January 2018



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+

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, Jan 1 Happy New Year Mon, Jan 15 Martin Luther King Day

Book Club

Group discussion of popular books on the 1st Monday of Each Month 11:30am-1:00pm @Senior Activity Center

January 8 Boys in the Boat (non fiction) by Daniel James Brown Out of the depths of the Depression comes an irresistible story about beating the odds and finding hope in the most desperate of times—the improbable, intimate account of how nine working-class boys from the American West showed the world at the 1936 Olympics in Berlin what true grit really meant.

The Guernsey Literary and Potato Peel Pie Society February 5 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 years and experience, by 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.

Everyone is welcome to join us to discuss the books (or just listen to discussion). Call to reserve your spot at 610-4433.

Weather Policy

If Portsmouth Schools close for the day, then the senior center will close as well. If there is a school delay, then the center will be open for regular hours. Classes may be canceled due to weather, while the center remains open. In rare instances, the Community Campus may close due to weather. In those instances, the senior center will close as well.

- All closings are listed on WMUR. -

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

Group Trips

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

The Hunchback of Notre Dame

Sunday, 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.

New Trailblazers Club

Trailblazers Club – Planning Meeting

First Meeting: Tuesday, January 30 at 8:30am

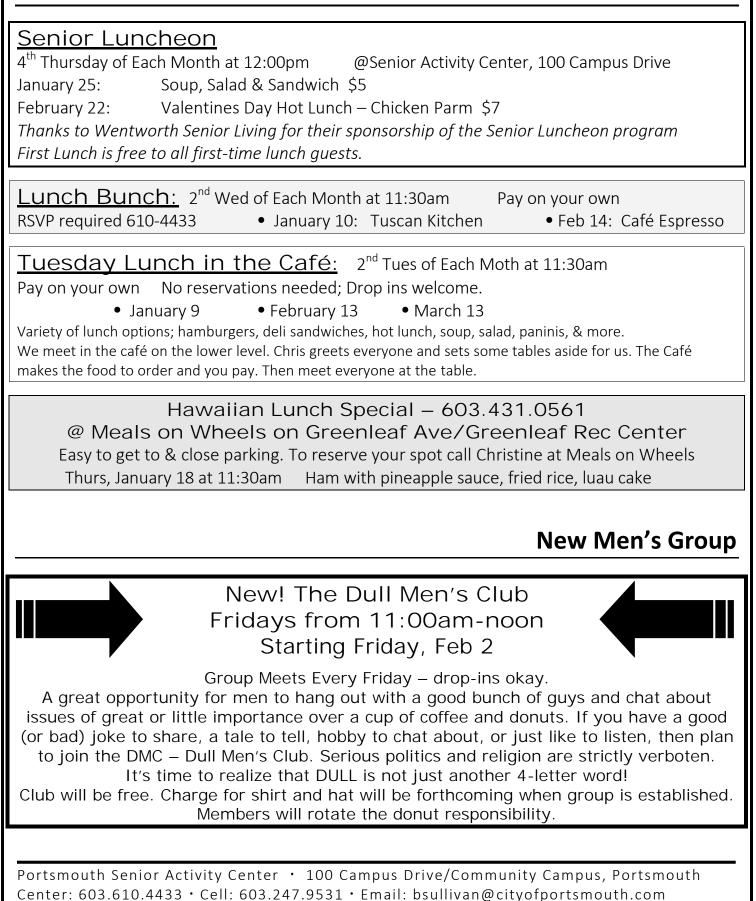
Active seniors needed to help start and coordinate the new "Trailblazers" Club (name to be changed....but gives you an idea). Do you like to hike, walk, canoe, paddle board, kayak, curl, horseback ride, commune with nature, ski, snow shoe, whitewater rafting, and so much more. Then we need your to help establish an activity club for the Portsmouth Senior Activity Center. Our first step, establish a group of seniors who will work together to develop a program of activities throughout the year to meet the needs of a more active senior.

First Meeting we'll go over ideas for activities, schedules, volunteers, and a name for the club. No reservations needed. If you can not make it, please send Brinn an email and we'll add you to the email list for future meetings and activities. bsullivan@cityofportsmouth.com

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

Page 2 of 4

Let's Eat!



Page 3 of 4

Free Friday Films at 12:30pm

Every Friday at 12:30pm @Senior Activity Center

~ Warm Weather Movies for a Cold January ~

Greek Islands, 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.

Jan 12: A Good Year (2006) (PG13) (Comedy/Romance) Taking place in the south of France, a British investment broker inherits his uncle's vineyard in Provence, where he spent much of his childhood. He discovers a new laid-back lifestyle as he tries to renovate the estate to be sold. Russell Crow.

Jan 19: Eat, Pray, Love (2015) (PG13) (Drama/Comedy) Taking place in Italy, India and Indonesia, after a painful divorce, Liz Gilbert takes off on a round-the-world journey to "find herself". Julia Roberts.

Jan 26: Under the Tuscan Sun (2003) (PG13) (Drama/Comedy) Taking place in Tuscany, Italy, a writer impulsively buys a villa in order to change her life. Diane Lane.

Senior Activity Center Schedule

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

Mondays:

in on way of		
	Bone Builders	Every Monday 10:00am
	Scrabble	Every Monday 1:00-3:00pm
	Toe nail cutting clinic	2 nd Mondays, Jan 8, Feb 12; appointments starting at 10am. \$25.
	Book Club	Jan 8, Feb 5 at 11:30am
Tuesdays:		
	Zumba	8:30am \$5/class
	Walking	Tuesdays 9:00-10:00am – Gym
	Strength & Balance	Tuesdays 10:00am with Colleen Furlong - FULL
		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)
	Trailblazer Club Meeting	Tues, Jan 30 at 8:30am
Wednesdays:		
meane	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:		
muisu	-	Tuesdays 0:00 10:00am Gym
	Walking	Tuesdays 9:00-10:00am Gym 9:00-10:30am (recital each 4 th Thurs of the mo @10:30am) - FULL
	Line Dancing	$1^{st} \& 3^{rd}$ 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
Fridays:		
	Zumba	8:30am with Anna Howard. \$5/class
	Tai Chi	10:00am with Jane Fithian. Ongoing.
	Friday Café	9:00-11:00am – 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