

August 2024

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+

SENIOR HEALTH & WELLNESS EXPO 2024

AT THE COMMUNITY CAMPUS
100 CAMPUS, DR., PORTSMOUTH

Thursday, September 19, 9AM-12PM

Our anticipated and beloved Expo returns. Full resource fared geared towards seniors. Over 50 vendor tables of local agencies, activities, balance tests, mental health, and flu & Covid shots. Light refreshments and coffee served. Just show up. FREE.

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, AUG 21
Ninety-Nine, 2454 Lafayette Rd, Portsmouth
Wednesday, August 21 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

We are now running Grab & Go meals differently. Still on Tuesdays and Thursdays. You get to choose hot or cold meal choices for the month. If new you MUST complete Meals on Wheels registration form and choose your meals each month. You can pick up a menu at any time from Patti or Joel in the kitchen.

RSVP Required to Meals on Wheels Program (No longer need to call the Senior Activity Center). Please call 603-766-4448.

Thanks to Rockingham Nutrition for providing lunch.

Voluntary \$3.00 suggested donation.

Grab & Go pick up inside 11am-11:30am.

And a warm welcome to our New Site Manager: Joel Motsinger!

MONDAY WAFFLE BAR W/MARCIA
 Mondays - Drop in between 9:30-11AM.
 Donations accepted, not necessary.




Our very own weekly breakfast option. 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. No RSVP necessary. Just show up.

SENIOR MOBILE FOOD MARKET - FREE



MONDAYS, August 5 & 19, 2:00-3:00PM

(e/o Monday - not holidays)

At Portsmouth Senior Activity Center

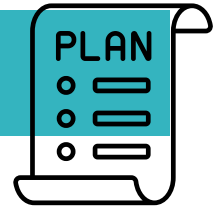


A farmer's-market-style food distribution program from **Gather**.

Free produce and other perishable items available for pick up.

Everyone welcome. No reservations needed, just show up.

PROGRAMS FOR AUGUST 5-12



Declutter, Downsize & Plan for the Future

Monday August 5, 1PM-3PM

Facilitator: Jessica Johnson, Maple Suites & Art Durkin, Realtor

Time to start thinking about your family's future? This seminar will help you physically, mentally, and financially prepare you and your family for the years ahead. Topics covered: Is Your Home Too Large or Too Much Work to Maintain? A Plan for When It's Time to Move. Senior Living Options. Creating an inheritance plan. RSVP 603.610.4433.

Advanced Directives Info Session

Tuesday, August 6, 2PM

Facilitator: Pathways Healthcare

Advanced Directives are essential legal documents that allow individuals to specify their health care preferences if they become unable to make decisions due to illness or incapacity. They ensure that a person's medical treatment aligns with their wishes and values. Attend this session to review this and other important forms of documentation. RSVP to 603.610.4433.

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. Class limited to 10. \$10 per person to instructor. RSVP 603.610.4433.

**Genealogy & Ancestry.com Workshop - Bring Your Device
Starts Wednesday, August 7, 10am-12pm, every Wednesday**
Facilitator: Thomas Coombs, Seacoast Genealogy

NEW!

Research your family history during this interactive workshop. Seacoast Genealogy owner and member of the New England Historic Genealogical Society, Tom Coombs will be present to answer questions as you dive into the world of Ancestry.com and your personal research. You must bring your own device to this workshop (cannot be your phone). Suggested Donation of \$5 per person at each class. Class meets weekly. RSVP 603.610.4433.

PROGRAMS FOR AUGUST 12-13

TED Talk: Ageless - Second Showing



Monday, August 12, 1PM

Facilitator: Shawn Shambo, 2023 Portsmouth TED Talk Speaker

This is a repeat presentation for those who missed it. Developed from a scripted TED X Shawn created called “If You Lost Your Thrill...How Do You Get it Back?” 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! RSVP 603.610.4433

Caregiver Burnout Signs & How to Prevent It

Tuesday, August 13, 1PM

Presenter: Lee Baxter, CDP & Trish Bourque, CDP - Assisting Hands Home Care

Are you one of the 40 million adults taking care of an elderly, chronically ill, or disabled loved one? Do you feel tired, stressed, anxious, irritable, or perhaps ignore your well-being? You could be experiencing Caregiver Burnout. Each of us, no matter how “strong,” can be at risk. Even if you’re not a “caregiver” today, you could be tomorrow. Learn the warning signs & tips to recognize and cope with burnout. You can’t take care of others if you don’t take care of yourself first. RSVP to 603.610.4433.

Card Making & Signing for the Troops, “Christmas in July”

Tuesday, August 13, 1PM

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, you can go to www.militaryholidaycardchallenge.com

PROGRAMS FOR AUGUST 15-26



Painting with Acrylics with Barbara Albert

Thursdays, Starting August 15, 3PM-4:30PM

Facilitator: Barbara Albert, Artist & Former president of the NH Art Association

Introduction to acrylic painting on canvas. Barbara is an established senior artist. She has exhibited her work at Clark University, Danforth Museum, Boston Visual Arts, UMass Boston, across the seacoast region and more. She has taught art at all levels from children to adults. Bring to class your own canvas, brushes, acrylic paints, or, use art supplies on art cart at Senior Activity Center. \$10 to instructor. RSVP 603.610.4433.

Living a Poetic Life with Lori Joseph

Tuesday, August 20, 1PM

Presenter: Lori Joseph, Author



Enjoy sensory exploration to heighten your writing experience! An interactive program that offers a unique perspective. Based on the book Seventy-Five: Connectivity Through the Ages by photographer Terry Wild and author Lori Joseph, there's a playfulness and wonderment within its pages, encouraging readers to find joy in ordinary things in everyday life. This book is not just a picture book with descriptive verse. It's a call to action, encouraging readers to embrace and connect for a more attentive life. FREE. RSVP to 603.610.4433.

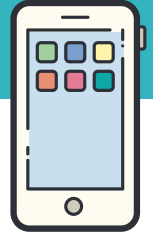
Getting to Know Medicare

Monday Aug 26, 2PM (Presentation happens again Wednesday Sep 11, 2PM)

Presenter: Trisha Eveleth, Independent Licensed Agent

This informative class will be good for anyone new to Medicare as well as existing beneficiaries that want to learn about upcoming changes for 2025. Topics covered: Medicare, Medicare Enrollment Periods, understanding Your Medicare Options: Original Medicare (Part A & B), Medicare Advantage Plans (Part C), Medicare Supplement Plans, changes with Prescription Drug Plans (Part D) and additional Programs that Offer Assistance with helpful resources. RSVP to 603.610.4433.

PROGRAMS FOR AUGUST 28 - SEP 4

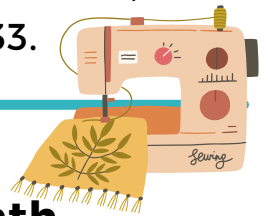


iPhone/iPad Tech Tips Q & A Session

Wednesday Aug 28, 1PM

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

Deb returns to us in August and for this session, wants to have participants bring their questions and concerns with their technology devices to the class. Each class is crafted to go with the “speed” of the group. Come with your questions related to anything from email, to notifications, apps, photos and more. RSVP to 603.610.4433.



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 or 603.828.5071. More info on veterans table at Senior Activity Center. You RSVP with Colleen directly.

You Aren't Alone: Urinary Incontinence & How to Manage **Wed, September 4, 12PM-1PM**

Presenter: Dr. Valerie Nichols & Dr. Dakota Krol, Saco Bay Physical Therapy

Have you ever leaked urine after sneezing or couldn't quite make it to the bathroom in time? You may be experiencing urinary incontinence. Come and learn from an expert! Dr. Valerie Nichols will provide fascinating information about how your bladder works and how pelvic health physical therapy can address your urinary concerns. (Lunch will be provided!) RSVP 603.610.4433.

SUMMER CONCERT SERIES AT SENIOR CENTER

Ice cream served - FREE. Bring a friend & enjoy the music!
Under the tent (move inside if rainy or otherwise noted)



Wed, Aug 7, Ben Baldwin & the Stairwells, 3:30pm
(Acapella feel good music)



55th Woodstock Anniversary Concert

Friday, Aug 16, 3PM

Far out concert with award-winning songwriter Curt Bessette (who actually attended Woodstock) & vocalist Jenn Kurtz. Grab your love beads, lava lamp, tie-dye t-shirt and enjoy an afternoon of stories and tunes from that magical time of the 60s. Come in your best hippie loving costume & get a raffle ticket to win a prize from Jenn & Curt! No RSVP necessary.



Fri, Aug 9, Donna & Scott Martin, 3PM

(Husband-and-wife acoustic duo singing high-energy music of the 50's, 60's and 70's)



Fri, Aug 23, From the Heart, 3PM

(Uplifting soul gospel music. This band rehearses weekly at the Senior Activity Center. You might have heard them behind closed doors!)

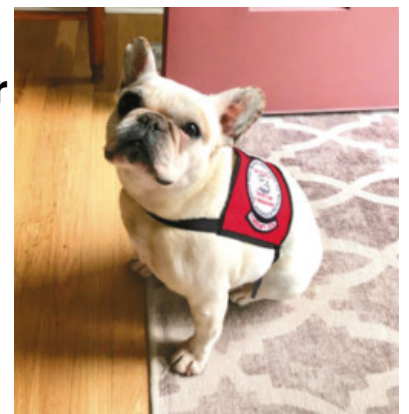


We encourage you to bring a friend to our concerts, give them a tour!

NILLA THE THERAPY DOG

Thursday Aug 15 and Tues Aug 20, 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.



UPCOMING SPECIAL FALL PROGRAMS



6-Week Beginner Ballroom Dancing Lessons with Seacoast Ballroom Frederick Dunn

Tuesdays, Starting Oct 1 to Nov 12 (No class Nov 5)

2PM (approximately 45-minute class)

Cost: \$70 per person (works out to about \$11 per week)

Seacoast Ballroom Dance instructor Fred Dunn will lead a group of beginner dancers through the basics of waltz, swing, fox trot, and rumba. Fred has 25 years of teaching experience and specializes in the Alexander Technique, an educational method that helps students improve mobility, posture, performance and alertness. The class will need a minimum of 6 students to start this program. ****Couples not necessary. You can sign up single, and a Dance Host will be available to learn the steps.**

Korean Lotus Flower Lantern Craft Tuesday, October 8, 1PM

Younhee Shin from the Korean Spirit and Culture Promotion Project will be on Zoom from Queens, New York with us to run this interesting class. You will be given a kit and Younhee will teach us how to assemble. After completion of our lotus lanterns, we will be watching a short documentary film. Sure to be a unique experience. We need RSVPs now to hold a minimum to run this class. **Cost \$9 per kit. Pay at the event.** RSVP Required: 603.610.4433



NEW 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

"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.

Mosaic Medallion Class: Hot Plate or Wall Art

Tuesday, Sep 3, 1-4PM **AND**

Thursday, Sep 5, 1-2:30PM

Come join the fun and learn how to design, glue and grout a beautiful mosaic medallion on a circular wooden base. Choose your color palate and decide if you'd like your mosaic medallion to be a piece of wall art or a hot plate. This is a 2-part class and you need to attend both days in order to complete your project. Class limited to 8 people. All materials included \$20 per person paid to Karen. RSVP Required: 603.610.4433



INTERNATIONAL TRAVEL



In 2025 we have TWO different international travel options. Come learn more about each of these fabulous opportunities.

Collette 2025 Tour: Sunny Portugal - May 8-17, 2025

INFORMATION SESSION WITH COLLETTE TOURS

Wednesday Sep 11, 2PM



A 10-day picturesque tour of sunny Portugal (with option of 4-night Madeira Island post tour extension). Join Andrew from Collette Tours to learn more. RSVP 603.610.4433

Ama Waterways River Cruise 2025: Rhine - Amsterdam to Basel

August 23-30, 2025

INFORMATION SESSION WITH AMA WATERWAYS

Wednesday Aug 21, 2:30PM



A 7-night magical experience floating down the Rhine with 6 port stops, all of your excursions are included in this trip and will be reviewed at info session. Ama also offers pre and post add-ons as well. Join Stephen from Ama to learn more exciting details about this trip.

SUPPORT GROUPS & RESOURCES

PORTSMOUTH HOUSING MONTHLY DROP-IN HOURS

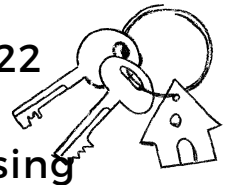
Tues, Aug 27 from 1PM-3PM (4th Tuesday of the Month)

NO MEETING IN SEPTEMBER. Meeting resumes Tues, Oct 22

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, August 1 (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, August 13 (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 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

Boston Experience: Drop off at Prudential Center

Tuesday, September 24

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

Cost: \$60 Resident, \$65 NonResident - includes driver gratuities



A day in Boston many have been asking for. We'll be starting our day headed to View Boston, which offers 360 degree breathtaking views of the city from atop the Prudential Tower, on the 52nd floor. Throughout 3 floors, there will be interactive exhibits and outdoor terraces you can explore. Once you done here, you get the rest of your day on your own. We will be providing Helpful Information sheets to you with suggestions of nearby sites. One of which, is the renowned Christian Science Plaza across the street that houses a 3-story-stained glass Mapparium of the globe. You will have plenty of choices to spend your day! Cost for this trip includes coach bus transportation, ticket to View Boston at the Prudential, and driver gratuities. All other activities on your own. RSVP to 603-610-4433
Payment needed by August 23 due to switching to new database.

Peach & Sunflower Festival at Cider Hill Farm

Sunday, August 18

Leaving center at 10am, return approx. 3pm

Cost: \$5 Resident | \$10 NonResident



A weekend fun trip! This fun festival will include all things sunshine, flowers, & peaches. Features cut-your-own farmhouse bouquets, free live music, peach treats and pick-your-own peaches (picking tickets will need to be purchased at the farm). Cost is just for your ride, bring money to purchase farm goodies! RSVP to 603-610-4433

Hampton Beach Day on Own

Thursday, Aug 29

Leaving center at 10am, return approx. 3pm

Cost: \$5 Resident | \$10 NonResident

Due to extreme heat, we had to cancel our last Hampton Beach trip. This is a make up trip and we have spots available. You will be dropped off by the Sea Shell Stage and have the time on your own. Cost is just for ride; rest on your own. RSVP to 603-610-4433

ROYAL TOURS TRIPS (COACH BUS)



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

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

Moulton Farm | 2-Hour Leisurely Train Ride | Lake Winni Views

Hart's Turkey Dinner On Board the Train

Thursday, September 12

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

Final Payment MUST be in by August 23



NEWLY ADDED OVERNIGHT SPECIAL TRIP - ACT FAST!

4-Day Getaway Wildwood & Cape May, NJ

Oceanfront Property Inn | Trolley Tour of Cape May | Resorts Casino

Atlantic City | Dinner Cruise | Winery Tour

Departs Monday, Sep 23, 6AM Returns Thursday Sep 26, 6PM

Coach Bus: \$749.00 Per Person Double, \$999.00 Single

\$200 Deposit Required at sign-up. *This trip includes insurance. If you needed to cancel, you would be refunded in full.

Final payment MUST be in by August 23



We appreciate your understanding with prompt payments this month.

We are getting a new software and need September trips paid for in August to accommodate the new system.

"Robin Williams" Tribute Experience at Wright's Farm Restaurant in Rhode Island

Starring Impersonator Roger Kabler as Robin Williams

Thursday, October 17

Coach Bus: \$117 Resident, \$127 Nonresident

Chicken Dinner with all the Fixings Served

Final Payment Due One Month Prior.



“HA
HA
HA”

**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

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

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



POETRY GROUP

NEW!

Biweekly Tuesdays; 11am-12pm

Tues Aug 6 & 20

Facilitator: Judy Mazel

If you have a passion for poetry, this group is for you. Biweekly meetings will cover reading, writing and discussion of poetry. Experience not necessary. All welcome. FREE.

EASE OF MOVEMENT

"ALEXANDER TECHNIQUE"

Tuesdays; 11am

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 to facilitator.

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 and made by Gather. 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.
Qigong will be on break and **NO**
AUGUST CLASSES. Will return
in September.

BOOK CLUB *

Every other Thursday, 3PM - **NO**
AUGUST MEETINGS. Back for
9/5 & 9/19, and 10/3, 10/17, 10/31
Facilitator: Larry Lariviere
Come to share a favorite book,
or to hear about others. 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

THURSDAYS (CONT.)

DROP IN ART & COLORING *

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



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 adults. "Grandfriends"
can join to play along with children
and their parents. **Summer session**
ends Aug 22, returns Sep 9. FREE

FRIDAYS

OUTDOOR WALKING CLUB W/TYLER & SCOTT

Fridays 8:30AM FREE
Join volunteers Tyler & Scott 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
Gentle movements, breathing
exercises, and soothing sounds.
Mindfulness and stress relief
practices. No experience
necessary, just an open mind.
Drop-ins welcome. FREE.



WEEKLY ONGOING PROGRAMS

FRIDAYS (CONT.)

CANASTA

Fridays 1:00pm-3:00pm

Join us to learn Canasta. All abilities welcome. Drop ins welcome. FREE



CRIBBAGE

Fridays 1pm

Small group cribbage. 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 PROGRAMS

Reiki Circle - Tuesday afternoons; every other week

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're welcome to attend the opening meeting and then give Reiki to attendees. Donations accepted. NO RSVP. Just show up!

MONTHLY BARBER HAIR CUTS

BY COLLEEN RETURNS

Friday, August 30, 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

- **Aug 2: Patch Adams (1998, PG-13, 1 h 55 min)** 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.
- **Aug 9: Going in Style (2017, PG-13, 1h 36 m)** Desperate to pay their bills and support their loved ones, lifelong pals Willy Davis, Albert Gardner, and Joe Harding risk it all by robbing the bank that absconded with the pension money that they earned from working there for years. This movie stars iconic actors Morgan Freeman, Alan Arkin, Michael Caine and Ann-Margret.
- **Aug 16: Apollo 13 (1995, PG, 2 h 20m)** NASA must devise a strategy to return Apollo 13 to Earth safely after the spacecraft undergoes massive internal damage putting the lives of the three astronauts on board in jeopardy. This American docudrama film is directed by Ron Howard and stars Tom Hanks, Kevin Bacon, Bill Paxton, Gary Sinise, Ed Harris and Kathleen Quinlan. Though you likely remember the outcome, you'll be glued to the edge of seat as Jim Lovett tries to save his crew!
- **Aug 23: Last Vegas (2013, PG-13, 1h 45m)** Billy, Paddy, Archie and Sam have been best friends since childhood. When Billy proposes to his much-younger girlfriend, they go to Vegas to relive their glory days. However, the decades have changed Sin City and tested their friendship. Starring Robert DeNiro, Michael Douglas, Morgan Freeman and Kevin Kline.
- **Aug 30: Some Like It Hot (1959, NR, 2h 1m)** After two male musicians witness a mob hit, they flee the state in an all-female band disguised as women, but further complications set in. This film received six Academy Award nominations and stars the comedy duo of Tony Curtis and Jack Lemmon with Marilyn Monroe. Some Like It Hot received widespread acclaim from critics and is considered among the best films of all time.

The Senior Activity Center will be closed on:

Monday, September 2, Labor Day

Tuesday, September 10, Voting Day



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



Or call us at:
603-744-3344

Elisa "Lisa" Hietala Medicare Sales Specialist

elisa.hietala@wellsense.org
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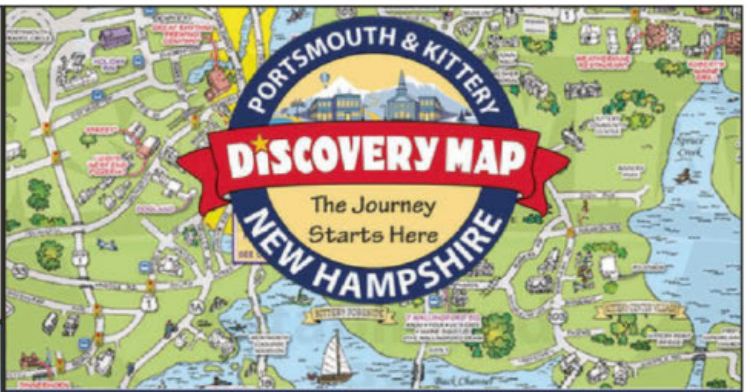
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