

September 2024

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+

SENIOR HEALTH & WELLNESS EXPO 2024

**AT THE COMMUNITY CAMPUS
100 CAMPUS DRIVE, PORTSMOUTH
Thursday, September 19, 9AM-12PM**



Full resource fair geared towards seniors. Over 50 vendor tables of local agencies, activities, balance tests, mental health, and flu & Covid shots. Light refreshments & coffee.

Just show up. FREE.

NATIONAL SENIOR CENTER MONTH

September is National Senior Center Month and we are going to celebrate our wonderful Senior Activity Center and YOU by announcing a special themed spirit week!

SPIRIT WEEK 2024

Mon, Sep 16 - Oh, Baby! Photo Share (All Week)

Tues, Sep 17 - Wear Your School Colors & Face Painting (11AM-1PM)

Wed, Sep 18 - Comedian (2PM) & ORO Ice Cream Truck (3PM)

Thurs, Sep 19 - Senior Health Expo Day, 9AM-12PM

Fri, Sep 20 - Randy Hawkes One-Man Band Concert, 3PM

ALL ACTIVITIES THIS WEEK ARE FREE

ALL DETAILS FOR THESE SPECIAL DAYS ARE INSIDE THIS ISSUE.

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



LUNCH BUNCH - WED, SEP 18
THE DINNERHORN, 980 Lafayette Rd, Portsmouth
Wednesday, SEPTEMBER 18 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, Sep 16 & 30, 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 SEPTEMBER 4-13

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.

Getting to Know Medicare - Repeat of last month

Wednesday Sep 11, 2PM

Presenter: Trisha Eveleth, Independent Licensed Agent

Good for anyone new to Medicare as well as existing beneficiaries that want to learn about changes for 2025. Topics: 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). RSVP to 603.610.4433.

Collette 2025 Tour: Sunny Portugal - May 11-20, 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



Discover Mindful Slow Drawing & Watercolor

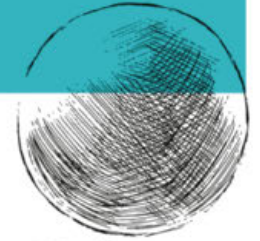
Fridays, September 13 to November 15, 10AM-12PM

Facilitator: Maureen O'Leary Artist & Volunteer

We will explore the soothing art of slow drawing enhanced with watercolor. Using nature-inspired patterns we will relax, be creative and nurture our inner artist. You will need a waterproof pen (Micron Drawing Pen, black - size 01) Optional pen sizes include 003, 005, 02, 08), and watercolor supplies. FREE. RSVP to 603.610.4433.



PROGRAMS FOR SEPTEMBER 16



Let's Draw I: Shape, Shade and Shadow

Mondays, Sept 16 & Sept 23, 10:30AM-11:30AM

Facilitator: Chong Scott, Artist & Current Art Therapy Volunteer

Calling all ART DABBLERS! In this session, we will learn how to turn a simple geometric shape into a three-dimensional picture by adding shading and shadows to your subject matter. Step by step/follow along instructions will be provided. This class is designed for all artists at heart! Come in and draw your first "Still Life" or work on your art skills with other fellow artists at heart! FREE. RSVP - 603.610.4433.

UNH Health & Wellness Returns

Wednesdays, Starting Sept 18 to Nov 20, 10AM-12PM

Led by: Occupational Health Students

Supervised by: John Wilcox, Clinical Associate Professor



UNH Occupational Health graduate students teach a class that involves information on a variety of health topics including falls prevention, balance, healthy eating, in-home helpful hints, and overall physical health. This class is very popular and will fill up fast. Participants are invited at the end of each class to enjoy lunch from Meals on Wheels with the students. Lunch is \$3 suggested donation. FREE. RSVP to 603.610.4433.

Singing Your Way to Wellbeing

4 Mondays, Starting Sept 16 to Oct 7, 1PM-2:30PM

Facilitator: Angelynne Hinson

Experience a holistic approach to singing that exercises the entire body, focuses the brain and brings awareness to your breathing. This workshop includes the fundamentals of singing, stretching, breathing, and vocal exercises applied to familiar song repertoire. The skills learned in this class help with increased voice volume and confidence, mood-boosting, cognitive stimulation and, of course, meeting new friends. NO EXPERIENCE NEEDED! Donations accepted. RSVP 603.6104433.

NATIONAL SENIOR CENTER MONTH

SPIRIT WEEK ACTIVITIES SEP 16-20!

Monday Sep 16: Oh, Baby! Photo Share - All Day/Week

Bring in a younger photo of yourself. Anything from childhood days, to teen, to college or wedding. We will have a photo display set up for you to see your friends and guess who's who! **All pictures will be returned and we will ask you to label them.** Please try to look for smaller pictures if possible. Pictures will stay up for the entire week.

Tuesday Sep 17: School Colors & Face Painting, 11am-1pm

Portsmouth Clipper? Dover Green Wave? Marshwood Hawk? Maroon, Green, Blue, or Purple - wear your school colors today when you come in. **Face Painting, 11AM-1PM-** Face Painting IS for all ages! Your chance to treat yourself to a face, arm, back of hand, etc painting. **FREE.**

Wednesday Sep 18: Comedian David Shikes, 2pm

David Shikes, an entertaining comedian & storyteller presents a collection of humorous stories drawn from his rich experiences with the unique and wonderful people of New England. As a long-time native of Massachusetts and New Hampshire, David is now bringing his 'clean humor' to senior centers. **FREE.** RSVP to 603.610.4433, seating limited.

ORO Ice Cream Truck, 3pm

Following David's show, we will have Oro Ice Cream on site, and you can choose an ice cream on us! **FREE.**

Thursday Sep 19: Senior Health & Wellness Expo, 9AM-12PM

Being held at Community Campus, 100 Campus Dr, Portsmouth

FULL resource fair geared towards seniors. Upwards of 60 vendors! Attend this popular event with a friend. **Visit Senior Activity Center table to enter name for special raffle opportunity.** Just show up.

Friday Sep 20: Randy Hawkes Concert, 3PM

Rockin' Randy Hawkes is a one-man band with music for everyone. From Frank Sinatra, The Beatles, Elvis, Doo Wop, Rock and more. Feel-good music that will have you tapping your toes and moving with the beat! **FREE.**



PROGRAMS FOR SEPTEMBER 25-OCT 3

Tech Tips #3: iPhone and iPad - Settings, Photography
Wednesday Sep 25, 1PM

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

Deb for all things Tech Tips. This one focusing on Settings and iPhone Photography. FREE. 603.6104433.

QUILTS OF VALOR SEWING DAY

Wed, Sep 25, 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. 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.

Senior Bullying: Get Out of My Seat - You Can't Sit There
Thursday, Sep 26, 11AM

Presenter: Olivia Korpi, Cornerstone at Hampton

A one-hour workshop that explores the psycho-social aspects of bullying taking an in-depth look at bullying of seniors. Through discussion, case studies and role-playing subjects covered will include, "What does bullying look like? How to stop bullying when you see it", and more. Bullying happens at all ages. RSVP to 603.610.4433.

MODERN SQUARE DANCING RETURNS FOR FALL

TRY IT FOR FREE: Thursday, Oct 3, 1PM-2:30PM

First Class starts Thursday Oct 10, 1PM-2:30PM

Dance Leader: Al Rouff, Callerlab Trained



This beginner's level modern square-dancing class kicks off again with new dancers Thursday Oct 3. No partner needed; no experience necessary. Learn modern square dancing & dance in teams of 8 to modern music. Regular (but not perfect) attendance required. RSVP to 603.610.4433.

SPECIAL FALL PROGRAMS

WALK WITH EASE: an Arthritis Foundation Program

Tuesdays starting October 1st to Nov 12 (NO Class Nov 5), 11AM

Community Campus, 100 Campus Dr, Portsmouth, Walking Trails

Walk with Ease is an Arthritis Foundation program designed to encourage people to start walking and staying active. Through 6 weeks you learn how to safely make physical activity a part of your daily life. The program has been proven to reduce pain and discomfort of arthritis, increase balance, strength and walking pace. Participants will:

- Receive a FREE guidebook & Online resources
- Walk at your own pace 3 times per week for 6 weeks
- Benefit from the support of your peers and walking together

The class and walking will take place on the property of the Community Campus, and you will be walking flat trails or inside the gym in bad weather. **FREE.** RSVP to 603.610.4433 and after you have registered with the Senior Activity Center, you will be contacted to by a Walk with Ease volunteer to register through them also.

STAY SAFE - AARP SAFE DRIVER COURSE

Mon, Oct 21 AND Wed, Oct 23, 1-4PM



MUST ATTEND BOTH SESSIONS TO COMPLETE COURSE

The AARP Smart Driver course teaches valuable defensive driving strategies and refreshes the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. You may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details). **Please arrive 15 min early first day to pay.** AARP Smart Driver course **costs \$20 for AARP members and \$25 for non-members. Pay AARP instructor.** Space is limited, RSVP to 603.610.4433.

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.**

KAREN ROSANIA - OLIVETEAL ARTS CLASSES

Karen's classes are popular. We encourage you to say yes to the Wait List - we get cancellations & will run classes multiple times.

Wet Felted Wool Fall Leaves - 2-Day Class

Tuesday, Oct 22, 1-2:30PM **AND**

Thursday, Oct 24, 1-3PM

Come learn the art of wet felting and a little bit of needle felting too! No prior experience necessary. We will be making some beautiful felted wool fall leaves that can be displayed in a bowl or as part of your table centerpiece. Each participant will have the opportunity to create their own set of leaves - resembling maple, birch and oak leaves using gorgeous hand-dyed wool from around the globe. This is a 2-part class and you need to attend both days in order to complete your project. Class limited to 9 people. All materials included \$15 per person paid to Karen. RSVP Required: 603.610.4433

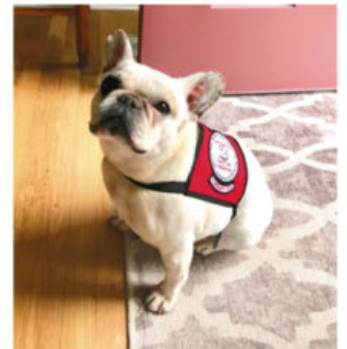


NILLA THE THERAPY DOG

Wed Sep 11 and Fri Sep 27, 12PM

About 40-45 minutes at Senior Activity Center

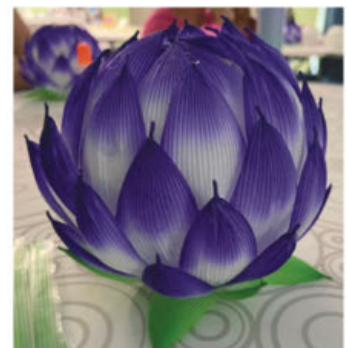
Our favorite friend, Nilla, is back, along with caretaker Karen. Nilla is a certified therapy dog and can help melt away stress with a few pats. Stop by to meet her - or find her roaming the hallways with Karen. No reservation needed.



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, NY 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. **Cost \$9 per kit. Pay at the event.** RSVP Required: 603.610.4433 **Just a few spots remain!**



SUPPORT GROUPS & RESOURCES



PORTSMOUTH HOUSING MONTHLY DROP-IN HOURS

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, September 5 (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, September 10 (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.

SEACOAST VETERANS CONFERENCE

Saturday, September 21, 8:00AM - 2:00PM

at Service Credit Union, 3003 Lafayette Rd, Portsmouth



A day dedicated to educating veterans on resources to better their health and well-being. Coffee, Light Refreshments & Lunch Provided.

FREE. To register visit seacoastveteransconference.com or contact Sarah Kuhl: skuhl@servicecu.org (603) 422.7829.

The Senior Activity Center will have a table at this event. Come say hi and enjoy this wonderful FREE event!

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

Biweekly Tuesdays; 10am-11am

Tues Sep 3 and Sep 17

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.

NEW!

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.)

GENEALOGY & ANCESTRY.COM

Wednesdays, 10am-12pm
Instructor: Tom Coombs
Research your family history during this interactive workshop. Facilitator 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. DROP-IN, If new, please add name to sign-in sheet.

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.

THURSDAYS (CONT.)

BOOK CLUB *

Every other Thursday, 3PM - **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

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. **Returns Sep 12.** FREE

WEEKLY ONGOING PROGRAMS

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 **NO CLASS SEP 6**
Gentle movements, breathing exercises, and soothing sounds. Mindfulness and stress relief practices. No experience necessary, just an open mind. Drop-ins welcome. FREE.

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 BARBER CUTS

Friday, SEPTEMBER 27,
12PM-2PM
at Senior Activity Center
DROP-IN, WAIT FOR CUT



If you're looking for a little help, free hair trim. **Please note, this is a barber and not a hair stylist.** Please arrive with your hair cleaned. Plan to sign-in when you arrive and have a cup of coffee while you wait. FREE. Donations accepted.



MONTHLY & QUARTERLY PROGRAMS

SUPPER CLUB RETURNS FOR FALL

Tuesday, September 17, 4:30PM seating, 5PM serving
at the Community Campus, 100 Campus Drive, Portsmouth
INSIDE THE GYM THIS MONTH, PARK RIGHT IN FRONT



SEP. 17: MENU:
Chicken Cordon Bleu
Chicken Gravy
Mashed Potatoes
Fresh Broccoli



Pay at the Door: \$7 resident; \$10 non-resident. You MUST RSVP for Supper Club as it is a highly popular event.

SAVE THE DATE:

Dance the Night Away with DJ Rhonda DiCarlo
Fall Dance Night with York Center for Active Living
Friday, October 4, 6-8PM
at the Senior Activity Center



We are inviting York Center for Active Living again to Dance the Night Away with us. This well-attended event was an instant hit and fun time to kick off summer, now we are kicking off fall. Refreshments will be provided by the center and our friends from Benchmark at Rye. Its going to be another FUN event not to miss! FREE! RSVP Required For Refreshment Count: 603.610.4433

Reiki Circle - Tuesday afternoons; every other week

Sep 24 - NO REIKI SEP 10 DUE CENTER CLOSED (Primary Day)

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!



FRIDAY MOVIES - POPCORN SERVED

Every Friday at 12:30pm - Free

Popcorn served &/or bring your own lunch

Sept. 6: A League of Their Own (1992, PG, 2hr 8min) This American sports comedy drama tells a fictional account of the real-life All American Girls Baseball League. This league was formed during WWII while men were fighting the war and baseball teams were scouting for women all across the country to play. Starring Tom Hanks, Geena Davis, Madonna and Rosie O'Donnell.

Sept. 13: The King and I (1956, G, 2hr 13min) This classic American musical is based on the original by Rodgers and Hammerstein. When a widowed school teacher arrives in Bangkok with her young son, she is summoned to tutor the many children of King Mongkut. Starring Yul Brynner, Rita Moreno and Deborah Kerr.

Sept. 20: Oddball (2015, PG, 1hr 35min) This Australian family comedy adventure is based on a true story. When a small island populated by hundreds of penguins is discovered by foxes, the number of penguins dwindles down to under twenty. An eccentric chicken farmer trains his mischievous dog, Oddball, to protect the sanctuary. You'll laugh, and maybe cry, as Oddball works to save the penguins from extinction. Starring Shane Jackson, Sarah Snook, Alan Tudyk and Coco Gillies.

FOLLOWING TODAY'S MOVIE IS OUR SPIRIT WEEK CONCERT WITH RANDY HAWKES ONE-MAN BAND - Stick around for more fun!

Sept. 27: Letters to Juliet (2010, PG, 1hr 45min) This romantic comedy is the story of Sophie, who while vacationing in Italy finds unanswered "Letters to Juliet" a self-help column. Bored while her husband conducts monotonous research for his work, Sophie decides to answer a letter from a young girl begging for relationship advice. When the letter writer shows up with her grumpy grandson, they head off to find a long, lost love. Starring: Amanda Seyfried, Christopher Egan and Vanessa Redgrave.

Oct. 4: A Perfect World (1993, PG13, 2hr. 18min) This crime thriller will have you on the edge of your seat when a kidnapped boy strikes up a friendship with his captor as they traverse Texas. Starring: Laura Dern, Kevin Costner and Clint Eastwood.



CURRENT ART SHOW: "CAPTIVATING NATURE" ON DISPLAY
JULY 18 - OCTOBER 11, 2024
DROP BY ANYTIME
SENIOR ACTIVITY CENTER HOURS
MONDAY-FRIDAY 9AM-5PM | SATURDAY 9AM-12PM

The Senior Activity Center will be closed on:

Monday, September 2, Labor Day

Tuesday, September 10, Voting Day



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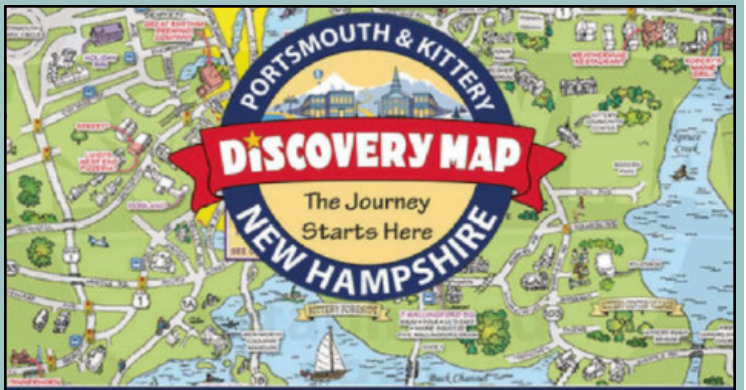
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SENIOR CENTER TRIPS

Boston Experience: Kickoff at Prudential Center

Tuesday, September 24

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

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

Based on your requests, we're going to Boston! **Spots still available, more time to pay and sign up. Payments are due now September 10.**

- Start at View Boston, which offers 360-degree views of the city from atop the Prudential Tower 52nd floor. Throughout 3 floors, there are interactive exhibits and outdoor terraces to explore.
- Rest of day is on your own to explore Boston; Ask for suggestions for activities at the front desk!

Cost includes coach bus transportation, ticket to View Boston & driver gratuities. All other activities on own. RSVP to 603-610-4433

Oxford Casino

Tuesday, Sep 10

Leaving center 9:30am, return apx 4:30pm

Cost: \$10 Resident | \$15 NonResident

Time for another casino run! Press your luck at one of the nearly 1,000 slot machine games Oxford Casino is famous for or try a table game. Grab lunch on own in the casino & enjoy a good time! RSVP 603-610-4433



Bedrock Gardens & Lickey's and Chewy's

Thursday, Sep 26

Leaving center 9:30am, return apx 1-2pm

Cost: \$25 Resident | \$30 NonResident (Includes transportation & lunch)

A lovely fall visit to Bedrock Gardens in Lee, NH with a guided tour of the expansive, beautiful property. We will also enjoy a picnic lunch before departing to downtown Dover for ice cream at Lickey's & Chewy's (pay on your own). Must be able to walk over uneven terrain and a bit of a distance. RSVP to 603-610-4433

Frozen at The Music Hall, Portsmouth

Wednesday, Dec 11

Show starts at 1:30PM - Leaving the senior center at 12:30PM

Cost: \$70 - includes ticket & bus drop off in front of Music Hall.

A magical field trip to see The Music Hall's holiday show, Frozen. Great gift idea for yourself or someone special. Together we will take a school bus from the senior center to downtown Portsmouth and not worry about parking! Seats are center & right orchestra. 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.

“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.



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SEPTEMBER 1: ALL ROYAL TOURS TRIPS OPEN

“Cookies & Carols Cruise” on The Charles River w/Lunch at Cheesecake Factory & Holiday Shopping at Cambridgeside Place

Tuesday, Nov 19

Coach Bus: \$122 Resident, \$132 Nonresident

One-hour cruise along Charles Riverboat, listening to holiday music and tasting complimentary cookies!

Final Payment Due One Month Prior.



Portland Symphony Orchestra’s “Magic of Christmas”

Buffet Lunch at the Muddy Rudder

Friday, December 13

Coach Bus: \$122 Resident, \$132 Nonresident

A truly magical day to hear & see the Portland Symphony Orchestra.

Celebrate the traditions, story and spirit of the season!

Final Payment Due One Month Prior. **ACT NOW THIS TRIP FILLS FAST.**

New Year’s Eve at Noon!

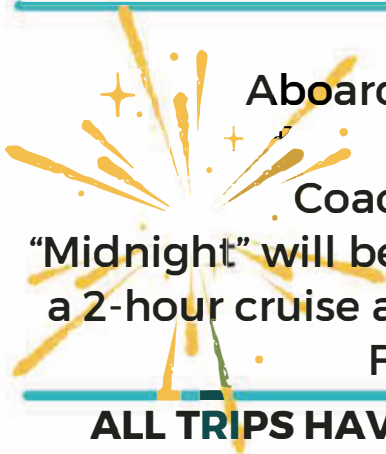
Aboard the luxurious Odyssey on Boston Harbor

Thursday, October 17

Coach Bus: \$132 Resident, \$142 Nonresident

“Midnight” will be celebrated at noon on this trip. First you will enjoy a 2-hour cruise aboard the Odyssey while enjoying a brunch buffet.

Final Payment Due One Month Prior.



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