

February/March 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

Snowshoeing

Thurs, February 21 at noon

@ Rachel Carson Refuge in Kittery, Maine

If there is not enough snow, we'll walk.

Sally from New Heights will lead the group.

\$5.00 per person includes snow shoes.

RSVP Required: 603-610-4433

Walking in Gym

Mon, Wed & Fri

9am-10:00am

Walk laps in the gym.

New for Feb, we'll have workout stations in the corners of the gym for added intensity to your walk. Free.

No reservations needed, just show up.

Valentines Day Tea

Thursday, February 14 at 1:00pm

Enjoy a lovely afternoon of tea as we celebrate a day filled with love and friendship. Rose petal tea and other floral flavors will be served. We'll snack on special treats. Dress with a fancy hat or gloves or snazzy attire.

@ Community Campus, 100 Campus Drive \$3.00

RSVP: 603-610-4433

Valentine's Day Lunch

At Greenleaf Rec Center

on Greenleaf Avenue

Thurs, Feb 14 at 11:30am

Country Fried Steak with mashed potatoes and red velvet cake for dessert. \$3 donation.

RSVP to Christine at 603-431-0561

Elks Lunch

Wed, March 27 at 11:30am

Free lunch buffet at the Elks on Jones Ave. Doors open at 11:30am and lunch is served at noon. Fire Chief Steve Achilles will speak following the lunch.

Sign ups will begin March 1.

RSVP 603-610-4433

Ukulele Ensemble - Free

Open to beginners or those with experience.

1st & 3rd Thurs of Each Month

10:30-11:30am

You bring the instrument, we provide the fun!

Spring Book Sale

May 23 & 24

Volunteers Needed.

Books will be collected starting May 16.

Portsmouth Senior Transportation – Ages 62+

A partnership of COAST and the City of Portsmouth

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

Medical Appointments ☆ Senior Center ☆ Group Shopping to Grocery Stores and Plazas

☆ YMCA ☆ Gather ☆ Library ☆ Families First ☆ Seacoast Mental Health

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

Purchase a punch card or pay as you go.

Must become a registered user.

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

Thank you to all the people who have been using the Senior Transportation system.
It has grown in the last 4 months and we have acquired some great volunteers.

We Need YOU!

Volunteer Drivers Needed to Drive Seniors to their Medical Appointments

Help keep Portsmouth Healthy!

Drive seniors to/from medical appointments in the comfort of your own vehicle.

Pick the rides that match your schedule.

Volunteers are needed during the hours of Mon-Fri 6am-6pm.

For more info and an application: 603.834.6010 or volunteers@coastbus.org

FUN FACT:

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

#41 Trolley picks up and drops off in
front of Margeson and Feaster. It takes
apx 20 min to get to Walmart on
Lafayette. Cost: 75¢ each way for ages
65+. \$1.50 each way for all others.
It has food, clothes and pharmacy.



Follow us on facebook
“Portsmouth NH
Senior Activity Center”

Trips



Alaska: July 31-August 7 (7-days). \$1,274.00 without air for inside stateroom. Or \$2,224.00 for balcony without air. (Lisa can help you book air or you can book it yourself). Flying to Vancouver, boarding Princess Cruise ship "Island Princess" then traveling by water to Anchorage and flying home from Anchorage. Lisa Paladine, a travel specialist from Cruise Planners, located in Sandown, NH will be organizing the trip. Please note, while there is a "chaperone" on the trip (Lisa), this is not guided-group-travel. You will be on your own throughout the vacation to do anything and everything you want. They agent will help make sure all our ducks are in a row for travel details prior to departure. To book or learn more: Call Lisa at 978-717-1816.

Southern Charm "Holidays" – Info Session Wed, April 3 at 6:00pm: Join us at Community Campus for an info session on a 7-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. **Pricing not posted yet.** Only 10 seats available. Call or email and we'll send you the complete brochure.

April 17: The John F. Kennedy Museum in Boston

Wednesday, April 17. \$78.00 per person. Lunch included at The Venezia Waterfront. Travel by Coach bus to the John F. Kennedy Library and Museum. The Museum offers visitors an opportunity to step back into a recreated world of the early 1960's and experience first-hand the life and legacy of John F. Kennedy. In 25 dramatic exhibits, including three theaters and period settings, visitors are inspired by the stirring eloquence of John F. Kennedy and by the grace of Jacqueline Bouvier Kennedy. Following your tour, you will go to The Venezia Waterfront for lunch situated right on the water. Known for their incredible views, food, and service, your group will love this place. Includes: Transportation, admission museum, lunch, and driver's gratuity. Sign up at the Portsmouth Senior Activity Center. 55 seats available. Checks payable to "Royal Tours".

May 14: Senior Prom at Indian Head Resort

Tuesday, May 14. \$85 per person. Lunch included at Indian Head Resort. Do you like to dance? Then get ready to dance and twirl the afternoon away as you have a Senior Prom at Indian Head Resort complete with the crowning of a King and Queen from your group! Whether you're a couple, or a group, you are sure to have fun. Join us for an enjoyable day that includes: a delicious Buffet Luncheon, Welcome Reception, music of the 50's and 60's, Corsages for the Ladies and Boutonnieres for Gentlemen, Special Prom picture photo, and transportation. Sign up at the Portsmouth Senior Activity Center. 55 seats available. Checks payable to "Royal Tours". Call and we'll mail you a full page flyer.

Do you love Polar Bears? Join the Seacoast Science Center's Eco-Trip:

Travel Date: Wednesday, October 23, 2019 - Monday, October 28, 2019

Travel in a Tundra Buggy and stay in a Tundra Lodge to view polar bears in their natural environment.

www.seacoastsciencecenter.org/events/polar-bear-eco-adventure-2019/

Thanks to everyone for their trip suggestions!
We hope you enjoy the schedule we have put together for this 2019.

Upcoming Trips

Portsmouth Senior Activity Center and Royal Tours Present...

- **June:** Newburyport Harbor Cruise & Lunch at the Danversport Club – Tues, June 25. \$85.00
- **July:** Spirit of Boston – July - TBD
- **Aug:** Winnepesaukee Playhouse show “*Chicago*” and Lunch at Canoe - Mon, Aug 5. \$97.00
- **Sept:** Gloucester/Rockport Tour - TBD
- **Oct:** Castle in the Clouds and Lunch at Hart’s Turkey Farm – Wed, Oct 16. \$82.00
- **Nov:** “Carole, Carly & Karen” Show with Krisanthi Pappas at Danversport Yacht Club. Performing the 1970’s soft rock songs of Carol King, Carly Simon and Karen Carpenter. \$89.
- **Dec:** Portland Symphony Holiday Show and lunch at the Great China Buffet. Dec 13.
- **Dec:** North Conway Overnight at the White Mountain Resort Dec 8-9. \$309 double occ.

More info to come. Flyers available in the Senior Activity Center.

AARP Tax Aid

Free Tax Preparation at the Portsmouth Public Library - Feb 3 to April 13
Sundays from 1:30-4:30pm and Tuesdays from 1:30-5:30pm
DIAL 2-1-1 to make an appointment

ServiceLink On Site

Do you have a question about Medicare/Medicaid, Housing, Help in the home?

Call ServiceLink - the information resource center for aging in NH.

On-Site at senior center on the 3rd Wednesday of each month. Appointments from 9am-noon.
Appointments available by calling ServiceLink at 603.334.6594. Drop-ins first come first served.

Line Dancing Instructor Needed

Volunteer your time having fun and dancing! Thursday mornings from 9:00-10:00am at the Portsmouth Senior Activity Center. No certificate needed but will need to show experience.
Willing to train. Call Brinn for more info at 603-610-4433.

Safe Driving Course – May 8

AARP’s Safe Driving Course on Wednesday, May 8 at the Senior Activity Center.
9:00am-4:00pm. \$15 AARP member/ \$20 non member.
RSVP to the 603-610-4433 / bsullivan@cityofportsmouth.com

Free Fitness at the Senior Center – Join Anytime!

- Mondays 8:30am Line Dancing
- Mondays 11:30am Stretch
- Tues 1pm Chair Yoga
- Fridays 9am Zumba Gold
- Fridays 11am Tai Chi

Around Town

St. Patrick's Day Meal on Thurs, March 14

Thursday, March 14 at 11:30am at Greenleaf Rec Center on Greenleaf Ave. Will be serving a traditional Corned Beef and Cabbage meal with Crème de menthe dessert. \$3 donation. RSVP to Christine at 603-431-0561

Hannaford's 'Healthy Eating Tour' - Free

- March 5th 10:30-11:30am at Hannafords, Islington Street
- March 26th 6:30-7:30pm at Hannafords, Islington Street

Grocery Shopping Made Easy and Nutritious! Tour the store with Registered Dietitian, Jessica O'Connell. Jessica will show you how to navigate the store to best meet your nutrition goals and answer your questions. She will provide quick meal ideas that are tasty and good for your body. Free to attend.

RSVP: Jessica.O'Connell@hananford.com (or call the senior center at 610-4433 and we'll email for you).

Creative Writing at the YMCA

Turn on your creative juices! Listen, write, share, learn and most importantly have fun!

Starting March 5. 7-Tuesdays from 6:00-7:30pm. \$70 Member \$90 Non-Member.

RSVP: Jessi Pasay 603-994-4131, jpasay@graniteymca.org

Alzheimer's Café at the NH SPCA (the place with the cute animals!)

First Alzheimer's Café: February 14 (Valentine's Day!) Time: 1pm to 3pm

This monthly Café will be held the Humane Education Classroom will offer a welcoming, fun and unique opportunity for those living with Alzheimer's disease or dementia as well as other memory issues to come with their caregivers and spend time socializing and finding support with others. Guests will be able to visit with the classroom animals and have possible visits from owned or adoptable animals as well. This is a fun and relaxed social event that will take place on the second Thursday of each month between 1pm and 3pm.

Light refreshments will be served. (We kindly ask that pets are left at home). Free to attend.

NH SPCA: 104 Portsmouth Ave, Stratham, NH 03885 603-772-2921 x147 / www.nhspca.org

Active Retirement Association (ARA)

A Seacoast Region membership organization 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.

February Meeting – Free and Open to All: Monday, February 11 at 1:30 pm

Location: Durham Evangelical Church (lower level), 114 Dover Road (Route 108), Durham, NH

Refreshments, short business meeting, and presentation by Dudley Dudley, on "Durham and the Olympic Oil Refinery Fight".

Seacoast Memorial Lecture – Free and Open to All: Thursday, April 25 at 1:30 pm

Location: Durham Evangelical Church (lower level), 114 Dover Road (Route 108), Durham, NH

"Lighthouses of Southern New Hampshire and Maine," presented by Jeremy D'Entremont, who has been called the leading expert on New England's historic lighthouses.

Senior Activity Center is Closed on Monday, Feb 18 for President's Day.



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.

Feb 1: The Theory of Everything (PG13)

Feb 8: Silver Lining Playbook (R)(2012) Bradley Cooper, Jennifer Lawrence

After a stint in a mental institution, former teacher Pat Solitano moves back in with his parents and tries to reconcile with his ex-wife. Things get more challenging when Pat meets Tiffany, a mysterious girl with problems of her own.

Feb 15: Slumdog Millionaire (R)(2008) A young man living in Mumbai reflects on his upbringing in the slums when he is accused of cheating on the Indian Version of "Who Wants to be a Millionaire?".

Feb 22: Legends of the Falls (1994)(R) In the early 1900s, three brothers and their father living in the remote wilderness of Montana are affected by betrayal, history, love, nature, and war. Starring Brad Pitt, Anthony Hopkins.

March 1: The Bookshop (2017)(PG) England 1959. In a small East Anglian town, Florence Green decides, against polite but ruthless local opposition, to open a bookshop. THIS LOOKS SO CUTE!

March 8: Wonder (2017)(PG) Based on the New York Times bestseller, this movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time. Starring Julia Roberts.

March 15: Darkest Hour (2017)(PG13) In May 1940, the fate of Western Europe hangs on British Prime Minister Winston Churchill, who must decide whether to negotiate with Adolf Hitler, or fight on knowing that it could mean a humiliating defeat for Britain and its empire.

March 22: Murder on the Orient Express (2017)(PG13) When a murder occurs on the train on which he's travelling, celebrated detective Hercule Poirot is recruited to solve the case.

March 29: Lady Bird (2017)(R) In 2002, an artistically inclined seventeen-year-old girl comes of age in Sacramento, California.

Supper Club is Back!

Join Cindy for the Summer Supper Club. All meals are made fresh on site by Chef Mike.

Arrive starting at 4:00pm and dinner served at 5:00pm.

Community Campus Café – 100 Campus Drive, Portsmouth. \$7.00.

RSVP Required by calling Cindi at 603-531-0767.

April 9: Meatloaf

May 14: Lasagna

June 11: Spaghetti & Meatballs

July 16: Baked BBQ Chicken