

December 2024

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+

HOLIDAY LUNCHEON

at **Community Campus, 100 Campus Drive**

Thursday, December 12

Seating & Coffee 10AM

Ham Dinner Luncheon Served 11:30AM

Ham Dinner with Cinnamon Raisin Sauce, Roasted Garlic Mashed Potato, Broccoli and Dinner Roll. Coffee & tea provided as well.

Entertainment by Seacoast Community School kiddos and
Voices for Him - an acapella choir.

Sing-a-long to close the event.

Assisting Hands Home Care sponsoring a Hot Chocolate Stand.
Silver Square providing a surprise wrapped treat at each seat.

POTLUCK DESSERT TABLE - BRING A DESSERT TO SHARE!

Resident \$5/Non-Resident \$7 - Pay at the Door

RESERVATION REQUIRED at 603.610.4433

**REC NEWS
UPDATE!**



THE SENIOR ACTIVITY CENTER IS MOVING
TO A NEW REGISTRATION SOFTWARE IN DECEMBER.
WE WILL BE UPDATING YOUR ACCOUNT DURING THIS TIME.

STOP BY THE DESK TO CREATE YOUR NEW ACCOUNT OR
VISIT [PORTSMOUTHNH.MYREC.COM](https://portsmouthnh.myrec.com)
AND CLICK "NEW ACCOUNT."

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

IMPORTANT UPCOMING DATES

SENIOR CENTER HOLIDAY SCHEDULE:

CLOSED: Wed Dec 25 & Wed Jan 1

Week of Dec 23-27: DROP-IN LOUNGE ONLY 9AM-12PM (No Activities)

We give our dedicated volunteers a well-deserved week off!



Grandparent & Grandchild

GINGERBREAD HOUSES

at the Senior Activity Center



WED, DECEMBER 4

4:30PM

\$5 Per Family



Calling all little engineers and creative grandparents,
parents & grand-friends alike!

Join us for a festive evening decorating gingerbread houses.

Kits provided to each family with fun candy accessories.

Holiday music in the background with refreshments.

ALL ages welcome - older grandkids, too!



RSVP Required

603.610.4433



SENIOR ACTIVITY CENTER

PORTSMOUTH

FITNESS ENRICHMENT SOCIAL RESOURCES ENTERTAINMENT

JINGLE AND MINGLE COMMUNITY DINNER

at Gather Cafe, Great Bay Community College
320 Corporate Drive, Portsmouth



Tuesday, December 10 at 5PM-7PM



Complimentary 3-course meal
prepared with love by Gather's Cooking 4 Community Team.

RSVPs REQUIRED - SEATING LIMITED

RSVP TO NICOLE: nmfinitisis@cityofportsmouth.com

GRAB & GO --OR-- GRAB & STAY LUNCH

Grab & Go Meals on Tuesdays and Thursdays now run by Meals on Wheels, Patti & Joel. Hot or cold meal choices each month. If new, you MUST complete Meals on Wheels registration form and choose your meals each month. Pick up a menu at any time in kitchen.

Please call 603-766-4448.

Voluntary \$3.00 suggested donation.

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



MONDAY SOUP AFTERNOONS WITH MARCIA

at the Senior Activity Center



Mondays - Drop in between 11am-12:45pm

Hot soup and conversation - a perfect blend to start your week! Two choices of soup will be provided along with either crackers or bread. You can inquire on soup choices the week before. Just show up!

Donations accepted, but not necessary.

SENIOR MOBILE FOOD MARKET - FREE

MONDAYS, Dec 9 & 23 this month 2:00-3:00PM

(e/o Monday - not holidays)

At Portsmouth Senior Activity Center - Outside 12/23



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 DECEMBER 2-4



Let's Draw I: Shape, Shade and Shadow

Monday, Dec 2, 10:30AM-12PM

Facilitator: Chong Scott, Artist & Art Therapy Volunteer

Turn geometric shape into a three-dimensional picture by adding shading and shadows to your subject matter. Step-by-step instructions and follow along. These classes are designed to go at your pace and if you already took Draw I, you can return to this class and keep adding to your portfolio. FREE. RSVP 603.610.4433

Let's Draw II: Vases, Jars, Glasses

Monday, Dec 16, 10:30AM-12PM

Facilitator: Chong Scott, Artist

Find an easy way to draw, decorate and even add some flowers to simple vase, jar, and glass drawings. This class and Draw I can be repeated and are go at your own pace. They are meant to have fun and add to your portfolio. FREE. RSVP to 603.610.4433

iPhone, iPad Tips & Trips Ad Hoc Q&A

Wednesday, Dec 4, 1PM

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

December Tech Tips will get us caught back up from previous sessions. 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. FREE. RSVP to 603.610.4433

Reiki Pop-Up: Individual Reiki Table Sessions

Wednesday, Dec 4, 2-4PM;

15-to-20 minute time slots - first come, first served

Run by Reiki Practitioners from our Monthly Circle

Need some time to decompress? We are trying out secondary one-on-one Reiki sessions. Two to three Reiki practitioners will be on hand to provide **Reiki one-on-one on a table. Please note this is not in a chair and done on a massage table. Stool will be provided.** You must sign up as space is limited and this is individual. FREE. RSVP to 603.610.4433
Can't make this date? Keep reading. We have a second December date!

PROGRAMS FOR DECEMBER 6-9



Holiday Afternoon Concert following "Elf" **Friday, Dec 6, 3PM**

Voices For Him, an acapella choir & musical accompaniment

Following our movie matinee of "Elf", a musical holiday afternoon with acapella choir Voices for Him. Voices for Him is a non profit group of singers and musicians who sing and play spiritual songs and carols in the greater Seacoast area. Program will include wind instruments and piano to accompany vocals. FREE. Please RSVP Required 603-610-4433.



FUNKY DIVAS OF GOSPEL HOLIDAY SHOW

Sunday, December 8, 1PM
at the Senior Activity Center



The Funky Divas of Gospel are back for their 2nd annual senior center holiday show. Jazz up your weekend with this 1-hour joyful performance of familiar Christmas songs that are sure to get everyone in the spirit.



Diane, Carolyn, and Vicky have been singing together longer than any of them can remember. With love of great harmony, the Funky Divas were joined in 2012 by adding the Funky Band. Dan Poland on Guitar, Vocals, Pete Leavenworth on Pedal Steel, Dobro and Banjo, Bob Thibodeau on Percussion and Tom Kessel on Bass.

We will have afternoon refreshments, including a special dessert provided by the Ninety-Nine of Portsmouth at this event. A show not to miss! No need to RSVP. Just Show Up.

PROGRAMS FOR DECEMBER 9-11



Tiny Houses

Monday, December 9, 1PM-3PM

Instructor: Molly Meng, Creative Workshop Teacher

Molly will introduce you to the late 18th Century tradition of making tiny houses to decorate one's home during the holidays, ushering in the winter season. Sometimes referred to as Putz Houses, evolved from the German word 'putzen' meaning to clean or decorate.



You'll begin with a template and learn the techniques to building a sweet home with all the tiny details you might like to add: windows, roof, chimney, etc. Molly will also show you how to turn your tiny winter home into an ornament or put a light inside as a welcoming beacon. Creating this tiny world is somewhat habit-forming and you might find yourself showing them off all year long! ***This holiday project begins with only a template: THERE IS TRACING, CUTTING, AND GLUING involved in making each and every house***

\$10 per person paid to instructor. RSVP to 603.610.4433

Reiki Pop-Up: De-stress from the Holidays

Wednesday, Dec 11, 2-4PM; 15-to-20 minute time slots - first come, first served.

Run by Reiki Practitioners from our Monthly Circle

Need some time to decompress? We are trying out secondary one-on-one Reiki sessions. Two to three Reiki practitioners will be on hand to provide **Reiki one-on-one on a table. Please note this is not in a chair and done on a massage table. Stool will be provided.** You must sign up as space is limited and this is individual. FREE. RSVP to 603.610.4433
Can't make this date? Keep reading. We have a second December date!

A Holiday Sing!

Wednesday, Dec 11, 1-2:30PM

Facilitator: Angelyne Hinson



Join Angelyne Hinson, our Singing Your Way to Wellbeing instructor, for a festive gathering which will include whole-body warm-ups that will get your core, vocal cords, lungs and spirits ready to sing traditional and contemporary songs of the holiday season. FREE. RSVP 603.610.4433.

PROGRAMS FOR DECEMBER 14-18

HOLIDAY SOUND BATH

Saturday, December 14, 10:30AM-11:30AM
at the Senior Activity Center



Presented by Kayla Buckley of Bloom By Healing
Sharon Costa of Pawsitive Vibes Healing



Immerse yourself in a cozy holiday sound bath that invites the warmth of nostalgia, blending soothing sounds with familiar seasonal tones. This meditative experience is designed to help you unwind, reconnect, and embrace the magic of the season with renewed peace.

Please bring what you may need to be cozy, and dress comfortably. Donations Only. Bloom by Healing is generously giving all donations back to the Senior Activity Center. RSVP 603.610.4433

Learn to Create a Magical Moment **Tuesday, Dec 17, 10AM-11AM** **Facilitator: Kali Moulton, Sages Entertainment**



A magical experience like no other! In this engaging class, you'll learn an easy-to-do professional magic trick you can confidently perform and take home to wow your family and friends. We'll also dive into the art of storytelling, brainstorming ways to make the trick uniquely yours with a personalized script or story. Get ready for an exciting morning of fun, creativity, and skill-building that will make you the star of any gathering! \$5 per person paid at the door. RSVP 603.610.4433

Zentangle with Patty Returns **Third Wednesday of the Month: Wed, Dec 18, 10AM-12PM** **Facilitator: Patty Weeks, CZT**

Open to beginner & experienced tanglers. 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

PROGRAMS FOR DECEMBER 18

Remember Rabbit Ears?

Wednesday, Dec 18, 1PM

Facilitator: Stanley Foreman, Retired College Lecturer

How television was invented and the skullduggery between television entrepreneurs! Rival inventions and a possible theft of a key idea all lead to the development and growth of television through the 20th century. FREE. RSVP 603.610.4433



XFINITY Cable TV Versus YouTube & Hulu TV

Wednesday, Dec 18, 2PM

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

Have you been considering getting rid of your cable TV but don't know what it would entail and what it's about? Deb will be covering YouTube and Hulu TV option alternatives to cable, going over pros and cons. FREE. RSVP 603.610.4433

PROGRAMS FOR JANUARY - SAVE THE DATES

Beginner Watercolor Class: Exploring Landscapes

Fridays, Starting Jan 10-March 28 (No Class Feb 14), 10AM-12PM

Facilitator: Maureen O'Leary, Artist & Volunteer

Dive into the enchanting world of watercolor in this fun-filled beginner level watercolor class. Save the dates; more info to come.

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

Tuesdays, Starting January 7 to February 11

2PM (approximately 45-minute class with 15 min practice to follow)

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. 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. **NO PAYMENT ON THIS CLASS UNTIL JANUARY 3, 2025.**

KAREN ROSANIA OLIVETEAL ARTS CLASSES

Mosaic Beverage Saucer: TWO Day Class
Monday, January 6, 1PM-4PM

---AND---

Wednesday, January 8, 1PM-2:30PM
Instructor: Karen Rosania, Owner OliveTeal Arts

Come learn the art of mosaics using stained-glass, beads and various metals. You will learn how to design, cut, glue and grout a beverage saucer - to hold your favorite bottle of wine or other beverage of choice. All materials included and you choose the color palate. Makes a beautiful accent to your table or a wonderful gift!

\$20 per person paid to instructor day of. No prior experience necessary. Please wear closed-toed shoes. This is a 2-part class, and you need to attend both days to complete your beverage saucer. Class limited to 8 people. RSVP 603.610.4433



CURRENT SHOW: "THE GIFT OF ART"

Work displayed by talented older artists will be available for purchase 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

"GIFT OF ART" ON DISPLAY thru JAN 10.

DROP BY ANYTIME

SENIOR ACTIVITY CENTER HOURS

MONDAY-FRIDAY 9AM-5PM

SATURDAY 9AM-12PM

NEXT ART SHOW OPEN HOUSE:

JANUARY 16, 3-4:30PM

Visit the Current
Art Display
**"The Gift of
Art"**

At the Portsmouth Senior Activity
Center!

The Next show
"Landscapes Real and Imagined"
will take place on
January 16th. Consider
Participating!

Contact: Mo (maureenoteary2@gmail.com)
or Diane (dianestrading@gmail.com) for Info.

(All Mediums are Accepted)

SUPPORT GROUPS & RESOURCES



ALZHEIMER'S SUPPORT GROUP

Thurs, December 12 (Second Thursday of the Month)

2:00-3:30pm at Senior Activity Center

Date Change!

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, December 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.

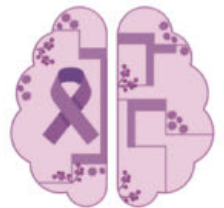
BROWN BAG SERIES: COGNITIVE CHALLENGES

NOW WHAT? POSITIVE APPROACH TO SOMEONE LIVING WITH DEMENTIA - THIRD SESSION

Tues, December 17, 12PM-1PM

Facilitator: Debbie Kroner, Monarch Care Partners

Deb Kroner from Monarch Care Partners returns for her third session where there will be follow up and review with information about the brain and sensory changes that happen with dementia. **Bring your OWN lunch if you wish.** New topic each month. Free. RSVP 603.610.4433



LOW VISION & MINDFULNESS SUPPORT GROUP

Fri, Dec 13, 9-10AM (Second Fri of the Month)

Facilitator: Peter Jarrett, Volunteer

A low vision support group made up of peers with various low vision challenges. Each month a skill will be shared, along with a brief meditation and check-in on information and resources in the area others might find useful. Free. RSVP: 603.610.4433.

NEW

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

Tuesdays; 10am-11am

Tues Dec 3 and Dec 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.

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 -
Call center for Dec dates.
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 **(Restarts
1/16/25)**

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

Reiki Circle - Tuesday afternoons; every other week

Dec 10 only this month

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!

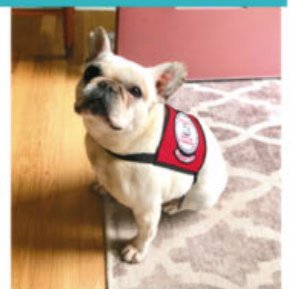
NILLA THE THERAPY DOG

Fridays; December 13 & 20, 12PM

Friday Jan 3 and Thurs Jan 23, 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. No reservation needed.





FRIDAY MOVIES - POPCORN SERVED

Every Friday at 12:30pm - Free

Popcorn served &/or bring your own lunch

Dec. 6: Elf (2003, PG, 1hr 30min) Time to get into the holiday spirit with this American Christmas comedy classic. Buddy, is an orphaned baby who accidentally crawls into Santa's sack and is raised by elves. When he grows up and realizes he is not an elf, you'll be laughing at the shenanigans that ensue. Starring Will Ferrell, James Caan, Zoey Deschanel and Bob Newhart.

Dec 13: Thelma (2024, PG13, 1hr 38 min) This comedy will have you laughing when 93 year old Thelma Post gets duped by a phone scammer pretending to be her grandson. She sets out on a treacherous quest across the city to reclaim what was taken from her.

Dec 20: Journey to the Christmas Star (2012, G, 1 hr 20min) In this Norwegian fairy tale, a little girl goes out to find the Christmas Star while hoping to end the curse put on her Kingdom by a scheming Count and evil witch. Starring Vilde Zeiner, Agnes Kittelsen and Anders Baasmo.

NO MOVIE FRIDAY DEC 27 (DROP-IN LOUNGE ONLY 9:00AM-NOON)

Jan 3: Mia and the White Lion (2019, PG, 1 hr 38 min) Mia moves to South Africa with her family to manage a lion farm and develops a special bond with Charlie, a white lion cub. However, things change when she uncovers her father's secret.

Jan 10: The Mighty Macs (2011, G, 1hr 42 min) In 1971, The Immaculata College finds a new coach to head its women's basketball team. Right from the start, it's an uphill battle at the tiny, all women's school with little support from Mother St. John. With a Booster Club of elderly nuns, Coach Cathy sets out to achieve the impossible.

SENIOR CENTER HOLIDAY SCHEDULE:

CLOSED: Wed Dec 25 & Wed Jan 1

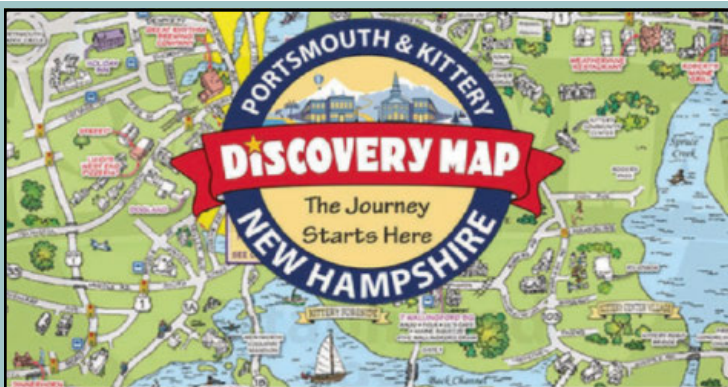
Week of Dec 23-27: DROP IN LOUNGE ONLY - 9AM-12PM (No Activities)

We give our dedicated volunteers a well-deserved week off!

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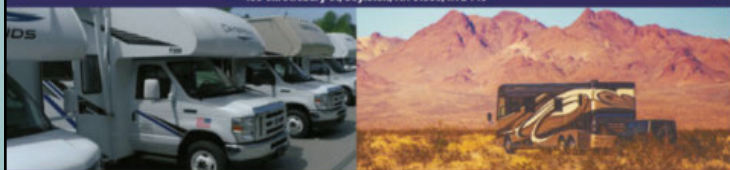
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Each Office Is Independently Owned & Operated.

SENIOR CENTER/RECREATION DEPT TRIPS



JOIN THE PORTSMOUTH RECREATION DEPARTMENT
TO WE SEE THE NBA CHAMPION

BOSTON CELTICS

TAKE ON THE
MIAMI HEAT
AT THE TD GARDEN!



Boston Celtics Vs. Miami Heat
Wednesday, April 2



Coach Bus: \$165 Resident, \$175 Nonresident

Leaving the Senior Activity Center at 5PM on a cozy coach bus to see the NBA Champion Celtics take on the Miami Heat. Cost includes balcony level ticket & round-trip coach bus transportation (driver gratuity included). Lots of walking to get to the balcony. Should you need a handicapped seat, or other assistance for this trip, please let a staff know when calling. **RSVP 603.610.4433**



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 Dec 6.

RSVP 603.610.4433

Stay tuned for the January Newsletter and the 2025 Rec Van Trips.

thank you



...FOR A GREAT YEAR OF TRIPS
KEEP AN EYE OUT IN JANUARY NEWSLETTER
FOR RELEASE OF **2025** TRIPS.



AMERICA'S MUSIC CITIES FEATURING
NEW ORLEANS, MEMPHIS & NASHVILLE



COLLETTE TOURS INFORMATION SESSION FOR 2025 TRIP
WEDNESDAY, JAN 15, 2:30PM
AT THE SENIOR ACTIVITY CENTER



TOUR DATES: OCTOBER 19 - OCT 26, 2025

The Senior Activity Center is very excited to share with you an unforgettable adventure to America's Music Cities coming in 2025.

Enjoy a finger-snapping, toe-tapping time on a tour of America's most famed musical cities – New Orleans, Memphis, and Nashville.

Experience New Orleans, where jazz, food and fun are always on the menu. Explore New Orleans with a tour highlighting the city's musical history and influence. Spend 2 nights in Memphis, "birthplace of the blues." Choose how you explore Nashville highlights – with a chocolate-making lesson or a visit to the Johnny Cash Museum. Enjoy reserved seats at the Grand Ole Opry in Nashville. See where country legends recorded hit tunes at RCA Studio B. You'll be hummin' and strummin' long after you've returned home. Come learn about this unforgettable trip at an information session with Andrew from Collette. **RSVP 603.610.4433**