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The Sunrise Sunset Breeze

GET UP, GET ACTIVE, BE ALIVE AT 55+

Summer 2024

Sunrise Sunset Center Summer Events

We hope you'll be able to join us!

Save the date & sign up with Bethany so we know you're coming!



Ice Cream Social

Friday, June 28th, 1pm

Build your own ice cream sundae!
Free! Donations accepted



Fruits of Summer COOK OFF

Friday July 19th, 1pm

Delicious creations with fresh produce!
Prizes for best of each: sweet & savory
Chefs: Free! Tasters: \$3



Moe's Picnic at Stratham Hill

Wednesday, July 24th (Weather Dependent)

11am Short Walk (Optional), 12noon Lunch

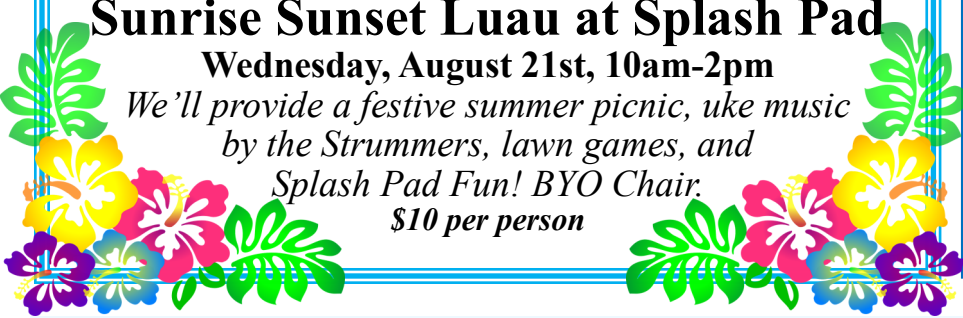
MEETUP at Stratham Hill Park for optional short walk followed by a fun lunch with friends! Sandwich orders due Friday July 19th: Half sandwich = \$7, Whole = \$11

Sunrise Sunset Luau at Splash Pad

Wednesday, August 21st, 10am-2pm

We'll provide a festive summer picnic, uke music by the Strummers, lawn games, and Splash Pad Fun! BYO Chair.

\$10 per person



Global Groovers (Light) Dance Fitness

Simple steps make it easy to follow and this low-impact version keeps your workout light and fun! With dance instructor Erin Schroeder.

4 Week Summer Session, \$20
Mondays 2-3pm: 7/22, 7/29, 8/5, 8/12

Help us make our Garden Grow!

Friday May 17th, 10am: prep & plan
Friday May 31st, 1pm: planting

Ongoing: We're making a watering schedule if you'd like to help! Many hands make light work!



Caring Connections

Women in Conversation

With MaryAnna Purello, MS Counseling
6 Week Program, Mondays 2-3pm
May 20, June 3, 10, 17, 24, July 1

A safe environment to share friendship, wisdom, connection, and support as well as address concerns and fears related to aging.



FRIDAY FUN!



May 10th, 1pm– Trivia

May 31st, 1pm– Gardening

June 7th, 1pm– Cornhole

June 21st, 1pm– Cribbage

June 28th, 1pm– Ice Cream Social

July 12th, 1pm– Trivia

July 19th, 1pm– Fruit of Summer Cookoff

August 2nd, Backyard Bash

August 9th, 1pm– Cornhole

Friday, August 30th, 1pm– Trivia

Shades of Ireland

Interested in traveling to Ireland in 2025?

Come to our free info session on

Monday, May 13th at 1pm

here at the Sunrise Sunset Center to learn more about this great trip opportunity through Collette Tours! Or talk to Bethany for more info anytime!



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 for an email reminder and so we know you're coming!*

Wednesday, May 8th, 10am

Portsmouth Music Hall

History and stories from the past and exciting info about upcoming show and programs.

Wednesday, June 5th, 10am

OT Program, Spring Village of Dover

Learn about wellness for keeping joints and muscles strong and healthy rehab strategies.

Wednesday, June 12th, 10am

Jessica Johnson, Maple Suites Independent Living

Learn the different levels of senior living and ways to keep you active and independent in retirement!

Wednesday, July 10th, 10am

Kat Roedell: 5 Tools for Personal Growth

Help for when you know you're stuck and need change, but it's so overwhelming!

Wednesday, August 14th, 10am

Referral Education Assistance & Prevention Program (REAP)

Helping older adults live a safe and satisfying life.

Trail Walks



Contact Bethany to get on the email list for details of upcoming walks! Dates are weather dependent.



Mon, June 10th, 1pm– Doe Farm, Durham
Fri, June 21st, 9am– Thompson Forest, Lee
Fri, July 5, 1pm– Great Bay Refuge, Newington
Mon, July 15, 1pm– Maud Jones Forest, Lee
Wed, July 24, 11am– Stratham Hill (Moe's Picnic)
Fri, Aug 16th, 1pm– Stonehouse Pond, Barrington

Sunrise Paddlers Club

Get on our email list for more info and to hear about any kayak meet-ups!



Be on the lookout! Suzanne Peterson is going to lead an information session about ways our Paddlers can be on the lookout for any potential problems/odors/debris on the Lamprey River. Involvement is appreciated!

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 10 am

unless otherwise stated

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

Monday, May 13th, 10am
Watercolor Mountains

We'll create watercolor mountain pictures using a cool marker technique.

Monday, May 20th, 10am
Knit and Crocheters' Day

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

CLOSED Monday, May 27th, No Craft

Monday, June 3rd, 10am
Candlemaking- RSVP REQUIRED

We'll use simple techniques to make rolled beeswax candles you can take home with you.

Monday, June 10th, 10am
Junk Journaling

Junk journaling is the art of repurposing old books to create a new art form filled with quotes, pictures mementoes, or anything you like!

Monday, June 17th, 10am
Joy of Coloring & Journal Part 2

We'll enjoy a relaxing day of coloring as well as allowing space for junk journaling as desired.

Monday, June 24th, 10am
Knitters and Crocheters' Day

Monday July 1st, 10am &
Monday July 8th, 10am
Seaglass & Bead Jewellery

We'll use seaglass, wire, and beads to create unique keychains and jewelry.

Monday, July 15th, 10am
Nature Art

Monday, July 22nd, 10am
Clothespin Crafts with Brynn

Monday, July 29th, 10am
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...

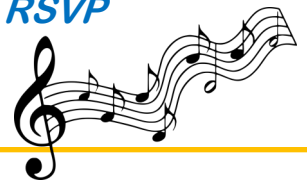
Come Walk With Us!

The Walking Club meets at the Sunrise Center Tuesday & Thursday at 8am for a short walk on safe sidewalks.

Breakfast With The Strummers

Friday, June 7th at 10am

Light Breakfast, Great Music, Lots of FUN!
Free, please RSVP



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.

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

Talk to Bethany if interested.

Bridge

Monday & Thursday at 3:15pm

Mahjong (American)

Tuesdays at 12:30

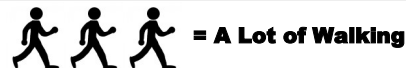
Canasta

Wednesday at 1:30pm



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

Registration For New Trips Opens 9am Mon May 20th (residents) and Tues May 21st (non-residents)



Farm Fresh Tour of Emery Farms & Lunch at Market Café
Wednesday, May 15th
Leaving Beech St Lot 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 & 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!

Wentworth Greenhouse Flower Power Trip
& Lunch at Chili's Bar and Grill
Wednesday, May 29th
Leaving Beech St Lot 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!

Breakfast Club MEETUP
The Works Café, Durham
Wednesday, June 5th
MEETUP at 8am
FREE
Breakfast \$ on own



Breakfast is the most important meal of the day! And good company is sure to get the day started off right! We'll meet up at The Works Café in Durham right down the road and take advantage of the quiet (and plenty of parking) since the UNH students are gone for the summer. Come enjoy a filling breakfast and fun conversations! This is a great way to spend time together, meet new people, and have a great time with friends. Sign up with Bethany so we can be looking for you!

Isles of Shoals Star Island Tour
Rye Harbor
Wednesday, June 26th
Leaving Beech St Lot 9:45am
Return approx. 4pm
Cost \$49
Includes Cruise
Food \$ or picnic on own



This trip was a big hit and sold out last year! Due to popular demand we're booking it again! We'll leave from Rye Harbor on the Uncle Oscar vessel and out to Star Island, which is one of the nine Isles of Shoals located just miles off the coast of New Hampshire and Maine. The Captain will provide a narrated tour as we're cruising and a brief walking tour on arrival. We'll have a bit over an hour to explore on our own and enjoy a picnic lunch before we head back to the harbor.

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

www.newmarketrec.org/bus-trips

603-659-4469

2 Terrace Drive, Newmarket NH 03857

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

Registration For New Trips Opens 9am Mon May 20th (residents) and Tues May 21st (non-residents)

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!

Nifty Thrifty Shopping Trip
Wednesday, July 3rd
Leaving Beech St at 9:45am
Return approx. 4pm
Cost \$10
Includes Transportation
Lunch and shopping \$ on own



It's time for a thrift shopping day! A much anticipated event for all of our bargain shoppers out there who enjoy the thrill of finding hidden treasures and the unexpected things we can't live without! We'll stop at a variety of thrift stores with a lunch break midday at a local restaurant. No matter what you're looking for, there are sure to be fun (and funny!) items to be found along with a fun time in good company!

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, Gratuity & Show



SOLD OUT— contact Bethany to see about additional tickets! 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.

Food Truck MEETUP
Tideline Public House, Durham
Wednesday, July 31st
Meet at Tideline at 12noon
Free
Lunch \$ on own



Tideline Public House (located at 15 Newmarket Rd in Durham) is a unique dining experience, with something for everyone with up to 7 food trucks in addition to their own in-house menu. It's the perfect place for a meet up so that everyone can find something that suits their fancy! Sign up with Bethany so we can be on the lookout for you & let you know of any weather-dependent changes.

Wallis Sands Beach Day MEETUP
Wednesday, August 7th
Meet at Wallis Sands anytime from 9-3
Free
BYO beach chair, picnic lunch, etc
NH residents age 65 and over are admitted free, otherwise \$15 parking



Pack your bags, it's time to go to the beach! Pack your own picnic and bring along a chair and sunscreen— this will be a low-key day of fun in the sun! Wallis Sands is one of our favorite beaches of the area! We'll bring along some snacks, drinks, and lawn games for all to enjoy. Our meetup will be weather dependent— we want that sunshine! - so sign up to get notified of any changes in plans.

Mini Golf at Hilltop Fun Center
Wednesday, August 28th
Leaving Beech St 10:30am
Return approx. 2pm
Cost \$15
Includes Transportation & round of mini-golf
Lunch or arcade \$ on own



It's time to have some FUN!!! Hilltop Fun Center is The Seacoast's Largest Attraction Center and the fun is not just for kids! We'll take our time playing a round of mini golf together on their handicap accessible course that boasts thousands of flowers, two ponds, streams and a 15' waterfall. Afterwards we can relax and grab a bite of fresh-cooked pizza (or go straight for the delicious Gifford's ice cream!) before making our way back.

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



A 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.

FUN AT THE SUNRISE SUNSET CENTER



Painted Birdhouses with the Crafters
St Patrick's Day with the Strummers
Trivia Day Winners
Fenway Opening Day
Mystery Lunch at the Airfield Cafe



SENIOR RESOURCES & INFORMATION

Contact Bethany anytime with questions! sunrise@newmarketnh.gov or 603-659-4469

211 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
CRISIS TEXT LINE: Text 741741
WARM LINES: 1-800-809-6262: "When you just need to talk to someone."

Connections:

Peer driven support center with support groups, education, resources, transportation to meetings, and more. Located in Portsmouth. 603-427-6966

Foot Care Clinic:

Provided by Rockingham Visiting Nurses Association at the Sunrise Sunset Center on the second Wednesday of each month. Clinics are by appointment only. Call 580-6668 to make an appointment. Cost \$25.00

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.

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. Delivery possible. 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.

NAMI NH:

Information and resources regarding support for families and individuals with mental illness. 1-800-242-6264

Rockingham Community Action:

Contact your local Community Action Agency at 603-431-2911 to learn more about or to apply for the Electric Assistance, Fuel Assistance, or Weatherization Assistance Programs.

Rockingham Nutrition Senior Shuttle Services:

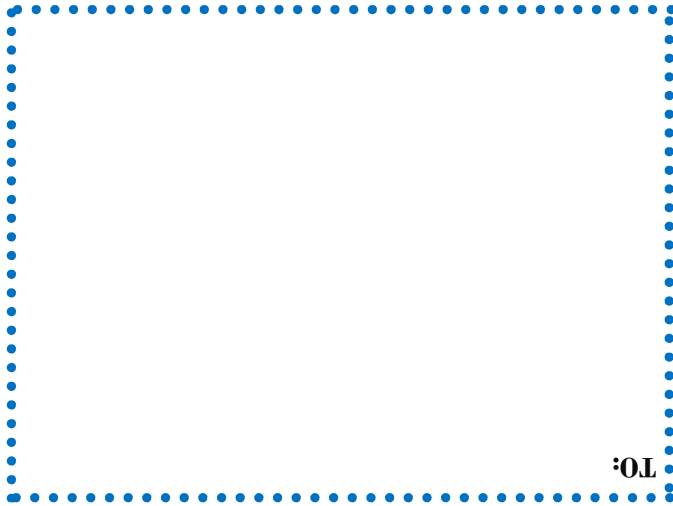
A wheelchair accessible senior shuttle service for shopping and medical appointments for Newmarket residents and surrounding towns. For more information and to register for services contact TripLink at 603-834-6010.

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.

Service Link:

Contact Service Link at 1-866-634-9412 to be connected with local resources, medical benefit information, and a variety of helpful community services.



TO:



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 10am Beyond the Last Page Book Club 1st Monday of the Month 1:00-2:30pm Bridge Club 3:15-5:30pm	Walking Club 8am 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	Walking Club 8am 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 <u>Saturday</u> Chair Yoga 9am