

January 2025

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+



Cure Winter Blues: Free Friday Fun



Bob Halperin Concert
Friday, Jan 10, 2:30PM

Bob Halperin has been a presence in the Seacoast music scene for over 30 years. Known for his solo blues fingerpicking and slide guitar performances, he also has been in bands including Wooden Eye and supporting the choir Rock My Soul. We are looking forward to an afternoon with Bob and his talents! If bad weather, we will reschedule Bob later in the year.



FREE. JUST SHOW UP.

Owls of NH!

Friday, Jan 17, 2:30PM-3:30PM

Did you know, NH hosts 11 owl species? Join Tailwinds environmental educators to meet these owl ambassadors, learn about their biology, adaptations, habitat, environmental issues, along with ways to help these neighbors. **FREE. JUST SHOW UP.**



Sing with Maria Guanci

Friday, Jan 31, 2:30PM

Maria Guanci is an experienced vocalist, who studied Theatre Art at the University of Massachusetts Boston. A current lead vocalist in cover bands and performing acoustic sets, Maria has also taught theatre and improv to school children. We look forward to having her! **FREE. JUST SHOW UP.**



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



LUNCH BUNCH - WED, JAN 15

Dinnerhorn

980 Lafayette Rd., Portsmouth

Wed, Jan 15, 2025 at 12:00PM



Meet at the restaurant. Enjoy lunch together at a favorite local restaurant. Pay on your own. RSVP required. 603-610-4433.

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, Jan 6 ONLY this month 2:00-3:00PM

(e/o Monday - not holidays)

At Portsmouth Senior Activity Center - Closed Jan 20



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 JANUARY 6-10



Let's Draw I: Shape, Shade and Shadow

Monday, Jan 6, 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, Jan 27, 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

6-Week Beginner Ballroom Dancing Lessons with Seacoast Ballroom's 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)

New Dates!



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. RSVP 603.610.4433.

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. Call the center for supply list. RSVP 603.610.4433.

PROGRAMS FOR JANUARY 10-15

Learn About the Senior Community Service Employment Program

Tuesday, Jan 14, 11:30AM

Presenter: Helen Schwoerer, Program Assistant

Senior Community Service Employment Program (S.C.S.E.P) at Operation A.B.L.E. is a federally funded, work-based job training program designed to help mature workers develop new skills and promote economic self-sufficiency. Program provides paid training assignments at partner agencies that benefit the community, significantly improving work skill development, economic independence, better health, and overall quality of life low-income, mature working population. It's important to note that funds earned through the program will not affect S.N.A.P. or Housing benefits. Light refreshments served RSVP 603.610.4433.

Zentangle with Patty Returns

3rd Wednesday of the Month: Wed, Jan 15, 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

Portsmouth Bicycle & Pedestrian Plan is Being Updated

Give your input - the City wants to hear from YOU!

**Wednesday, Jan 15, 1PM
at Senior Activity Center
RSVP to 603-610-4433**

Attend the The City of Portsmouth focus group to help update the Bicycle and Pedestrian Plan. This document will be a tool for coordinating city-wide projects, policies, and programs related to walking and biking. It is important to hear from people of all ages.



PROGRAMS FOR JANUARY 16-29

Working on Health Goals

Thursday, Jan 16, 11AM

Facilitator: Diana Robinson, RD, LDN, Hannaford Dietician

Once the holidays are over, the January resolutions appear. Do you struggle with setting intentions and keeping them? Setting goals isn't a game of luck, but rather an approach-based practice that you can use to make habits that fit your lifestyle. A program to help you learn the steps needed to turn your health goals into accomplishments from a professional. Today's presentation will include a healthy snack as well! RSVP required 603.610.4433

iPhone, iPad Tips & Tricks Ad Hoc Q&A

Wednesday, Jan 22, 1PM

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

January 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

Valentine Cards with Becky

Tuesday, Jan 28, 1PM-3PM

Facilitator: Becky Crawshaw



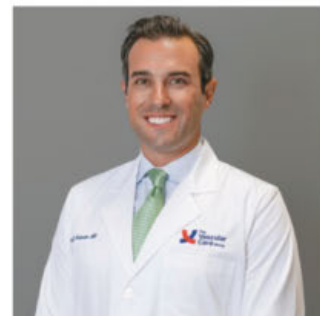
We're making Valentine themed and seasonally decorated cards. Supplies and instruction provided. Small fee to cover supplies of \$10 per person paid at the class to Becky. RSVP 603.610.4433.

Understanding Vascular Disease
with Dr. Nathan Aranson, MD, York Hospital
Wednesday, Jan 29, 1PM



Learn the importance of understanding Vascular Disease. Topics covered include:

- Understanding your risk factors.
- Learn about the symptoms.
- Gain valuable information regarding the many treatment options available.



FREE. Just Show Up.

NEW ART SHOW: LANDSCAPES REAL & IMAGINED

Join the Portsmouth Senior Activity

Center's January Art Show

(New Artists Welcomed)

"Landscapes Real and Imagined"

January 16th - April 10th (Drop off art January 10th)



All Mediums Welcomed



Our Next Show is April 17th - July 10th

"Patterns in Nature"

For More Details Contact:

Diane (dianestrading@gmail.com or

Mo (maureenoleary2@gmail.com .



**NEW ART SHOW
OPEN HOUSE:
JANUARY 16,
3-4:30PM**



**"GIFT OF ART" ON DISPLAY thru JAN 10
DROP BY ANYTIME**



**SATURDAY 9AM-12PM
SENIOR ACTIVITY CENTER HOURS
MONDAY-FRIDAY 9AM-5PM
SATURDAY 9AM-12PM**



FEBRUARY EVENTS NOT TO MISS

A graphic for a noodle float party. It features a blue pool with a white border. Two yellow pool noodles and two pink pool noodles are arranged in an 'X' shape over the pool. In the bottom left corner, there is an orange Hawaiian shirt with white floral patterns. In the bottom right corner, there is a green plant with pink and yellow flowers.

NOODLE FLOAT PARTY AT THE INDOOR POOL

Join Us at the Portsmouth Rec Indoor Pool

48 Andrew Jarvis Drive, Portsmouth

Tuesday, February 11

2PM-3PM

Leave your troubles at the door, and come inside the cozy warm heated indoor pool for a fun noodle float party with other seniors! Tropical music and relaxing the afternoon away on pool noodles.

FREE event. RSVP required. 603-610-4433

DECLUTTER & DOWNSIZING: SENIOR MOVE MANAGEMENT

at the Senior Activity Center

Wednesday, February 5, 1PM



Rachel Carlino-Dangora of Make Peace with Organizing will be sharing her expertise on senior move management. With a compassionate approach and practical tips, Make Peace with Organizing assists seniors and their families navigate the complexities of downsizing and transitioning to a new chapter. Highlights you'll learn from the event:

- Organizing strategies for smoother moves
- Tips for decluttering with purpose
- Working with families who have a loved one making the move to assisted and senior living communities

Make Peace with Organizing is a local company that's community driven.

www.makepeacewithorganizing.com

FREE. RSVP to 603.610.4433.

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 palette. 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



Wool Heart Ornaments for Portsmouth's Tree of Love

Monday, February 10, 1PM-3PM

Instructor: Karen Rosania, Owner OliveTeal Arts

Come learn the art of felting! No prior experience necessary. We will be making beautiful wool heart-shaped ornaments for the Tree of Love in Market Square. You will have the opportunity to make several heart ornaments using hand dyed wool for the Tree of Love - and you can keep one for yourself!

In the spirit of love and community - there will be a suggested donation of \$10 per person - and all proceeds will be donated to the Portsmouth Rec Summer Camp for kids! Class limited to 10 people. RSVP to 603.610.4433.



SUPPORT GROUPS & RESOURCES



ALZHEIMER'S SUPPORT GROUP

Thurs, January 9, 2PM (Second 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, January 14 (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: CAREGIVER VS. CARE PARTNER - MAKING MEANINGFUL CHANGE- FOURTH SESSION

Tues, January 21, 12PM-1PM

Facilitator: Debbie Kroner, Monarch Care Partners

Deb Kroner from Monarch Care Partners returns for her fourth 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

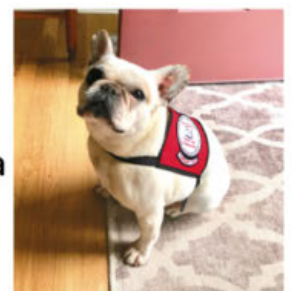


NILLA THE THERAPY DOG

Fridays; 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.



MOVIE MATINEE FRIDAYS



FREE MOVIES & POPCORN SERVED

Every Friday at 12:30pm - Free

Popcorn served &/or bring your own lunch

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 Immaculate College finds a new coach to head its women's basketball team. Its 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.

Jan 17: Pink Panther (1963, 1hr 55 min NR) In this classic American comedy, Inspector Jacques Clouseau travels from Rome to Cortina d'Ampezzo to catch a notorious jewel thief before the priceless diamond known as "The Pink Panther" is stolen. Starring David Nevin, Peter Sellers, Robert Wagner

Jan 24: The Last Waltz (1978, 1hr 57min PG) Hailed as one of the greatest concert documentary films, it covers The Band's influences and career. Live songs are interspersed with studio segments and interviews by Martin Scorsese. You'll recognize all the music and will be tapping your feet.

Jan 31: Wait Until Dark (1967, 1 hr 48min, NR) In this psychological thriller, a recently blinded woman is terrorized by a trio of thugs while they search for a heroin-stuffed doll they believe is in her apartment. Starring Audrey Hepburn, Alan Arkin and Richard Crenna.

Feb 7: The Notebook (2004, PG 13, 2 hr 1 min.) The romantic comedy is based on the novel by Nicholas Sparks and follows a young couple in love in the 1940's. Their story is read from a notebook in the present day by an elderly man, telling the tale to a fellow nursing home resident. Starring Ryan Gosling, Rachel McAdams, James Garner

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 & WENDY

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 Jan 7 and Jan 21

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 Jan 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

BALANCE YOURSELF WITH JEAN & WENDY

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

CANASTA

Fridays 1:00pm-3:00pm
Join us to learn Canasta. All abilities
welcome. Drop ins welcome. FREE



WEEKLY ONGOING PROGRAMS

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: 1-on-1 Table Sessions - First & Third Tuesdays (INDIVIDUAL) **Tuesday January 7 and January 21, 2-4PM; 15-to-20 minute slots**

Secondary one-on-one Reiki table sessions. Two to three practitioners will be on hand to provide **Reiki one-on-one on a table**. **Please note this is not a chair and done on a massage table. Stool will be provided.** MUST RSVP FOR A TIME SLOT. SPACES LIMITED. 603.610.4433.

Reiki Circle - Second & Fourth Tuesdays (LARGE GROUP) **Tuesday January 14 and January 28**



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. NO RSVP. Just show up!



BARBER CUTS RETURN

NOW LAST WEDNESDAY OF MONTH

Wednesday, January 29, 12-2PM 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 clean hair. Plan to sign-in when you arrive. FREE.
Donations accepted.





ANNOUNCEMENTS



SENIOR CENTER CLOSURES:

Wednesday January 1 - New Years Day
Monday January 20 - Martin Luther King, Jr Day

NEW SOFTWARE REGISTRATION:

Thank you to everyone who has been updating their information in our new software. Please keep it up!
Stop by the desk to create your new account or visit portsmouthnh.myrec.com and click "New Account."

WINTER WEATHER INFO:

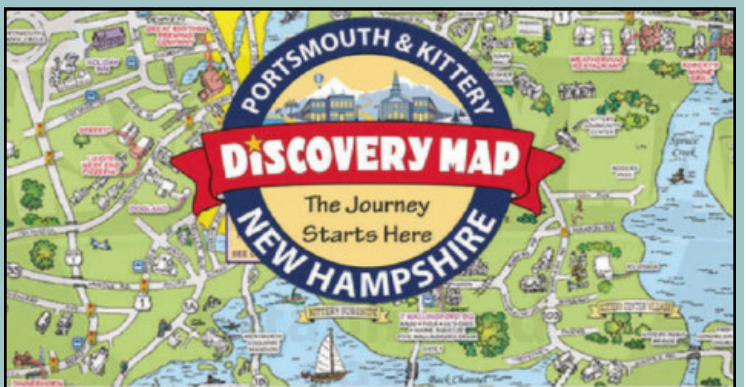
The Senior Activity Center would like to remind everyone we follow Portsmouth School Department's delays & cancellations - if the schools are closed, programs are closed. The Senior Activity Center will remain open for Drop-In Lounge only. In the event of severe weather, we would list on WMUR.

When in doubt, call the Center, or check social media.



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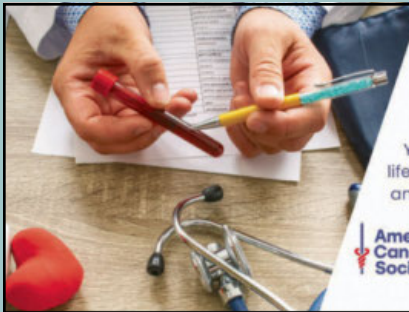
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TRIPS & TRIP TALK 2025



TRIP TALK 2025 - ICE CREAM SOCIAL
Wednesday, February 12, 2PM

2025 Day Trips announced and Ice Cream Social. This is NOT a sign-up session, this is a "Save the Date" for trips that spark your interest. Like last year, trips will be rolled out throughout the year with special opening registration dates to officially sign up. Some Senior Activity Center special trips, Royal Tours and Collette Tours will be announced. **RSVP to save your bowl of ice cream 603.610.4433**



ROYAL TOURS & THE SENIOR ACTIVITY CENTER PRESENT

**St. Patrick's Day at Danversport Yacht Club with
O'McMurphy Brothers & Fabulous Fiona Finely**



Friday, March 14, 2025

Leaving the center at 10:30AM, Return approximately 4PM

Cost: \$131 Resident, \$141 Nonresident, inclusive of all gratuities

Enjoy a traditional Corned Beef and Cabbage Dinner or Boneless Chicken with homemade stuffing, potatoes, vegetable, dessert with coffee & tea. The next best thing if you can't make it to Dublin this year - hearing and tapping your toes to the live show of the O'McMurphy Brothers & Fabulous Fiona Finely. Sure to have you in the mood for all things Irish on this fun trip. **RSVP 603.610.4433**

REC VAN TRIP

The Brook Casino

Tuesday, January 21

Leaving the Center at 11:15AM, return apx 3PM

Cost: \$5 Resident/\$10 Nonresident



Casino goers: we return to The Brook in our own backyard to get a bit of casino in but staying close to home during winter months. Located in Seabrook, The Brook has 600 slot machines, table games, and sports betting. Food on your own at the casino. **RSVP 603.610.4433**



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**



**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**