



## April 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.

### *Members & guests event*

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

**Tuesday, April 2, 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.



#### **Prospective Member Information Session**

**Tuesday, April 9, 11:00am**

**Thursday, April 25, 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*

#### **Fabulous Find Field Trip**

**Wednesday, April 10, 10:00am**

**Wednesday, April 24, 10:00am**

*The Fabulous Find, Kittery, ME*

Shopping is more fun with friends! Let's go down to Fabulous Find together to do some shopping to support the Village.



### *Members & guests event*

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

**Sunday, April 14, 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). Pre-registration is required.



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

## Upcoming Events Continued...

### *Members & guests event*

#### **Growing a Pollinator Garden**

**Monday, April 15, 2:30-4:30pm**

with Doris Bucu & Pam Appleton, Master Gardeners

*North Hampton Library*



Insects such as bees and butterflies are helpful, and in some cases, essential, in pollinating many of our crops such as apples, berries, and raspberries. Planting patches of flowers, wildflowers, grasses, shrubs, and flowering trees with an emphasis on the use of native plants can encourage and support natural pollinators as well as enhance backyard landscapes. Recommendations will be presented on creating a pollinator habitat in your yard. The presentation will also include discussion of pollinator gardening in containers.

#### **About the Presenters**

Doris Bucu and Pam Appleton will be making the presentation. They are both Master Gardeners from UNH Cooperative Extension who have made numerous presentations on this topic.

### **Lunch & Learn Series**

#### **The Conversation Project—How to Discuss Your End of Life Wishes**

**Tuesday, April 16, 12:00-1:00pm**

with Patty Webster

*via Zoom*

Join us on April 16th, in honor of National Healthcare Decisions Day, an annual initiative celebrated nationally to encourage and empower people to begin conversations about their wishes for care through the end of life.

We can't plan for everything but we can talk about what is most important in our lives and in our health care with those who matter most. Taking time to think and talk about what matters most to us is an act of caring. It will help us live our best lives—now and through the end of our lives. And, it will help those who care about us feel prepared. Join us to talk about ways to jump start or continue these conversations. During this session with The Conversation Project's Patty Webster, we'll cover:

- How you can bring up your end of life wishes and who you should share these wishes with
- Useful tools and resources to make sure your wishes are understood and respected

#### **About the Presenter**

Patty Webster, MPH is the Improvement Advisor & Faculty at the Institute for Healthcare Improvement (IHI) and leads community engagement for The Conversation Project, the IHI's public engagement initiative to help people share their wishes for care through the end of life. Patty coaches community partners, teaches at speaking engagements, and supports the team's measurement, learning, and dissemination efforts.

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



## Upcoming Events Continued...

### *Members-only event*

#### **A Matter of Balance**

**Tuesdays, April 16-June 4, 1:00-3:00pm**

*Portsmouth Senior Center*

This is an eight session program that will take place weekly on Tuesdays beginning on April 16. It is important that you can commit to at least 5 of 8 sessions.

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. 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.



### *Members & guests event*

#### **Kingman Farm Hike**

**Wednesday, April 17, 10:00am-noon**

*Kingman Farm Trailhead (Madbury Town Hall)*

We will do a loop hike that combines woodsy, flat, and a few spots of rolling terrain, a nice stretch along the Bellamy River, and an open field for a snack break. The hike is approximately 3 miles which we will do at a slow, comfortable pace. Participants should be able to hike this distance.



### *Members & guests event*

#### **Macbeth at the Player's Ring**

**Saturday, April 20, 2:30-4:30pm**

*The Players Ring, Portsmouth*

\$19 per person

Join fellow village members at The Players' Ring for an intimate theater experience with the performance of Shakespeare's Macbeth, followed by a Seacoast Village Project reception at the Strawberry Banke Museum-the cast and crew are invited to join us. This event is a collaboration between the North and East Clusters, but all Village members & their guests are welcome.



### *Members & guests event*

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

**Tuesday, April 23, 10:00am-11:30am**

*Wiggin Memorial Library, Stratham*

Join us this month for a discussion about "Favorite Things About Retirement." Please bring your own coffee or water.



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

## Upcoming Events Continued...

### Members & guests event

#### West Sponsored: Lunch at the Holy Grail

Thursday, April 25, 12:00-2:00pm

*Holy Grail Restaurant & Pub, Epping*

Join West Cluster members for lunch and good company! Holy Grail is happy to give individual checks for our meals. Please RSVP by April 24 so that the restaurant can set up a table for our group.



### Members-only event

#### New Member Coffee

Friday, April 26, 10:00-11:30am

*Carey Cottage, Portsmouth*

Do you consider yourself new to the Seacoast Village Project, or to the Seacoast in general? Join us for coffee and treats, and mingle and meet other members of the Village.



---

## Coming in May—Save the Dates

### LGBTQ+ Family Members, Friends and Neighbors:

#### The Journey to Understanding and Support

Tuesday, May 7, 12:30-2:30pm

with Jessica Goff, Seacoast Outright

*Portsmouth Public Library, Levenson Room*

Join us for a light lunch and a Seacoast Outright presentation and discussion about the questions that frequently arise in both close relationships and casual, “in passing” interactions. **Thank you to Seavey’s Marketplace for their generous sponsorship of this event.**

### Adventure Hike—**Registration deadline April 10!**

Monday, May 13, 9:30-3:00pm

*Pawtuckaway State Park*

This is the first of a two-part hike excursion series that involves members of Seacoast Village Project and Portsmouth Senior Activity Center. We will hike North MT which is approximately 4+ miles.

This hike will provide an opportunity to see how everyone does and to get prepared for going to Part 2: hiking Cardigan Mountain, which will include an overnight at Cardigan Lodge in Alexandria, NH. There will be a required Zoom preparation call on April 11th.

---