

October 2024

PORTSMOUTH SENIOR ACTIVITY CENTER

# PORTSMOUTH SENIOR NEWS

*Programs & Activities for Ages 50+*



## VETERANS BREAKFAST & TRIBUTE

Thursday, November 14

**at the Senior Activity Center**

**Breakfast 9AM | Tribute Show Begins 11AM**



Homemade French toast breakfast with brief ceremony to honor all veterans. All who served & spouses of veterans are welcome. Each attending veteran will receive a small gift of thanks from the Senior Activity Center, and an 8-inch pie from the Edgewood Center to take home. Following breakfast, "Stories with our Mothers and Fathers Veterans Tribute" performed by award-winning songwriter Curt Bessette and vocalist Jenn Kurtz. FREE. RSVP 603.610.4433.

## THANKSGIVING LUNCHEON & CRAFT FAIR

Thursday, November 21

**Craft Fair 9:30AM-1:30PM | Lunch Served 11:30AM**

**At Community Campus, 100 Campus Drive, Portsmouth**



Two events in one! A fun annual event that combines holiday shopping with a warm Thanksgiving meal.

Lunch: \$5 Resident/\$7 Non-Resident | Craft Fair Admission is Free. RSVP to 603.610.4433. Please let us know if you have a dietary need when calling to reserve your seats.

**CRAFT VENDOR APPLICATIONS OPEN** - \$20 per table. See Center for Form or email Nicole at [nmfinitsis@cityofportsmouth.com](mailto:nmfinitsis@cityofportsmouth.com)

PORTSMOUTH SENIOR ACTIVITY CENTER

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

125 Cottage Street, Portsmouth, NH



# LUNCH BUNCH - WED, OCT 16

**OLIVE GARDEN, 2048 Woodbury Ave, Portsmouth**  
**Wednesday, OCTOBER 16 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!**



## MONDAYS ARE FOR YUMMY FOODS WITH MARCIA

**NEW!**

**Waffle Bar Mondays Last Day will be Mon Oct 7**  
**Mondays - Drop in between 9:30-11AM**



**Soup Afternoons will start Mon Oct 21**

**Mondays - Drop in between 11am-12:30pm**

Marcia will continue serving waffles through Mon Oct 7. We switch to Soup Afternoons starting Mon Oct 21. Two choices of soup will be provided. You can inquire on soup choices the week before. Just show up!

**For both of these food programs, donations accepted, not necessary.**



# DINING & SOCIALIZING



## HARVEST LUNCHEON SPECIAL: HALLOWEEN THEMED

Thursday, October 24 **at the Senior Activity Center**

Seating starts at 11am, serving 11:30am

**A harvest meal with a Halloween spin! Attend the luncheon while listening to Rockin' Randy spin the Monster Mash.**

Roast Pork with Gravy, Roll  
Long Grain and Wild Rice  
Carrot & Turnip Blend



Cinnamon Bread Pudding and Cookies provided by Durgin Pines

**Come dressed in costume OR festive Halloween/Autumn attire. Entertainer Rockin' Randy Hawkes will be with us playing fun tunes.**

Thanks to Rockingham Nutrition for providing lunch.  
Voluntary \$3.00 suggested donation. Pay at the door. RSVP required by  
Monday October 21: 603.610.4433.

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## **SUPPER CLUB AT THE COMMUNITY CAMPUS GYM**

**Tuesday, October 22, 4:30PM seating, 5PM serving  
at the Community Campus, 100 Campus Drive, Portsmouth  
INSIDE THE GYM THIS MONTH, PARK RIGHT IN FRONT**



**Oct. 22: MENU:  
Stuffed Shells  
Garlic Bread  
Green Beans**

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

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## **SENIOR MOBILE FOOD MARKET - FREE**

**MONDAYS, October 28 ONLY this month 2:00-3:00PM**

**(e/o Monday - not holidays)**

**At Portsmouth Senior Activity Center**



A farmer's-market-style food distribution program from **Gather**.  
Free produce and other perishable items available for pick up. Everyone  
welcome. No reservations needed, just show up.

# PROGRAMS FOR OCTOBER 4-9

## **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, our friends from Benchmark at Rye and the Ninety-Nine of Portsmouth. Its going to be another FUN event not to miss!

FREE! RSVP Required For Refreshment Count: 603.610.4433



### **Let's Draw II: Vases, Jars, Glasses**



**Mondays, Oct 7 & Oct 21, 10:30AM-12PM**

**Facilitator: Chong Scott, Artist & Current Art Therapy Volunteer**

Chong is back with her second drawing series. Bottles, flower vases, flower pots, etc... So many ways to paint and decorate them, if only we can figure out how to draw them! In this session, we will find an easy way to draw, decorate and even put some flowers and plants in them! 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. Seats limited to 10 people. RSVP - 603.610.4433.

### **Ken Goldman Phone Photography Class**

**Wednesday, Oct 9, 2PM**

**Presenter: Ken "PhotoGeek" Goldman**



Did you know that more photos are now taken with phones each day than used to be taken with traditional cameras in a year?!? This short introductory class will be helpful for people who want to learn more about how to use the camera in their phone, and how to improve their photos. Composition is one of the most important factors in taking good photos and is one of the main topics that will be discussed. We will also talk about how cameras work, basic concepts in photography, photo editing, and what you should do next. Please bring your phones and your questions to the class. FREE. 603.610.4433.

# PROGRAMS FOR OCTOBER 10-16

## **Mindful Movement with Maggie: 6-Week Program** **Thursdays, Oct 10 to Nov 14, 11AM-12PM** **Facilitator: Maggie Giguere**

Join Maggie for 6 Thursdays to walk, stretch and talk/learn about how movement can benefit your mental health and wellbeing. Learn new ways to move, mindfulness techniques, and make meaningful connections. Space limited, don't delay and sign up today. FREE. 603.610.4433.

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## **Card House Classes: 2D to 3D Designs** **Tuesdays, Oct 15, Oct 29, Nov 19 - 10AM-12PM** **Facilitators: Linda Sherouse & Linda Fortin**

Want to make some fun 3D projects with paper? In each class you can choose up to three things to construct: A card house gift box; a treat box; or a purse to hold a gift card. A variety of themes will be available to choose from. Card houses are \$10 each or buy 2 get one free. Other surprise projects are \$5 each. if you have any questions about this craft, you can ask the Senior Activity Center for the phone numbers of the instructors. RSVP to 603.610.4433.

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## **Zentangle with Patty Returns** **Third Wednesday of the Month: Wed Oct 16, 10AM-12PM** **Facilitator: Patty Weeks, CZT**

Open to beginner & experienced tangles. Bring your own supplies (list can be provided). Zentangle is a meditative art form that you can gain inspiration for other creative endeavors. \$10 per student paid to instructor. \*Please tell us if you are new to Zentangle. RSVP - 603.610.4433.

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## **Fall & Halloween Cards with Becky** **Tues, Oct 15, 12PM-2PM** **Facilitator: Becky Crawshaw, Volunteer**



We're making fall themed cards. Supplies and instruction provided. Small fee to cover supplies of \$10/per person to instructor. Class limited to 8. RSVP - 603.610.4433.

# PROGRAMS FOR OCTOBER 16-23



## Discover Magic 4-Week Class

**Wednesdays, Starting Oct 16 to Nov 6; 10:30AM-12PM**

**Facilitators: Wayne & Kali Moulton, Sages Entertainment**

Learn how to do magic. This extraordinarily FUN class makes people appear! You will be shown high-quality magic props, top-secret file folders, surprises, and secret words to unlock bonus videos in the online vault round things out. Previous senior class attendees have said, "We're going to be the coolest Grandmas ever!" Cost: \$25 per person for the 4-week class. Please pay at sign-up. RSVP to 603.610.4433.

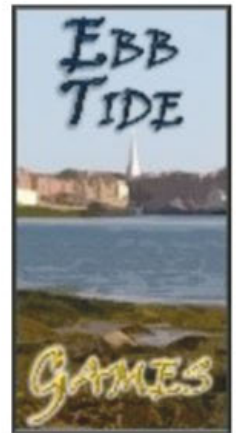
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## Gundalow History & Game Afternoon

**Wednesday, Oct 16, 12PM-3PM (Drop-in anytime)**

**Facilitators: Kevin Trainer of Ebbtide Games**

Gundalow game creator Kevin Trainer of Ebb Tide Games will be with us for a fun afternoon. Bring a bagged lunch and enjoy a brief presentation on Gundalow history, followed by opportunity to jump into the world of trade, adventure, and traversing the Great Bay as you learn to play Gundalow: the board game. Kevin will have copies of the Gundalow game available for purchase. FREE. RSVP: 603.610.4433.



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## Wildlife Photography: Birds of the Seacoast

**Wednesday, Oct 23, 1PM**

**Facilitators: Deb Weil-O'Day, Photographer (and our Tech Teacher)**

Deb will be sharing with us photography of wildlife around the Seacoast area including eagles, osprey, herons and the stories behind each. \*For those interested in the Plum Island Parker Refuge trip, Deb will be on this trip with us to teach about bird watching and using the Merlin Bird ID app. FREE. RSVP: 603.610.4433.



# PROGRAMS FOR OCTOBER 25-30 (FUN!)



## **Wizard of Oz: Friday Movie with Host Jeannie MacDonald** **Friday, October 25, 12:30PM**

Something a little different before our Friday movie. Classic film historian Jeannie MacDonald will kick off the movie with a brief intro of fun facts and trivia. She will then wrap up the movie with a Q&A. You can attend this movie and then attend concert afterwards. We anticipate we will need to close doors as the room fills and space is limited. First come, first served. See Friday Movies page for details.

Free. No RSVP needed.

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## **Carol Caronis & Bob Halperin Concert** **Friday, October 25, 3PM**

We are so excited to have an afternoon with Seacoast greats Carol Caronis and Bob Halperin for an intimate concert. Among their many talents, Carol & Bob will cover a beautiful mix of roots, blues, rock, Celtic, Balkan and Seafaring music.

A show not to miss. FREE. NO RSVP NEEDED. JUST SHOW UP.

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## **Crime Lab Case Files: True Crime Stories** **Wednesday, Oct 30, 2PM**

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



Paul returns to us to discuss some of his most infamous cases. A number of cases will be discussed in detail. Focus is on the forensic evidence and how to provided information which was instrumental in assisting prosecutors to secure conviction of each suspect. RSVP: 603.610.4433.

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## **QUILTS OF VALOR SEWING DAY**

**Wed, Oct 30, 9AM-3PM; 4th Wednesday of the Month**

A Quilt of Valor is a quality handmade quilt that is machine or hand quilted. It is awarded to 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 at registration. Register through Colleen Martin, QOV Volunteer - [colleen.satchels@gmail.com](mailto:colleen.satchels@gmail.com) or 603.828.5071. RSVP to Colleen directly.

# KAREN ROSANIA - OLIVETEAL ARTS CLASSES

Great news! Karen Rosania of Oliveteal Arts has received all necessary approvals to open her art studio in Portsmouth. She will continue to teach classes at Portsmouth Senior Activity Center, however, for the holidays, she would like to host a special craft destination experience in her new studio. Since Karen can only have 6 individuals at a time, **please sign up for just one of the experiences below so we can accommodate as many seniors as possible. Shuttle service to and from the Portsmouth Senior Activity Center will be provided! The shuttle will leave at 12:30pm and return at 4:15pm.** Coffee, tea and hot cocoa will be available.

## Wet Felted Wool Candle Wreaths

**Wednesday, Dec 4, 12:30PM depart to Karen's house, return 4:15PM**

Come join the fun and learn wet felting! We will be making candle wreaths (1 pair) to adorn your holiday table. We will be working with gorgeous hand-dyed wool and you will receive a pair of wooden candle stick holders and unscented, natural beeswax taper candles. \*\*\*Please never leave burning candles unattended\*\*\*. Class limited to 6 people. Cost is \$15 per person paid to Karen. RSVP required: 603.610.4433.



## Wet Felted Wool Tree

**Wednesday, Dec 18, 12:30PM depart to Karen's house, return 4:15PM**

Come join the fun and learn wet felting! In this class we will be making a beautiful tree. We will be working with gorgeous, hand-dyed wool and you will receive a real birch tree base and natural wooden star. You will have the option of getting a sprinkle of mica glitter flakes on your tree. Cost is \$10 per person paid to Karen. RSVP required: 603.610.4433.

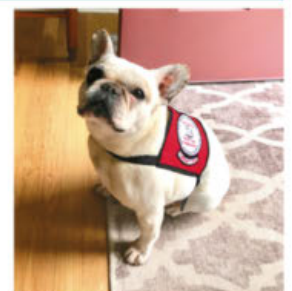


# NILLA THE THERAPY DOG

**Wed, Oct 9 and Thurs, Nov 7, 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.





# SUPPORT GROUPS & RESOURCES

## **ALZHEIMER'S SUPPORT GROUP**

**Thurs, October 3 (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, October 8 (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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## **BROWN BAG SERIES: COGNITIVE CHALLENGES**

### **NORMAL VS. NOT NORMAL BRAIN CHANGES**

**Tues, October 15, 12PM-1PM**

Facilitator: Debbie Kroner, Monarch Care Partners

Deb Kroner from Monarch Care Partners will be presenting the first in a monthly series. Look to the newsletter each month for the next topic. Free. RSVP: 603.610.4433.



## **BUS BUDDIES FOCUS GROUP**

Are you interested in having an easier way to get around? COAST and the Senior Activity Center are partnering to create a Bus Buddies program to help people use the bus system. We would like to form a focus group to hear what types of activities would be most helpful. Group outings? One-on-one with a volunteer? Written materials? Help us build a great program for you!

**If interested, please reach out direct to Nicole at [nmfinitsis@cityofportsmouth.com](mailto:nmfinitsis@cityofportsmouth.com) or 603.610.4181.**

# NEXT ART SHOW: "THE GIFT OF ART"

The next Art Show will inspire you to think holiday gifting. Work displayed by talented older artists will be available for purchase and of all different mediums. Artwork will adorn the hallways of the Portsmouth Senior Activity Center.

For more information contact Diane Stradling, Arts Committee Volunteer at [dianestrading@gmail.com](mailto:dianestrading@gmail.com)

**OPEN ART RECEPTION THURSDAY OCT 17, 3-4:30PM**

**ALL WELCOME TO ATTEND**

**"GIFT OF ART" ON DISPLAY OCT 18 to JAN 10, 2025**

**DROP BY ANYTIME**

**SENIOR ACTIVITY CENTER HOURS**

**MONDAY-FRIDAY 9AM-5PM | SATURDAY 9AM-12PM**



## **Holiday Card Party by Seacoast Paint Party**

**Friday, November 8**

**3:30PM-5PM at the Senior Activity Center**

**Facilitator: Chong Scott & Kristin of Seacoast Paint Party**

Have you heard of a Paint Night? We are hosting a Paint Afternoon Party! Making adorable, giftable or frameable holiday cards. You will be taught step-by-step how to paint holiday cards. All levels welcome. The Senior Activity Center will have some snacks and tunes on hand. Cost: \$15 per person, RSVP: 603.610.4433.



## **Cut Loose Collage Workshop**

**Wednesday, November 13, 2PM to 4PM**

**Facilitator: Michael Sjostedt of Cut Loose, longtime collage artist**

Come unwind, create, & connect! Make unique collage bookmarks, notecards, & small art pieces using vintage magazines and ephemera. Create artwork to keep or gift! Collage work is great for stress-relief among other benefits. Cost: \$10/person. RSVP: 603.610.4433.

# 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 Oct 1 and Oct 15**

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.

### **BOOK CLUB \***

Every other Thursday, 3PM -  
**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

## THURSDAYS (CONT.)

### **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. 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.

### **CRIBBAGE**

Fridays 1pm  
Small group cribbage. 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



## SATURDAYS

### ZUMBA GOLD

Saturdays 9:00am **IN PERSON**

Plus 2 other Zoom sessions each week. RSVP to email list for times. FREE

## SATURDAYS (CONT.)

### COFFEE HOUR

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

Most programs are drop-in, but please note, if this is your first time at the Senior Activity Center, **please ask front desk for a registration form and please fill out your emergency contacts.** Thank you.

# MONTHLY PROGRAMS



## BARBER CUTS

Friday, OCTOBER 25,  
12PM-2PM at Senior  
Activity Center

**\*DROP-IN, WAIT FOR CUT\***

Free hair trim on-site at the center. **Please note, this is a barber and not a hair stylist.** Please arrive with your hair cleaned. Plan to sign-in when you arrive. FREE. Donations accepted.

## Reiki Circle - Tuesday afternoons; every other week

**Oct 8 and Oct 22**

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. 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

**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.

**Oct. 11: Young@Heart (2007, PG, 1hr 47 m)** This movie documents the true story of the final weeks of rehearsal for the Young at Heart Chorus in Northampton, MA, whose average age is 81, and many of whom must overcome health adversities to participate. Their music is unexpected, going against the stereotype of their age group, performing songs, for example, by James Brown, and Sonic Youth.

**Oct. 18: IF (2024, PG, 1h 44m)** IF is an American fantasy comedy drama film written, produced, and directed by John Krasinski. Combining live-action and animation, the film follows a young girl who goes through a difficult experience and begins to see everyone's imaginary friends who have been left behind as their real-life children have grown up.

**Oct. 25: The Wizard of Oz (1939, NR, 1h 42m)** 85th Anniversary of the All-Time Classic In rural Kansas, Dorothy Gale lives on a farm owned by her Uncle Henry and Aunt Em. Dorothy's neighbor, Almira Gulch, who had been bitten by Dorothy's dog, Toto, obtains a sheriff's order authorizing her to seize Toto. Toto escapes and returns to Dorothy, who runs away to protect him. **Stick around today for a special concert with Carol Caronis and Bob Halperin.**

**Nov. 1: Tower Heist (2011, PG13, 1h 44m)** When a group of hard-working guys find out they've fallen victim to their wealthy employer's Ponzi scheme, they conspire to rob his high-rise residence. Starring Eddie Murphy, Ben Stiller, and Casey Affleck.



### SAVE the DATE: December Events

*Details for these events will be in our November issue. All being held at the Senior Activity Center.*

**Eco-Friendly Gift Wrapping Class, Tues, Dec 3, 1PM**

**Grandparent Gingerbread Houses, Wed, Dec 4, 4:30PM**

**Funky Divas Holiday Show, Sun, Dec 8, 1PM**

**The Senior Activity Center will be closed on:**

Monday, October 14, Indigenous People's Day

Monday, November 11, Veteran's Day

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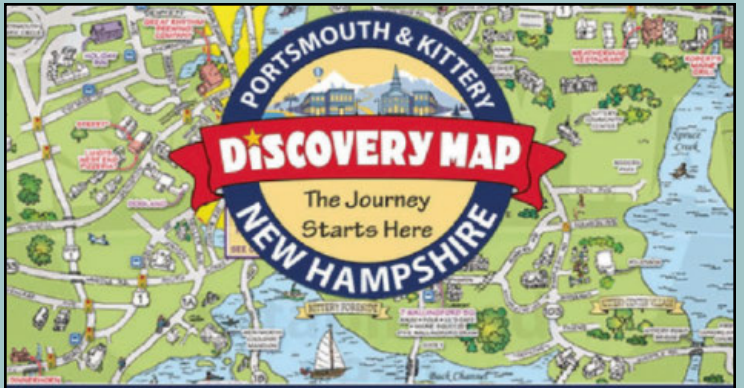
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OCTOBER EDITION



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# SENIOR CENTER TRIPS

## **Parker River National Wildlife Refuge on Plum Island Thursday, Oct 10**



**Leaving center 10am, return approximately 3:30pm**

**Cost: \$20 Resident | \$25 NonResident (Includes transportation & lunch)**

Hikers and birders this trip is for you. We will be on a guided walk with a Park Ranger at Parker Refuge on the Hellcat Boardwalk who will talk about the history of Plum Island and the birds that live there. Deb from our Tech Tips classes will be joining us as she is a frequent visitor and will also teach us about using the Merlin Bird ID app. A delicious Gather Cafe picnic lunch will be provided; we will call you for your lunch choice after you have signed up. You can learn more about Parker Refuge on their website: <https://www.fws.gov/refuge/parker-river>. **Bring binoculars if you have them!** RSVP to 603-610-4433

## **Goat Hike with Goats 2 Go**

**Wednesday Oct 16, RAIN DATE Wed Oct 23**

**Leaving center 10am, return apx 3pm**

**Cost: \$25 Resident | \$30 NonResident**

Back by popular demand, we head back to Great Rock Farm in Georgetown, MA to go on a Goat Hike! We will be going on a private goat hike with goats of all ages. Afterwards we will stop in Newburyport to grab lunch on your own or do some window shopping. RSVP 603-610-4433



## **Afternoon at Butternut Farm Tour**

**Tuesday, October 22**

**Leaving center 12:15PM, return for approximately 3:30PM**

**Cost: \$15 Resident, \$20 NonResident - includes driver gratuities**

Spend a fall afternoon at Butternut Farm near Rochester, NH. We will divide into two small groups and have a brief guided tour and walk of the property. Each participant is given a cider sample and cider donut with your ticket. All other purchases on own. They have DELICIOUS cider donuts. One of Nicole's favorite places. 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



# COACH BUS TRIPS



The following trips are being offered through the Recreation Department. **Flyers with more information are at the Senior Activity Center, or you can call and ask for details. 603.610.4433.**

## Boston Bruins Take on the Seattle Kraken

at TD Garden

Sunday, November 3

\$125 Resident | \$130 Nonresident

Balcony level ticket, round trip coach bus transportation, and all gratuities.

Leave Portsmouth at 3pm for 5pm gametime. **RSVP 603.610.4433**



## Holiday Shopping Day in New York City

Saturday, November 16

\$95 Resident | \$105 Nonresident

Leaving early from Portsmouth, arrival in midtown Manhattan late morning; giving you time to shop, sightsee, take in a show, or enjoy the city.

Cost includes coach bus transportation, and all gratuities. **RSVP 603.610.4433**

## Portsmouth Symphony Orchestra Holiday Pops at Portsmouth High School, 50 Andrew Jarvis Dr

Wednesday, Dec 18, Show starts 7:30PM

**Cost: \$32 per person**

The Senior Activity Center has purchased group tickets for the Holiday Pops at Portsmouth High School with the Portsmouth Symphony Orchestra. **This trip is ON YOUR OWN.** You would purchase tickets through the center and go on your own. Seats will be reserved center front. **RSVP 603-610-4433**



# ROYAL TOURS TRIPS

**New Year's Eve at Noon!**

Aboard the luxurious Odyssey on Boston Harbor

**Tuesday, December 31**

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. **RSVP 603.610.4433**



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