare](http://wellsense.org/medicare)

Here to assist with your Medicare needs



## Help us end Multiple Myeloma

Your tax-deductible donation funds lifesaving research, treatment and care and would mean so much to someone fighting cancer.



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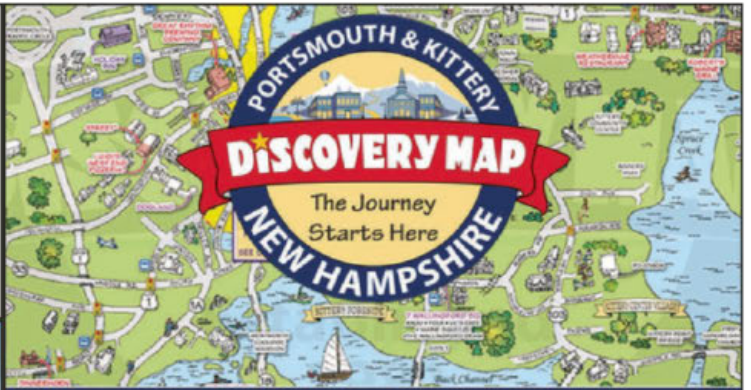
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