



## March Events—Get Smart, Get Connected

Visit the events page at [www.SeacoastVillageProject.org](http://www.SeacoastVillageProject.org) for more information.

Register by the day before to [rsvp@seacoastvillageproject.org](mailto:rsvp@seacoastvillageproject.org) or (603) 373-8429.

### Time to Play Games

**Monday, March 4, 2:00-3:30pm**

*Portsmouth Senior Activity Center*

It's a great time of year 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.



### *Members & guests event*

#### **Men's Discussion Group**

**Tuesday, March 5, 10:00-11:30am**

*Durham Public Library*

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.



### **Fort Foster Hike**

**Monday, March 11, 10:00-11:30am**

*Garrish Island, Kittery Point, ME*

Join hike leader Kathy Rockwood for this easy, picturesque coastal walk along a flat trail with historical markers. We will do a loop that is approximately 2 miles.



### **Prospective Member Information Session**

**Tuesday, March 12, 11:00am**

**Thursday, March 28, 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.



## Upcoming Events Continued...

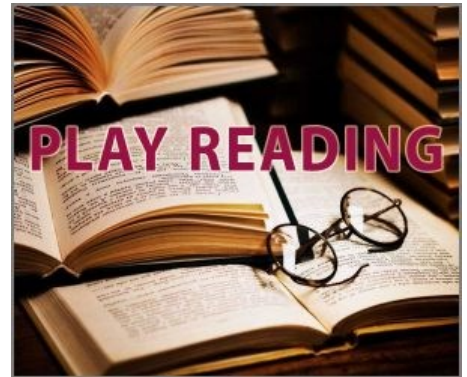
### *Members-only event*

#### **Shakespeare Reading: Othello**

**Wednesday, March 13, 1:30-3:30pm**

*Carey Cottage Music Room, Portsmouth*

Join facilitator Pippa Francq to read, listen to and discuss Acts III to V of Shakespeare's Othello. In this bitter tragedy of love, jealousy, and deception, Shakespeare has produced the most heart-stopping of finales. Derived from the play's Italian novella source, this play transforms a small-scale domestic dispute into a highly emotional drama.



We are continuing our reading from last month, but prior attendance is not required. Come ready to have fun! No preparation needed. Please register to be a reader or a non-reader.

### *Members-only event*

#### **Strategies for Improving Bone Health**

**Thursday, March 14, 10:00-12:00pm**

With Dennis Chasteen, UNH Professor Emeritus, Biophysical Chemistry  
*via Zoom*

This two-hour workshop will consist of two parts separated by a 10-minute break. The first part will cover osteoporosis and osteopenia among seniors, harmful drugs, bone microstructure, and the controllable factors that affect bone strength.

The second part will build on the first part and cover supplements (the good and the bad), functional foods, the best exercises for building your bones, and a summary of recommendations. Handouts of key slides will be provided.

#### **About the Presenter**

Dennis Chasteen is a UNH Professor Emeritus of Biophysical Chemistry with expertise in biomineralization processes such as shell, tooth, and bone formation. He often served as a consultant to NIH and other grant funding agencies and published extensively in various areas of biomedical research. Having been "diagnosed" many years ago with osteoporosis himself, he has a personal as well as a professional interest in effective ways of combating bone loss without the use of drugs.



### *Members & guests event*

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

**Sunday, March 17, 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...

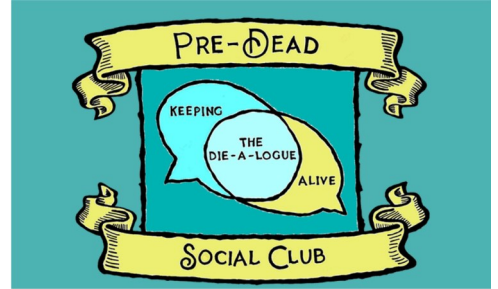
### Lunch & Learn Series—The Pre-Dead Social Club

Tuesday, March 19, 12:00-1:00pm

With Laura Cleminson

*via Zoom*

Contemplating end-of-life and talking about death is never easy. During this program, Laura Cleminson, founder of The Pre-Dead Social Club, will share strategies that the group has created that unite multi-generations as we all navigate tender and thought-provoking conversations related to dying and end-of-life.



The Pre-Dead Social Club was born because Laura Cleminson believed there are people out there that want to discuss the thing we have in common—we are all going to die. The mission of the Pre-Dead Social Club is to make having compassionate conversations about death and dying a bit easier, less burdensome, and more tenderhearted before it's too late, with the goal of having these before a life-limiting or terminal diagnosis arises.

#### About the Presenter

Laura is an End-of-Life-Doula, hospice volunteer, entrepreneur, mother, daughter, partner, friend and neighbor. She believes that death is a life skill and there is power in community. She knows the hardest conversation is often with those closest to us. All the more reason to increase the frequency and expand who we die-a-logue with as we ponder our own mortality.

#### *Members-only event*

### Volunteer Driver Orientation

Wed., March 20, 10:00-11:00am

*Carey Cottage, Portsmouth*

During this orientation, we'll review the types of volunteer driving that we anticipate and discuss the steps drivers need to take to manage risks and adhere to the Village's volunteer driver insurance. We plan to review: passenger and driver policies, driver insurance requirements, and a driver's safety manual.



#### *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. Following this fascinating tour, let's all go to Flatbread Pizza for lunch (a la carte). Space is limited.



## Upcoming Events Continued...

### North Sponsored: Tour of New Hampshire Mushroom Company

**Sunday, March 24, 10:30am-11:30am**

*New Hampshire Mushroom Company, Tamworth*

Most everyone loves mushrooms. The tour will cover the New Hampshire Mushroom Company's growing facility, cultivation methods, foraging and class offerings. There will be an opportunity to purchase mushrooms and browse their gift shop.



We will carpool from the Seacoast to Tamworth, leaving at 10:30 AM. On our return, we will have a late lunch (optional) at Jake's Seafood and Grill in West Ossipee. The tour is free, lunch a la carte.

### *Members & guests event*

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

**Tuesday, March 26, 10:30am-12:00pm**

*Wiggin Memorial Library, Stratham*

Join us this month for a discussion about "Changes we've seen in our lifetime, and how they affected us." Please bring your own coffee or water.



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## **Matter of Balance Returns in April—Register today!**

Falls and resulting injuries are one of the most significant risks for older adults. The US Centers for Disease Control and Prevention reports that falls account for 25% of all hospital admissions among seniors and 40% of all nursing home admissions. Forty percent of those seniors admitted will never return to independent living, and 25% will die within one year.

Matter of Balance is a proven program that will provide individuals with strategies they can use to prevent falls and minimize injuries if they occur. The program acknowledges the risk of falling, but emphasizes practical coping strategies to reduce this concern.

We've connected with Cornerstone Visiting Nursing Association again in order to offer this important (and free!) eight week program to Village members.



**Sessions will begin April 16 and run through June 4. Participants need to be able to attend at least five of the eight program sessions. Space is limited. Reserve your spot today!**

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