



PORTSMOUTH SENIOR NEWS

A publication of the City of Portsmouth's Senior Services
Programs & Activities for Ages 50+

Fitness | Enrichment | Socialization | Resources | Entertainment

Open Monday-Friday 9:00am-3:00pm



Free Friday Films January 2019 Free Popcorn

Jan 4: Second Hand Lions (PG)(2002)
Robert Duvall & Michael Caine are two old timers who take in their nephew for the summer.

Jan 11: The Bucket List (PG13)(2007)
Jack Nicholson & Morgan Freeman work on their life wish list.

Jan 18: Calendar Girls (PG13)(2003)
A group of middle-aged ladies pose nude as a calendar fundraiser for their club.

Jan 25: The Straight Story (G)(1999)
An old man makes a long journey on his lawnmower to mend a relationship with his ailing brother.

Indoor Rock Wall Climbing Tues, Jan 15

Last month Jeff, Wendy, Linda & Margie all climbed the wall and had a great time. It was a lot of fun. Jeff even reached the top and rang the bell.

All safety equipment provided – including those cute little climbing shoes. \$20 per person.

Sally from New Heights will be your instructor to guide you on your first steps. She has a no pressure style and you can go as low or as high as your mind or body take you.

This is also a great spectator sport. Please feel free to come down and cheer on your friends.

Reservation required. Pay day of.
bsullivan@cityofportsmouth.com / 603.610.4433

Closed Mon, January 21
in honor of the
Martin Luther King Holiday.

Lunch Bunch

Wednesdays 11:30am
Meet at Restaurant

Jan 9: Tuscan Kitchen
Feb 13: Café Espresso

~ Pay on your own ~
RSVP: 603-610-4433

Line Dancing – NEW TIME

Mondays 8:30-9:30am – Starts 1/14
Instructor: Anna Howard

Line Dancing

Thursdays 9:00-10:00am
Drop-in with the regular crew to dance & socialize. Currently there is no instructor but we're working on it.
Help spread the word that we need a volunteer instructor.

Senior Luncheons 2019

12:00pm Buffet Lunch

Soup, Salad & 1/2 Sandwich
Coffee/Tea & Dessert
Seating starting at 11:00am

RSVP Required: 603-610-4433

January 24 **February 28**

March 28 **April 25**

May 23 **June 27**

July 25: Annual Cookout in Gym

August 22

Sept 26

October 24

November 21: Thanksgiving Lunch

December 19: Dessert Potluck

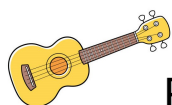


Breakfast at IHOP

Wed, Feb 6 at 9:00am
First Wednesday of Each Month

We feast at IHOP. They can accommodate a group and you can order both breakfast and lunch food.

~ Pay on your own ~
RSVP: 603-610-4433



Ukulele

Resumes Jan 17, 10:30am

Open to anyone interested in learning to play the uke. Bring your own instrument. Or come watch the first day to learn more.



Afternoon Tea

Thurs, Jan 10 at 1:00pm
(Brinn's Birthday!)

A variety of teas are offered along with scones. We offer afternoon tea on the 2nd Thursday of each month. Must RSVP since only 24 seats available. \$3pp.

RSVP: 603-610-4433

~ Free Fitness ~

Line Dancing	Mondays 8:30am
Stretch Class	Mondays 11:30am
Chair Yoga	Tuesdays 1:00pm
Zumba Gold	Fridays 9:00am
Tai Chi	Fridays 10:00am
Walking in Gym	Mon, Wed, Fri 9-10am

Alaska Vacation

Join our group on July 31-Aug 7, 2019
Stop by senior center for brochures and complete info.

♥ Valentine's Day Tea ♥

Thurs, February 14 at 1:00pm

A special tea event filled with love. Join us to celebrate the day surrounded by warm feelings of friendship and sisterhood. Rose petal tea and other floral flavors will steep in our tea pots. Special sweet treats will be served. Dress with a fancy hat or gloves or snazzy attire. \$3.00 per person.

RSVP: 603-610-4433