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The Sunrise Sunset Breeze

GET UP, GET ACTIVE, BE ALIVE AT 55+

Fall 2024

Sunrise Sunset Center Events

We hope you'll be able to join us!

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



SOCK HOP



Friday, September 27th, 4-7pm

Music by Brian Conway!

Bringing us the good-old sounds of the 50's

Diner style menu: Cheeseburgers & Fries,

Popcorn & Soda, Milkshakes & Treats

Wear your best poodle skirts & polka dots and come ready for a good time!

Sign up with Bethany, \$10 per person

Volunteer Appreciation

Monday, November 25th, 2-4pm



We are thankful for YOU!

Everyone is welcome to join for this free event thanking the many folks who volunteer their time and pitch in to keep the Sunrise Sunset Center vibrant and active! Light refreshments served.



Thank you!

Sponsored by Kennebunk Savings.

CRAFT FAIR

Sat, Nov 2nd, 8am-1pm

FESTIVE FUN FOR ALL!

Vendor space available- talk to Bethany!

Local Crafters, Holiday Gifts
Lunch & Baked Goods



Saturday, October 26th

2pm Halloween Haunt

4pm Downtown Trick or Treat

Come join this community event for a scary good time and lots of candy!

See if you can spot Bethany- last year she was in witchy costume in the sorting hat room!



PS: Don't forget!
Sunrise Sunset Luau
at the Splashpad

Wed, August 21st 10-2pm
Sign up with Bethany, \$10



The 55+ Activity Center - where there is something meaningful and productive to do every day.



FRIDAY FUN!

August 23, 1pm– Cornhole

August 30, 1pm– Trivia

Sept 6, 1pm– Scrabble & Bananagrams

Sept 13, 1pm– Trailwalk

Sept 20, 1pm– Mexican Train Dominos



Sept 27, 4pm– SOCK HOP

October 4, 1pm– Trivia



October 11, 1pm– Trailwalk

October 18, 1pm– Cribbage

October 25, 1pm– Cornhole

November 1, 1pm– Scrabble



November 8, 1pm– Trailwalk

November 15, 1pm– Trivia



November 22, 1pm– Cornhole



Munch'n Learn Series

Come, grab some coffee, and learn something new!
Sign up for email reminder & so we know you're coming!

Wednesday, August 14th, 10am

**Being Active and Independent in Retirement
& Levels of Senior Living– Maple Suites**
Helping older adults live satisfying & healthy lives.

MONDAY, September 16th, 1pm

WellnessLink New Hampshire
Strategies & resources for reducing isolation as you age.

Wednesday, September 24th, 10am

**Sketching Around the World &
The Doors of Newmarket—Sue Anne Bottomley**
Stories of sketching and exploring around the world and here in our very own Newmarket.

Wednesday, October 9th, 10am

**Balance, Strength, & Rehab Strategies
Spring Village and FOX Rehab**
Staying healthy and strong and reducing falls.

Wednesday, October 23rd, 10am

**Stories and Adventures from Streets of Paris and
Elsewhere—Henry M. Smith**
A presentation of photos accompanied by travel stories of various and sundry encounters, etc.

Wednesday, November 6th, 11am

Pathways Health LUNCH at 11am
Advanced Directives Info Session and Lunch.

Wednesday, November 13, 10am

Coffeehouse with Bethany
Original songs on acoustic guitar.

Bingo Bonanza!!!

Thursday, September 5th, 1pm, \$10 Donation
Sunrise Sunset and The Pines of Newmarket are teaming up once again with all proceeds to support the Alzheimer's Association! Gift card prizes! Free raffle! Snacks and treats! FUN FUN FUN!

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](https://www.facebook.com/sunrisesunsetactivity)

Follow the Sunrise Sunset Center on Instagram:
[sunrisecenternh](https://www.instagram.com/sunrisecenternh)



Trail Walks



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



Fri, Aug 16th, 1pm– Stonehouse Pond, Barrington
Fri, Sept 13th, 1pm– Great Bay Discovery Center
Fri, Oct 11th, 1pm– Oyster River Forest, Durham
Wed, Oct 30th, 10am– Maud Jones Forest, Lee
Fri, Nov 8th, 1pm– Wagon Hill, Durham

Shades of Ireland



Interested in traveling to Ireland in 2025?
We're working with Collette Tours to offer this locally guided trip so you can enjoy an amazing experience without the fuss! Talk to Bethany for more info!

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, August 5, 10am
Painted Rocks and More**

**Monday, August 12, 10am
Paper Crafts**

**Monday, August 19, 10am
Open Crafts & Craft Fair Meeting**

**Monday, August 26, 10am
Knit & Crochet Day**

Monday, September 2 CLOSED

**Monday, September 9, 10am
Jewelry & Beads**

**Monday, September 16, 10am
Painted Ornaments**

**Monday, September 23, 10am
Open Craft Time– Beth Out**

**Monday, September 30, 10am
Knit and Crochet Day**

**Monday, October 7, 10am
Craft Fair Prep**

Monday, October 14 CLOSED

**Monday, October 21, 10am
Craft Fair Prep**

**Monday, October 28, 10am
Knit & Crochet, Craft Fair Prep**

SATURDAY NOV 2 CRAFT FAIR 8-1

**Monday, November 4, 10am
Craft Fair Clean Up & Debrief**

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 Tuesdays & Thursdays at 8am for a short walk on safe sidewalks.

Interested in helping us run new programs?

We have possible training opportunities if you'd like to run a "Walk with Ease" class or "Tai Ji Quan" program. Or we're happy to hear your ideas and interests! Talk to Bethany!

Beginner-Friendly Mahjong (American)

Come learn this strategic ancient Chinese tile game!

Tuesdays at noon

October 15-November 5th

Please commit to entire 4 weeks

Talk to Bethany or Gloria with questions & to sign up!



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: 3:15pm



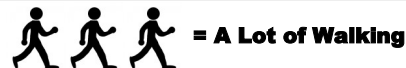
Canasta

Wednesday: 1:30pm



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

Registration For New Trips Opens 9am Mon August 19th (residents) and Tues August 20th (non-residents)



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.

Bedrock Gardens
Wednesday, Sept 4th
Leaving Beech St 9:45am
Return approx. 1:30pm
Cost \$15
Includes Transportation & Admission, optional free tour on arrival
BYO picnic lunch



Come visit what the Boston Globe calls "one of the most beautiful and intriguing landscapes in New Hampshire," right here on the Seacoast at the Bedrock Gardens in Lee! We'll arrive right when they open to take advantage of their optional free garden tour, or folks can elect to explore the gardens on their own and discover the many unique offerings it has in store! From sculptures to a tree garden to woodland pools to an abundance of flowers, there is an abundance of brilliant gems to discover. Wear walking shoes and bring a lunch and water so we can take our time to explore.

Breakfast Club: Country View
Wednesday, Sept 11th
Leaving Sunrise Sunset 8:30am
Return approx. 10:30am
Cost \$5
Includes Transportation
Breakfast \$ on own



We're excited to be heading back out with the breakfast club to one of our favorite spots at the Country View in Greenland, where the servings are big, everything is delicious, and the prices are reasonable! Come join us for a great breakfast and excellent company!

Seacoast Science Center
Wednesday, Sept 18th
Leaving Beech St 9:30am
Return approx. 2pm
Cost \$15
Includes Transportation, Park Admission, and Museum Ticket
BYO snacks or picnic



The Seacoast Science Center is a local gem filled with fun and interactive exhibits for all to enjoy, all right among the stunning scenery and fascinating history of Odiorne Point State Park. We'll visit the museum for a self-guided tour along with chances to ask the staff any questions we may have before heading outside to enjoy the salty air and picnic at one of the many tables set up at the park.

Million Dollar Quartet
Northshore Theater, Beverly, MA
Wednesday, October 2nd
Leaving Beech Street 10:30am
Return approx. 5:30pm
Cost \$99
Includes Trans & 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 a local lunch out before the show.

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 Aug 19th (residents) and Tues Aug 20th (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!

Autumn Drive and Dine
Wednesday, October 16th
Leaving Beech St 10:30am
Return approx. 1pm
Cost: \$10
Includes Transportation
Lunch \$ on own



Autumn in New England is one of the most beautiful sights in the world! Come enjoy it with us as we embark on a scenic drive through the Seacoast to admire the changing colors, fields, waters, and meadows in our own backyard. The exact route is still being mapped as we will scout out the best sights! The group will take a break to enjoy a lovely lunch together before heading back to Newmarket.

Country Christmas Shopping Trip
Christmas Dover & Calef's, Barrington
Wednesday, November 20th
Leaving Beech St 9:45am
Return approx. 1pm
Cost \$10
Includes Transportation
Shopping \$ on own



Let's get in the Christmas Spirit together by visiting The Biggest and Best Christmas Wonderland in New England! The Christmas Dove has 40 Rooms, 2 stories, and over 16,000 square feet of fine holiday decorations! We'll have plenty of time to admire the many amazing sights of this magnificent store before heading across the street to Calef's Country Store and the connected gift shops. Whether you're looking for crafts or the penny candy, there's an amazing amount of items to check out. Plus snacks, a cheese counter, and lunch for sale if you're hungry! Plenty for all!

Movie & Munch, Wicked at O'Neils,
Lunch at Applebees, Epping
Wednesday, December 11th
Leaving Beech St. approx. 11am
TIMES TO BE DETERMINED
Cost \$15
Includes Transportation & Movie
Ticket
Lunch \$ on own



Over the busy season, let's take some time off to relax at the movies! We'll catch a showing of the highly anticipated Wicked, adapted from the blockbuster Broadway Musical. This is the "untold story of the witches of Oz" following two witches as they navigate prejudice, privilege, power, and friendship over the years among the complex and magical world of Oz. Depending on the show time, we'll enjoy lunch at Applebees right down the road either before or after the show. Exact details of this trip will come closer to the show date, stay tuned!

Holiday Lights Van Tour & Dinner
Wednesday December 18th
Leaving Sunrise Center at 4pm
Return approx. 7:30pm
Cost \$10
Includes Transportation
Dinner \$ on own



This was a big favorite that sold out last year so we're doing it again! We've been keeping track of the best holiday lights and are always looking for more! We are excited to be putting together a tour of all of our favorite spots, including Victoria Drive and the light show in Freemont, which features over 80,000 lights set to music! We'll start the night off with an early dinner together so we'll be in good spirits for the festive drive!

2025 UNH DANCE COMPANY CONCERT
Lunch at Panzanellas
Wednesday, February 19th
Leaving Beech St. 9:15am
Return approx. 2pm
Cost: \$20
Includes Transportation and
Show Ticket
Lunch \$ on own



Save the date! We're already looking forward to attending the 2025 Dance Company Concert over at UNH right down the road. The Jazz/Tap/Aerial Dance Company will present Journey Through the Enchanted Forest, which has been described as "a whimsical adventure" and features a fabulous and fun showcase of different dance styles. After a short intermission we will then enjoy The Ballet Company's Untitled which explores an evocative journey through a surreal landscape that navigates the ebb and flow of mental and emotional tides. Lunch to follow at Panzanellas!

FUN AT THE SUNRISE SUNSET CENTER



Isles of Shoals Trip
Trail Walk Group at Doe Farm
Ice Cream Social with Greg
Happy Birthday Gabriella at Foster's
Interweave Craft Event with Ming



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.

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.

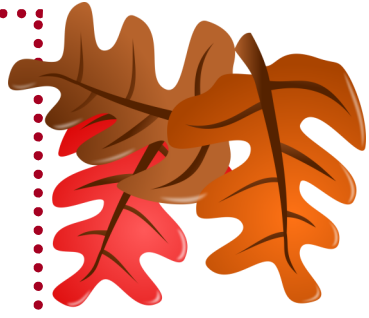
Rockingham Nutrition Senior Shuttle Services/Trip Link:

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.

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. Local Stratham office: (603) 334-6594

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



TO:

Sunrise Sunset Activity Center Weekly/Monthly Calendar

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<p>Craft Club 10am</p> <p>Beyond the Last Page Book Club 1st Monday of the Month 1:00-2:30pm</p> <p>Bridge Club 3:15-5:30pm</p>	<p>Walking Club 8am</p> <p>Bone Builders RSVP 9-10am</p> <p>Lunch 11:30 Reservations Required Call Lynn 659-3150</p> <p>Games 12noon</p> <p>Bingo 1pm</p> <p>Mat Yoga 4pm</p>	<p>Day Trips On Select Wednesdays See Trip Schedule on Pages 4-5</p> <p>Rockingham VNA Foot Clinic 2nd Wednesday 580-6668</p> <p>Canasta 1:30pm</p> <p>Chair Yoga 2pm</p>	<p>Walking Club 8am</p> <p>Bone Builders RSVP 9-10am</p> <p>Lunch 11:30 Reservations Required Call Lynn 659-3150</p> <p>Bingo 1pm</p> <p>Bridge Club 3:15-5:30pm</p>	<p>Sunrise Strummers Ukulele Class 10-11:30am</p> <p><u>Saturday</u></p> <p>Chair Yoga 9am</p>