



PORTSMOUTH SENIOR NEWS

A publication of the City of Portsmouth's Senior

Visit us at the Senior Activity Center

Programs & Activities for Ages 50+

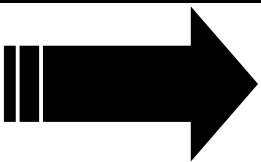


Drop in Lounge Open Monday-Friday 9:00am-3:00pm

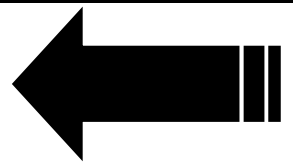
Free wifi, complimentary coffee/tea, newspaper and conversation.

Special Friday Café from 9:00-11:00am with Keurig Coffee and lots of laughs.

Senior Center Closed:
Mon, February 19 – Presidents' Day



New! The Dull Men's Club
Thursdays from 11:00am-noon
Starting Friday, Feb 2



Group Meets Every Friday – drop-ins okay.

A great opportunity for men to hang out with a good bunch of guys and chat about issues of great or little importance over a cup of coffee and donuts. If you have a good (or bad) joke to share, a tale to tell, hobby to chat about, or just like to listen, then plan to join the DMC – Dull Men's Club. Serious politics and religion are strictly verboten.

It's time to realize that DULL is not just another 4-letter word!

Free to join. Charge for shirt and hat will be forthcoming when group is established.

Members will rotate the donut responsibility.



St. Patrick Day Celebration \$78.00

@ Indian Head Resort

Friday, March 16 9:30am-5:30pm

St. Patrick's Shamrock Party with welcome reception and deluxe lunch buffet.

Followed by a floor show and a live dance band featuring Mark Shelton.

Price includes transportation on a Coach bus, buffet lunch, entertainment, driver's and food gratuity. Stacy from Royal Tours will be your chaperone.

Payment due at sign-up. Make checks payable: Royal Tours

Easter Seals Job Fair

Thurs, Feb 15 from 10am-2pm

@ Senior Activity Center

Learn about the different paid/volunteer positions that Easter Seals has to offer.

The Hunchback of Notre Dame – 6 Tickets Left!!!

Saturday, February 10 at 2:00pm Tickets \$24 @ Seacoast Rep

RSVP to Senior Activity Center to reserve your ticket 603.610.4433

Meet in the lobby of the Rep and the group sits together. Tickets will be given to you at that time. Following the show, we will walk to The Rosa for appetizers/dinner (optional; pay on your own).

A brand-new musical adaptation of Victor Hugo's classic novel comes to Seacoast Repertory Theatre to kick off Seacoast Repertory Theatre's 30th Anniversary Season. The Hunchback of Notre Dame is a powerful musical retelling of the love story of the gypsy Esmerelda, the deformed bell-ringer Quasimodo, and the gallant Captain Phoebus in 15th Century Paris. The Hunchback of Notre Dame brings a musical power and choral beauty that elevates the story to new heights.

Join Seacoast Rep for a totally unique staging of this new musical, brought from script to stage by our professional creative teams and cast. Hunchback is sure to be staged with the power and creativity you've come to expect from Seacoast Rep.



Book Club

Group discussion of popular books

1st Monday of Each Month 11:30am-1:00pm

@Senior Activity Center

February 5 The Guernsey Literary and Potato Peel Pie Society

London is emerging from the shadow of the World War II, and writer Juliet Ashton is looking for her next book subject. Who could imagine that she would find it in a letter from a man she's never met from Guernsey.

March 5 The Nightingale by Kristin Hannah

The stories of two sisters, separated by experience, ideals, passion and circumstance, each embarking on her own dangerous path toward survival, love, and freedom in German-occupied, war-torn France. A heartbreakingly beautiful novel that celebrates the resilience of the human spirit and the durability of women.

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.

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

Call to reserve your spot at 610-4433.



Caregiver Café - *Support for caregivers of all ages*

@ Langdon Library, 328 Nimble Road, Newington, NH

Last Thursday of Each Month - Beginning March 29, 2018 at 10:30am

Caregivers and their loved ones are invited to join us for a morning of support, conversation and education.

Light refreshments are served. No reservations needed, just drop by.

Call Ann at 1-800-691-1133 x109 / Avennard@cornerstonevna.org

~ Collaboration with Cornerstone VNA and Langdon Public Library ~





Let's Eat...Together!



Senior Luncheon

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

February 22: Valentines Day Hot Lunch – Chicken Parm \$7

March 22: 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.

Lunch Bunch: 2nd Wed of Each Month at 11:30am

Pay on your own

RSVP required 610-4433 / Only 20 reservation accepted.

• Feb 14: Café Espresso

• March 14: Kim Lai

• April 11: Paddy's Pub

Tuesday Lunch in the Café: 2nd Tues of Each Moth at 11:30am

Pay on your own No reservations needed; Drop ins welcome.

• February 13

• March 13

• April 10

Variety of lunch options; hamburgers, deli sandwiches, hot lunch, soup, salad, paninis, & more.

We meet in the café on the lower level. Chris greets everyone and sets some tables aside for us. The Café makes the food to order and you pay. Then meet everyone at the table.



Dinner Date is BACK!!: 3rd Thurs of Each Month at 4:30pm

Pay on your own

RSVP required 610-4433 / Only 20 reservation accepted.

• March 15: Olive Garden

• April 19: 99 Restaurant

Meals on Wheels 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, February 15 at 11:30am Fried Chicken, sweet potato casserole, chocolate cake

• Thurs, March 15 at 11:30am St. Patrick's Day Celebration with corned beef & cabbage



Elks Luncheon for Seniors – Returning for a 2nd year!!

Wed, April 11 at noon

@ Portsmouth Elks, 500 Jones Ave.

Kick off spring with a lunch hosted by the Portsmouth Elks. Last year we ate a delicious meal and I know this year will be as wonderful. Make sure to sign up early since this event will fill up.

RSVP Required by calling as of March 1 to 610-4433



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!**

Feb 2: Red (2010)(PG13)(Action/Comedy) When his peaceful life is threatened by a high-tech assassin, former black-ops agent Frank Moses, reassembles his old team in a last ditch effort to survive and uncover his assailants. Bruce Willis, Morgan Freeman, John Malkovich, Helen Mirren.

Feb 9: A United Kingdom (2016)(PG13)(Drama/Romance) The story of King Seretse Khama of Botswana and how his loving but controversial marriage to a British white woman, Ruth Williams, put his kingdom into political and diplomatic turmoil.

Feb 16: Maudie (2016)(PG13)(Drama/Romance) An arthritic Nova Scotia woman works as a housekeeper while she hones her skills as an artist and eventually becomes a beloved figure in the community.

Feb 23: The Hero (2017)(R)(Comedy/Romance) An ailing movie star comes to terms with his past and mortality.

March 2: Wind River (2017)(R)(Drama) A veteran tracker with the Fish and Wildlife Service helps to investigate the murder of a young Native American woman, and uses the case as a means of seeking redemption for an earlier act of irresponsibility which ended in tragedy.

March 9: The Little Hours (2017)(R)(Comedy) In the Middle Ages, a young servant fleeing from his master takes refuge at a convent full of emotionally unstable nuns. Introduced as a deaf mute man, he must fight to hold his cover as the nuns try to resist temptation.

March 16: The Zookeepers Wife (2017)(PG13)(Drama/History) The Zookeeper's Wife tells the account of keepers of the Warsaw Zoo, Antonina and Jan Zabinski, who helped save hundreds of people and animals during the German invasion. Based on the bestselling book.

March 23: Red 2 (2013)(PG13)(Comedy/Action) Retired C.I.A. Agent Frank Moses reunites his unlikely team of elite operatives for a global quest to track down a missing portable nuclear device. Bruce Willis, Morgan Freeman, John Malkovich, Helen Mirren.

March 30: The Light Between the Oceans (2016)(PG13)(Drama/Romance) A lighthouse keeper and his wife living off the coast of Western Australia raise a baby they rescue from a drifting rowing boat. Based on the bestselling book.

Save the Date:

High Tea

Thursday, April 5 at 1:00pm

@ Senior Activity Center

We'll enjoy afternoon tea with sweet and savory little bites.

Plus some delightful conversation.

This event is free thanks to Visiting Angels.

RSVP required 603.610.4433



The Great Course Lecture Series: "The Aging Brain"

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

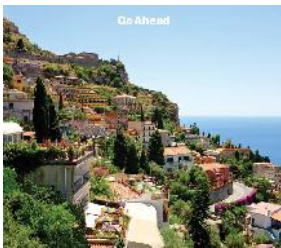
12 Tuesdays; April 3-June 19 at 2:15pm

@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.

With a mix of scientific research and practical applications, Professor Polk brings cutting-edge science to life. He takes you down to the cellular and even molecular level of the brain to show you why certain functions decline, how some aspects of brain aging are under genetic control, and what you can do to prolong your health and keep your mind sharp. Aging affects us all, but as you will learn in **The Aging Brain**, you have some control over how it affects you.

RSVP requested but not required. Drops-in to one or attend all twelve. 603.610.4433.



TRAVEL SNEAK PEEK

Thurs, March 8 from 11:30-12:30pm

@ Senior Activity Center

Are you interested in traveling with friends? Can't decide where you want to go? Have a destination in mind but don't know where to start planning? Traveling is the best way to meet new people, develop friendship and grow as an individual! There is so much to see.

Come learn about the Benefits of Group Travel with EF Go Ahead Tours.

EF's Go Ahead Tours will be onsite to give us a slide show of their favorite tours. No sales. Just a slide show describing possible destinations and the benefits of group travel.

Following the presentation, if there are any folks who are interested in travel and would like to suggest some destinations, we would be happy to hear your thoughts.

We are looking to grow our travel program. Your input would be great.

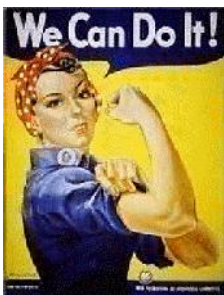
RSVP to 603.610.4433 / bsullivan@cityofportsmouth.com

Piscataqua Science Café @ 6:00pm

- February 21: One Fish Two Fish, Red Fish, Shellfish (The potential of aquaculture in the Seacoast)
- March 28: Salt Marshes
- April 18: Tracking Fisheries in the Gulf of Maine

@ The Portsmouth Brewery, 56 Market Street, Portsmouth 603.433.9505 / info@gundalow.org

Experts in a variety of environmental topics are brought together for an information discussion. These discussions are moderated by NHPR's Environment Reporter, Sam Evans Brown. Can't make the event? The Science Cafes will be aired on Portsmouth Community Radio on The Environmental Hour the 1st Friday of the month following each monthly Science Café event. Portsmouth Community Radio streams live at wscafm.org.



Life on the Home Front @ the Portsmouth Public Library **Thursday, February 22 at 6:30pm – Free and open to the public**

With over twelve million men serving overseas during World War II, employers were left with gaping holes in their workforce. As a result, they hired women to take the positions. This created an immense change in the culture of the times. Women had to balance work and home life, deal with discrimination and harassment, and handle situations normally taken care of by their husbands or fathers.

Rationing began in 1942 with tires and by 1943 ration coupons were required to purchase coffee, sugar, meat, fuel oil, etc. Find out how Americans coped during this difficult time, and hear stories of the brave women in the workforce in this talk by local author Linda Shenton Matchett.

Restorative Yoga by Sherry Evans

2-hour session on two Sundays; February 4 and March 18 from 3:30-5:30
@GateWay Studio, 875 Islington Street, Portsmouth



We have been through some rough weather situations of late....stressful and depleting. And if I asked you 'How are you?' you might say that you are 'fine'; it covers everything! I am offering a Restorative Yoga 2-hour session on two Sundays; February 4 and March 18 from 3:30-5:30 to get us to a place of feeling better than 'fine'. Let's go for 'well', 'very well' and 'super terrific.'

We will gently explore our breath, restoring it to a deep healing cadence. Each restorative pose is held for 5-10 minutes to allow the body and nervous system to begin to let go of stress and tension. It is only through conscious rest and lack of outside stimulation that our bodies can begin to repair and gain strength. Each session is \$25.00. RSVP Required. 207-451-8503

(I know that Feb 4 is Super Bowl Sunday. What a perfect time to rest! Fan or not, we will be done at 5:30, plenty of time to get home for the game. Go Pats!)



Yoga and Cancer Mondays at 10:30-11:30 FREE

@GateWay Studio, 875 Islington Street, Portsmouth

For a cancer patient in any place on the path from diagnosis to treatment to post-treatment. Caregivers welcome. The class is designed for all levels of energy and strength and no yoga experience is necessary. The class is sponsored by the studio and SATYA (Seacoast Area Teachers of Yoga in Action).

For more information, call Sherry at 207-451-8503.

Active Retirement Association (ARA)

Offering programs reflecting the many interests of people 50+ years old, retired or not.

Lectures, discussion groups, films, cultural tours, walks/hikes, classes, special-interest groups, and much more! www.unh.edu/ara / 603-743-4494 / info@ara-nh.org.

Next General Meeting: Monday, March 19, 2018, 1:30pm.

@ Durham Evangelical Church (lower level), 114 Dover Road (Route 108), Durham

The program will feature renowned story-teller Rebecca Rule discussing her new book, *Sixty Years of Cuttin' the Cheese: Joel Sherburne and Calef's Famous Country Store*. The book celebrates both Sherburne, who was hired as a stock boy in 1957 and has served both the store and the community in many capacities since then, and Calef's, which has been a fixture in Barrington since 1869.

Seacoast Walk to End Alzheimer's Needs Volunteers

Join them for an informational Volunteer Kickoff event at the Senior Activity Center

Tuesday, February 6 at 5:30pm

Light refreshments, giveaways, and all the information you will need to take the next step.



Seacoast Rep's New "Senior Repertory Theatre"

Seacoast Rep is pleased to announce the creation of a new program designed exclusively for seniors called **Senior Repertory Theatre**. The new program will be a weekly combination of instruction and performance paired with outreach to nursing homes, assisted living facilities, and senior centers.

Our new all-senior production company will be performing "Love Letters", a Pulitzer-finalist play by A. R. Gurney about love enduring over the course of a lifetime. The show is told through the reading of notes, letters and cards from over the years. Shows are March 29 - 31. Thurs and Fri at 1pm, Sat at 10am.

www.seacoastrep.org/programs/senior-repertory-theatre/ or kathleen@seacoastrep.org.

Senior Activity Center Schedule

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

Mondays:

Bone Builders	Every Monday 10:00am
Scrabble	Every Monday 1:00-3:00pm
Toe nail cutting clinic	2 nd Mondays, Feb 12, March 12; appointments starting at 10am. \$25.
Book Club	Feb 5, March 5 at 11:30am

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
Senior Luncheon in Cafe	2 nd Tue of the month in café 11:30am-1:30pm (Pay on your own)

Wednesdays:

Bone Builders	Every Wednesday 10:00am
Lunch Bunch (Offsite)	2 nd Wed of each month at 11:30 (POYO)
Drop in Art & Adult Coloring	12:00-1:00pm

Thursdays:

Walking	Tuesdays 9:00-10:00am Gym
Line Dancing	9:00-10:00am (NEW! \$3/class as of March 1)
Ukulele	1 st & 3 rd Thurs of each mo at 10:30am.
Yarnworks!	Knitting, crocheting, cross-stitch, etc, all welcome. 12:30-2:30pm
Senior Luncheon	4 th Thursday of the Month at 12pm. \$5 (2/22 lunch is \$7)
Travel Sneak Peek	March 8 from 11:30-12:30pm



Fridays:

Zumba	8:30am with Anna Howard. \$5/class
Tai Chi	Every Friday at 10:00am with Jane Fithian
Friday Café	9:30-11:30am – Keurig coffee, snacks, walk, games, and more
Dull Men's Club –New	Every Friday from 11:00am-noon
Movies	12:30pm – free movie (see schedule) – NEW LATER TIME!!!

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



Senior Luncheon Schedule

Social lunch with yummy food

~ 2018 SCHEDULE ~

2nd TUESDAYS

2nd Tuesday of the Month - Lunch in the Café at 11:30am

Choice of soup, salad, hot lunch, deli sandwiches, and desserts can be purchased. Pay on your own. We'll be there to greet you and sit together.

4th THURSDAYS

4th Thursday of the month - 12:00pm buffet lunch is served

Arrive early for coffee in the senior center.

- January 25 • February 22 • March 22 • April 26 • May 24
- June 28 • July 26 • August 23 • Sept 27 • October 25
- Nov 8 – Thanksgiving hot lunch • Dec 20 – Lunch with dessert potluck

- \$5.00 -- Soup, salad & sandwiches served with coffee, tea and dessert
- At Community Campus, 100 Campus Drive
- First lunch complimentary to any new guests
- RSVP Required to 610-4433 or bsullivan@cityofportsmouth.com

~ Check the Meals on Wheels schedule for their monthly Lunch Specials at Greeleaf Rec Center ~
Call 431-0561 for more information.

SPECIAL DATES 2018:

Thursday, February 22

Special Valentine's Day Hot Lunch ~ \$7.00
Chicken Parmesan

Thurs, March 15 – St. Patrick's Day Special

@Meals on Wheels - \$3.00
Corned Beef Au Jus with Cabbage Wedge
RSVP to 431-0561

Wed, April 11 – Elks Luncheon for Seniors

@Portsmouth Elks
RSVP as of March 1 to 610-4433

Thursday, July 26 – Annual Cookout

@Community Campus Gym - \$7.00

SPECIAL DATES 2018:

Tues, October 9 from 9am-noon - FREE

Senior Health & Wellness Expo
Lunch in Café – Pay on Your Own

Thursday, November 8

Craft Fair & Thanksgiving Luncheon
2nd Thurs of the month at 12:00pm
Served in Gym
Admission to craft fair is free. Lunch is \$7

Thursday, December 20

3rd Thurs of the month at 12:00pm
Luncheon with Potluck Dessert Buffet - \$5
Holiday Theme Decorations & Served in Gym
Bring a dessert to share.