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The Sunrise Sunset Breeze

GET UP, GET ACTIVE, BE ALIVE AT 55+

Spring 2025

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!

Chili/Chowder/Soup Cook-Off!

Friday, Feb 21st, 1pm

Delicious food! Prizes for best of show!
Tasters: \$3, Chefs: Free!



Kid & Me Paint Day

Friday, Feb 28th, 1pm

Paint class with Erin over school break! \$5



Games with the Girl Scouts

Friday, March 14th, 1pm Free

Girl Scouts will visit to play games & socialize!



Fenway Opening Day

Friday, April 4th, 12noon-2ish \$10



Spring Fling

Friday, April 25th, 4pm-6pm \$10



Sea Chantey Singers

Friday, May 2nd, 1pm Free



Save the Date: Our First Ever Wellness Fair!

Wednesday, June 4th, 9am-12noon



Larry Pickering Memorial Opening Day at Fenway

Join us here at the Sunrise Center!

Friday, April 4th

Doors open: 12noon

Game time: 2:10pm

Boston Red Sox vs. St. Louis Cardinals

Wear your Red Sox gear!
Ballpark activities and food!
\$10 per person, RSVP



Spring Fling

Friday, April 25th, 4pm-6pm

\$10 per person, RSVP

Come Celebrate

Spring With Us!

Music by Brandy Irish-Gerjuoy

Jazzy vocals &

old-time favorites!

Dinner assortment of sandwiches, salads, chips, desserts





Friday Fun!

Fridays at 1pm



February 14th: Trivia

February 21st: Chili/Chowder Cook-off!

February 28th: Bring a Kid Paint Day

March 7th: Mexican Train Dominos

March 14th: Games with Girl Scouts!

March 21st: Corn Hole

March 28th: Trivia

April 4th: Fenway Opening Day 12-2

April 11th at 1:30: Calligraphy Part 1

April 18th at 1:30: Calligraphy Part 2

April 25th: Spring Fling 4pm

May 2nd: Sea Chanty Singers

May 9th: Trivia

May 16th: Corn Hole

May 23rd: Garden Work Day



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

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)



Munch'n Learn Series

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

Wednesday, February 12th, 10am

NAMI: Self Care for Aging Adults and Caregivers

Discussing the importance of self-care and learn about tools and strategies for health and wellbeing.

Wednesday, March 12th, 10am

A Walk In Their Shoes: Dementia Simulation

Interactive experience to better understand and empathize with those living with Alzheimer's or other forms of dementia. Helpful for families, caregivers, and the community! Presented by Silver Square. All are welcome!

Wednesday, March 26th, 10am

At Home Hearing

Information on hearing loss and its impacts on life and aging. Plus options for free hearing tests and Q&A.

Wednesday, April 9th, 10am

Fraud Basics: The Scam Landscape & Staying Safe

Information on current and local frauds and scams as well as tools and techniques to stay safe! By AARP.

Wednesday, April 23rd, 10am

Alzheimer's Association: Managing Money

A caregiver's guide to finances.

Wednesday, May 14th, 10am

Boston to Bermuda Cruise Info

Let's dream of the island of Bermuda! Best of Times Travel will share info and photos on a 2026 cruise through the Sunrise Center.

Wednesday, June 4th, 9am-12 noon
Wellness Fair

The Sunrise Sunset Center is hosting its first ever Wellness Fair!

We'll have around a dozen participants representing local resources and information! Plus giveaways, snacks, coffee, and fun company! Invite your friends— all are welcome to this free event! Get in touch with Bethany if you'd like to help with any of the event planning!

New Year = New Info!

It's been a (long) while since some of our membership forms were filled out, and we'd love your updated info!

All members must fill out a new 2025 waiver form and turn it in to Bethany!

Forms are conveniently tucked into the Breeze newsletter, on our website, and available at the center. Please don't make me chase you down!

SUNRISE SUNSET HAPPENINGS

LET'S GET CREATIVE!

Most Mondays at 10 am

unless otherwise stated

Stop by and enjoy great company and creativity!

Monday, February 24th, 10am
Watercolor Painting Class #2

FRIDAY, February 28th, 1pm
Bring a Kid Paint Day! \$5 per person

Monday, March 3rd, 10am
Craft Fair Planning Meeting

Monday, March 10th, 10am
TRIP! Glass Fusion Class & Lunch (\$30)

Monday, March 17th, 10am
Painted Birdhouses

Monday, March 24th, 10:am
Easter Card Making

Monday, March 31st, 10am
Knit and Crochet Day

Monday, April 7th, 10am
Painted Easter Bunnies

FRIDAY, April 11th, 1:30pm
Calligraphy Class, Part 1

FRIDAY, April 18th, 1:30pm
Calligraphy Class, Part 2

Monday, April 28th, 10am
Knit and Crochet Day

Monday, May 5th, 10am
Show and Tell Social

Monday, May 12th, 10am
Zentangle Step By Step

Monday, May 19th, 10am
Knit and Crochet 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...

4 Week Balance & Fall Prevention Program with Ability Allies

Mondays, 9-9:45am, 3/31-4/21
\$35, Health Screening Required



This specialized program is run by a physical therapist and designed to improve your balance, enhance your walking abilities, increase endurance and reduce your risk of falls.

Tech Assistance
1st Monday of
each month
2:45-3:45pm

Trail Walks and Weekly
Walks at Sunrise Center
Tues/Thurs at 8am are
starting back up!
Come join us!



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 Tues Feb 18th (residents) and Wed Feb 19th (non-residents)

 = Minimal Walking

 = Medium Amount of Walking - Parking lots and stairs possibly

 = A Lot of Walking

2025 UNH DANCE COMPANY CONCERT

Lunch at Panzanellas
Wednesday, February 19th
Leave 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!

*Glass Fusion at Firefly Pottery

Lunch at the Golden Egg
Monday, March 10th
Leave Sunrise Center 10am
Return approx 2pm
Cost: \$30
Includes Transportation and Fused Glass Lesson & Materials
Lunch \$ on own



Calling all crafters! We will travel together to visit Firefly Pottery where we will get the chance to create a stunning Glass Fused piece by layering colorful pieces of cut glass. Full instructions and assistance available, no experience needed! All participants will get to create their very own glass 4x4 sun catcher... and they have plenty of ideas and examples to guide us! After taking our time learning the art of glass fusion, we'll head next door to the highly reviewed Golden Egg Diner where we will enjoy a delicious lunch together before heading back to Newmarket.

*Bowling at Exeter Lanes

Lunch at Shooters Pub
Wednesday March 19th
Leave Sunrise Center 11am
Return 2pm
Cost \$20
Includes Transportation, Bowling Shoe Rental, and Pizza Lunch



We are excited to be returning to Exeter Bowling Lanes! It's been a while! Everything is included in this trip- we'll get a chance to bowl for an hour or so at our own pace (remember: you don't have to be any good- no experience or skill needed!) before enjoying a late pizza lunch at Shooter's Pub (which I hear is the best pizza in town!). So come along for good company and a fun day out together!

*Breakfast MEETUP Sunnys Restaurant

250 Calef Hwy, Lee
Wednesday April 2nd
MEET at Sunny's at 9am
Breakfast \$ on own



Sunny's in Lee is one of the best breakfast spots around! Come join us and enjoy some great food and fun company together! Let Bethany know you're coming so we can make sure to reserve enough seats!

*Supreme Reflections Tribute

Daversport- Danvers, MA
With Best of Times Travel
Thursday, April 24th
Leave Beech St approx 10:30am
Return approx 3:30pm
Cost: \$136
Includes Transportation, Show, Lunch, and Gratuity



The ultimate tribute to the music of Diana Ross & The Supremes! With favorites such as *Where Did Our Love Go?*, *Ain't No Mountain High Enough*, and *Stop! In The Name of Love!* Supreme Reflections is a full-scale musical show that will thrill you and give new appreciation to the three classy ladies from Detroit who became and remain the most popular female vocal group in the world! With plated luncheon of stuffed chicken breast, salad, potato, dessert, and more! **Ten people minimum to run this trip.**

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 Tues Feb 18th (residents) and Wed Feb 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!

***Wentworth Greenhouse & Lunch at Tucker's in Dover**
Wednesday, May 7th

Leaving Sunrise Sunset Center 9am

Return approx 1pm

Cost \$10

**Includes Transportation
Lunch \$ on own**



We're celebrating the season by admiring the beautiful flowers at the magnificent Wentworth Greenhouse over in Rollinsford, where they have been growing locally for over 50 years! Help us pick out some plants for the Sunrise Sunset gardens or pick up something special to celebrate Mother's Day the upcoming weekend! After we take our time exploring the greenhouse, we'll follow up with lunch together over at Tucker's in Dover!

***Birdwatching with Dick Lutz**
Burley Farm , Epping

Wednesday, May 21st

Leaving Sunrise Center 9:30am

Return approx 1pm

Cost \$15

**Includes Transportation
and Guide
BYA Bag Lunch**



Calling all Bird Brains and Trail Walkers! Expert birdwatching guide Dick Lutz is back to share his vast knowledge with us while exploring the trails and expansive areas of Burley Farm in Epping, which he has identified as an ideal spot to observe multiple species of birds at this time of year! This promises to be an extremely excellent and informative trip! Pack your binoculars & camera, and don't forget to wear your comfortable walking shoes! Bring your own picnic lunch and plenty of water!

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!

***RENT at Northshore Theater**
Beverly, MA

Wednesday, September 17th

Leaving Beech St 10:30am

Return approx 5:30pm

Cost: \$99

**Includes Transportation & Show
Lunch \$ on own**



Save the date! This promises to be a spectacular show and we always have a truly amazing time at the Northshore Theater! How do you measure your life in love? Set in New York City's East Village from 1989 to 1990, RENT is the Pulitzer Prize and Tony® Award-winning musical that became a defining pop culture phenomenon. Experience the revolutionary musical of love, loss, and hope that continues to resonate with audiences today! *We'll enjoy lunch together before the show.*

Save the date!

Fall trip to the MFA in Boston
Details to come!

We just need to sort out a few more details (such as parking!) but are looking forward to visiting the MFA in the fall!

***WHITE CHRISTMAS**

at the Portsmouth Music Hall

Lunch at Grill 28 at the Pease

Wednesday December 10th

Leaving Center at 11 AM

Show starts at 1:30 PM

Return at approx. 4:30 PM

Cost \$139

**Includes Trans & Show
Lunch \$ on own**



Save the date! The Ogunquit Playhouse's production of Irving Berlin's White Christmas returns to The Music Hall this holiday season. Packed full of dazzling dance numbers, iconic songs such as "Happy Holiday," "Sisters," "Blue Skies," and the beloved title song, as well as actors straight from Broadway, you aren't going to want to miss this "holiday card come to life." The magic of Broadway swings into the Historic Theater with spectacular dance numbers, nostalgic songs, and a few surprises that are sure to wow you. *We'll enjoy lunch together before the show.*

FUN AT THE SUNRISE SUNSET CENTER



Breakfast with the Strummers
January Trivia Day Winners
Cookie Decorating with Crafters
Volunteer Appreciation
Trail Walk at Wagon Hill



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:

Free 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 sodas, water, snacks, and more. 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



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>
10am Crafts	8am Walkers (Weather dependent)	Day Trips On Select Wednesdays See Trip Schedule on Pages 4-5	8am Walkers (Weather dependent)	10-11:30am Sunrise Strummers Ukulele Class
1st Monday of the Month 1:00-2:30pm Beyond the Last Page Book Club	9-10m Bone Builders RSVP	Rockingham VNA Foot Clinic 2nd Wednesday 580-6668	9-10m Bone Builders RSVP	1pm Friday Fun Schedule on Page 2
1st Monday of the Month 2:45-3:45pm Tech Help	11:30am Lunch Reservations Required Call Lynn 659-3150	1:30pm Canasta	11:30am Lunch Reservations Required Call Lynn 659-3150	<u>Saturday</u>
3:15-5:30pm Bridge Club	12noon Games	2pm Chair Yoga	1pm Bingo	9am Chair Yoga
	1pm Bingo		3:15-5:30pm Bridge Club	
	4pm Mat Yoga			