



# 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



## SUMMER COOKOUT

~ THURSDAY, JULY 26 ~

SEATING BEGINS AS EARLY AT 10:30AM

12:00PM LUNCH BUFFET

Community Campus Gymnasium, 100 Campus Dr

~ RSVP: 603.610.4433 ~

Lemonade, burgers, hotdogs, and ice cream dessert will be served.

\$5.00



## Open House

Stop by to learn more about what the Senior Activity Center has to offer and what might interest you.

- Friday, July 20
  - Friday, August 17
- 9:00am-noon

Light refreshments will be served.

## Tea Time

Join us for afternoon tea with scones & jam.

- Thursday, July 12
- Thursday, August 9

1:00-2:30pm

Only 20 guests per tea.

\$2.00 per person

RSVP 603.610.4433

“Summer afternoon—summer afternoon;  
to me those have always been the two most  
beautiful words in the English language.”

— Henry James



Follow us on facebook  
“Portsmouth NH  
Senior Activity Center”

# **NEWS FLASH!**

## **Senior Transportation & Volunteer Recruitment**

The City of Portsmouth is excited to announce that the Cooperative Alliance for Seacoast Transportation (COAST) will be managing and operating the Senior Transportation Program as of October 1, 2018.

The program will offer a diversified option of transportation services including public transit, ADA paratransit, curb-to-curb advanced reservation services, shopping shuttles, and a volunteer driver program. Residents will be able to use these services to take rides to/from destinations in Portsmouth for shopping trips, going to the library and senior activity center, medical appointments, and even trips outside of Portsmouth (within a five mile radius of the city line).

The hours of operation will increase under COAST's management to five days per week, Monday to Friday, and 12 hours per day, 6:00 a.m. to 6:00 p.m. Fares for the different services will vary based on the type and level of service provided. There will be a variety of options available to pay the fare to ride, from paying cash with exact change when boarding, to punch tickets that may be purchased in advance. Rides to medical appointments, provided by volunteer drivers, will be free.

To schedule a ride or seek guidance on your transportation options, customers will call COAST's regional transportation call center, TripLink at 603-834-6010.

In preparation for the transition, Portsmouth Senior Services and COAST are currently recruiting volunteers for the volunteer driver program. Volunteer drivers use their own vehicles to bring seniors directly to their medical appointments at no charge to the riders. This will be a new service for Portsmouth but is already being offered in other towns on the Seacoast. COAST will perform background checks on all drivers, make sure they have adequate insurance, and will reimburse drivers at \$0.35 per mile to cover the cost of their gas. Anyone interested in volunteering should call COAST at 603-834-6010 or email [volunteers@coastbus.org](mailto:volunteers@coastbus.org).

Portsmouth Senior Services and COAST are hosting multiple information sessions for riders to learn more:

- Thursday, June 28, 12:00-1:00pm at Community Campus
- Thursday, July 26, 12:00-1:00pm at Community Campus
- Monday, August 13, 5:00-6:00pm at the Portsmouth Library
- Thursday, August 23 12:00-1:00pm at Community Campus
- Wednesday, Sept 19, 5:00-6:00pm at the Portsmouth Library
- Additional information sessions at Portsmouth Housing Authority, & other sites, TBD

The Cooperative Alliance for Seacoast Transportation (COAST) has provided public transit service to the Seacoast New Hampshire region since 1982. For more information on the transition of the Portsmouth Senior Transportation Program, please reach out to TripLink at 603.834.6010 or [triplink@communityrides.org](mailto:triplink@communityrides.org), or the Portsmouth Senior Activity Center at 603.610.4433 or [bsullivan@cityofportsmouth.com](mailto:bsullivan@cityofportsmouth.com).

**Start Scheduling Rides as of Sept 17.**

**TRIPLINK 603-834-6010**



## WALK with a COP: *Ages 1-100 Welcome*

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

10:00am

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



## Dull Men's Club: Coffee & Conversation

**Every Friday 11:00am-12:15pm**

Calling all men!

Join us to sit around and talk about anything and everything. No women allowed. We tell stories, joke, ask advice, reminisce, talk of current events...wherever the conversation takes us.

No reservations required, just show up.

## Senior Breakfast

Wed, July 18 at 9:00am Heberts

Wed, Aug 15 at 9:00am Golden Egg

New! Since people like the Lunch Bunch and Dinner Date groups so much, we are adding breakfast to the schedule.

Join us once a month for a social, group outing to breakfast. Pay on your own.

Chris will be the chaperone.

As always, we need you to RSVP so we can tell the restaurant how many to expect.

RSVP: 603-610-4433 / Max of 15 people

### Medicare Assistance from ServiceLink

3<sup>rd</sup> Monday of Each Month from 11am-1:00pm At Senior Activity Center

A certified counselor will help Medicare beneficiaries navigate their way through the Medicare maze.

Free, unbiased counselors can speak about Medicare, supplemental plans, & prescription plans.

Call for an appointment 603.334.6534

**"Life is a journey to be experienced, not a problem to be solved." –Winnie the Pooh**

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



# Let's Eat...Together!

## Senior Luncheon

4<sup>th</sup> Thursday of Each Month at 12:00pm @Senior Activity Center

June 28\*

July 26 – Cookout

Aug 23\*

Soup, Salad and Sandwich \$5.00

*The Senior Luncheon is a wonderful way to meet new people, reconnect with old friends, and learn what is happening in our community. Join us. All first time lunch guests eat for free.*

*Line dancing show at 10:30 followed by lunch room opening for coffee & conversation.*

*Thanks to Wentworth Senior Living for their sponsorship of the Senior Luncheon program.*

\*June 28: NH Humanities Lecture following lunch at 1:00pm

\*August 23: Beacon Hospice lecture on tips for talking about and preparing “for a good death”.

## Lunch Bunch

Eat out in a different restaurant each month. Meet the group there, sit together and enjoy lots of conversation and good food.

2<sup>nd</sup> Wed of Each Month at 11:30am Pay on your own

RSVP required 610-4433 / Only 20 reservations accepted

- July 11 : The Farm, Kittery
- August 8: Margaritas, Portsmouth

## Dinner Date

Eat out in a different restaurant each month. Meet the group there, sit together and enjoy lots of conversation and good food.

3<sup>rd</sup> Thurs of Each Month at 4:30pm Pay on your own

RSVP required 610-4433 / Only 20 reservations accepted

- July 19: The new **990° Restaurant** in the McKinnon plaza
- August 16: Texas Roadhouse

## Supper Club

Monthly dinner engagement. Managed by Cindi Shanley.

2nd Tuesday of Each Month **July 10, Aug 14, Sept 11, Oct 9**

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

\$7.00

@ Community Campus—Café

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

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

## Seacoast Community Lunch – Free

Every Wednesday 12:00-1:00pm

@ Middle Street Baptist Church, 18 Court Street

The newly renovated Fellowship Hall and kitchen welcomes all ages – seniors especially welcome! Each week a different restaurant makes lunch. Enter through the lower level. Free parking in back. Wheelchair accessible.



# 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.

## JULY & AUGUST ACTIVITIES

Walk                      Fridays at 9:00am                      Meet at Lower City Hall Parking Lot                      Free  
Walk a different route around town each week. Walk fast or slow, just walk! Group steps off promptly at 9am. This is a peer-lead walk. Reservations are not needed – just show up. Optional after-walk coffee for those who are interested.

Walk                      July 11 & 25, Aug 8 & 22, Sept 5 & 19 at 10:00am                      South Mill Pond                      Free  
Park at South Mill Pond or at City Hall lot. Meet at picnic table by playground at South Mill Pond entrance. Walk steps off at 10am. This is Walk with a Cop so all ages are welcome. Dog friendly if your dog is friendly. Walk 1-1.5 miles of sidewalks. Walk can be extended if desired for longer-walk types. Pace is slower since people are chatting with police.

July                      3 events will be planned for July:                      To Be Scheduled. Email Brinn to add your name to mailing list  
Hike – Mt. Major                      Walk – Wagon Hill                      Kayak – Portsmouth

August                      2 events will be planned for Aug:                      To Be Scheduled. Email Brinn to add your name to mailing list  
Walk – Wentworth Coolidge                      Stand Up Paddle Board – Portsmouth

### SEACOAST TRAILBLAZER FIELD TRIPS:

#### 2018 Twilight Tour @ Wentworth-Coolidge Mansion

Friday, August 10, 4:30-8pm. Ages 65+ free admission; \$4 for NH residents/ \$5 non res  
Portsmouth Historic House Association’s Twilight Tour returns. Guests have the rare treat of seeing the Mansion after hours, allowing them to explore the Wentworth-Coolidge in the mysterious light of sunset. Meet in Parking Lot at 4:30 for walk through trails then mansion tour. Trails free admission for everyone. Mansion opens until 8pm. After walk people are on their own to either tour mansion or head home or go out to dinner together.

#### Bedrock Garden Field Trip                      Sunday, September 16                      11:30am–4:00pm

Leave Community Campus parking lot at 11:30am. Brinn will drive 14 passenger shuttle bus.  
\$15.00 (Admission to Bedrock Gardens is \$10.00 / \$5.00 for bus ride). No Credit Cards.  
Pack a lunch, water bottle, sunscreen. There is no food service onsite. Maybe even a bag chair.  
RSVP Required: bsullivan@cityofportsmouth.com

- Walk around the Garden - an oasis of art, horticulture and inspiration. Stroll through the gorgeous array of landscapes and art.
- The Caterpillar Lab will be on site from 1pm-4pm to learn about caterpillars with their extensive diversity, distinctive beauty, and fascinating metamorphosis. No additional cost.
- Garden Art Tour at 1:00pm covering an overview of Jill Nooney's garden sculptures, including inspirations, materials used, and a focused look at more than 30 individual pieces throughout the garden.



## Dental Clinic

DHHS: Oral Health Program  
Monday, July 23 9:00am  
@ Senior Activity Center

9:00am Dental Info Session for everyone  
9:45am Dental Screenings & Preventative  
Treatment (privately)  
(Preventative treatment may include fluoride  
varnish and/or silver diamine fluoride)

Everyone should plan to arrive at 9am for  
education session.

RSVP: 603-610-4433 to schedule your individual  
screening time.

Program Courtesy of:  
NH Department of Health and Human Services  
Division of Public Health Services  
Laural Dillon, M.Ed, RDA  
Oral Health Program Coordinator

## Advocacy Training:

*How to be More Involved in the  
Legislative Process*

By: NH Alliance for Healthy Aging  
Tues, July 24 11:30-12:30pm  
@ Senior Activity Center FREE

Presenter: Dan Hobbs, NH Legal Assistance

New Hampshire Alliance for Healthy Aging (NH  
AHA) is a statewide coalition of stakeholders  
focused on advancing a culture that supports all of  
us while we age. Attendees can expect to learn  
about NH's unique legislative process and how you  
can get more involved. With a focus on the issues  
facing older Granite Staters, this information  
session will provide the education and tools you  
will need to stay engaged in your community and  
have a greater impact on the legislative outcomes  
affecting your everyday lives.

## Aug Lecture: *How to Have a Good Death*

Thurs, Aug 23 at 1:00pm @ Senior Activity Center  
Following the Senior Luncheon - Cookies will be served

Cristina Hepburn, Hospice Liaison from Beacon Hospice (an Amedisys company) will discuss the elements  
involved in planning a good death.

It may sound odd to use the words "good" and "death" in the same sentence. Death is something most of us  
avoid talking about until we are confronted with a health crisis. As a result, our loved ones are often  
burdened with making decisions on our behalf, not really knowing what we would or wouldn't want for  
medical interventions. Join us as we learn how to talk about this all too important topic.

Seniors, caregivers, professionals, adults...everyone is welcome to this free presentation.  
RSVP: 603-610-4433



## Medicare 101: New to Medicare?

Mon, July 16 from 3:00-4:30pm @Portsmouth Senior Activity Ctr

LOCAL HELP FOR PEOPLE WITH MEDICARE

This Servicelink presentation is for those who are new to Medicare or are going to  
be eligible for it soon. Servicelink helps people understand Medicare benefits and make informed, health  
insurance choices based on their personal needs. Every Medicare specialist at Servicelink is SHIP-trained and  
certified to provide the most up-to-date and accurate Medicare information.

RSVP: 603-610-4433

# Senior Trips

~ Call 603-610-4433 to Reserve Your Spot ~

*The Portsmouth Senior Activity Center is happy to offer trips as part of their programming.*

*This is a new venture for us as we are taking over where another group left off. We are open to ideas and suggestions so please let us know.*

*We contract with tour operators so please note who the check should be made payable to. All trips unless otherwise noted leave from Community Campus Tennis Court Lot.*

Lighthouse Lovers Cruise                      Tuesday, July 17, 9am-5:00pm                      \$91.00

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. Stacy will be your chaperone. Checks payable to "Royal Tours".

"Mamma Mia" Musical & Hart's Turkey Farm                      Thurs, Aug 9, 10am-6:00pm                      \$87.00

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. Checks payable to "Royal Tours".

Fall Foliage Day Trip                      Tues, September 25, 8:45am-5:30pm                      \$91.00

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. Checks payable to "Royal Tours".

Maine Escapes: Bar Harbor, Boothbay Harbor & Acadia National Park

3 Days / 2 Nights - Sun, Sept 23-Tues, Sept 25                      \$459.00 Double / \$599 Single

Best of Times Travel presents:

- Roundtrip Motorcoach Transportation (w/ bathroom)
- 2 Nights Waterfront Lodging at Fisherman's Wharf Inn, Boothbay Harbor
- 4 Meals: 2 Breakfasts, 2 Dinners
- Touring of Boothbay Harbor, Bar Harbor & Acadia National Park

Amazing adventure featuring some of Maine's most picturesque areas. Bring your camera!



**SAVE THE DATE: "Shades of Ireland" Trip by Collette Travel**

**Preview: Wed, Sept 19 at 11:30am                      Travel Dates: April 27-May 6, 2019**

**10 days! Dublin, Galway, Cliffs of Moher, Blarney Stone, Ring of Kerry, Limerick...and more!**

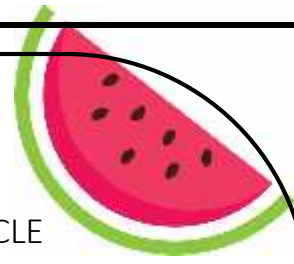
**Double: \$3,449 per person**



**\*\*Adult Rec Trips on the mini bus will resume in the fall. Watch the Rec Brochure for schedule.\*\***

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Center: 603.610.4433 • Cell: 603.247.9531 • Email: bsullivan@cityofportsmouth.com

# Summer Fun!



Free-Thaw Art Exhibit : FIELD RESEARCH + WORKS FROM THE ARCTIC CIRCLE

June 21 - July 22 Gallery hours are Tues-Fri 10AM-6PM | Sat-Sun: 12-5PM

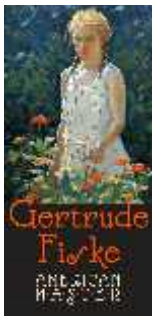
@ 3S ArtSpace, 319 Vaugh Street, Portsmouth

Each of the listed artists were fellows in The Arctic Circle's Summer Solstice expedition in June 2017. The program brings together international artists of all disciplines, scientists, architects, and educators who collectively explore remote and fascinating destinations aboard an ice-class Tall Ship (S/V Antigua). The residency takes place in the international territory of Svalbard, a mountainous Arctic archipelago just ten degrees from the North Pole. Exhibitions are free and open to the public.

Seacoast Walk to End Alzheimer's Kickoff Event @ Throwback Brewery

Wednesday, July 18 from 4:00-6:00pm 7 Hobbs Road, North Hampton, NH

Bring the family to see baby pigs and goats, munch on some appetizers and learn more about the Walk to End Alzheimer's and how you can help. [www.alzwalkMANH.org](http://www.alzwalkMANH.org)



Gertrude Fiske: American Master @ Discover Portsmouth

Free and open to the public through September 30, 2018

Open daily 9:30am-5:00pm. 603-436-8433.

Gertrude Fiske (1879-1961), a Weston, MA native who painted in Portsmouth, is an American Master. This exhibition will be an in-depth exploration of Fiske's work with a complement of material by several of her female contemporaries lending a deeper understanding of women artists at the dawn of their independence in this country.

Discover Portsmouth: 10 Middle Street

Senior Trivia & Social Hour @ The Rye Library

2<sup>nd</sup> & 4<sup>th</sup> Monday of each month from 1:00-2:00pm

Refreshments, conversation and trivia = FUN!

581 Washington Road, Rye 603.964.8401

June 25, July 9, July 23, Aug 13, Aug 27, Sept 10, Sept 24

**Weekly Meditation**  
@ Portsmouth Library  
Mondays 6:00– 6:45pm  
Wednesdays 12:15–1pm  
Free

World Affairs Discussion Group @ Portsmouth Public Library

Every Monday from 4:00-5:00pm Free; everyone welcome

Are you fascinated by international affairs and the world of foreign policy? Join Library Director Steve Butzel and a group of your peers on Mondays to discuss two topics that are voted on in advance by the group. Discussion topics and suggested articles come from the World Affairs Council of America's Weekly World News Update. For more information, contact PPL director, [skbutzel@cityofportsmouth.com](mailto:skbutzel@cityofportsmouth.com).

\*\*\*Did you see our info about the overnight trip to Maine – see page 7\*\*\*

July is National Baked Bean Month!





## **75" TV for your viewing pleasure!**

### **Free Friday Films at 12:30pm**

### **Every Friday @ Senior Activity Center**

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

**Please feel free to bring grandchildren if you are the summer babysitter.**

July 6: *The Post* (2017)(PG13)(Drama/History) A cover-up that spanned four U.S. Presidents pushed the country's first female newspaper publisher and a hard-driving editor to join an unprecedented battle between the press and the government. Meryl Streep, Tom Hanks

July 13: *Wonder Woman* (2017)(PG13)(Action, fantasy) Diana, an Amazonian warrior leaves home to fight a war, discovering her full powers and true destiny.

July 20: *Wilson* (2017)(R)(Comedy/Drama) A lonely, neurotic and hilariously honest middle-aged man reunites with his estranged wife and meets his teenage daughter for the first time.

July 27: *The Mighty Macs* (2009)(G)(Drama/Sport) In the early 70s, Cathy Rush becomes the head basketball coach at a tiny, all-girls Catholic college. Though her team has no gym, no uniforms, and the school itself is in danger of being sold, Coach Rush looks to steer her girls to their first championship.

Aug 3: *The Big Sick* (2017)(R)(Comedy/Drama/Romance) Pakistan-born comedian Kumail Nanjiani and grad student Emily Gardner fall in love but struggle as their cultures clash. When Emily contracts a mysterious illness, Kumail finds himself forced to face her feisty parents, his family's expectations, and his true feelings. Based on the true story of their relationship.

Aug 10: *Brooklyn* (2015)(PG13)(Drama/Romance) An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

Aug 17: *Dunkirk* (2017)(PG13)(Action/Drama/History) Allied soldiers from Belgium, the British Empire and France are surrounded by the German Army, and evacuated during a fierce battle in World War II.

Aug 24: *Paterson* (2016)(R)(Comedy/Drama/Romance) A quiet observation of the triumphs and defeats of daily life, along with the poetry evident in its smallest details.

Aug 31: *The Hunt for Wilderpeople* (2016)(PG13)(Adventure/comedy/drama) Bella and Hector, two reclusive country folk, become foster parents to Ricky, a problem child from the city. After love and loss, a manhunt is ordered for this rebellious kid and his foster father who go missing in the New Zealand bush.

\*\*We try to offer subtitles as often as possible.

*"We do not stop playing because we grow old. We grow old because we stop playing."  
--George Bernard Shaw*

# 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 - FULL  
 Scrabble Every Monday 1:00-3:00pm  
 Toe nail cutting clinic 2<sup>nd</sup> Monday of each month, 7/9, 8/13, 9/10; appointments starting at 10am. \$25.  
 Medicare 101 Mon, July 13 at 3:00pm (see details page 3)  
 Dental Clinic Mon, July 23 at 9:00am (see details page 6)  
 ServiceLink on Site at Senior Activity Center 3<sup>rd</sup> Mon of each month from 11am-1pm. (page 3 for more info)

## Tuesdays:

Walking Tuesdays 9:00-10:00am – Gym  
 Strength & Balance Tuesdays 10:00am with Colleen Furlong - FULL  
 Chair Yoga 1:00-2:00pm every Tues with Jeanne Russell (No chair yoga on 7/3)  
 The Aging Brain Lecture Series 12 Tuesdays at 2:15pm – ongoing through July 17 – Walk ins welcome.  
 Advocacy Training How to be more involved in the legislative process. 7/24 at 11:30am.  
 Supper Club 2<sup>nd</sup> Tues of each month at 5pm. @ Café at Community Campus. \$7.  
 Trip: Lighthouse Lovers Cruise 7/17, Portland, ME. \$91

## Wednesdays:

Closed Happy 4<sup>th</sup> of July  
 Senior Breakfast – NEW! July 18 and Aug 15 at 9am (see page 3 for details)  
 Bone Builders Every Wednesday 10:00am - FULL  
 Lunch Bunch (Offsite) 2<sup>nd</sup> Wed of each month at 11:30 (POYO). 7/11, 8/8  
 Drop in Art & Adult Coloring 12:00-1:00pm  
 Aging Mastery Program (AMP) Wednesdays at 1:00pm - FULL  
 Walk with a Cop Starting June 13 at 10am. 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 (instructor – Anna Howard)  
 Ukulele Resumes in September. 1<sup>st</sup> & 3<sup>rd</sup> Thurs of each mo at 10:30am – Free.  
 Yarnworks! Knitting, crocheting, cross-stitch, etc, all welcome. 12:30-2:30pm  
 Senior Luncheon 4<sup>th</sup> Thursday of the month at 12pm. \$5 - BIG COOKOUT ON 7/26!!  
 Dinner Date 3<sup>rd</sup> Thurs of each month at 4:30pm (POYO). 7/19, 8/16  
 Afternoon Tea July 12 and Aug 9 at 1:00pm. \$2.00  
 Lecture How to Have a Good Death 8/23 at 1:00pm – cookies served  
 Trip: Mama Mia Musical 8/9, Winnepesaukee Playhouse. \$87

## Fridays:

Zumba 9:00am with Anna Howard – *high energy morning workout to start the weekend right!*  
 Friday Café 9:30-11:30am – Keurig coffee, snacks, walk, games, and more  
 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)  
 Open House July 20 and August 17 from 9am-noon  
 Trailblazers Twilight walk at Wentworth Coolidge Mansion trails 4:30pm (see page 5)

## Friends Group – Volunteers Wanted

Looking for 5 people to help create a “Friends Group” for Portsmouth’s senior/community center at its future location. The group will begin planning when we know the new center will come on-line. Project will include formation of a Friends Group and working with the current senior services dept to plan for opening day. Join us to bring this vision to a reality. Please send an email with description of why you are interested in joining the Friends Group to [bsullivan@cityofportsmouth.com](mailto:bsullivan@cityofportsmouth.com).

The current core team will review and be in touch. First meeting will be in Aug or September 2018.

For more information about the current Senior Activity Center visit: [cityofportsmouth.com/recreation](http://cityofportsmouth.com/recreation)