



PORTSMOUTH SENIOR NEWS

A publication of the City of Portsmouth's Senior Services

Visit us at the Senior Activity Center

Programs & Activities for Ages 50+

Our Mission: Create a Vibrant Hub for Fitness, Enrichment, Socialization, Resources, & Entertainment

Drop-in Lounge

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

Drop by for a cup of coffee/tea/hot chocolate, wifi, newspaper and conversation.

Special Friday Café

9:00-11:00am with Keurig Coffee & snacks and lots of laughs.

Free Friday Films

Every Friday at 12:30pm

Enjoy our new 75" TV!!

Complimentary Popcorn.

Subtitles shown when possible.



Café Open

Breakfast & Lunch

Monday-Friday 7:30am-1:30pm

Buy your lunch in the Café and bring it up to the senior center to eat. Or eat there. Made to order breakfast, made to order deli sandwiches, hot lunch, burgers, homemade potato chips, and so much more. Open to the public.

Membership is Free

All we ask is that every participant completes a registration form.

While membership is free, some activities may have a fee. The drop in lounge and coffee is always free.

You can't help getting older,
but you don't have to get old.
--George Burns

Learn more about our classes,
activities & trips:
(603) 610-4433
www.cityofportsmouth.com/recreation



Like us on Facebook

“A book is a gift that you can open again and again.”



Book Club

Group discussion of popular books

1st Monday of Each Month 11:30am-12:30pm

@Senior Activity Center

April 2

The Zookeepers Wife by Diane Ackerman

Germany bombed and invaded Poland, and the city's zoo along with it. With most of their animals dead (and their livelihood), zookeepers Jan and Antonina Zabinski had to learn how to survive during wartime. They also realized there were others who needed help surviving. This is a story of how Antonina kept her unusual household afloat, caring for its human and its animal inhabitants.

May 7

A Piece of the World by Christina Baker Kline

To Christina Olson, the entire world was her family's remote farm in the small coastal town of Cushing, Maine. Born in the home her family had lived in for generations, and increasingly incapacitated by illness, Christina seemed destined for a small life. Instead, for more than 20-years, she was host and inspiration for the artist Andrew Wyeth, and became the subject of one of the best-known paintings of the 20th century, Christina's World.

June 4

A Long Way Home by Saroo Brierley

Saroo lived hand-to-mouth in a one room hut with his mother and three siblings until at age five he mistakenly boarded a train by himself and ended up in Calcutta all the way across the country. Uneducated illiterate and unable to recall the name of his hometown he managed to survive. He was adopted by a couple in Tasmania with a loving upper-middle class Aussie family. However Saroo still clung to the last memories of his hometown and family in India and always wondered if he'd ever find them again.

Everyone is welcome to join us to discuss the books (or just listen to discussion).

New Dates

The Great Courses Lecture Series: “The Aging Brain”

DVD lecture series. 12 lectures, 30-minutes each. We watch one per week.

12 Tuesdays; May 1 at 2:15pm

@Senior Activity Center

The science behind the aging brain tells a fascinating story. Is “aging” a disease, or merely a natural occurrence that produces disease-like symptoms? If humans are biologically programmed to survive and thrive, why do we age at all? Is it possible (or even desirable) to “cure” aging altogether? Delve into these questions and more in The Aging Brain. Taught by Professor Thad Polk, a neuroscientist and award-winning professor at the University of Michigan, these twelve eye-opening lectures will give you a wealth of new insights into what happens to the brain over time—as well as strategies to mitigate the effects of aging and enhance your quality of life into old age. RSVP requested but not required. Drop-in to one or attend all.

Portsmouth Pool: Aquafitness

Mondays, Tuesdays, Thursdays 8:45-9:45am

Upper and lower body conditioning with toning and balance. Class offered 3x per week. Join anytime.

Class included in monthly membership of \$20 res/\$25 non res.

Class participants use the pool ramp for easy in/out of the pool. Locker rooms on site.

Call 603.427.1546 for more information | Andrew Jarvis Ave/ Next to High School

Portsmouth Senior Activity Center • 100 Campus Drive/Community Campus, Portsmouth
Center: 603.610.4433 • Cell: 603.247.9531 • Email: bsullivan@cityofportsmouth.com



WALK with a COP

Ages 1-100 Welcome

Every Other Wednesday at 10:00am

June 13 & 27, July 11 & 25, Aug 8 & 22, Sept 5 & 19

Meet at South Mill Pond Parking Lot, Junkins Ave (across from City Hall).

Gather at Picnic Table.

Typical length 1-1.5 miles along sidewalks.

- ✓ Parking at South Mill Pond or City Hall (upper & lower lot)
- ✓ Groups, Children & Leashed dogs ok.
- ✓ No reservations needed – Just show up.
- ✓ Follow on Facebook - Portsmouth Police page
- ✓ Questions? 603.610.4433 or bsullivan@cityofportsmouth.com

May Lecture:

Bringing Back Albacore

Thurs, May 24 at 1:00pm

(Following the Senior Luncheon)

@ Senior Activity Center

Cookies will be served

Longtime Portsmouth resident and Albacore historian, Russ Van Billiard, will share the history of the USS Albacore submarine and how it went from serving as a research vessel and testing experimental technology to now welcoming thousands of visitors each year in Albacore Park, Portsmouth. Mr. Van Billiard has spent the last 35-years dedicated to the submarine, including serving on the board of directors for the Port of Portsmouth Maritime Museum Association, which manages Albacore Park.

All are welcome to this free presentation.

RSVP: 603-610-4433

June Lecture:

Flight of the Remembrance:

A World War II Odyssey

Thurs, June 28 at 1:00pm

(Following the Senior Luncheon)

@ Senior Activity Center

Cookies will be served

Marina Dutzmann Kirsch, author of “Flight of the Remembrance: A World War II Memoir of Love and Survival”, will talk about her father, a young Latvian engineering student forced to flee his homeland in 1939 before the first Soviet takeover. The only nation offering refuge was Nazi Germany. Hear his story of being drafted into the Luftwaffe, meeting his wife in 1940 Berlin, and forging a new beginning in the US after the war. Copies of the book will available for sale.

All are welcome to this free presentation.

Made possible by a grant from NH Humanities.

RSVP: 603-610-4433

“Wrinkles merely mark where smiles have been.” –Mark Twain



Let's Eat...Together!



Senior Luncheon

RSVP REQUIRED 603-610-4433

4th Thursday of Each Month at 12:00pm @Senior Activity Center

April 26 May 24 June 28

Soup, Salad and Sandwich \$5

Thanks to Wentworth Senior Living for their sponsorship of the Senior Luncheon program. First Lunch is free to all first-time lunch guests.

SAVE THE DATE: Annual Cookout on Thurs, July 26 at noon. \$7 pp

Lunch Bunch: 2nd Wed of Each Month at 11:30am Pay on your own

RSVP required 610-4433 / Only 20 reservation accepted.

- No Lunch Bunch in April
- May 9: Paddy's Pub
- June 13: Lobster Boat, Exeter

Dinner Date: 3rd Thurs of Each Month at 4:30pm Pay on your own

RSVP required 610-4433 / Only 20 reservation accepted.

- April 19: 99 Restaurant
- May 17: Galley Hatch
- June 21: Weathervane, Kittery

Lunch Specials – 603.431.0561:

@ Meals on Wheels on Greenleaf Ave/Greenleaf Rec Center

Easy to get to & close parking. To reserve your spot call Christine at Meals on Wheels

- Thurs, April 19 at 11:30am Ham & Swiss mini quiche, salad, strawberry mousse
- Thurs, May 10 at 11:30am Mother's Day Special with stuffed chicken
- Thurs, June 14 at 11:30am Father's Day Special with Pulled Beef w/ Mac & Cheese



Supper Club is Back! ...with a NEW LOCATION

2nd Tuesday of Each Month - \$7.00

4:00pm doors open, supper at 5:00pm

@ Community Campus—Downstairs Café

Plenty of free parking. Sitting area in upstairs foyer for early arrivals

- April 10: Meatloaf
- May 8: Chicken Alfredo w/ broccoli & ziti
- June 12: Spaghetti & Meatballs
- Future Dates: July 10, Aug 14, Sept 11, Oct 9

Introducing: Chef Mike from Café Services

RSVP: Cindi Shanley (603)531-0767 by one week before / Limit to 70 guests, no walk-ins please

We'll be using plastic/paper products. Bring your own silverware if desired.

Thank you to the Supper Club Sponsors: Living Innovations, Neal & Darlene Ouellett and Foundation for Seacoast Health

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Seacoast Trailblazers

~ Activities for people age 50 or better ~
Organized by the Portsmouth Senior Activity Center

Seacoast Trailblazers is a group of people who work together to develop a schedule of activities throughout the year to meet the needs of a more active adult. Seacoast Trailblazers is open to anyone age 50+. There is no membership fee to join, but some activities may have a fee for admission, equipment rental, or carpool gas sharing. All participants must complete a registration form to participate. Reservations required by emailing Brinn at bsullivan@cityofportsmouth.com.

Summer Planning Meeting: Tues, May 15 at 8:30am @ Senior Activity Center, Portsmouth

APRIL, MAY & JUNE ACTIVITIES

Walk Fri, April 20 at 9:00am Vaughn Woods, Maine Free
165-acre forested tract along the scenic Salmon Falls River. Includes hiking trails through old-growth stands of pine and hemlock. Hiking is available on several trails that connect to make up one large loop (3+ miles). Visitors can walk shorter looping sections. Off season parking is outside of the gate and walking in. Facilities are closed during the off season.

Bike Saturday, April 28 at 9:00am Pease, Portsmouth Free
Meet at Great Bay Community College Parking Lot. 320 Cororate Ave., Portsmouth. We will ride around Pease as our first bike ride. Must wear helmet and appropriate foot wear. Bring a water bottle. We will ride to Great Bay Wildlife Refuge. Group can walk the loop there if they would like to take a break from riding. Ride will be apx 10 miles. Must have at least 3 people signed up for this event to take place.

Walk Mon, May 21 at 11:00am Urban Forestry Center, Portsmouth Free
The Goodwin Trail is a two-mile (round-trip) trail which takes visitors through a scenic woodland setting, where native wildflowers, birds, and animals can be seen. The trail also provides visual access to a tidal saltmarsh on Sagamore Creek. The marsh is a transition zone from the land to the sea, acting as a buffer between the land's freshwater and the ocean's saltwater. Meet in the parking lot closer to the main building.

Hike Wed, May 30 at 9:00am Stratham Hill Park, Stratham Free
Perimeter Trail is a 4.6 mile loop. The trail has four major climbs (Jewel Hill, Long Hill, and Stratham Hill with two climbs) and comes in at 4.6 miles. Trail includes loop up to fire tower with views of Great Bay and Mount Washington on very clear days. There are some rocks/roots throughout. Easy to moderate. 50% single wide trails. While Stratham Hill allows dogs, Seacoast Trailblazers does not. Meet at the pavilion at Stratham Hill Park. Bring water bottle and snack. Ground may be muddy. Walking sticks welcome.

Morning Walk Tues, June 12 at 7:00am Little Boar's Head, North Hampton Free
Park at North Hampton State Beach (the beach across from The Beach Plum). Parking meters start at 8am. We should be back by then. We'll meet by the fish shacks. 2- miles paved sidewalk/street. We'll walk along Rt 1A north and then loop back via Willow Rd. Walk can be longer if people want to continue on after the initial 2 miles. Bring your coffee in a thermos and a post-walk snack. We can sit on the wall and enjoy breakfast together.

Beach Walk Thurs, June 28 at 5:00pm Wallis Sands Beach, Rye Free
Apx 1.5 mile roundtrip. Park for free at Wallis Sands Beach. Meet at bathhouse. We'll walk to the right/south and walk along the beach to Pirates Cove and ending at Concord Point. Depending on the tide we could be walking in soft sand to make it a harder walk. At that hour, there may be people with dogs on the beach. Please note that we do not allow dogs with our group. Please bring water-- it may be still be hot at that hour. People may want to stay after the walk to have a dinner picnic while watching the sun set. Bring a blanket or beach chairs.

RESERVATIONS REQUIRED: EMAIL BRINN AT bsullivan@cityofportsmouth.com

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National Aging in Place Council of NH
presents:

Senior Conference

Adventures in Aging:

Live Life on Your Own Terms

Wed, May 16 9:00am-3:00pm

@ Great Bay Community College
320 Corporate Dr., Portsmouth

\$8 advanced admission / \$10 day-of
Lunch included

- Vendors offering activities, adventure, & technology
- Breakout Sessions for seniors, soon to be seniors, and caregivers.
- Guest Speaker: Peter Ross, President of Home Care Assoc of America, speaking on *National Legislation Affecting Seniors*
- Food, Door Prizes and more!

603-336-3583 | NAIPCoNH@gmail.com
www.adventuresinagingnh.com
Facebook: NHNAIPC

Workshop

The Art of Life Stories

Wed, May 16

6:30-8:30pm

@ Portsmouth Library

Presented by Cynthia Tokos

Capture the essence of your Life Story – the gifts you bring to this world.

Participants will leave with a letter, both written and using art materials (if they choose), as part of their legacy for themselves and loved ones.

Free; Open to all
Drop-ins welcome.

603.427.1540

Celebrating 65

Seminar offered by:

Harvard Pilgrim Health

Tues, May 22 at 4:00pm

@ Community Campus
100 Campus Drive, Portsmouth

Learn more about Social Security, Medicare and your retirement health options including supplemental and prescription plans.

No cost to you. No sales, just information to help you make informed decisions about your retirement.

RSVP: 1-877-663-7057

Joseph and the Amazing

Technicolor Dreamcoat

June 22-July 14

@ Star Theatre, Kittery

Celebrating its 50th anniversary. Tim Rice and Andrew Lloyd Webber's reimagining of the Biblical story of Joseph, his father Jacob, eleven brothers and the coat of many colors.

A Chorus Line

July 20-Aug 5 @ Star Theatre

A chorus line is a celebration and true-to-life depiction of performers and their struggle to achieve greatness on the Broadway stage.

603.294.9103

SENIOR TRIPS

Call 603-610-4433 to Reserve Your Spot

All trips are on a Coach bus with a bathroom and wifi.

Overnight in New York City

May 9-10, 2018

Includes Broadway Show "Come From Away" on their first day followed by dinner in Times Square. On Day 2, guests will be driven to the 9-11 Museum & Memorial followed by a NYC Tour. Included in the fee is dinner, breakfast, Coach bus with bathroom & wifi, and overnight accommodations. Gratuities are not included.

Depart at 7:30am on May 9 and return apx 8:30pm on May 10.

\$369 pp triple \$379 pp double \$459 pp single

Boston Duck Tour

\$91.00

Wednesday, June 13, 8am-5:30pm

Boston Duck Tour followed by chicken or haddock lunch at The Venezia Waterfront Restaurant.

After lunch we'll stop at Quincy Market/Faneuil Hall for you to walk around.

Everything included in fee including gratuity.

Lighthouse Lovers Cruise

\$91.00

Tuesday, July 17, 9am-5:00pm

Start the day in Portland, Maine with a narrated 90-min scenic harbor and lighthouse cruise. Lunch will be at DiMillo's Floating Restaurant with chowder, chicken or Haddock, & blueberry cobbler. After our meal, we'll visit Portland Head Light.

Everything included in fee including gratuity.

"Mamma Mia" Musical & Hart's Turkey Farm

\$87.00

Thursday, August 9, 10am-6:00pm

Lunch at Hart's Turkey Farm Restaurant followed by "Mamma Mia" at the Winnepesaukee Playhouse. For lunch choose from Turkey, Haddock or Roast Sirloin. An August trip to the playhouse also offers guests 11 acres of peaceful country paths for strolling and a covered bridge. Everything included in fee including gratuity.

Fall Foliage Day Trip

\$91.00

Tues, September 25, 8:45am-5:30pm

Enjoy an old fashioned railroading experience as your journey on historic rail routes in vintage passenger cars from the 1874 train station in North Conway to Bartlett and back again. After the train ride, lunch of either scrod or chicken piccata will be served at the nearby White Mountain Hotel & Resort. Everything included in fee including gratuity.



Aging Mastery Program (AMP)

National Council on Aging

The Aging Mastery Program® (AMP) is a comprehensive and fun approach to living that celebrates the gift of longevity. The 10-class program combines goal setting, daily practices, and peer support to help participants make meaningful changes in their lives. Central to the AMP philosophy is the belief that modest lifestyle changes can produce big results and that people can be empowered to cultivate health and longevity.

National Council on Aging created the Aging Mastery Program® (AMP) to develop new expectations, norms, and pathways for people aged 50 to 100, to make the most of their gift of longevity.

AMP helps older adults and boomers build their own playbook for aging well. It is a fun, innovative, and person-centered education program that empowers participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others.

Aging has changed remarkably since the last generation entered into retirement. Yet, traditional retirement plans are disappearing, the cost of daily living continues to rise, and more than 84% of people aged 65+ are coping with at least one chronic health condition, often over many years.

The result is that most older adults are unprepared for this new stage of life. Societal expectations for them have changed little since 1950, but they are facing a new reality when it comes to maintaining their health and economic security and contributing to society.

AMP encourages aging *mastery*—developing sustainable behaviors across many dimensions that lead to improved health, stronger economic security, enhanced well-being, and increased societal participation.

The 10 core classes combine a peer-supported classroom-like structure.

- | | |
|--------------------------------|--|
| 1. The Basics of Aging Mastery | 2. Exercise and You |
| 3. Sleep | 4. Healthy Eating and Hydration |
| 5. Financial Fitness | 6. Medication Management |
| 7. Advance Planning | 8. Healthy Relationships |
| 9. Falls Prevention | 10. Community Engagement/Graduation Ceremony |

New AMP Class Starting: Wednesdays, May 23 - Aug 1 from 1:00-2:30pm
@ Portsmouth Senior Activity Center – Activity Room
No class July 4

\$20 for materials (portion of material costs supplied by grant from Tufts Health Foundation)

AMP Facilitator: Brinn Sullivan

TO SIGN UP, PLEASE CALL: 603.610.4433 / Only 20 participants accepted

May is Older American's Month: Engage at Every Age



NEW 75" TV!

**Free Friday Films at 12:30pm
Every Friday @ Senior Activity Center**

**Come watch movies on our new super-sized TV.
Free Popcorn!**

April 6: My Old Lady (2014)(PG13)(Comedy/Drama) An American inherits an apartment in Paris that comes with an unexpected resident. Kevin Kline, Kristin Scott

April 13: Get Low (2010)(PG13)(Mystery/Drama) A movie spun out of equal parts folk tale, fable and real-life legend about the mysterious, 1930s Tennessee hermit who famously threw his own rollicking funeral party... while he was still alive. Robert Duvall, Bill Murray, Sissy Spacek

April 20: Genius (2016)(PG13)(Drama/Biography) A chronicle of Max Perkins's time as the book editor at Scribner, where he oversaw works by Thomas Wolfe, Ernest Hemingway, F. Scott Fitzgerald and others. Colin Firth, Jude Law, Nicole Kidman

April 27: Mrs. Palfrey at the Claremont (2005)(Comedy/Drama) All but abandoned by her family in a London retirement hotel, an elderly woman strikes up a curious friendship with a young writer. Not rated

May 4: Goodbye Christopher Robin (2017)(PG)(Biography/Family) A behind-the-scenes look at the life of author A.A. Milne and the creation of the Winnie the Pooh stories inspired by his son C.R. Milne.

May 11: Mama Mia (2009)(PG13)(Musical Comedy) The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA. Meryl Streep, Pierce Brosnen

May 18: Tinker Tailor Solider Spy (2011)(R)(Mystery/Drama/Thriller) In the bleak days of the Cold War, espionage veteran George Smiley is forced from semi-retirement to uncover a Soviet Agent within MI6. Gary Oldman, Colin Firth, Tom Hardy

May 25: Darling Companion (2012)(PG13)(Rom/Com) The story of a woman who loves her dog more than her husband. And then her husband loses the dog. Diane Keaton, Kevin Kline

June 1: Just Getting Started (2017)(PG13)(Action/Comedy) An ex-FBI Agent (Tommy Lee Jones) and an ex-mob lawyer in the Witness Protection Program (Morgan Freeman) having to put aside their petty rivalry on the golf course to fend off a mob hit.

June 8: The Magic of Bell Isle (2012)(PG)(Comedy/Drama) Monty, an alcoholic novelist, has lost his drive. His nephew pushes him to summer in quiet Belle Isle. He begrudgingly befriends a woman and her 3 girls who help him find the inspiration to write again. Morgan Freeman

Movie Series: Tom Hanks as author Dan Brown's Robert Langdon

- **June 15: The Da Vinci Code (2006)(PG13)(Thriller)** A murder inside the Louvre, and clues in Da Vinci paintings, lead to the discovery of a religious mystery protected by a secret society for two thousand years, which could shake the foundations of Christianity. Tom Hanks
- **June 22: Angels and Demons (2009)(PG13)(Thriller)** Harvard symbologist Robert Langdon works with a nuclear physicist to solve a murder and prevent a terrorist act against the Vatican during one of the significant events within the church. Tom Hanks
- **June 29: Inferno (2016)(PG13)(Thriller)** When Robert Langdon wakes up in an Italian hospital with amnesia, he teams up with Dr. Sienna Brooks, and together they must race across Europe against the clock to foil a deadly global plot. Tom Hanks

Senior Activity Center Schedule

Drop in Lounge Open Mon-Fri 9:00am-3:00pm – Free with complimentary coffee/tea & wifi.

Mondays:

Bone Builders Every Monday 10:00am
Scrabble Every Monday 1:00-3:00pm
Toe nail cutting clinic 2nd Monday of each month, 4/9, 5/14, 6/11; appointments starting at 10am. \$25.
Book Club 1st Monday of each month, 4/2, 5/7, 6/4 at 11:30am
Seacoast Trailblazers Walk 5/21 at Urban Forestry. 11:00am.

Tuesdays:

Walking Tuesdays 9:00-10:00am – Gym
Strength & Balance Tuesdays 10:00am with Colleen Furlong
Chair Yoga 1:00-2:00pm every Tues with Jeanne Russell
The Aging Brain Lecture Series 12 Tuesdays Starting May 1 at 2:15pm
Supper Club New location – Café at Community Campus. 2nd Tues of each month at 5pm. \$7.
Seacoast Trailblazers Morning Walk 6/12 at Little Boards Head. 7:00am.
Seacoast Trailblazers Planning Meeting May 15 at 8:30am (1-hour)

Wednesdays:

Bone Builders Every Wednesday 10:00am (new students welcome on Wednesdays as of May 1)
Lunch Bunch (Offsite) 2nd Wed of each month at 11:30 (POYO). No April lunch. May 9, June 13.
Drop in Art & Adult Coloring 12:00-1:00pm
Seacoast Trailblazers Hike 5/30 at Stratham Hill Park. 9:00am.
New York City Overnight Trip on Wed, May 9-Thurs, May 10. See flyer for pricing.
Boston Duck Tour June 13, 8am-5:30pm. \$91
NEW! Aging Mastery Program (AMP) 10-Wednesdays; May 23-Aug 1. \$20 for materials. RSVP Required.
Walk with a Cop Starting June 13 at 10am. 6/27, 7/11, 7/25, 8/8, 8/22, 9/5, 9/19

Thursdays:

Walking Tuesdays 9:00-10:00am Gym
Line Dancing 9:00-10:00am (new instructor – Anna Howard)
Ukulele 1st & 3rd Thurs of each mo at 10:30am (summer break from June-August)
Yarnworks! Knitting, crocheting, cross-stitch, etc, all welcome. 12:30-2:30pm
Senior Luncheon 4th Thursday of the month at 12pm. \$5 (7/26 lunch is \$7)
Dinner Date 3rd Thurs of each month at 4:30pm (POYO). April 19, May 17, June 21
Seacoast Trailblazers Beach Walk 6/28 at Wallis Sands Beach. 5:00pm.
Afternoon Tea April 5 at 1:00pm. Free. Sponsored in part by Visiting Angels.
Lecture Bringing Back Albacore May 24 at 1:00pm (following senior luncheon)
Lecture Flight of the Remembrance June 28 at 1:00pm (following senior luncheon)

Fridays:

Friday Café 9:30-11:30am – Keurig coffee, snacks, walk, games, and more
Zumba 8:30am with Anna Howard – *high energy morning workout to start the weekend right!*
Tai Chi Every Friday at 10:00am with Jane Fithian
Dull Men's Club Every Friday from 11:00am-noon
Movies 12:30pm – free movie (see schedule)
Seacoast Trailblazers Walk on 4/20 at Vaughn Woods. 9:00am.

Saturday:

Seacoast Trailblazers Bike Ride 4/28 at Pease. 9:00am. RSVP Required.

"It's not the years in your life that count. It's the life in your years."

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