

April/May 2019



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

Breakfast Bunch

**1st Wed of Each Month - 9:00am
@ IHOP**

April 3 May 1 June 5

We sit together and have breakfast. Our tables are pushed together. Typically 6-12 people attend. Pay on your own.

RSVP to 603-610-4433

Card Marking Workshop

Have fun making cards for all occasions. No skill needed.

Mon, April 22 at 1:00pm

@ Senior Activity Center

\$10 and all supplies are provided. You'll leave with several cards.

RSVP: 610-4433

Senior Luncheon

4th Thursday of Each Month

April 25 May 23 June 27 July 25 (free cookout)

@ Community Campus, 100 Campus Drive \$5.00

Sandwich, Soup, Salad, & Dessert Served with Coffee+Tea

People sit in tables of 6. First timers eat for free.

RSVP: 603-610-4433



Spring Book Sale

**Thurs & Friday, May 23 & 24
9:00am-3:00pm**

Books will be collected starting May 16.
Bring to Portsmouth Senior Activity Center
100 Campus Drive.

Books must be in good condition. Books that are damaged or moldy will not be accepted.

Books will be for sale for \$1, \$2, \$3.

Volunteers Needed to work the book room.



iPhone Help

Tuesdays, Starting April 23

Join our tech savvy volunteer on
1:30 - 2:25pm or 2:30 - 3:25pm

Only 3 people per session.

Topics include locking+unlocking, email, web-surfing, useful apps, texting, photos, calendar and notes, and FaceTime.

RSVP required. After your first session you can sign up for another one. When you sign up, tell us the 2 things you most need help learning.

Bring your phone, passwords, log-in names and a sense of humor. We'll all learn together.

RSVP: 603-610-4433

Membership is free. Stop by for a tour and to register.

Senior Trips

Southern Charm "Holidays" – Info Session Wed, April 3 at 6:00pm: Join us at Community Campus for an info session on a 6-day trip for next December. Travel Dates Dec 8-14, 2019. Fly from Boston to Jacksonville, FL and make your way by bus to Jekyll Island, Savannah & Charleston and enjoy the warm weather and holiday decorations. Group travel with a tour guide through Collette Tours. \$2,499pp Double / \$3,099pp Single. Only 10 seats available. Call or email for the complete brochure.

Day Trips

Travel in a Coach bus with bathroom and wifi. Prices include gratuities.

All sign-ups & payment are in the Portsmouth Senior Activity Center. Payment for all Coach Bus trips with Royal Tours is due 6-weeks prior to the travel date, but you can call to sign up anytime 603-610-4433. Call for a full flyer with more detail.

Trips depart from Community Campus, 100 Campus Drive

Adult Day Trips on a Coach Bus:

- **April 17:** John F. Kennedy Museum in Boston and lunch at the Venezia Waterfront. SIGN UPS GOING ON NOW!!! Payment due at sign up. \$78
- **May 14:** Indian Head Resort "Senior Prom" with music from the 50s+60s, dancing, and lunch. Singles and couples welcome. \$85
- **June 19:** Lunch at Danversport Yacht Club and Newburyport Harbor Cruise. There will be time to browse shops in downtown. \$87
- **July 12:** Spirit of Boston Luncheon Cruise with delicious buffet, DJ+dancing or sit top deck with a special beverage soaking in the sun and views of Boston. \$89
- **August 5:** The Winnepesaukee Playhouse production of "Chicago" and lunch at Canoe Restaurant with picturesque views of Lake Winni. \$97
- **September 13:** 3-hour Gloucester & Rockport Guided Tour, Lunch at The Village Restaurant, time for browsing galleries and shops. \$81
- **October 16:** Castle in the Clouds self guided tour, lunch at Hart's Turkey Farm and visit to Mouton Farm. \$84
- **November 7:** Lunch & Show at Daversport Yacht Club. Krisanthi Pappas will be performing songs by Carol King, Karen Carpenter & Carly Simon. \$91
- **December 13:** Portland Symphony Orchestra "Magic of Christmas and lunch at The Great China Buffet. \$84

Adult Day Trips on the REC BUS (driven by Brinn):



Travel in the Rec 14 passenger van. A/C is iffy which is why we stay close to home. RSVP Required 603-610-4433. 9:00am-3:00pm. \$5 resident / \$10 non resident.

June 19: Hampton Beach Sand Sculpting Competition viewing, beach day, shopping, lunch on your own. Bring your beach chair, swimsuit & lunch box to enjoy a day at the beach. Hampton has a great boardwalk, bathrooms, shops, and ice cream.

July 17: Shopping and browsing the art galleries in Ogunquit. On our way home we will stop at Stone Wall Kitchen in York. 9:00am-3:00pm. \$5 res / \$10 non res.

Aug 21: Visit downtown Newburyport. Browse the shops, walk along the waterfront, sip & eat your way through town. On our way home we'll stop at Lagos for ice cream.

Overnight Trips



Call for a complete brochure with details.

Wildwood & Cape May NJ. Sept 23-26, 2019. \$479pp Double / \$559.00 Single. Savor the beautiful sandy shores of Wildwood & Cape May, NJ. Stay at an The Adventure Oceanfront Inn with heated pool, walk to beach or boardwalk. Breakfast included at hotel. Day 2 enjoy a trolley tour in scenic Victorian Cape May. Dinner includes a prime rib meal aboard the Spirit of Cape May where you can watch the sunset over the Delaware Bay. Day 3 will include a visit to the Renault Winery in Egg Harbor with lunch and a tour included. Later you will spend 6 hours at the Resorts Casino in Atlantic City. Day 4 following breakfast you will head home. This trip we will be traveling with our friends from the Hudson, NH Senior Center.

Holidays at The White Mountain Hotel & Resort, North Conway.

December 8-9. \$323pp Double / \$383 Single

2-day getaway at the scenic White Mountain Hotel surrounded by spectacular views. Hotel will be tastefully decorated in colonial style holiday decorations. Day 1 enjoy a sumptuous Sunday brunch upon arrival followed by an afternoon Christmas Comedy Show. That evening you'll be treated to an elegant dinner in the Ledges Restaurant followed by a Christmas Show in the ballroom. Day 2 breakfast, outlets and home. Included: Transportation, 1-night hotel, 1 breakfast, 1 brunch, 1 dinner, 2 holiday shows, special cocktail pricing, all room+meals taxes & gratuities, Christmas gift, baggage handling, driver's gratuity. Shopping, cocktails, extra tipping on your own.

6-Day Southern Charm Holiday. Jacksonville, Jekyll Island, St. Simon Island, Savannah, Charleston. Dec 8-13, 2019.

Call for brochure with exact details. Fly to Jacksonville and then take a group tour bus to the destination cities and fly home from Charleston. Flights, bus, hotels included in pricing. Some meals as well. \$2,499pp Double / \$3,099 Single. Only 10 spots reserved. Information Night on Wed, April 3 at 6:00pm at the Senior Activity Center.

Costa Rica 9-day Adventure. March 9-17, 2020. \$2,699pp Double / \$3,199pp Single if booked by Sept 9. Highlights: Lush forests, stunning waterfalls, exotic wildlife, coffee plantation tour, beaches, butterfly garden, volcano views, riverboat trip, topiary garden...and more! Call to get on our interest list. We'll host an info session this summer. Brochures available by calling into the center 603-610-4433.

Self Care: Is Stress Leading Your Life?

Wed, April 17, 7-8:30pm

@ Portsmouth Library

Learn how to take charge of your life, the landscape of society + stress and the effects of stress on the body. Free Presentation.

Guitar Sundays - Free

Live Guitar Performances Sundays at 3:00pm
No reservations needed, walk-ins welcome.

April 7: An Tran, Classical Guitar

@ Portsmouth Music and Arts Center

May 5: The Larry + John Duo, Jazzy Guitar

@ Portsmouth Library



Volunteer Drivers Needed

Senior Transportation Program is Seeking Drivers



Help keep Portsmouth healthy! Volunteer Drivers use their own vehicles to bring seniors directly to their medical appointments at no charge to the rider. All volunteers will be required to complete an application, background check, and proof of insurance. This program is a great way to volunteer in your spare time and help people who can not get around on their own anymore.

Interested in learning more?

Contact COAST at 603.834.6010 / volunteers@coastbus.org

Free Friday Films

Every Friday at 12:30pm

@ Senior Activity Center (air conditioned)

- Free Popcorn
- 75" TV
- Subtitles



No reservations required.
Full schedule on back page.

Senior Cookout

Thurs, July 25 at 12:00pm

@ Community Campus Gym



- Hot dogs, hamburgers, ice cream
- Lemonade served by the Mayor
- See plans for future senior center

Free for everyone!

RSVP Required by calling 603.610.4433.

Aging Gracefully Lecture

Learn simple ways to implement natural and anti-aging principles to your daily life.

Thursday, April 18 from 11:30am-12:30pm

The LYF Center, a new naturopathic medical clinic is presenting a talk on how to age gracefully. Participants will learn about how your diet can impact your quality of life and aging, how your thoughts and emotions can affect your lifespan and how using simple and natural solutions can help you age better. RSVP: 603-610-4433

****Feel free to bring your lunch or snack to eat during the presentation****

AARP® Safe Driver Course

Wednesday, May 8, 9:00am-4:00pm @ Senior Activity Center

Classroom based course, no car. Refresh your knowledge of the rules of the road, learn new techniques, discover proven methods to keep you safe on the road.

\$15 AARP member/ \$20 non member

RSVP: 603-610-4433

Senior Transportation For Portsmouth Residents Ages 62+

Enjoy getting around without having to ask friends + family for a ride.

Monday-Friday 6:00am-6:00pm

Medical trips are free | Group Shopping \$4 round trip | All Other \$3 each way

- 1) Must become a registered user.
- 2) Call to make a ride appointment.
- 3) Purchase a punch card or pay as you go.
- 4) Follow rules and regulations set forth in the handbook.

Medical Appointments ☆ Senior Center ☆ Group Shopping to Grocery Stores and Plazas
☆ YMCA ☆ Gather ☆ Library ☆ Families First ☆ Seacoast Mental Health

A partnership of COAST and the City of Portsmouth

For more info or to request an application, please call

TripLink at 603.834.6010 | triplink@communityrides.org

www.coastbus.org and click on "Services/Senior Transportation"

603.834.6010

Attention Margeson + Feaster + Atlantic Heights Residents!

→ Senior Transportation Information Session ←

Tues, April 23

12:30-1:30pm Atlantic Heights

2:00-3:00pm Margeson

3:30-4:30pm Feaster

- Learn the details of the program & ask questions
- Complete your application on site (bring id)

No Reservations Needed – Just Show Up (snacks provided!)

A blue rectangular sign with the words "INFO SESSION" in white capital letters, hanging from a silver chain.A blue rectangular sign with the words "INFO SESSION" in white capital letters, hanging from a silver chain.

FUN FACT:

Roundtrip to Walmart from Margeson is
\$1.50 for ages 65+.

#41 Trolley picks up and drops off
in front of Margeson + Feaster.

75¢ each way for ages 65+
\$1.50 each way for all others



Follow us on facebook
"Portsmouth NH
Senior Activity Center"



Movies – Free Friday Films:

Every Friday at 12:30pm. Free and popcorn included.
75" TV displays movie. We turn on the subtitles, too!
Cafeteria on-site to get lunch and eat while watching movie.

April 5: “Truth” (2015) (R) Biography/Drama. Newsroom drama detailing the 2004 CBS 60 Minutes report investigating then-President George W. Bush's military service, and the subsequent firestorm of criticism that cost anchor Dan Rather and producer Mary Mapes their careers. Starring Robert Redford.

April 12: “Won’t You Be My Neighbor” (2018)(PG13) Documentary.
An exploration of the life, lessons, and legacy of iconic children's television host Fred Rogers

April 19: “Downsizing” (2017)(R) A social satire in which a man realizes he would have a better life if he were to shrink himself to 5 inches tall, allowing him to live in wealth & splendor. Starring Matt Damon.

April 26: “Lean on Pete” (2017)(R) A teenager gets a summer job working for a horse trainer and befriends the fading racehorse, Lean on Pete.

May 3: “Marshall” (2017)(PG13) The story of Thurgood Marshall in 1940 as a young lawyer for the NAACP who criss-crosses the country defending innocent African-Americans from unjust indictments in court. Later Marshall would become the first African-American Supreme Court Justice.

May 10: “Battle of the Sexes” (2017)(PG13) The true story of the 1973 tennis match between World number one Billie Jean King and ex-champ and serial hustler Bobby Riggs.

May 17: “Wrinkle In Time” (2018)(PG) Starring Oprah and Reece Witherspoon
After the disappearance of her scientist father, three peculiar beings send Meg, her brother, and her friend to space in order to find him.

May 24: “RBG” (2018)(PG) Documentary. At the age of 84, U.S. Supreme Court Justice Ruth Bader Ginsburg has developed a breathtaking legal legacy while becoming an unexpected pop culture icon. But without a definitive Ginsburg biography, the unique personal journey of this diminutive, quiet warrior's rise to the nation's highest court has been largely unknown, even to some of her biggest fans - until now.

May 31: “The Leisure Seeker” (2017)(R) A runaway couple go on an unforgettable journey in the faithful old RV they call The Leisure Seeker. Starring Donald Sutherland + Helen Mirren



New to Medicare Workshop

Thursday, May 16 6:00-8:00pm

@ Portsmouth Library

Presented by ServiceLink, SHIP (State Health Insurance Assisted Program, and Senior Medical Patrol

RSVP to reserve your spot: 1-866-634-9412 or just drop in.

Senior Wellness Week: May 13th - 17th

Celebrating May as Older American's Month by offering healthy workshops.

May 13: Falls Prevention & Balance Therapy

May 14: Dementia ConversationL Effective Communication

May 15: ServiceLink on Site for Medicare Questions

May 15: Armchair Travel Presentation: Scotland

May 16: Gentle Yoga

May 16: New to Medicare? Presentation at Library from 6-8pm

May 17: Demo Day! Everything on Fridays is FREE. Light Refreshments, too



Falls Prevention & Balance Therapy

Presented by Karen Krause, Rehab Manager

Mon, May 13, 11:00am-12:30pm

Cornerstone VNA

Learn how to improve your balance + prevent falls. Karen will share statistics of falls and contributing factors such as home environment, medications & physical changes as we age. Learn simple modifications to increase home safety. A simple balance assessment will be provided.

Dementia Conversation: Effective Communication Strategies

Presented by Anne Romney

Tues, May 14, 11:30am-1:00pm

Alzheimer's Association

We'll explore how communication takes place when someone has Alzheimer's, learn to decode the verbal + behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease. This program is designed to provide practical information + resources to help dementia caregivers. ***The Lounge will be open for anyone who would like to sit and sip coffee, chat, or work on a puzzle while caregivers attends the presentation.***

ServiceLink On-Site for YOUR Medicare Questions

Presented by Lisa Hietala, Medicare Specialist

Wed, May 15, 9:00am-noon

ServiceLink of Rockingham County

1:1 appointments with Lisa from ServiceLink to discuss your Medicare insurance, supplemental insurance, prescription coverage and other aging issues questions. ServiceLink is the resource center for aging issues. Call ServiceLink to make an appointment or drop in: 603-334-9564.

Armchair Travel Presentation: New Year's in Edinburgh, Scotland

Presented by Amy Smith. Sit back to enjoy photos and stories of Amy's travels to Edinburgh to take part in the robust New Year's Eve 3-day celebration known as Hogmanay.

Wed, May 15, 11:30am

Gentle Yoga

Presented by Sherry Evans, a certified yoga instructor teaching in the Seacoast area for ten years. An easeful yoga class that incorporates traditional yoga poses and is designed to increase flexibility, strength, balance, range of motion and stability. This class will also induce a relaxed state of mind, improve posture and deepen the healing breath. You may remember Sherry from the Portsmouth Public Library and the Senior Center. She currently teaches chair and gentle yoga at GateWay Taiji, Qigong and Yoga and Wentworth Senior Living.

Thurs, May 16, 12:30-1:30pm

Demo Day – Free Friday!

9:00am-noon

Open House + Drop-in Lounge with light refreshments

9:00am

Zumba Gold

10:00am

Tai Chi

11:00am

Dull Men's Coffee + Conversation Club

12:30pm

Movie presentation "A Wrinkle In Time" (2018) (PG). Free Popcorn

FOOD, FOOD + MORE FOOD

Special Spring Meals at Greenleaf Rec Center - \$3 donation

RSVP to 603-431-0561

Sit down lunches served warm

- April 11th at 11:30am: Spring Celebration! Ham with raisin sauce, scalloped potatoes, glazed carrots, coconut cake w/jelly beans. There will be an alternative/cold meal of Boursin roast beef croissant, spring vegetable salad, German potato salad and an oatmeal raisin cookie.
- May 9th at 11:30am: Broccoli & Cheese Stuffed Chicken Breast, Roasted Carrots, Scallion Whipped Potatoes, Strawberry Shortcake w/ whipped topping.

Lunch Bunch – Going out to eat each month

2nd Wed of each month at 11:30am.

Pay on your own.

April 10: Longhorns May 8: Paddy's Pub

Max 20 people so sign up early 603-610-4433.

ServiceLink on Site – 3rd Wed of Each Month

9:00am-noon

Make an appointment or drop by to speak directly with a Medicare Specialist or just ask any question about resources that you might need. 603-334-6594

Future Senior Activity Center

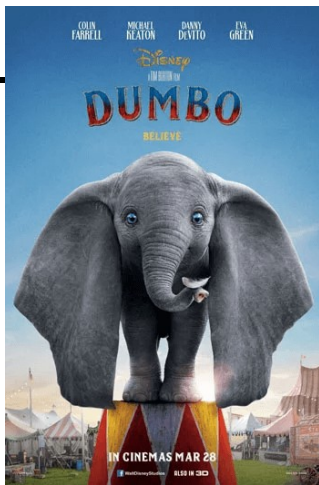
Follow the progress at www.cityofportsmouth.com and click on senior services department.

More details to come in April. Or just ask Brinn ☺



Active Enthusiasts

- **WALKING:** Thurs, May 2, 11am-12:30pm. Walking at Odiorne State Park. The weather will be lovely and walkers will enjoy the stunning views of the Atlantic alongside Sally from New Heights who is an outdoor expert + will share some of her knowledge. \$5pp. RSVP 603-610-4433
- **RAPPELLING:** Tues May 21, 11am-12:30pm - Rappel over Sagamore Creek (NO EXPERIENCE NECESSARY!) You just need to be able to climb back up a steep-ish little hill after rappelling. All equipment, instruction, and support provided. Just bring yourself and willingness to try something new. \$20 pp. RSVP 603-610-4433



Special Movie Date: Dumbo

In April, we will be going to the movie Dumbo as a group. The tough part is that movie theatres don't announce movie times more than a week or so out.

To Sign Up: Call to join our interest list and we'll call you with the movie time.

It will be a Tuesday afternoon in April.

Dumbo has been reimaged by Director, Tim Burton. There is a baby elephant named Dumbo with ears that seem too big...until they realize he can fly. This is not a cartoon. Dany Devito, Michael Keaton and Colin Farrell star in this wonderfully heartwarming and slightly sinister movie. PG



Stretch Class - Free Mondays at 11:30am

Instructor: Diane Stradling Join anytime. Drop-ins ok.

Enjoy a gentle stretch class using simple yoga positions and other movements to help you move with more comfort + 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.

Bring your yoga mat or use one of ours.



Yoga for Arthritis and Chronic Pain

A program based on nearly a decade of research at Johns Hopkins University

8-weeks: Tuesdays + Thursdays from April 9 - June 6, 11:30am-12:30pm

\$55.00 for 16 classes

RSVP: 603-610-4433

In this 8-week program, careful consideration is given to the common imbalances and limitations of participants with arthritis and chronic pain. Physical activity can improve joint health by stabilizing and lubricating joint tissue, reducing joint pain and stiffness. Deep breathing, meditation, visual imagery and other techniques can also break the stress-symptom cycle. Progressive practice with individual attention to each student's abilities is foremost in building success for every participant. Yoga is good for people with arthritis because the disease tends to reduce confidence and yoga increases it along with quality of life. We are each on different journeys and we're all working to honor, preserve, and improve upon our own functioning. Wear comfortable clothing; we will practice in socks or bare feet.

@ Portsmouth Senior Activity Center, 100 Campus Drive, Portsmouth (Community Campus).

Instructor: Kathryn Garcia; BS in Outdoor Recreation, E-RYT 200 Certified Yoga Instructor and Yoga for Arthritis teacher training. Previous education includes ACE Aerobics and Strength Training Teacher Certifications. In my many years teaching, I've found it most rewarding to work with people who find greater strength and mobility when performing daily activities.

Senior Activity Center Schedule

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

Mondays:

Memorial Day	Closed Mon, May 27 for the holiday
Line Dancing	Mondays 8:30-9:30am with Anna Howard
Walking	Mondays 9:00-10:00am – Gym
Bone Builders	Mondays + Wednesdays 10:00am – FULL
Stretch Class	Mondays 11:30am with Diane Stradling
Scrabble + Mah Jongg	Mondays: Scrabble 1:00-3:00pm, Mah Jongg 1:00-4:00ish
Toe nail cutting clinic	2 nd & 4 th Monday of each month. Appointments starting at 10am. \$25 to Cornerstone VNA
Balance Workshop	May 13 from 11:00am-12:30pm.

Tuesdays:

Strength & Balance	Tuesdays 10:00am with Colleen Furlong – FULL
Chair Yoga	Tuesdays 1:00-2:00pm with Jeanne Russell
Yoga for Arthritis	8 Weeks; Tuesdays + Thursdays 4/9 – 6/9 from 11:30a-12:30pm. \$55 for 8-weeks
Supper Club	2 nd Tues of each month 5pm. @ Café at Community Campus. \$7. RSVP to Cindi 531-0767
Healthy Rhythms Drumming	On hold until summer
Dementia Conversation	May 14 from 11:30am-1:00pm “Effective Communication Strategies”
Rappelling	May 21 from 11:00am-12:30pm. \$20. SO MUCH FUN! (AND SAFE).

Wednesdays:

Walking	Mondays 9:00-10:00am – Gym
Senior Breakfast	1 st Wed of Each month. 9:00am at IHOP on April 3, May 1
Bone Builders	Mondays + Wednesdays 10:00am - FULL
Lunch Bunch (Offsite)	2 nd Wed of each month at 11:30 (POYO). RSVP Required.
ServiceLink on Site at Senior Activity Center	3 rd Wed of each month from 11am-1pm. 334-6594 for appointments.
Armchair Travel Presentation	May 15 from 11:30am-1:00pm will talk about her travels to Edinburgh for New Years

Thursdays:

Line Dancing Drop-In	9:00-10:00am. No Instructor, just dancing along to a set playlist of music. (10am on 4 th Thurs)
Ukulele	1 st & 3 rd Thurs of each month at 10:30am with Laura King. Stops in June and resumes in Sept.
Yoga for Arthritis	8 Weeks; Tuesdays + Thursdays 4/9 – 6/9 from 11:30a-12:30pm. \$55 for 8-weeks
Yarnworks!	Knitting, crocheting, cross-stitch, etc, all welcome. 12:30-2:30pm
Senior Luncheon	4 th Thursday of the month at 12pm. \$5.
Afternoon Tea	2 nd Thursday of Each Month at 1:00pm. \$3
Gentle Yoga	May 16 from 12:30-1:20pm Sherry Evans will host a free class on Gentle Yoga
Walking Adventure	Odiorne State Park. Thursday, May 2 at 11:00am. \$5. Sally will chaperone.

Fridays:

Walking	Mondays 9:00-10:00am – Gym
Zumba	9:00am with Anna Howard – <i>high energy morning workout to start the weekend right!</i>
Tai Chi	Fridays at 10:00am with Jane Fithian
Dull Men’s Club	Fridays from 11:00am-12:15pm. Men’s coffee + conversation.
Movies	12:30pm – free movie (see schedule)
Open House	May 17 – Stop by for a tour and try everything – Fridays are FREE!

Save the Date: Tuesday, June 4 at 2:00pm

~ Lil Rev Ukulele + Harmonica Show ~

Award-winning, traveling ukulele master and harmonica player with over 25 years of entertainment experience.