



# Seacoast Village Project

*Building community, knowledge and support with seniors aging at home*

## Village News

**February 2024**

Winter can be an isolating and difficult time of year for many of us. The Village offers a ready-made way to stay connected or to get the help you need when weather prevents you from doing what you normally might. Our February calendar offers a wonderful array of in-person events—from discussion groups to nights out on the town—as well as a chance to meet the Village’s new Health Support Resource Team during this month’s virtual Lunch & Learn.

Members are also reminded that you can request support services, such as help preparing for an upcoming weather event or errands, using the member service line listed in your handbook.

This winter, be sure to lean on the Village when you need a little extra support. We’ll get through it together. (Not a member yet? Join one of this month’s virtual info sessions to learn more!)

## Upcoming Events

Visit [www.seacoastvillageproject.org](http://www.seacoastvillageproject.org) and click on the “Event” tab for more information on any event and to **register by the day before** (unless otherwise noted).

### *Members & guests event*

#### **Men’s Discussion Group**

**Tuesday, February 6, 10:00-11:30am**

*Wiggin Memorial Library, Stratham*

The belief is that men need a forum to discuss issues affecting them as they go through transitions in their lives. This month’s discussion will be a topic(s) raised by the assembled group. This group is open to all men, non-members as well as Seacoast Village members.



### *Members & guests event*

#### **Beginner-Level Exercise**

**Sunday, February 11, 10:00-11:30am**

*YMCA, Portsmouth*

We are continuing our beginner-level, functional exercise classes. Focus will be placed on balance and core development. Various pieces of equipment will be used to support the exercises (balls, noodles, weights, and chairs).



## Upcoming Events Continued...

### Time to Play Games

**Monday, February 12, 2:00-3:30pm**

*Portsmouth Senior Activity Center*

Winter is a great time to get together with other members to play games. This will be quite informal and is an opportunity to learn a new game. Feel free to bring a game that others can play. If there is sustained interest, we can schedule this on a more regular basis.



### Prospective Member Information Session

**Tuesday, February 13, 11:00am**

**Thursday, February 22, 4:00pm**

*via Zoom*

Find out how the Village can help you maintain control over your life, stay in your home and actively participate in your community for years to come.



### *Members-only event*

**Art & Dialogue—on the Theme of Seeing Oneness: How can we move from being divided and isolated toward a state of unity and connection?**

**Thursday, February 15, 2:00-4:00pm**

*Green Acre, Eliot, ME*

\$10 per person

Green Acre, a Baha'i Learning Center in Eliot, Maine, is a unique gathering space that combines viewing art with lively conversations. People have gathered here, on the banks of the Piscataqua River, for dialogues for over 100 years. During this event, we'll tour an art exhibit that has the theme of Seeing Oneness and use it to inspire and spark our conversations.



Facilitated by Robert Sapiro, Green Acre's administrator, and Beth Tener, Community Artist-in Residence, founder of Kinship, an initiative focused on growing community, connection, and trust, and hosts of the Living Love podcast.

### Lunch & Learn Series—Meet the Village's New Health Support Resource Team

**Tuesday, February 20, 12:00-1:00pm**

*via Zoom*

This month's Lunch & Learn is a chance to meet the members of the Village's newly formed Health Support Resource Team. The team members will make a brief presentation on ways we can help members and then there will be time for questions.

**Continued on the next page...**

## Upcoming Events Continued...

### Lunch & Learn continued from previous page...

Comprised of Village members with professional backgrounds and expertise in the healthcare field, the Team's focus is to provide support for members with health challenges or in need of help navigating the healthcare system.

Panelists and team members include Brenda Reynolds (Team Leader), Bob Andelman, Pat Chun-Taite, Nancy Euchner, Susan MacLennen, Nancy Seesman, April Weeks, Nancy Zadravec and Cari Quater (staff).



### Save the Date For These Upcoming 2024 Lunch & Learn Topics:

**March 19:** The Pre-Dead Social Club

**April 16:** The Conversation Project

**May 21:** Medical Debt—Common Pitfalls and How to Avoid Them

### *Members & guests event*

#### **Women's Group Meeting**

**Tuesday, February 27, 10:30am-12:00pm**

*Wiggin Memorial Library, Stratham*

This month we'll discuss "Living Purposefully." Volunteering? Grandchildren? Singing? Join us and share what makes you feel alive. Please bring your own coffee or water.



### *Members & guests event*

#### **North Sponsored: UNH Symphonic Band and the Wind Symphony (with optional dinner beforehand)**

**Tuesday, February 27, 8:00pm**

*Johnson Theater at Paul Creative Arts Center, UNH Campus, Durham*

Let's meet for dinner at Clark's American Bistro in Durham at 6:00 pm (pay your own way). Dinner will be followed with a concert by the UNH Symphonic Band and the Wind Symphony.

The concert is free and open to the public. Please register in advance if you plan to join us for dinner so we can make a table reservation at Clark's.



**Turn the page for more events...**

## Upcoming Events Continued...

### *Members & guests event*

#### **East Sponsored: Jimmy's Jazz & Blues Club**

**Wednesday, February 28, 7:30pm**

*Congress Street, Portsmouth*

\$15 per person

Let's go as a Village group to hear Misty Blues Band—"Queens of the Blues," a tribute to blues Legends Bessie Smith, Big Mama Thornton, Ruth Brown & Koko Taylor!

Sponsored by the East Cluster, we have selected four tables, four persons each in Elle's Balcony.



Attending an event at Jimmy's is high on the East Cluster "want-to-do list." To make the price affordable, we have obstructed views (but the acoustics in the space are excellent). Come early to share a meal and drinks (a la carte) and visit with other Village members. Jimmy's opens at 5:30pm.

Space is limited so register early. If we sell out, we may be able to purchase more tickets in the same seating area. Members' guests are welcome!

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## A Sneak Peek of What's Coming Up in March...

### *Members & guests event*

#### **East Sponsored: Tour of The Music Hall**

**Friday, March 22, 11:00am-12:15pm**

*The Music Hall, Portsmouth*



In 1878, The Music Hall opened its doors as a Vaudeville theater. We almost lost the theater to urban renewal in the 80's. The Historian of the Music Hall, Zhana Morris, will relate the highlights of the past 140 years and give us a Behind the Scenes Tour. Space is limited so sign up early!

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## Get Connected—Kicking Off the New Year Together

Snow couldn't deter 55 Village members from gathering at Grill 28 on January 21 for the (rescheduled) 2nd Annual New Year's Brunch.

Sponsored by At Home By Hunt, the event served as an opportunity for members from across the Village to start the year by getting connected to the others who form the network of support that will be there for them as they grow older.





## Helping Each Other Out—Let's Keep Each Other Healthy This Winter

COVID, RSV and Influenza are circulating on the Seacoast. As we head into the wintriest month of the year, let's each do our part to keep one another healthy.

Are your vaccinations for all three illnesses up-to-date? If not, contact your local pharmacy to schedule your booster or vaccination today.

Feeling unwell or exhibiting signs of cold, flu or possible COVID? Please stay home until your symptoms are gone. If you need something from the store or need a prescription filled while you are quarantining, the Village is here to help! Members can call the service line listed in their member handbook and make a request.

Together we can help take the sting out of the season of sickness.

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### Member Story—Bonnie Keast, Exeter

After living in busy and thriving northern California for more than 45 years, Bonnie found herself yearning for a place with fewer people and cars, closer access to tree-filled natural spaces, and four seasons. Having lived in Massachusetts as a teenager and later graduating from the University of Maine, she realized in 2015 it was time to return to New England. She ultimately chose the Exeter Mill as her “age in place” home.

After ending her professional career in education, Bonnie studied personal coaching and earned certifications as a somatic and an ontological coach, and went on to write *Cultivating the Garden Within*. She is also the co-author of *Beyond Salt and Pepper: Forty Fabulous Flavor Enhancers*.

“Participating in the Village makes complete sense to me. I value belonging to an organization that honors both independence and connection, offers a variety of activities and opportunities for service, and provides needed resources,” said Keast. “I also know that the Village offers a wonderful web of connections with people and experiences that I can continue to enjoy as I age.”



When asked what she would say to a friend considering joining the Village she summed it up simply:

“Friend—What are you waiting for?”

You can read Bonnie's full profile on the Village' website.

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