



**Get Smart.
Get Connected.
Help Each Other Out.**

Village News

June 2023

It's the Village Calling!

Many thanks to those Village members who have volunteered to participate in upcoming member phone interviews. The purpose of these interviews is to obtain information about members' experiences as participants in Village events and recipients of services. The interviews will take approximately 10 minutes. If you receive a call or email, we appreciate your support in participating. The phone interviews will be initiated during June 5-23.

Help Us Lead and Sustain the Village

We are at an exciting time of growth! The Village membership has grown to 210 in a short period of time. As such, we need to expand our current eight-member board of directors by an additional two to three members for the coming year.

Do you (or someone you know) have expertise in fundraising, grant writing, strategic planning, or have corporate connections? We are looking for Village members who are strong supporters of our mission with these skills that can help expand the Village's base of financial support.

Please help us identify people with diverse backgrounds who could bring energy and new ideas. If you are ready to throw your hat in to serve—or have recommendations of individuals you know—please email Kathy Rockwood at krock@seacoastvillageproject.org.

Upcoming Events

Visit 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).

June 1 deadline for discounted tickets!

Halcyon Music Festival Opening Night Meet-up

Thursday, June 15, 7pm

St. John's Episcopal Church, Portsmouth

We're excited to be able to offer chamber music-loving Village members and guests the chance to meet-up at the Opening Night of this year's Halcyon Music Festival at a discount! Tickets for members are just \$20 per person!

June 1 is the last day to take advantage of this discount.



Turn the page for more events...

Upcoming Events Continued...

A Matter of Balance

Mondays, June 5 & 12, 9:30-11:30am

Portsmouth Senior Activity Center

This is the continuation of an eight session program that began in April for pre-registered participants.

'A 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

Men's Discussion Group Meeting

Tuesday, June 6, 10:00-11:30am

Wiggin Memorial Library, Stratham

This group is open to all men: non-members as well as Seacoast Village members. Members are encouraged to bring a friend who may not be a member. The belief is that men need a forum to discuss issues affecting them as they go through transitions in their lives.



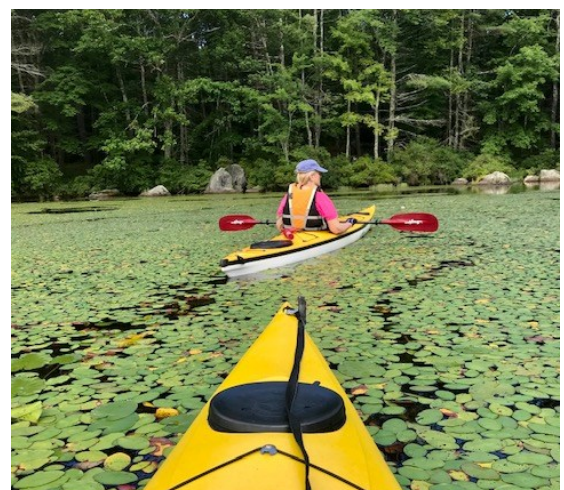
Members & guests event

Ayers Pond Kayak Meet-up

Tuesday, June 13, 10:00am-1:00pm

Ayers Pond, Barrington

Join us for a fun kayak on Ayers Pond. Ayers Pond is not big, but it has a great marsh to explore! There is a dam at the end where we can beach. Hopefully, we will see some wildlife—even an eagle!



Turn the page for more events...

Upcoming Events Continued...

Members-only event

Fuller Gardens Tour & Walk

Wednesday, June 14*, 10:00-11:00am

Fuller Gardens, North Hampton

Join us for a tour and leisurely stroll around Fuller Gardens, a small botanical gem in our area. The rose gardens will be in bloom during our tour. Have a seat at one of the benches to savor the setting. A reduced entrance fee will be collected at the gate. *Rain date June 19



Members-only event

East Cluster Meet-Up: Portsmouth Walking Tour

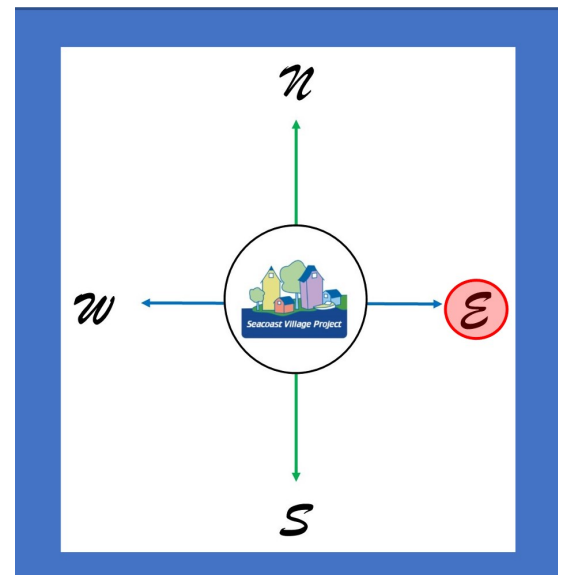
Friday, June 16*, 11:00am-12:30pm

John Paul Jones House, Portsmouth

In celebration of Portsmouth NH 400, we will tour around the core of Portsmouth, including historic and contemporary sights. The walk is approximately 8/10 of a mile and takes about 75-90 minutes. There are a couple of places to sit during the tour.

About Our Guide

Alan Cohen is a Seacoast Village Project member. He has been leading walking tours for the Portsmouth Historical Society for the past six years. He is currently serving on the Mayor's Blue Ribbon Committee. You can read more about Alan in the Member Stories section.



Portsmouth Pride Parade

Saturday, June 24, 12:00-5:00pm

Strawbery Banke Museum, Portsmouth

Seacoast Outright hosts the annual Portsmouth Pride Day in support and recognition of the LGBTQ+ community. Parade participants gather at the North Church at noon, and the parade begins at 12:45pm, walking to Strawberry Banke Museum.



Continued on the next page...

Upcoming Events Continued...

from previous page...

Following the parade, there will be a celebration with tents, vendors, music and supporting organizations at Strawberry Banke Museum from 12:30-5:00pm. This is a multi-generational event.

Seacoast Village Project will have a table under the big tent (see volunteer notice below if you would like to help).

Come find us for fun giveaways!



Save The Dates!

July 9, 1:00-3:00pm

Artists & Crafters Showcase, Carey Cottage, Portsmouth

Join us for the second annual event featuring the creations of our talented members and music on the porch with Richard Danford's blue grass group.

July 27, 5:00-8:00pm

Sail Portsmouth, Parade of Sail Viewing Party, New Castle

The tall ships are returning to Portsmouth for the annual Sail Portsmouth festival July 26-31. Join us for a private house party for Village members and their guests to watch as the five tall ships enter the river.

Get Connected: Lunch & Learn Archive

For the month's of June, July and August, the Lunch & Learn series will be on summer vacation. Programs will resume on the third Tuesday of the month in September.

Did you know that recordings of past Lunch & Learn presentations are archived on the Village website under the Events tab? Check out the ones you missed!



*Thank you to our
2023 Lunch & Learn Sponsor!*

SeniorSAFE

Aging In Place Advisors

Helping Each Other Out: Volunteers Needed

Portsmouth Pride Event

We are seeking volunteers for shifts at the Seacoast Village Project info table during the Portsmouth Pride event on June 24 from 12:30-5:00pm at Strawberry Banke Museum. If you would like to volunteer for a shift, please contact Susan Getman by June 15th at susang@seacoastvillageproject.org.

Artists & Crafters Showcase

The Village will be hosting an Artists & Crafters Showcase on Sunday, July 9 from 1:00-3:30pm at Carey Cottage in Portsmouth. To help the event run smoothly, we are looking for volunteers to help between 12:00 pm-4pm, for approximately 2-hour shifts. Here's we need:

- Four parking lot attendants at Carey Cottage
- 2-4 drivers to shuttle people from the Wentworth-Coolidge parking lot and the Harbor Road parking lot up to Carey Cottage
- 3-4 people to bake treats for the event

If you are interested in helping, please contact the Operations Manager at Cari@seacoastvillageproject.org.

Member Stories: Alan Cohen, Portsmouth

Alan Cohen and his wife, Ellen have lived in Portsmouth since 2016. They moved from Nashua where they had lived since 1983. Long before moving to the Portsmouth, they loved the Seacoast and very often found themselves at Great Island Common, Chauncey Creek Lobster Pound, and Annabelle's Ice Cream.

Before retiring, Alan spent a number of years at Digital Equipment Corp (DEC) in marketing and sales, and worked as a staffing consultant. He served in the NH State Legislature representing Hillsboro 30, Nashua Ward 3.



Nowadays, Alan is a volunteer Walking Tour Guide for the Portsmouth Historical Society and will be leading this month's East Cluster Meet-up walking tour of Portsmouth. He has also been on the Executive Council of AARP New Hampshire for 10 years and sits on the Mayor's Blue Ribbon Task Force on Historical Archives.

Both Alan and Ellen were recently certified as Granite State Ambassadors and enjoy local theater, music, and like to travel.

You can read more about Alan on the Member Stories page or RSVP for the Portsmouth Walking Tour on the Village website.