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The Sunrise Sunset Breeze

GET UP, GET ACTIVE, BE ALIVE AT 55+

SPRING 2024

Sunrise Sunset Center Spring Events

We hope you'll be able to join us!

Sign up with Bethany so we know you're coming!

Friday Fun Casino Day

Friday March 1st, 2-4pm



Blackjack & Horse Racing

Earn poker chips & enter to win raffle prizes!

**\$5 per person
RSVP**



Larry Pickering Memorial Opening Day at Fenway

Tuesday, April 9th

Doors open: 12noon, Game time: 2:10pm

Red Sox Vs. Orioles Projected Live Game
Wear your Red Sox gear and come enjoy ballpark activities and food!



**\$10 per person
RSVP**



SPRING FLING!

Friday, April 5th, 4-6pm

Come celebrate Spring with us!!!

Music by Donna & Scott Martin

Acoustic duo showcasing feel-good and dance-ready favorites from the 50's, 60's, and 70's.

Door Prizes!

Sandwiches, Salad, Dessert, & Beverage

\$10 per person

Sign up with Bethany



ART WITH THE GRANDS

Friday, April 26th, 1-3pm

\$5 per person, Age 7+



Over April vacation week, bring a child along for an afternoon of quality time, creativity, and fun! Erin will lead us through step-by-step instructions to create a take-home acrylic art masterpiece. *Space Limited. Sign up with Bethany.*

FABULOUS FUN FRIDAYS at 2pm

Fabulous Fun Fridays are here for the colder months to give you an opportunity to gather and enjoy social connections.

Come and play games with old friends and new!

Let us know if you're coming so we can plan activities accordingly. Thank you!

March 1st - CASINO DAY
March 8th - Wii Games/Bowling
March 15th - Corn Hole
March 22nd - Board/Card Games
March 29th - TRIVIA DAY

April 5th - SPRING FLING 4pm
April 12th - Wii Games/Bowling
April 19th - Corn Hole
April 26th - Art w/the Grands 1pm



Activities subject to change based on number of participants.

Munch'n Learn Series

We invite local speakers to share their journeys, interesting stories, and areas of expertise with us. Come, grab some coffee, and learn something new! *Sign up with Bethany so we know you're coming.*

Wednesday, February 28th, 11AM Lunch True North Hearing

Join us for a free lunch as we learn about hearing loss, dementia, and various treatment options.

Wednesday, March 13th, 10AM

Kat Roedell: 5 Tools for Personal Growth

You know you're stuck, and you need to change things in your life, but it's so overwhelming! Local author Kat Roedell will guide us and share from her new book.

Wednesday, March 20th, 10AM

Newmarket 300 Club

Come listen to stories and share your own as we reflect on Newmarket's town history.

Wednesday, May 1st, 10AM

A Hike with Mike

See pictures and hear about Mike from the Rec's adventures along the Appalachian Trail!

Looking To Get Involved or try something new?

We'd love to have you!

Upcoming Chess Club

Any interest in a possible chess club?

Friends of Newmarket Rec

Be a voice for good in our community!

Your Choice

Share your hobbies in whatever form you'd like!

We have space for a few more players in these card game groups! Beginners welcome!

Talk to Bethany if interested.

Bridge

Monday & Thursday at 3:15pm



Canasta

Wednesday at 1:30pm



The Sunrise Sunset Activity Center
2 Terrace Drive, Newmarket, NH 03857
(603) 659-4469

sunrise@newmarketnh.gov

Program Director: Bethany Henry

Newmarket Recreation Department
(603) 659-8581

Recreation Director: Aimee Gigandet

Assistant Director: Alyssa Porto

Recreation Manager: Sam Kerrigan

Follow the Sunrise Sunset Center on Facebook:
[sunrisesunsetactivity](#)



Follow the Sunrise Sunset Center on Instagram:
[sunrisecenternh](#)



SUNRISE SUNSET HAPPENINGS

LET'S GET CREATIVE!

Mondays at 9:30 am

unless otherwise stated

You can join the group project or bring your own.
Stop by and enjoy great company and creativity!

March 4th—1pm—RSVP

Beaded Jewelry with April Hopey

Come create brilliant beaded jewelry with expert crafter April Hopey. We'll get to learn how to make beaded earrings and more!

March 11th—1pm—RSVP

Beaded Jewelry with April Hopey

We'll finish up any projects from last week and enjoy more time with April's instruction.

March 18th

Card Making with Brynn Rehnberg

We'll have stamps, ribbon, paper, and embellishments for Easter card creations and more!

March 25th

Knitters and Crocheters' Day

Our monthly chance to focus on yarn crafts. Come socialize, create, and share your work!

April 1st

Over The Rainbow Decor

Come help us create spectacular decorations for the Somewhere Over The Rainbow themed family Date Night Dance event put on by the Rec!

April 8th

Dyed Paper Flowers (part 1)

We'll dye paper and learn how to make beautiful paper flowers for spring.

April 15th

Dyed Paper Flowers (part 2)

We'll add the finishing touches to our paper flowers and arrange them in centerpieces.

April 22nd—RSVP

Painted Birdhouses

Come paint a small wooden birdhouse or two for your yard or inside decoration!

April 29th

Knitters and Crocheters' Day

Yoga for Every Body with KelLee Larson

Mat Yoga: Tues 4pm

Chair Yoga Wed 2pm & Sat 9am

\$15/class



KelLee's classes emphasize muscle strength for supporting bones, joints, and balance. They are accessible for every body, whether needing the support of a chair for seated and standing postures or, able to get up and down from the floor on a yoga mat. KelLee's classes are fun and social too!

Both conclude with a guided relaxation. OM Shanti...

Walking Club & Trail Walkers Will Be Back Soon! Come Join Us!

As soon as weather permits, the Walking Club will be back at the Sunrise Center on Tuesday & Thursday mornings at 8am for a short walk on safe sidewalks. The Trail Walkers will meet at various local trails throughout the season.

Talk with Bethany for more info and to get connected with these active groups!

Sunrise Ukulele Strummers

This FREE beginner/intermediate class is growing under the excellent guidance of Kathy Stilwell. All are welcome! Loaner ukuleles are available as you consider making ukulele your new passion. Call ahead and let us know you will be stopping by. The Strummers meet Fridays from 10-11:30 AM, unless the center is closed or they have a gig.



Mahjong (American)

Tuesdays at 12:30

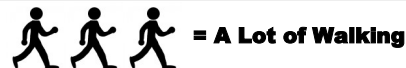
Beginners welcome!

Come join the fun and learn this strategic ancient Chinese time game.



SUNRISE DAY TRIPS - Call Bethany to Reserve Your Spot! 659-4469

Registration For New Trips Opens 9am Tues Feb 20th (residents) or Wed Feb 21st (non-residents)



The Magic of Bugs Dance Production and Don Quixote Ballet at UNH's Johnson Theater followed by Panzanellas
Wednesday, February 21st
Leaving Beech St 9:15am
Return at approx. 2pm
Cost: \$22
Includes Trans & Ticket
Lunch \$ on own



Experience this spectacular production of jazz, tap, and truly magical aerial dance followed by the UNH Ballet Company where we'll embark on a dazzling journey to sun-soaked Spain with the Don Quixote ballet. With breathtaking choreography and a vibrant score, experience the magic of Cervantes' classic masterpiece like never before! Afterwards we'll enjoy lunch at local favorite, Panzanellas!

Mystery Lunch
Wednesday, March 6th
Leaving Sunrise Center at 11am
Return at approx. 1:30pm
Cost \$10
Includes Transportation
Lunch \$ on your own



Where will we end up? Shhhhhhh, we can't say— It's a mystery! Take a chance on us and join the fun as we explore a local eatery where there will be a variety of menu offerings to choose from. Come enjoy a meal and some good company!

Contact Bethany if you'd like to drive on your own.

Sugar Shack Tour
Wednesday, March 20th **CANCELED**

Still interested in this sweet subject? Feel free to visit a local sugar shack on your own during Maple Weekend! Local sugar shacks open for free tours March 16th & 17th, talk to Bethany for more info.

Movie and Munch
O'Neil Cinema and Popovers
Wednesday, March 27th
Leave Beech St approx. 11am
Return approx. 4pm
Cost \$14
Includes Transportation & Ticket,
Lunch \$ on own



The cold months are the perfect time to go to the movies! We'll take advantage of Senior Day Discount and pop over to Epping for a showing of Arthur The King, a new film based on the 2016 nonfiction book by Mikael Lindnord. It's the engaging story of an endurance racing team who adopts a stray dog named Arthur who then joins them on an epic race through the Dominican Republic. It's sure to be a wonderful time! Trip & lunch details will be finalized after movie times are released!

Clue: The Musical—MEET UP
Newmarket High School
Thursday, April 4th
Meet at school 2:45 prompt for 3pm show
FREE!
Please sign up so we can reserve seats and look for you at the door!



We've received special permission to attend this full dress-rehearsal and advanced showing of Newmarket High School's performance of Clue: The Musical. Based on Hasbro's popular board game, this interactive show has entertained audiences for over 20 years with productions in more than 500 cities worldwide. Filled with live music, a talented cast, and plenty of intrigue and laughs— this promises to be a fantastic and fun-filled event! Sign up with Bethany so we can be looking for you!

Trip Payments and Refund Policy

We understand sometimes there are uncontrollable situations that make it difficult to attend trips as planned. We strive to allow as much flexibility as possible while still ensuring trips can go on as scheduled for the enjoyment of other members.

For all trips over \$20, a 50% non-refundable deposit is required to save your spot. The full amount is due one week before the trip is scheduled. If your plans change and you are unable to attend, please let us know as soon as possible! If there is a waitlist for the event and we are able to fill your seat, a full refund will be offered. Refunds are not available if tickets for the trip are pre-bought and we are not able to fill your seat.

If a trip is canceled or rescheduled to a date you cannot attend, a full refund will be given.

Call Bethany with any questions! 659-4469

SUNRISE DAY TRIPS - Call Bethany to Reserve Your Spot! 659-4469

Trip reminders and changes are most often communicated by email. Please be sure to check your email before an upcoming trip to be sure nothing has changed. Always call Bethany if you aren't sure of any trip details.

The Brook Casino, Seabrook
Wednesday, April 17th
Leaving Beech Street at 9:30am
Return approx. 2pm
Cost \$10
Includes Transportation
Lunch and casino \$ on own



This trip was a big hit last year so we're making plans to visit again! Just down the road in Seabrook, The Brook casino offers game tables and 400 slot style gaming machines. There will be sure to be something here that strikes everyone's fancy! We'll spend a couple of hours exploring the various games before enjoying a group lunch together.

Farm Fresh Tour of Emery Farms & Lunch at Market Café
Wednesday, May 15th
Leaving Beech Street at 10am
Return approx. 1pm
Cost: \$5
Includes Transportation & Tour
Lunch \$ on own



Emery Farm is the oldest family farm in the country, having been in the same family since 1660. Even though they are busy with their spring chores, we've been promised a tour of this local gem and a chance to meet the farm's beekeeper! After our tour we'll have time to peruse the farm market's offerings sourced right here in New England before enjoying a fresh lunch from the farm-to-table café.

Birdwatching with Dick Lutz
Pickering Pond Loop, Gonic
Wednesday, May 22nd
Leaving Beech Street at 9:30am
Return approx. 2pm
Cost \$15
Includes Transportation
BYO Bag Lunch



Calling all Bird Brains and Trail Walkers! Expert guide Dick Lutz is back to share his vast knowledge of birds and other wildlife while exploring the trail at Pickering Pond, an ideal bird watching spot. Spring migration will be in full swing and this promises to be an excellent and educational trip! Pack your binoculars, camera, and other supplies to enjoy this time in nature, and don't forget snacks, lunch, and a drink to stay energized on the trail! *Contact Bethany to drive on your own.*

Wentworth Greenhouse Flower Power Trip & Lunch at Chili's Bar and Grill
Wednesday, May 29th
Leaving Beech Street at 9am
Return approx. 1pm
Cost \$7
Includes Transportation
Lunch \$ on own



Let's celebrate the season by admiring the beautiful flowers and plants at the magnificent Wentworth Greenhouse! Wentworth Greenhouse has been growing locally for over 50 years and now boasts 6+ acres of covered greenhouse space. There promises to be plenty of beautiful blooms and fabulous flowers to find! Help us pick out some plants for the Sunrise Center's containers or stock-up on flowers for your own gardens. After we explore the greenhouse, we'll fuel up with lunch at Chili's Bar and Grill and take advantage of their lunch specials!

Foster's Lobsterbake with Jimmy Buffett Tribute Show
York, Maine
Wednesday, July 17th
Leaving Beech Street at 11am
Return approx. 4:30pm
Cost: \$115
Includes Transportation, Lobsterbake Lunch, Gratuity, and Show



The lobsterbake is always one of our favorite events! Jimmy and The Parrots is the most requested Jimmy Buffett Tribute band in the country and perform not only all the great Buffett songs you love, they also play our favorites by the Beach Boys, Paul Simon, Harry Belafonte, Bob Marley, among many others. Before the show we'll enjoy a delicious lobsterbake of 1 1/4 lb boiled LOBSTER, clam chowder, fresh steamed mussels and Maine clams, corn on the cob, potatoes & onions, blueberry cake, rolls & beverage. A 1/2 BBQ chicken alternative is available. **Limited to 15 people- Sign up by May 31st and save your spot!**

Million Dollar Quartet
Northshore Theater, Beverly, MA
Wednesday, October 2nd
Leaving Beech Street 10:30am
Return approx. 5:30pm
Cost \$99
Includes Transportation & Show
Lunch \$ on own



Save the date and buy tickets now for this truly spectacular show! Set on December 4, 1956, an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis for one of the greatest jam sessions ever. MILLION DOLLAR QUARTET brings to life an irresistible tale of broken promises, secrets, and celebrations, while featuring their smash-hit songs. We'll enjoy lunch together before the show. Space limited!

FUN AT THE SUNRISE SUNSET CENTER



Holiday Craft Fair, Nov 4th

Volunteer Appreciation, Nov 27th

Breakfast with the Strummers, Dec 15th

Bonebuilders Holiday Party, Dec 19th

Eleanor's 100th Birthday, Jan 23rd



2-1-1 is a free telephone number providing access to local community services.

9-8-8 is free and confidential support for emotional crisis and suicide prevention.

Foot Care Clinic:

Provided by Rockingham Visiting Nurses Association at the Sunrise Sunset Center on the second Wednesday of each month. Not available in November. Clinics are by appointment only. Call 580-6668 to make an appointment. Cost \$25.00

Meals on Wheels Congregate Lunches and Luncheon Specials:

Join your old friends and make new ones during lunchtime at the Sunrise Center. Congregate dining is offered on Tuesdays and Thursdays by reservations only. Call Lynn at 659-3150 to reserve your spot or drop by the center to pick up a menu and make your reservation in person. Suggested donation of \$3.00 per meal.

Martha's Mini-Market:

We have a convenient market located at the center for our members. We offer paper products, snacks, and more. Come in and check out the wide variety of grocery items we have to offer at reasonable prices. Bill & Marion Breen maintain the market and donate the proceeds to benefit the Sunrise Sunset Center.

Lending Library:

We have a great selection of books to borrow or pass on to someone after reading. We circulate and offer new selections on a regular basis. We also have a wide variety of jigsaw puzzles from 300-1000 pieces for you to enjoy. We take donations of both books and puzzles in good condition. Drop in and browse the library for something new.

Sunrise Gardens:

Summer is coming! If you are interested in lending a hand to help water and care for plantings, please let us know.! We are always in need of volunteers to help plant, water and maintain our gardens.

Rockingham Nutrition Senior Shuttle Services:

A wheelchair accessible senior shuttle service for shopping and medical appointments for Newmarket residents and surrounding towns. For more information and to register for services contact TripLink at 603-834-6010.

Newmarket Community Church Food Pantry:

Newmarket and Newfields residents are eligible to use the Food Pantry located at 137 Main Street in Newmarket at the Community Church. Hours of operation are Thursdays from 12-6pm. Call 659-3892 for more information about the program. If you can't pick up what you need, there may be a delivery option to your home. The Food Pantry delivers fresh produce to the Sunrise Center on Thursdays for Sunrise members and there is also a supply of canned goods and other shelf-stable foods that are available during open hours at the Sunrise Center, Monday - Friday 8:30-5pm.

Bone Builders

The popular Friends RSVP Exercise Program relies upon weight training to protect against fractures caused by osteoporosis. No-impact, weight-bearing exercises that build strength and bone density. Tuesday and Thursday mornings from 9-10am. Due to the popularity of this class, there could be a wait time to join. Please contact Bethany for more info or to get on the waitlist. Suggested donation of \$1.00 per class.

Beyond the Last Page Book Club

The Sunrise Center's book club utilizes Interlibrary Loan Request System through the Newmarket Public Library, providing everyone with a free returnable book. The group meets on the first Monday of each month for discussions and to share views on the latest book.

Sunrise Walking Groups

Tuesday and Thursday mornings we'll be taking walks at 8am whenever the weather permits. Walkers meet in the parking lot of the Sunrise Center and walk in our surrounding neighborhoods on the safe sidewalks. Let us know if you're interested in joining! Call 659-4469 or email sunrise@newmarketnh.gov .



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



Sunrise Sunset Activity Center Weekly/Monthly Calendar

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Craft Club 9:30am Beyond the Last Page Book Club 1st Monday of the Month 1:00-2:30pm Bridge Club 3:15-5:30pm	Bone Builders RSVP 9-10am Lunch 11:30 Reservations Required Call Lynn 659-3150 Mahjong 12:30 Bingo 1pm Mat Yoga 4pm	Day Trips On Select Wednesdays See Trip Schedule on Pages 4-5 Rockingham VNA Foot Clinic 2nd Wednesday 580-6668 Canasta 1:30pm Chair Yoga 2pm	Bone Builders RSVP 9-10am Lunch 11:30 Reservations Required Call Lynn 659-3150 Bingo 1pm Bridge Club 3:15-5:30pm	Sunrise Strummers Ukulele Band 10-11:30am Fabulous Fun Fridays 2pm See Schedule on Page 2 <u>Saturday</u> Chair Yoga 9am