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The Sunrise Sunset Breeze

GET UP, GET ACTIVE, BE ALIVE AT 55+

Winter 2020/2021



Seasons Greetings To All

It's hard to believe that the Holiday Season is already upon us. We were so fortunate to have the warm weather continue into November this year which enabled us to be out enjoying the fresh air and sunshine longer than usual. As we approach the shortest day of the year with the Winter Solstice, in what some refer to as the "Lost Year", let's remain hopeful that in a few months time we may resume our normal lives with our friends and families once again. In the meantime, the Sunrise Sunset Center will continue to offer as much support to our Senior Community as we safely can. Whether it's a hot meal from a Meals on Wheels delivery & drive-thru service or a small group activity in our function room, we want you to know that we are here to try and help brighten your day in some small way to help get through these challenging times. If you or someone you know, would like to be involved in our new Phone Pal Program, please be sure to contact us so that we can stay connected and work together to engage people in our local community. We look forward to that day in the coming months when we can gather and enjoy our full calendar of programs, special events, trips and friendship. Until then, please stay well and we wish you a peaceful and safe Holiday Season.

~Best Wishes for 2021 ♥ Kim

Hello,
how are
you?



We're
Introducing
PHONE PALS
and we need
your help!

Winter is coming and we want everyone to stay Socially Connected!

If you or someone you know will be staying home more this winter and might enjoy a weekly phone conversation then we want to **TALK!**

WAYS THAT YOU CAN BE INVOLVED

- ◆ Are you someone who enjoys starting conversations and would feel comfortable reaching out to initiate a phone friendship?
- ◆ Could you help us to identify those in our community that would want or need more Social Connectivity?
- ◆ Would you like to be matched with a Phone Pal to engage in friendly conversations this winter?

These are some of the ways that you can be involved with helping us to get the Phone Pals Program up and running. We'll offer volunteer training and tips on how to be the Best PHONE PAL you can be.

A phone call is such a simple way of brightening someone's day!



Contact Kim at 659-4469 or email sunrise@newmarketnh.gov

TROPICAL GETAWAY
at the Sunrise Center
Wednesday,
January 27th 2-3:30pm
With Master Gardener
Cris Blackstone



We're excited to welcome back Cris Blackstone for this intriguing January getaway to the Tropics, without leaving our seats! Cris Blackstone will treat us to an armchair tour of the Tropical Plant Expo in Florida that she attended last year. She'll share stories and pictures of beautiful, colorful blooms along with some history of how Tropical Plants made their entry into the U.S. She'll also talk about some of the ways these plants are so different than the native ones that we are accustomed to.

Couldn't you use a little trip to the TROPICS?

Space is limited to 12 people.

Reservations Required

Contact Kim to reserve your spot.

Trail Walkers Club



Evergreen Walk in the Lee Town Forest with local naturalist, Catherine Fisher - 12/3/20

We had so much outdoor fun these past few months with the Trail Walkers exploring several local walking trails in the Seacoast area. Although the colder months are now upon us, we hope to plan a Snowshoe Adventure in the coming weeks and a Winter Walk when weather conditions permit for safe walking. Let us know if you would like to be on the email list for future walks at sunrise@newmarketnh.gov



We're Still
Playing
Ten Cent
Bingo!

Tuesdays & Thursdays at 1:30
Call Kim for a Reservation

If we need to close the Sunrise Sunset Center due to inclement weather it will be posted under the WMUR Closings on Channel 9 and we'll also post it on our Facebook Page @sunrisesunsetactivity

If you are signed up for an activity the day of the closure we will notify you by way of an email or a phone call.



POP-UP BOOK & PUZZLE BAZAAR
Wednesday - February 10th - 2-4pm

Our Pop-up Book & Puzzle Bazaars have been very popular this year giving everyone an opportunity to browse and choose from an assortment of FREE books & puzzles. Masks required and a brief screening to enter.

Doors open at 2pm

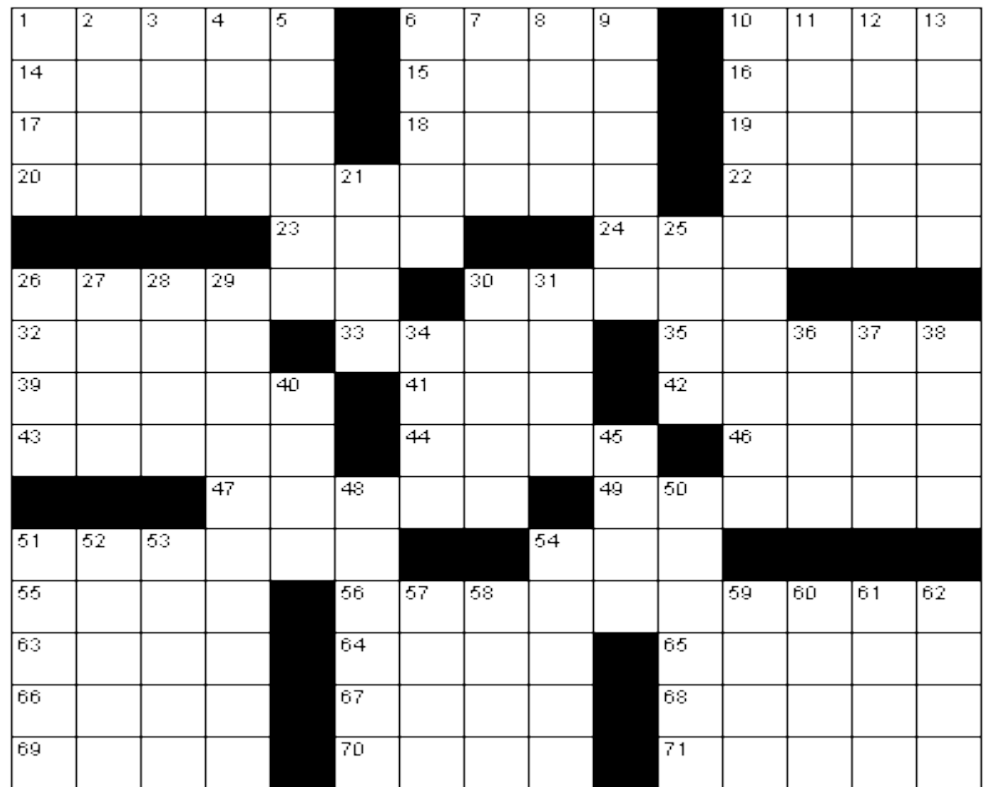
We're accepting donations during the month of January for this Bazaar and you can bring donations on 2/10 for the next one!



PUZZLE PAGES - BRAIN EXERCISE

ACROSS

1. Mistake
6. Wheel shaft
10. A stinging insect
14. Annoy
15. 64 in Roman numerals
16. Despise
17. Notions
18. Assistant
19. Chocolate cookie
20. Compendium
22. Money lent
23. Caustic
24. Chic
26. Ethics
30. Foundation
32. Auth. unknown
33. Not now
35. A woman of refinement
39. Condition
41. Cereal grain
42. Leave out
43. Relating to audible sound
44. ___-friendly
46. Concludes
47. Graph
49. All over again
51. Small wound
54. Bigheadedness
55. A light
56. Ingenuity
63. Largest continent
64. Rabbit
65. Donnybrook
66. Unfreeze
67. Chief Norse god
68. Palm cockatoo
69. Sheltered, at sea
70. Repose
71. Laser printers need this



DOWN

- | | | |
|--|---|---|
| <ol style="list-style-type: none"> 1. Very imposing or impressive 2. Start over 3. Anagram of "Leer" 4. Elliptical 5. Sell again 6. Winged 7. 22 in Roman numerals 8. Italian resort 9. Things that happen 10. Merchandise jobber 11. Moses' brother 12. Place 13. Spring bloom | <ol style="list-style-type: none"> 21. Vesicle 25. Frost 26. Catholic church service 27. Not deceived by 28. Horse color 29. Tell in advance 30. Animal 31. Initial wager 34. 3600 seconds 36. Eat 37. Tallies 38. Net 40. Reflected sound | <ol style="list-style-type: none"> 45. Anger 48. Fix firmly 50. Determine the arrangement of data 51. Andean animal 52. Artist's workstand 53. Grin 54. Happening 57. Place a load on (archaic) 58. Goddess of discord (Greek mythology) 59. A Roman emperor 60. Distinctive flair 61. Arid 62. Scorch |
|--|---|---|

Attention Music Lovers! Here's a fun little brain exercise for you - The rules are to answer each category with a SONG TITLE. No repeats and don't use the internet (it's tempting, but try not to). Go with the first song that comes to mind and have fun!

- ♦ Something to wear - ex: *Chantilly Lace*
- ♦ Something to drink - ex: *Jose Cuervo*
- ♦ A Place - ex: *I Left My Heart in San Francisco*
- ♦ A Food - ex: *Mashed Potato Time*
- ♦ An Animal - ex: *Hound Dog*



- ♦ A Girl's Name - ex: *Oh Carol*
- ♦ A Boy's Name - ex: *Johnny Angel*
- ♦ Profession - ex: *Wichita Lineman*
- ♦ Day of the Week - ex: *Stormy Monday*
- ♦ A Vehicle - ex: *Little G.T.O.*



PUZZLE PAGES - BRAIN EXERCISE

P	A	P	E	R	P	T	C	O	M	M	O	N
B	A	N	K	S	P	A	I	B	R	E	A	D
P	E	E	G	A	G	T	R	O	M	Y	L	S
E	V	R	N	P	R	S	C	T	U	G	A	I
E	I	I	H	P	S	A	U	T	N	R	T	L
R	T	D	D	L	T	P	M	P	V	E	E	L
G	I	I	Y	E	U	S	S	E	C	E	R	Y
E	S	C	L	U	M	P	T	N	T	N	Q	D
D	I	U	L	P	P	L	A	I	N	U	S	O
Z	U	L	O	S	T	A	N	D	A	R	D	B
R	Q	O	F	J	R	U	C	V	A	C	N	O
I	N	U	D	E	P	R	E	S	S	I	O	N
S	I	S	U	B	P	R	I	M	E	Y	B	R

WORD SEARCH

apple	neap
banks	nobody
bonds	paper
bread	partner
circumstance	pasta
clump	plain
common	quaver
degree	recess
depression	ridiculous
folly	silly
green	snoop
inapt	standard
inept	stump
inept	subprime
inquisitive	taco
later	unite
mortgage	

Difficulty level: medium

7		2						
	6		9		8			
			5				1	
		9				6		
8	5			4	2			
	2	1				3		
						1	4	5
1				6		8		
				9	5			

Crossword Puzzle Solution for Page 3

E	R	R	O	R		A	X	L	E		W	A	S	P
P	E	E	V	E		L	X	I	V		H	A	T	E
I	D	E	A	S		A	I	D	E		O	R	E	O
C	O	L	L	E	C	T	I	O	N		L	O	A	N
					L	Y	E			T	R	E	N	D
M	O	R	A	L	S		B	A	S	I	S			
A	N	O	N			T	H	E	N		M	A	D	A
S	T	A	T	E		O	A	T		E	L	I	D	E
S	O	N	I	C		U	S	E	R		E	N	D	S
					C	H	A	R	T		A	F	R	E
L	E	S	I	O	N				E	G	O			
L	A	M	P			C	L	E	V	E	R	N	E	S
A	S	I	A			H	A	R	E		M	E	L	E
M	E	L	T			O	D	I	N		A	R	A	R
A	L	E	E			R	E	S	T		T	O	N	E

SUNRISE SUNSET HAPPENINGS

Random Acts of Art Group

Monday 1:30-3pm - Dates TBA

- * **We can** gather in small groups inside the Sunrise Center on select Mondays.
- * **We can** take reservations for each of the Art Mondays (TBD) for up to 10 guests.
- * **We can** provide clean supplies for Zentangle, Dot Mandala & more.
- * **We can** bring a craft project from home such as knitting and crocheting.
- * **We can** socially distance and still be together safely while crafting.

If you are on the Crafters email list you will get word each month through an email about the Monday Art schedule. If you would like to be added to the Crafters email list please contact Kim at 659-4469 or sunrise@newmarketnh.gov



Trudy, Linda, JoAnn and Gloria practicing their Mandala skills during Random Acts of Art.

The Sunrise Sunset Activity Center

2 Terrace Drive Newmarket, NH 03857

(603) 659-4469 sunrise@newmarketnh.gov

The Sunrise Sunset Activity Center

Program Director: Kim Tilton

Photographer: Charlene Mitchell

Newmarket Recreation Department

(603) 659-8581

Recreation Director: Aimee Gigandet

Assistant Director: Tara Barker

Recreation Manager: Alyssa Porto

Sunrise Strummers Ukulele Band

The Sunrise Strummers have been playing and practicing together for 3 years with the help of our Volunteer Instructor Kathy Stilwell. This FREE beginner class is growing in size and ability. You will need to have your own instrument if you plan to continue but we do have a loaner that's available for you to experiment with while you figure out if playing the Ukulele is something for you. We'll provide basic information on what you'll need for a Ukulele along with a song book to get you started on your Ukulele journey.



Ukulele Group meets on Friday mornings at 10am.

Please call ahead for more details and information - 659-4469

Reservations and Masks Required

Friends RSVP Bone Builders Now on YouTube

Have you checked out the NEW Bone Builders YouTube videos?



Go to: <https://derrycam.org/bonebuilders/#>

Scroll down to **Join a class now from home** and click on **WATCH NOW**

More new videos coming soon!

ZOOM YOGA

with KellLee Brown Larson

Both Mat and Chair Yoga

Contact KellLee for the ZOOM Schedule

While we can't offer our regular Mat and Chair Yoga classes at this time at the center, KellLee is offering live Zoom Yoga Classes each week for you to participate in from the comfort of your own home.

Please contact KellLee directly at

kelleelarson811@gmail.com for more info and a schedule of her yoga classes. ~ Namaste



Meals on Wheels Offers Drive-Thru Meals To Go



Rockingham Nutrition and Meals on Wheels is located at the Sunrise Sunset Center. Although, we can't have congregate dining at this time they are offering a Drive-Thru Meal Program. You can order your meal ahead of time and drive thru to pick it up.

Please call Lynn to go over the monthly menu choices.

Call 659-3150



Newmarket Recreation Department
The Sunrise Sunset Activity Center
2 Terrace Drive
Newmarket NH 03857



Sunrise Sunset Activity Center - 2 Terrace Drive - Newmarket, NH 03857