

November 2021

PORPSMOUTH SENIOR ACTIVITY CENTER

# PORPSMOUTH SENIOR NEWS

*Programs & Activities for Ages 50 +*



## VETERANS BREAKFAST

**WEDNESDAY, NOV 10 AT 10:00AM**

at Portsmouth Senior Center

Enjoy a home cooked breakfast. Welcome to all who have served.

Free and open to all ages.

RSVP Required by calling 603.610.4433



## SENIOR CENTER HOLIDAY SCHEDULE

**CLOSED:**

**TUES, NOV 2 FOR VOTING (WARD 3)**

**THURS, NOV 11 FOR VETERANS DAY**

**THURS, NOV 25 & FRI, NOV 26 FOR THANKSGIVING**



## VACCINE BOOSTER SHOTS

at the Portsmouth Senior Activity Center

Wednesdays; Nov 3, 10, 17 & 24 from 8:00am-1:00pm

~No appointment necessary~

~Bring your vaccine card~

~Enter through the back assembly hall~

# WINTER FUN CARD MAKING WORKSHOP

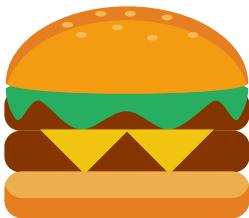
Tues, November 16 from 1:00-3:30pm

Instructor: Becky Crawshaw    Max participant: 8

Becky will offer instruction and supplies to making more sophisticated cards with added detail.

RSVP required: 603-610-4433 | [bsullivan@cityofportsmouth.com](mailto:bsullivan@cityofportsmouth.com)

\*\*Beginning Card Making on Tues, Oct 5 at 1pm has one spot left\*\*



## LUNCH BUNCH

At Grill 28 in Portsmouth (near C&J Bus stop)

**Tues, Nov 16 at 12:00pm**

Meet at the restaurant. Plenty of parking.

Enjoy a lunch together out a favorite local restaurant. We'll make the reservation. You pay on your own. RSVP Required - 603-610-4433

## THANKSGIVING LUNCH - THURS, NOV 18

**Thurs, November 18 at 11:30am**

**\$5.00**



Portsmouth Senior Activity Center

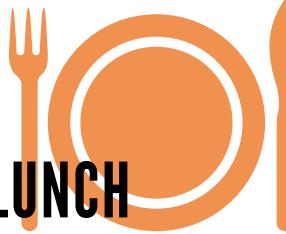
Our annual Thanksgiving Lunch returns!

Join us for a catered hot turkey lunch with all the fixings - including dessert.

Sit down meal in the large assembly hall.

RSVP required: 603-610-4433 |  
[bsullivan@cityofportsmouth.com](mailto:bsullivan@cityofportsmouth.com)

# GRAB & GO LUNCH IS NOW.... GRAB & SIT-N-EAT LUNCH



Tuesdays + Thursdays 11am-12pm  
NEW! Bagged lunches will be waiting for you inside the center's assembly hall. You can:  
A) Grab & Go -or--  
B) Grab & sit down to eat with complimentary coffee/tea.

**RSVP 603-610-4433**

**bsullivan@cityofportsmouth.com**

- **Tues, Nov 2:** No Lunch - VOTING
- **Thurs, Nov 4:** Baked Meatloaf  
RSVP Due Mon, Nov 1 by noon
- **Tues, Nov 9:** Chicken a la King  
RSVP Due Thurs, Nov 4 by noon
- **Thurs, Nov 11:** Closed for Veterans Day
- **Tues, Nov 16:** No Lunch
- **Thurs, Nov 18:** No Lunch - See the Nov 18 Thanksgiving Lunch Page 2.
- **Tues, Nov 23:** Shepherd's Pie  
RSVP Due Thurs, Nov 18 by noon
- **Thurs, Nov 25:** No Lunch - See Rotary's Thanksgiving Lunch delivery
- **Tues, Nov 30:** Macaroni & Cheese  
RSVP Due Thurs, Nov 25 by noon
- **Thurs, Dec 2:** Roast Pork with Gravy  
RSVP by Mon, Nov 29 at noon

Thanks to Rockingham Nutrition for providing lunch. Voluntary \$3.00 suggestion donation.

## CRIBBAGE

Fridays 2:00-4:00pm  
drop in and play cribbage. Bring your own set or use ours.

## DULL MEN'S CLUB

Coffee & Conversation for men.  
Fridays 11:00am Drop ins welcome

## DROP IN ART - THURSDAYS

Thursdays 12:30pm  
You provide the creativity. We provide the canvas and paint.

## ZUMBA GOLD

Saturdays 9:00am  
Beginners and drop ins welcome

## KNITTERS

Thursdays 12:30-2:30pm  
Knitting, crocheting, needlepoint, cross stitch, etc.

## SCRABBLE

Mondays 1:00 - 3:00pm  
Games provided.  
Beginners & drop ins welcome

## DROP-IN WATERCOLOR PAINTING

Fridays 10:00am Instructor: Maureen  
Bring your own supplies and with some instruction create your own masterpiece.

## MAH JONGG

Mondays 1:00pm - American  
Tuesdays 1:00pm - Chinese  
Games provided. Drop ins welcome.

# Art Show

NEW ART  
INSTALLATION

ON DISPLAY AT  
SENIOR CENTER.

## TAI CHI BY JANE

**Fridays, Nov 5-Dec 17**  
**10:00am**

**Instructor: Jane Fithian**  
Jane is back for a 6-week Tai Chi class at the senior center.

Recreation based tai chi focusing on balance and movement.

Free; all levels welcome  
~Drop ins welcome.~

## UKULELE

1st + 3rd Thursday of each month  
11:00am - Bring your own uke.  
All levels welcome, including beginners.  
Instructor: Laura Cassinari King

## FIDDLE GROUP

1st + 3rd Thursday of each month  
11:00am  
All levels welcome, including beginners.  
Instructor: Laura Cassinari King  
Bring your own instrument.

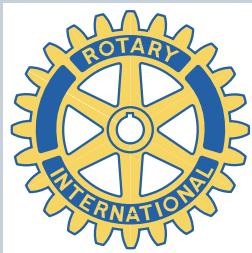
## YOGA STRETCH

Mondays 11:30am  
Instructor: Diane Stradling  
Must be able to go from standing to sitting and back up unassisted. No chairs. All yoga levels welcome, including beginners.

## BOOKS, BOOKS & MORE BOOKS

Free books available at senior center.  
Come browse our bookshelf. Donations are welcome that are in excellent condition only.

## THANKSGIVING DINNER BY PORTSMOUTH ROTARY



Portsmouth Rotary's 50th Annual Thanksgiving Dinner  
Thursday, November 25

11:00am-12:30pm

Pick up or delivery only this year. No sit down dinner.

Pick up at St. Nicholas Greek Church - Masks Required

Andrew Jarvis Dr., (next to high school)

Call or email: 603-205-1233 | [rotarythanksgiving@gmail.com](mailto:rotarythanksgiving@gmail.com)

# MEMORY CAFE

Thursday, Nov 18 (3rd Thursday of each month) 2:00-4:00PM

@ Portsmouth Senior Center, 125 Cottage St.

Together for people living with memory issues & their caregivers

A Memory Café offers a community setting where people living with Alzheimer's disease, dementia or other memory issues and their caregivers gather, socialize and enjoy conversation. This is a fun, social event that will take place the third Thursday of each month.

Run by Easter Seals of NH - call Tracy at 603-621-3619

## SMART PHONE HELP WITH BRIDGET



In person 1:1 help with your smart phone.

Appointments available on Thursday and Friday afternoons. Call to set up your appointment 603-610-4433

## ADVANCED DIRECTIVES IN-SERVICE

Tues, Dec 7 at 11:30am Presented by Beacon Hospice

You have the right to make decisions about your own medical treatments. If, due to illness or a change in mental condition, you are unable to tell your doctor and loved ones what kind of healthcare treatments you want, it is important to make your wishes known ahead of time.

Advance Directives include living wills, healthcare power of attorney and durable power of attorney.



## TEA TIME

**THURSDAY, DECEMBER 9 AT 12:30PM (NO TEA IN NOV) \$3**

Come sip tea using our delightful collection of tea cups and saucers. We'll also have scones as a snack. Wear your best hat or dress up a bit. We'll chat about tea and have a variety of flavors to chose from.

Reservations required. 603-610-4433 | [bsullivan@cityofportsmouth.com](mailto:bsullivan@cityofportsmouth.com)

# BOSTON BALLET'S "THE NUTCRACKER"



@ The Boston Opera House

**Friday, November 26. 1:30pm show. \$138 per person**

Depart 10:30am and stop for lunch at Prince Pizza + Pasta (the leaning tower of pizza!) on the way to show.

Travel in a Coach bus complete with wifi and bathrooms.

Join us for the most beloved and heartwarming holiday ballet with brave toy soldiers, dancing snowflakes and the iconic dance of the Sugar Plum Fairies. Set to the enthralling music of Tchaikovsky.

RSVP Required 603-610-4433 | [bsullivan@cityofportsmouth.com](mailto:bsullivan@cityofportsmouth.com)

Payment expected at time of registration; cash, check, credit card.

Price includes orchestra level ticket, transportation, lunch, tax + tip for both restaurant and bus driver.

- Must wear mask on the bus and attendees of The Boston Opera House are required to show proof of vaccination or recent neg test.

## PAINT A BISQUE FIGURINE (POTTERY PAINTING)



**Tues, November 23 from 1:00-3:00pm \$25 per person**

Instructor: Sue Williams

Join Sue to paint a holiday themed bisque Santa (that white pottery). She has a variety of Santas to chose from. All supplies provided. Sue will share helpful techniques to painting the bisque pottery that adds dimension and finesse to your finished product.

We'll play holiday music and have a fun afternoon!

RSVP Required 603-610-4433 | [bsullivan@cityofportsmouth.com](mailto:bsullivan@cityofportsmouth.com)

Payment of cash or check made payable to the instructor.

## Welding, Woodworking, Jeweling Making, and more!

Have you always wanted to try welding, woodworking, fiber arts, jewelry making or other creative adventures. Check out Port City Makerspace for their list of classes. Located right around the corner from the senior center. Seniors Welcome!

[www.portcitymakerspace.com](http://www.portcitymakerspace.com)

# FRIDAY MOVIES - POPCORN SERVED

Every Friday at 12:30pm

Free & Popcorn Served



- **Nov 5: A Man Called Ove.** Based on the best-selling book of the same title, Ove is an ill-tempered, isolated retiree who spends his days enforcing block association rules...until an unlikely friendship develops with his boisterous new neighbors. 2015. 1 hr 56 min. PG13.
- **Nov 12: Blithe Spirit.** A spiritualist medium holds a seance for a writer suffering from writer's block but accidentally summons the spirit of his deceased first wife, which leads to an increasingly complex love triangle with his current wife of five years. Comedy. PG13. 2020. 1 hr 39 min.
- **Nov 19: Downton Abbey.** The continuing story of the Crawley family, wealthy owners of a large estate in the English countryside in the early twentieth century. 2019. PG. 2 hr.
- **Nov 26: No Movie - Closed**

## Holiday Movies for December

- **Dec 3: Holiday in the Wild.** When her husband abruptly ends their marriage, empty nester Kate embarks on a solo second honeymoon in Africa, finding purpose -- and potential romance. 2019. 1 hr 25 min. PG.
- **Dec 10: Last Christmas.** Kate is a young woman working as an elf in a year round Christmas store. She meets Tom there and her life takes a new turn. PG13. 2019. 1 hr 43 min.
- **Dec 17: The Christmas Chronicles.** The story of sister and brother, Kate and Teddy Pierce, whose Christmas Eve plan to catch Santa Claus on camera turns into an unexpected journey that most kids could only dream about. 2018. PG 13. 1 hr 44 min.
- **Dec 24 & 31: No Movie - Closed**

## Gingerbread House Contest & Exhibition

Do you like the Portsmouth, the holidays & gingerbread? All skill levels are welcome to enter a gingerbread house into Discover Portsmouth's annual Gingerbread House Contest.

Visit: [www.portsmouthhistory.org](http://www.portsmouthhistory.org)

