



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

New! Stretch Class

Mondays 11:30am-12:30pm Free

Enjoy a gentle stretch class using simple yoga positions and other movements to help you move with more comfort and ease. This class is intended for those who are able to sit down on and get up from the floor without assistance. Class will end with a post-stretch relaxation cool-down to rejuvenate your body and mind. Instructor: Diane Stradling

Bring your yoga mat or use one of ours. Drop ins welcome. No fee.

Canvas Collage Making

Do you cut pictures or quotes from magazines? Want an interesting way to use some of those vacation/grandchildren/pet photos? Have a list of goals you want to turn into a vision board? Have piles of cds with music lyrics/recipes/sheet music just waiting for a purpose?

Join us for a 3-day workshop to create colorful and quirky collages. Requires imagination, sense of humor and sharp scissors. Paint, glue and a stack of magazines provided.

3 Classes: Sept 25, Oct 2 & Oct 9 from 12:30pm-2:00pm. \$5 for all 3 classes

Instructor: Diane Stradling

5th Annual Senior Healthy Living Expo

Tuesday, October 9 9:00am-noon

@ Community Campus Gym

Free to attend

Over 50 vendors, exhibitors and demonstrations.



Follow us on facebook
"Portsmouth NH Senior Activity Center"

Portsmouth Senior Activity Center
100 Campus Drive (Community Campus)
Portsmouth, NH 03801

COAST Senior Transportation

~ Starting October 1, 2018 ~

Information Sessions:

- Atlantic Heights Thursday, Sept 6 10:00-11am
- Margeson Apartments Thursday, Sept 6 11:30am-12:30pm
- Feaster Apartments Thursday, Sept 6 1:00-2:00pm
- Portsmouth Library Wednesday, Sept 19 5:00-6:00pm

The City of Portsmouth is pleased to share that as of October 1, the Cooperative Alliance for Seacoast Transportation (COAST) will be the new senior transportation provider for Portsmouth residents. COAST also runs the trolley and bus system that operates throughout Portsmouth and the Seacoast.

For more information please call TripLink at 603.834.6010 | triplink@communityrides.org
or Portsmouth Senior Activity Ctr at 603.610.4433 | bsullivan@cityofportsmouth.com
Or visit www.coastbus.org and click on "Services/Senior Transportation"

Start Scheduling Rides as of Sept 17 by calling TRIPLINK 603-834-6010

Walk with a Cop

September 5 & 19 10:00am

All Ages Welcome

@ South Mill Pond Playground
(Parking at SMP and City Hall)



Walk with command staff along the City streets to talk local politics, construction projects or the weather. The Police are there to walk and enjoy delightful discourse with one and all.

No sign ups needed.

New Beginnings

Support for widows/widowers.

Provides peer lead group support and social events. This is an extension of previous grief counseling.

No pressure to share. Everyone welcome.

- 2nd Tuesday of Each Month
- 6:00-7:30pm

@ Senior Activity Center

No fee to participate.

Call Art to learn more 603.926.2444.

Rye Recreation's Active, Alive and Over 55 Club

Open to all adults ages 55 and over regardless of residency

@ 55 Recreation Road, Rye | 603.964.6281 | www.town.rye.us

Lunch · Day Trips · Lectures · Overnight Trips

Registration required to join the club. \$15 annual membership fee + cost of activities.



Work for Yourself at 50+

5 Simple Steps to Get You Started

*Brought to you by the Center for Women & Enterprise
Presenter Nancy Pearson, Director of New Hampshire*

Thurs, Sept 20 from 10:00am-12:00pm

@ Community Campus

2-hour interactive presentation, for both men and women, offers steps you can follow if you would like to explore the option of working for yourself. This presentation is for those who are looking for ways to improve your current financial situation and to pave the way for greater financial security in the future.

Free of charge courtesy of the AARP Foundation.

RSVP to the Center for Women and Enterprise 603-318-7580

Tea Time

Afternoon tea with scones & jam.

- Thursday, Sept 13
 - Thursday, October 11
- 1:00-2:30pm

Only 24 guests per tea.

\$2.00 per person

Respondez Vous 603.610.4433



Tea Pro Tip: When adding sugar, don't stir it in a circle. Push the spoon back and forth from 12-6.

Healthy Rhythms Drumming

Jeanne Russell guides participants through a drum session that will raise your heart rate and leave you feeling invigorated. Free and drums provided.

3rd Tuesday of Each Month

11:15am-12:00pm

Sept 18 ï October 16 ï Nov 20

Drums provided

Free; Everyone Welcome



Drop ins welcome.

Ukulele



Beginners and others welcome.

- 1st & 3rd Thurs of Each Month
- Starting Sept 6 at 10:30am
- Senior Activity Center

Free of charge. Must bring your own uke.

No reservations needed.

Stop by to see if you'd like to join.

Walking in GYM

Community Campus Gym open for walking during the "school year".

Safe, well light, flat surface.

11 laps = 1 mile.

FREE of Charge

NEW DAYS!!

Monday ï Wednesday ï Friday

9:00-10:00am

"I am learning all the time. My tombstone will be my diploma." –Eartha Kitt



Let's Eat...Together!

Senior Luncheon

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

- ▶ September 27 (w/ Ice Cream dessert sponsored ActivMed Practices & Research)
- ▶ October 25 (dress in Halloween attire, costume, cape, hat....spooktacular!)
- ▶ November 8 (Thanksgiving Lunch, \$7)

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. All first time lunch guests eat for free.

Line dancing show at 11:00am. RSVP to lunch at 603.610.4433

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

Senior Breakfast – NEW!!!

Monthly group breakfast at IHOP in Newington. 1st Wed Morning of Each Month. 9:00am.

Fun breakfast with new and old friends alike. Same time and place each month.

Breakfast and lunch served--you can even get a burger for breakfast! Pay on your own.

September 5 October 3 November 7

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

Lunch Bunch

Group lunch at a different restaurant each month. Only 20 reservations accepted.

RSVP required 610-4433. Pay on your own.

2nd Wed of Each Month at 11:30am

- Sept 12: Country Club - Full
- Oct 10: Barley House, North Hampton

Dinner Date

Sit together as a group and enjoy lots of conversation and good food.

Only 20 reservations accepted. RSVP required 610-4433.

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

- Sept 20: The Old Salt
- October 18: Mojo's, Portsmouth (Brewery Lane)

Supper Club

Monthly dinner engagement managed by Cindi Shanley.

2nd Tuesday of Each Month **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 Trailblazers

Organized by Portsmouth Senior Activity Center & New Heights

- Adventure club for those interested in social, active lifestyle. Must be ages 50+ to join.
- All participants must complete a registration form to participate.
- Reservations required by contacting 603.610.4433 | bsullivan@cityofportsmouth.com.

FALL 2018 - SCHEDULE

Open Walk **Fridays at 9:00am** **Meet at Lower City Hall Parking Lot** **FREE**
 Walk a different route around town each week. 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.



Stand Up Paddleboarding **Friday, Sept 14th, 1:00pm-2:30pm** **\$60.00**
 What SUP? Have you been watching all these people riding Stand Up Paddleboards and wanting to give it a try yourself? Join us for a fun paddle on Sagamore Creek in Portsmouth. No experience necessary and all gear and instruction are provided. Meet at Portsmouth Kayak Adventures, 187 Wentworth Rd, Portsmouth. Chaperon: Sally from New Heights.

Vaugh Woods Walk **Saturday, September 22 at 9:00am** **FREE**
 Saturday morning walk in Maine’s Vaughn Woods. Meet at the gate (should be closed since it is off season). We’ll do the scenic river run walk out and the Bridle Path back. Apx 1.5 miles. Following people are welcome to continue to explore the other trails on their own. Pack water and snack. Vaughn Woods State Park 28 Old Fields Road, South Berwick, ME. Chaperone: Brinn



Kayaking **Thurs, Sept 20th, 11:00am-1:00pm** **\$60.00**
 Let’s get back out on Sagamore Creek, this time in Kayaks! Our amazing guides will lead us up the river and point out wildlife, as well as share their local knowledge of the river. No experience necessary and all gear and instruction are provided. Meet at Portsmouth Kayak Adventures, 187 Wentworth Rd, Portsmouth. Chaperon: Sally from New Heights.

Beach Games **Tues, Oct 2nd, 11:00am-12:30pm** **\$5.00**
 Who doesn’t love the beach? Furthermore, who doesn’t love games?! Let’s head to the beach and have some fun! We can play bocce, paddleball, and tide pool. Or stroll along the shore. Meet at Wallis Sands State Beach, 1050 Ocean Blvd, Rye. No parking fees this time of year. Bring \$5 to pay there. Bring your beach chair, towel, snack, and water. If people would like to find a place to eat lunch afterwards, please come with some suggestions for the group. Chaperon: Sally from New Heights.



Walk at Rachel Carson Nature Preserve **Thurs, Oct 18, 1:00-3:00pm, Kittery Point** **FREE**
 This beautiful wilderness area is host to so many shore birds and offers beautiful woods for walking. Meet at 37 Seapoint Road, Kittery Point, ME. Chaperon: Sally from New Heights.



Graveyard Walk **Wed, October 31 at 10:00am – It’s Halloween** **FREE**
 We’ll walk around South Street cemetery and see if we can catch a glimpse of any ghosts. Meet at the corner of South Street/Sagamore. Park at Little Harbor School driveway if the few spots on the street are full. We will walk for apx 50 min/2 miles. Chaperone: Brinn

....Continued on Next Page....



Indoor Skydiving Thurs, Nov 1st, 11am-1:00pm

\$80.00

That's right... you read it correctly! We are going skydiving! Skyventure NH in Nashua has an incredible indoor experience where we actually get to feel the thrill of skydiving without jumping out of a perfectly good airplane. Their coaches are in the air tube with you the entire time. Check out their website: <https://skyventurenh.com/>

They have a few restrictions: participants must weigh under 250 pounds, cannot have any current broken bones or be wearing a hard cast, and can NEVER had a dislocated shoulder. Must wear laced sneakers. You will be wearing a helmet and jumpsuit provided by Skyventure.

We will drive together or carpool to Nashua for this exciting adventure. There is a snack shack on site, opportunities to buy photos after your session, and guaranteed FUN. We're going just in time for this to be 2018's Christmas Card photo! Chaperon: Sally from New Heights.



Indoor Rock Climbing

Thurs, Nov 15th 1:00pm-2:30pm

\$20.00

Don't climb the walls, climb the indoor rock climbing wall at New Heights! This program is for anyone who wants to climb, wants to learn to belay (the means of taking up the slack in the rope), or be a "cheerleader" of your compadres! We practice "challenge by choice," so climbers will go as high (or low) as they wish. No experience necessary and all gear and instruction are provided. Meet in the gym at Community Campus, 100 Campus Drive, Portsmouth. Chaperon: Sally from New Heights

FUTURE ACTIVITIES: Plan to start up again the 2nd week of January.

x-c skiing, snowshoeing, hike Mt A, downhill skiing, eating tour around Portsmouth, walks along the marginal way, rock climbing at Metro Rock in Newburyport ...and so much more!



Meet your new guide:

Sally Gregory, Adventure Coordinator

- B.S. Outdoor Education
- 30+ years in the field
- Wilderness First Responder
- Started at New Heights in 1994

Sally's special brand of facilitation occurs in wilderness settings in the mountains, deserts, and oceans. She encourages participants to push past their perceived limits as they travel across the country, rock climb, surf, ski, canoe, kayak, and physically experience the world we live in. At New Heights Sally works with youth, but she is looking forward to pivoting that experience and sharing her love of the outdoors and adventure with an older audience.

Thanks to Sally and New Heights for creating an exciting fall schedule.

~ Seacoast Trailblazers Reservations Required ~

603.610.4433 | bsullivan@cityofportsmouth.com

All new participants will be asked to complete a registrations form.

Some activities may require additional registration forms from the business you are visiting.

(Please be patient with paperwork...it's just a fact of life we all must endure).

~ How to Pay for Seacoast Trailblazer Activities ~

Checks payable to "New Heights". Payment requested 1-week prior to trip date.

Mail or drop payment off to Senior Activity Center 100 Campus Drive, Portsmouth, NH 03801

Can call in a credit card number to New Heights at 422-8235. But still must register at the senior center.

Be Ready for Medicare Open Enrollment!

October 15th to December 7th



Call for your appointment:
1-866-634-9412

Medicare Open Enrollment is the time each year to review your Part D prescription drug plan and make changes that benefit you.

We'll help you find the best plan to meet your needs.

This information is provided through a partnership between the NH Department of Health and Human Services and NH ServiceLink Aging and Disability Resource Center and is partially funded by a grant from the Administration for Community Living, #50SP0101.

Open Enrollment

ServiceLink On Site

Wed, October 17 11am-3:00pm

Wed, November 28 11am-3:00pm

@ Senior Activity Center

Call ServiceLink to schedule your appointment 603.334.6594

Volunteers Needed

New Height's STEAM: Science, Technology, Engineering, Math & Art afterschool programs need volunteers to help middle and high school students on robotics, research, tool maintenance and use, JAVA computer programming, marketing/website.

For more info: 603.422.8235 | newheightsonline.org

Volunteer Drivers for Senior Transportation Program: Help keep Portsmouth Healthy! Drive seniors to/from medical appointments in your own vehicle.

For more info: 603.834.6010 | volunteers@coastbus.org

Senior Companions: Help be a friend to a isolated seniors and make a little extra money. Call Kathleen for a complete description 603.225.3295.

Senior Activity Center Greeter: Greet guests and members to the center. Give tours, chat with people, and make everyone feel welcome. 2-hour shifts, Mon-Fri. Call or stop by for application 603.610.4433 | bsullivan@cityofportsmouth.com.

Falls Prevention/Matter of Balance Class

Taught by UNH Grad students from the Occupational Therapy Dept.

Following the Matter of Balance curriculum and other creative expression, stress management and falls prevention methods. Lunch provided.

10-week class will include exercise, lecture, lunch, and peer support.

10 Wednesdays starting September 12 from 10:15am-1:15pm

@ Senior Activity Center

RSVP: 603.610.4433

This class fills up each time we offer it. Don't delay. Only 12 spots available.

Senior Trips



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

Preview: Wed, Sept 19 at 11:30am @ Portsmouth Senior Activity Center

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



Fall Foliage Day Trip

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

\$91.00

Enjoy an old fashioned railroading experience 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, you'll enjoy at the nearby White Mountain Hotel & Resort. Everything included in fee including gratuity. Checks payable to "Royal Tours".

Portland Symphony Orchestra

Friday, December 14, 10:30am-5:30pm

\$84.00

Celebrate the traditions, story and spirit of the season with Portland Symphony Orchestra at the Merrill Auditorium. First the group will enjoy lunch at The Supper Great Wall Buffet in Portland, a Chinese food restaurant with Chinese, Japanese, American and Italian food. Everything included in fee including gratuity. Checks payable to "Royal Tours".

RSVP REQUIRED: 603-610-4433

Payment can be mailed or dropped off at the Senior Activity Center.

All Senior Activity Center trips leave from Community Campus Tennis Court Lot.

ADULT DAY TRIPS with PORTSMOUTH RECREATION

~ Whether Brinn or Bridget is driving, you're bound to have a good time! ~

- Fall Registration: @ Spinnaker Point Rec Center starting Mon, Aug 20 res / Thurs, Aug 23 non-res
- Drop off/Return: NH Park & Ride on Rt 33 near the Portsmouth Plains ball field.
- Cost: Includes transportation & admission to main attraction. Lunch, add'l activities on your own.
- Questions: (603) 766-1483

September 12 - 9:00am: Rockport, MA

\$5 resident / \$10 non-resident

Explore the picturesque Cape Ann town of Rockport for the day. Shop, eat, and relax and enjoy the view.

September 26 - 8:30am: Squam Lake Science Center & Cruise; Lunch at Common Man \$25/\$30

Explore the Kirkwood Gardens outside the science center before boarding a private cruise around Squam Lake. The tour guide will point out the sights and wildlife around the lake, and we'll see the beautiful fall colors from the water. Lunch at Common Man Restaurant in nearby Ashland before heading home.

October 10 - 9:00am: Castle Hill on Crane Estate, Ipswich, MA; Lunch at the Clam Shack \$20/\$25

165 acres overlooking the Atlantic Ocean. When we first arrive you'll have time to explore the beautiful grounds before we take the "Guests of the Cranes" tour of the 59-room mansion. There are stairs to climb to see the second floor. After our tour, we'll have lunch at the famous Clam Shack in Ipswich.

October 24 - 9:00am: Salem, MA

\$5/\$10

Our annual Halloween pilgrimage to Spooky Salam! Spend the day visiting area attractions; Peabody Essex Museum, Salem Witch Museum, Seven Gables, restaurants, shops and lots of Halloween Hullabaloo!

November 7 - 9:00am: Oxford Casino, Oxford, ME. Wednesdays are "Senior Day".

\$5/\$10

Try your luck at the newly expanded casino in Oxford, ME. People ages 50+ receive a free cookie!



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!**

We try to show the subtitles whenever possible.

Sept 7: Mamma Mia (2008)(PG13)(Musical/Comedy) Back by popular demand!! A group of us recently went to see the musical production of Mamma Mia, and MM part 2 is in the movies....so we've been asked to show the original movie again. Join us for this musical delight.

Sept 14: The Greatest Showman (2017)(PG13)(Drama/Musical) Celebrates the birth of show business, and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.

Sept 21: Dream Girls (2006)(PG13)(Drama/Musical) A trio of black female soul singers cross over to the pop charts in the early 1960s, facing their own personal struggles along the way. Beyoncé, Jamie Foxx.

Sept 28: The School of Rock (2003)(PG13)(Comedy/Music) After being kicked out of a rock band, Dewey Finn becomes a substitute teacher of a strict elementary private school, only to try and turn it into a rock band. Starring Jack Black.

Oct 5: Jumanji (2017)(PG13)(Comedy/Action) Four teenagers are sucked into a magical video game, and the only way they can escape is to work together to finish the game. Dwayne Johnson, Jack Black.

Oct 12: Central Intelligence (2016)(PG13)(Comedy/Action) After he reconnects with an awkward pal from high school through Facebook, a mild-mannered accountant is lured into the world of international espionage. Starring Dwayne Johnson, Kevin Hart.

Oct 19: The Legend of Tarzan(2016)(PG13)(Action/Drama) Tarzan, having acclimated to life in London, is called back to his former home in the jungle to investigate the activities at a mining encampment.

Oct 26: Mr. & Mrs. Smith (2005)(PG13)(Action/Crime) A bored married couple is surprised to learn that they are both assassins hired by competing agencies to kill each other. Starring Brad Pitt, Angelina Jolie.

Your mission, should you chose to accept it...

It's Mission Impossible Month! In November, we'll watch the series of MI movies starring Tom Cruise and end with newest Mission Impossible: Fallout.

A fun action, adventure series.

? Survey Question ?

Reply to: Brinn at Portsmouth Senior Activity Ctr - 100 Campus Dr, Portsmouth, NH 03801
or bsullivan@cityofportsmouth.com

Is 60 is the new 40? The stereotypical image of grandmas in wheelchairs and with canes is being replaced with active and healthy older adults. In other words, people are living longer and living healthier lives. Should the term "elderly" still be used? Do you prefer terminology such as "seniors" or "older adults." Does the word "elderly" connote negative stereotypes? Or does it evoke a sense of wisdom and a higher status in the community? Tell us what you think.

OUT ON THE TOWN

Armchair Travel

to Strawberry Banke

Mon, September 17 from 1:30-2:30pm

“Visit” Strawberry Banke in the 1950’s’ with retired librarian and local historian Sherm Pridham. Sherm grew up in the Shapley-Drisco house in the ‘puddle dock’. He will delight us with stories of his childhood and the making of Strawberry Banke Museum.

@ Extended Family, 1000 Market Street,
Building 1, Suite 104, Portsmouth

The Merry Ukesters

Thurs, September 27 at 1:30

They sing, they dance they make magical music on ukuleles. Five local musicians lead a sing-a-long of your favorite uplifting tunes from the 40’s, 50’s, 60’s. Their music will leave you with a big smile on your face! Bring a friend. Refreshments after the performance.

@ Extended Family, 1000 Market Street
Building 1, Suite 104, Portsmouth

(Same driveway at Marriott but go to the right.)

Active Retirement Association

Fall 2018 public events, open to all:

September General Meeting: Wednesday, September 12 1:30 pm

Location: Stratham Hill Park Main Pavilion, 270 Portsmouth Avenue (Route 33)
Catered picnic (rain or shine). Meet new friends and learn more about the ARA.

October General Meeting: Monday, October 15 1:30 pm

Location: Durham Evangelical Church (lower level), 114 Dover Road (Route 108)
Refreshments, short business mtg, and presentation by Howard Altschiller, Exec Editor at Seacoast Media Group, publisher of the Portsmouth Herald, on “Challenges and Satisfactions of Today’s Media Business”.

Seacoast Memorial Lecture: Tuesday, October 30 1:30 pm

Location: Durham Evangelical Church (lower level), 114 Dover Road (Route 108)
“A Preview of the 2018 Midterms,” presented by Dr. Scala, UNH Associate Professor of Political Science.

www.unh.edu/ara / 603-743-4494 / info@ara-nh.org

OLLI: Osher Lifelong Learning Institute

Offering Stimulating Classes for People Ages 50+. Learning for the fun of it.

Annual Membership \$40

Registration for fall classes has started. Visit www.olloi.granite.edu or call 603.513.1377

Examples of Fall Lectures, Tours, Classes: In Her Words: Women War Correspondents, Clean Water in Uganda, Oyster Spat Counting, Meet the Dover Mounted Patrol, TED Talks, ...and so much more.

MORE TO EXPLORE...

Beacon Hospice Volunteer Training: Give the Gift of Visiting

Comprehensive Hospice Volunteer training including guest speakers, no experience necessary!

Starts TUES, SEPT 11

8 weeks, held every TUES 3:00pm-5:30pm

@ Beacon Hospice: 25 NH Ave, Suite 272, PEASE, Portsmouth

To RSVP or for any questions, contact Nicole Finitis, Volunteer Coordinator,
nicole.finitis@amedisys.com, 603.433.2480

Northeast Deaf and Hard of Hearing Services

Nonprofit organization dedicated to serving the New Hampshire Deaf and Hard of Hearing community through empowerment, education, and advocacy for equal access and opportunity.

Call to learn more about the following services:

- Communication Access Services: Referrals for ASL, oral interpreters, and CART reporters
- Emergency Medical Interpreting Services
- Relay New Hampshire / CapTel
- Adaptive Telephone equipment at low or no cost based on eligibility
- Peer Support, Deaf Senior Citizens' Social Gathering, Social network
- Visit www.nhdeafed.org

Northeast Deaf and Hard of Hearing Services, Inc., 56 Old Suncook Road – Suite 6, Concord
Phone: 603-224-1850, VP: 603-968-5889, TTY: 603-224-0691, info@ndhhs.org, www.ndhhs.org



New York City Family Shopping Day – All Ages Welcome

Saturday, November 10. 5:30am – midnight

Come with your family or friends and spend the day in New York City for holiday shopping and sightseeing. Children are welcome on this trip but must be accompanied by an adult. Depart from Portsmouth High School. Cost is \$80 per person and includes round trip deluxe coach bus service with bathroom and wifi. Chaperoned by Barry Foley from the Rec Dept. RSVP to the Connie Bean at 427-1547.

Aqua Fitness at the Portsmouth Indoor Pool (next to high school)

Monday, Tuesdays and Thursdays at 8:45am

Join the pool for \$20 resident / \$25 non res per month

All classes and senior swim times are included.

- Ramp for access to shallow end
- Large hot tub with spa features
- 83 degree water temperature
- Quality locker rooms.



Senior Activity Center Schedule

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

Mondays:

Closed Sept 3 for Labor Day and October 8 for Columbus Day.
Walking Mondays 9:00-10:00am – Gym
Bone Builders Every Monday 10:00am – FULL
Stretch Class – NEW! Mondays 11:30am
Scrabble Every Monday 1:00-3:00pm
Toe nail cutting clinic 2nd Monday of each month. Appointments starting at 10am. \$25.
ServiceLink on Site at Senior Activity Center 3rd Mon of each month from 11am-1pm. 334-6594 for appointments.

Tuesdays:

Healthy Living Expo October 9 from 9am-noon – Free admission
Strength & Balance Tuesdays 10:00am with Colleen Furlong – FULL
Canvas Collage Making 3 week session; Sept 25, Oct 2, Oct 9 from 12:30-2:00pm. \$5
Chair Yoga 1:00-2:00pm every Tues with Jeanne Russell (No chair yoga on 7/3)
Supper Club 2nd Tues of each month at 5pm. @ Café at Community Campus. \$7.
Healthy Rhythms Drumming 3rd Tues of Each Month at 11:15am. Sept 18, Oct 16, Nov 20
Fall Foliage Day Trip Sept 25 from 8:45am-5:30pm

Wednesdays:

Walking Mondays 9:00-10:00am – Gym
Senior Breakfast – NEW! 9:00am at IHOP on Sept 5, October 3, November 7
Bone Builders Every Wednesday 10:00am - FULL
Lunch Bunch (Offsite) 2nd Wed of each month at 11:30 (POYO)
Falls Prevention Class Starting Sept 12 from 10:15-1:15pm for 10 weeks
Drop in Art & Adult Coloring 12:00-1:00pm
Walk with a Cop 10am on 9/5, 9/19
Medicare Open Enrollment 10/17 and 11/28 from 11am-3pm

Thursdays:

Line Dancing 9:00-10:00am (instructor – Anna Howard)
Ukulele Resumes September 6. 1st & 3rd Thurs of each month at 10:30am – Free.
Yarnworks! Knitting, crocheting, cross-stitch, etc, all welcome. 12:30-2:30pm
Senior Luncheon 4th Thursday of the month at 12pm. \$5. After-Lunch lectures often occur in senior center.
How to Have a Good Death Thurs, Oct 25 at 1:00pm by Beacon Hospice. Great talk about being prepared.
Dinner Date 3rd Thurs of each month at 4:30pm (POYO). 9/20, 10/18
Afternoon Tea Sept 13 & Oct 11 at 1:00pm. \$2.00
Work for Yourself at 50+ Free Lecture - Sept 20, 10am-noon

Fridays:

Walking Mondays 9:00-10:00am – Gym
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)

NEW SENIOR CENTER UPDATE

Starting Sept 4, please visit:

www.cityofportsmouth.com and click on "Senior Services" under departments

Or call Brinn 603.610.4433