

- ◆ PROGRAMMING INFORMATION
- ◆ SENIOR INFORMATION
- ◆ SPECIAL EVENTS
- ◆ SOCIAL PROGRAMS
- ◆ TRIPS AND MEET-UPS
- ◆ ACTIVITIES

# The Sunrise Sunset Breeze

GET UP, GET ACTIVE, BE ALIVE AT 55+

Winter 2024-25

## Sunrise Sunset Center Holiday Events

*We hope you'll be able to join us!*

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

### Holiday Bingo at the Pines

Free! Wed, December 4th, 2:30pm at the Pines  
We'll visit our neighbors for fun and festive bingo!

### Family Friendly Christmas Party at the Mills

Free! Sat, December 7th, 2-4 at the Mills  
Bring the family for this community-wide free holiday event! Raffle, silent auction, crafts, and prizes!

**Holiday Bingo at the Sunrise Sunset Center**  
**Regular Bingo Buy In, Thurs, December 12th, 1pm**  
Come join for our annual bingo holiday party!  
Pot luck treats and everyone will win a prize!

### Breakfast with the Strummers

Free! Fri, December 20th, 10am

Enjoy the season with festive music from the Sunrise Strummers Ukulele Group! Always a much-loved event!  
Light breakfast refreshments & holiday treats!

### And save the date for these upcoming events!

**Comedian David Shikes: Friday, January 24th, 1pm**  
**Hot Pot Cook-Off: Friday, February 21st, 1pm**

## CRAFT FAIR

### Pop Up Market

*Available through mid-December*

**Get your holiday gifts right here at the Sunrise Sunset Center!**



## Volunteer Appreciation!

**Monday, Nov 25, 2pm**

We are thankful for YOU!

Come join us in recognizing some of the amazing folks who help make the Sunrise Sunset Center such a vibrant place in our great community! It takes many hands and we are very grateful to all who pitch in, whether it's a little or a lot!

- ◆ Light Refreshments
- ◆ Thank You Gifts
- ◆ Raffle for Group Leaders





## Friday Fun! Fridays at 1pm



November 15th: Trivia

November 22nd: Cornhole

December 13th: Mexican Train Dominos

December 27th: Coffee Social

January 3rd: Trivia

January 10th: Cornhole

January 17th: Scrabble

January 24th: Comedian David Shikes!

January 31st: Cribbage

February 7th: Writing Poetry & Songs

February 14th: Trivia

February 21st: Hot Pot Cook-off!

February 28th: Bring a Kid Paint Day



## Munch'n Learn Series

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

**Wednesday, November 13, 10am**

**Coffeehouse with Bethany**

Coffee and treats along with a selection of original songs on acoustic guitar.

**Wednesday, December 4th, 11am**

**At Home Hearing LUNCH at 11am**

Learn about hearing aids and options available for home visits, free hearing tests, and free hearing aid tune-ups.

*Please RSVP for lunch.*

**Wednesday, January 8th, 11am**

**Pathways Health LUNCH at 11am**

Come learn about Pathways Healthcare's unique way of combining the advantages of an institutional setting (ie: a hospital) with the healing power of the patient's home.

*Please RSVP for lunch.*

**Wednesday, February 12th, 10am**

**NAMI: Self Care for Aging Adults and Caregivers**

Enjoy some coffee and treats with us as we explore the effects of loneliness on mental health and why self-care is so important for our minds and our bodies. We'll also discuss self-care options and learn about mindfulness as a tool for health and wellbeing.

**Come See Comedian David Shikes!**

**Friday, January 24th at 1pm**

Free! All welcome, invite a friend!

Coffee and Food! Highly Recommended!

**Come have a laugh for the new year!**

The Sunrise Sunset Activity Center  
Program Director: Bethany Henry  
2 Terrace Drive, Newmarket, NH 03857  
(603) 659-4469

[sunrise@newmarketnh.gov](mailto:sunrise@newmarketnh.gov)

Newmarket Recreation Department  
(603) 659-8581

Recreation Director: Aimee Gigandet

Assistant Director: Alyssa Porto

Recreation Manager: Sam Kerrigan

Site Supervisor: Michael Wernig

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)



## Get involved at Sunrise Sunset!

*We'd love to have you! Get in touch with Bethany!*



### Finance Committee

Come discuss the Sunrise Sunset Center's finances and potential projects and plans for the upcoming year!

*Tentative Meeting: Tuesday Jan 7th, 10:30am*

### Planning Committee

Interested in helping plan events & trips? Want to have a say in the bands we book, themed socials, or the programs we run? We'd love to hear your ideas and input!

*Tentative Meeting: Monday Jan 13th, 1pm*

### Volunteer!

Could you lead a group, step up to be a backup bingo caller, or have an interest you'd like to share? Let us know and we'd love to chat about the possibilities!

# SUNRISE SUNSET HAPPENINGS

## LET'S GET CREATIVE!

**Mondays at 10 am**

***unless otherwise stated***

Stop by and enjoy great company and creativity!

**Monday, November 18th**  
Holiday Card Making

**Monday, November 25th**  
Knit and Crochet Day

**Monday, December 2nd**  
Birdseed Pinecones

**Monday, December 9th**  
Paper Snowflakes with Linda— Date Tentative

**Monday, December 16th**  
Oranges and Cloves

**Monday, December 23rd**  
Cookie Decorating and Coco

**Monday, December 30th**  
Knit & Crochet Day

**Monday, January 6th**  
Beading

**Monday, January 13th**  
Cards for Kindness

**Monday, January 20th CLOSED**

**Monday, January 27th**  
Knit & Crochet Day

**Monday, February 3rd—RSVP**  
“Birch Trees in Watercolor” with Lynne’: Part 1

**Monday, February 10th—RSVP**  
“Birch Trees in Watercolor” with Lynne’: Part 2

**Monday, February 17th CLOSED**

**Monday, February 24th**  
Knit & Crochet Day

**FRIDAY, February 28th, 1pm**  
Bring a Kid Paint Day—\$5 Per Person, RSVP

## 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...

## Bring a Kid Paint Day!

Friday, February 28th, 1pm  
\$5 per person, Ages 7+

Come join us over February vacation for a great time of creativity and fun! Art instructor Erin will lead us through step-by-step instructions to create a take home acrylic art masterpiece. All materials (and snacks!) provided. Sign up with Bethany.



**New! Tech Assistance from National Honors Society Students of Newmarket!**  
**1st Monday of each month, 2:45-3:45pm**  
Sign ups helpful but not required— just stop by with your devices and/or questions!

## 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



### Mah Jong (American)

Tuesday: 12noon

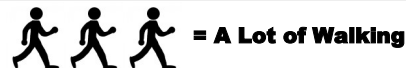


### Canasta

Wednesday: 1:30pm

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

Registration For New Trips Opens 9am Mon Nov 18th (residents) and Tues Nov 19th (non-residents)



**Country Christmas Shopping Trip**  
**Christmas Dover & Calef's, Barrington**  
**Wednesday, November 20th**  
**Leaving 10 Beech St Ext 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 10 Beech St Ext 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 at Telly's in Epping so we'll be in good spirits for the festive drive!

**The Brook Casino, Seabrook**  
**Wednesday, January 22nd**  
**Leaving Sunrise Center at 9:30am**  
**Return approx 2pm**  
**Cost \$12**  
**Includes Transportation**  
**Lunch and Casino \$ on own**



Let's see how lucky we are in the new year! This is always a favorite and often requested trip, so we're excited to be heading back to visit The Brook Casino where they offer over 400 slot style gaming machines and plenty more activity and games for all! We'll get to have a few hours of free time to explore and play the games that strike our fancy before regrouping for lunch together at one of the many restaurants right on the premises.

## 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, the full balance is due one week before the trip date. For trips over \$20 you must pay a 50% deposit up front. If your plans change and you are unable to attend, please let us know as soon as possible! If we are able to fill your seat, a refund will be offered. *Please note that a \$5 processing fee may be applied for any canceled trips.* 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

Registration For New Trips Opens 9am Mon Nov 18th (residents) and Tues Nov 19th (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!

**Brunch & Tour with  
Wentworth Senior Living in Portsmouth  
Wednesday, January 29th  
Leave Sunrise Center 9:30am  
Return approx 12noon  
FREE  
Includes Transportation, Brunch,  
and Tour**



We've been invited to visit Wentworth Senior Living over in Portsmouth where they've promised us a tour as well as a specialty brunch off of a menu created just for us! Nestled right in the heart of downtown Portsmouth, we look forward to this venture out and a chance to learn a bit about this senior living location. They've graciously offered free transportation on their van for us all, so sign up so we can save your spot!

**Breakfast Club Meetup!  
Wednesday, February 5th  
MEETUP at Emery Farm Café 9am  
FREE  
Please sign up so we can include you in  
our reservation and be looking for you!**



We really enjoyed getting to visit this local gem of a farm last year— now we're looking forward to trying out their breakfast menu! This market and café is open year round and has a nice scenic spot across from Wagon Hill Farms. From breakfast sandwiches to bagels to their special apple cider donuts and baked goods— there is a bit for everyone! Along with hot beverages like tea, espresso, & coffee of course! There is a nice big parking lot which makes this an ideal spot for a breakfast meetup to start off the day!

**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**



We're so 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!

**Foster's Lobsterbake! Featuring The  
Bobby Darling Show  
York, Maine  
Wednesday, July 16th  
Expected Beech St departure 9:30am  
TIMES TO BE DETERMINED  
Cost: \$115  
Includes Trans, Lobsterbake  
Lunch, Gratuity, and Show**



The Foster's Lobsterbake show is always a classic favorite that consistently sells out, and it's no secret why! Bringing in top shows and serving iconic lobster and more, this is a great celebration of summer in New England! This year will feature The Bobby Darling Show, perfect for fans of the Smother's Brothers and touted as The Northeast's most hilarious musical comedy duo! And don't forget the plated lobster luncheon, including a WHOLE LOBSTER, clam chowder, fresh steamed mussels, Maine clams, corn on the cob, blueberry cake, and plenty more!

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For all trips, the full balance is due one week before the trip date. For trips over \$20 you must pay a 50% deposit up front. If your plans change and you are unable to attend, please let us know as soon as possible! If we are able to fill your seat, a refund will be offered. *Please note that a \$5 processing fee may be applied for any canceled trips.* 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

# FUN AT THE SUNRISE SUNSET CENTER



**Autumn Scenic Drive at  
Old Stage Rd Covered Bridge**

**Mini Golf at Hilltop Fun Center**

**Annual Sunrise Sunset  
Luau at the Splashpad**



# SENIOR RESOURCES & INFORMATION

Contact Bethany anytime with questions! [sunrise@newmarketnh.gov](mailto: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.

## **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.

## **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.

## **NAMI NH:**

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

**Oasis Senior Advisors:** Free service for seniors and families! In-depth consultation and counseling regarding housing options for seniors. Contact local advisor at 207-994-9558.

## **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 and COAST on demand:**

A wheelchair accessible senior shuttle service for shopping and medical appointments for Newmarket residents and surrounding towns. COAST route 7 on demand also services Newmarket on select days. 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



**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>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>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>