



# ACTIVE RETIREMENT ASSOCIATION

## Fall 2025 Schedule of Programs & Activities

(Updated 8/29/2025)

Affiliated with the  
University of New Hampshire

Funded by Association Membership Dues

**"ARA – Expanding Your World" [www.aranh.org](http://www.aranh.org)**

### DATES TO REMEMBER

September 8	Monday	Picnic
September 22	Monday	Term A Begins
October 17	Friday	Term A Ends
October 20	Monday	General Meeting
October 27	Monday	Term B Begins
November 21	Friday	Term B Ends
December 8	Monday	Holiday Luncheon

### PICNIC

Join us on **9/8/25 at 12:00 Noon** at **Stratham Hill Park** for a **picnic and to kick off our Fall activities**. The picnic is free and open to the public, so invite an adult friend or two and socialize with your peers for the afternoon. A lite picnic lunch and bottled water will be provided. Additional details provided via email.

### FALL 2025 CULTURAL TOURS

**September 18:** *Sleeper-McCann House*, Gloucester, MA; *Lunch at Seaport Grill*, Gloucester, MA.

**October 23:** *Hood Museum at Dartmouth College*, Hanover, NH; *Lunch at Salt Hill Pub*, Lebanon, NH.

**December 6:** *Holiday Boston Pops, Symphony Hall*, Boston, MA; *Lunch at The Chateau Restaurant*, Burlington, MA.

Complete details included in separate cultural tours mailing.

### REMINDERS

- ◆ Program times (unless otherwise specified):  
Mornings: 10 - 11:30 AM  
Afternoons: 1:30 - 3 PM
- ◆ All in-person programs are at the Community Church of Durham unless otherwise specified.
- ◆ Wear your name badge to all in-person events!
- ◆ An asterisk (\*) next to a speaker's name indicates s/he is also an ARA member.

### PROGRAM UPDATES/CANCELLATIONS

Members are notified via email about current program updates, cancellations, and Zoom links. Make sure you provide your email address on the ARA membership form, and notify Membership Director Linda Lacroix at [arainfo1982@gmail.com](mailto:arainfo1982@gmail.com) of email changes. If the Oyster River School District cancels school due to weather, all in-person programs will be canceled. Check your email and/or the ARA website for updates. Additionally, turn to WMUR, Channel 9, or go to [WMUR.com](http://WMUR.com), which will state for in-person meetings only, "Active Retirement Association Closed."

### PROGRAM DISCLAIMER (the small print)

While the ARA provides intellectually stimulating programs to broaden member knowledge and interests, controversial programs and speakers are not necessarily reflective of, or endorsed by, the organization. Use of any facility for in-person meetings or any other activity is neither representative nor an endorsement of beliefs or policies of that facility. The ARA is not affiliated with any political, religious, ethnic, or special interest group.

### Addresses of ARA Program Sites

**Durham Community Church:** 17 Main St., between the light at Rte. 108 and downtown. *Park in unnumbered slots only.*

**Durham Evangelical Church:** 114 Dover Rd., Route 108 between Durham and Dover. Please use the lower parking lot.

**Durham Police Station:** 86 Dover Rd., Route 108, Durham.

**Have a great idea? -- Want to volunteer? -- Need to contact a Board Member? -- Need more information?**

Contact Us: [arainfo1982@gmail.com](mailto:arainfo1982@gmail.com) or by mail: P.O. Box 421, Durham, NH. 03824-0421

**[www.aranh.org](http://www.aranh.org)**

## **Term A**

**September 22 – October 17**

### **MONDAYS 10 AM — GREAT DISCUSSIONS**

*Where we learn about each other and the wider world.*

Currently two discussion groups meet weekly; see below for planned discussion materials. If you are curious and have passionate opinions about politics, social/cultural norms, historical precedents, or national/foreign policy, these discussions are for you!

#### **Community Church of Durham – Library**

Coordinator: Katy Fralick (603) 868-6868

World news travels fast and changes by the day, so Fall 2025 Great Discussions will be using current topics in the news. At the first meeting folks will suggest topics and people can choose a topic and a date to be leader for that week. Our meetings will be both in-person and on Zoom. Contact Katy for details.

#### **Virtual Zoom Discussions**

Coordinators: Carol Selsberg (207) 439-7957, and Richard & Carol Huber ([rkhuber@comcast.net](mailto:rkhuber@comcast.net))

The Zoom format allows for easy access for people all over the New Hampshire, Maine and Massachusetts Seacoast area. We discuss current events, foreign affairs, science, culture, sports, literature. Join us in solving the world's problems. ALL are invited to star on our lively screens. The Zoom address is provided weekly via your email. Contact Carol or the Hubers for details.

### **WEDNESDAYS – 9:30/10 AM**

#### **NEW THIS FALL!**

Many have expressed interest in more opportunities for socialization, so we will be offering **refreshments and conversation at 9:30 AM before our Wednesday programs** this fall! Come early and chat with fellow ARA members. (No food or drink is allowed in the CCD Chapel where we meet, so we'll have to finish up our refreshments before the start of the program.)

#### **September 24 - The Immigration Journey**

For most of us, immigration is a vital part of our recent or historical family story, whether the motivation was safety, opportunity, love, or adventure. **Maggie Fogarty**, NH Program Director of American Friends Service Committee, will briefly review some of the steps to US immigration, explaining terms we've heard recently such as green card, TPS (Temporary Protected Status), asylum, various types of visas and more. She will then discuss immigration policies and programs of 2025, both in the country as a whole and particularly on the Seacoast where she has been working daily to support local immigrants and asylum seekers.

Coordinator: Betsy Yacubian (603) 398-8799

#### **October 1 – The Pre-Dead Social Club: Because the End is Just the Beginning of the Die-A-Logue**

Death is the one event guaranteed to happen, yet most of us are uncomfortable talking about mortality. **Laura Cleminson** is an INELDA-trained death doula, hospice volunteer, member of the NH Health Care Decisions Coalition and founder of the Pre-Dead Social Club, a community that gives people a space to practice conversations about mortality in ways that make life richer. Laura believes we need to create opportunities for people to come together to explore and better understand death and dying to reduce the amount of personal strain for families.

Coordinator: Mary Ellen Siudut (508) 308-7103

#### **October 8 – Pine Ridge Lakota Reservation (Originally scheduled on Oct 15 at 1:30 PM)**

**Michael Behrendt\*** will tell us about his visit a few years ago to Pine Ridge Indian Reservation in South Dakota. Pine Ridge, home to the Lakota Sioux and site of the Wounded Knee Massacre, is tragically one of the poorest reservations in the country, but it also showcases the strong culture and resilience of Indigenous peoples.

Coordinator: Janice Aviza (603) 868-3332

#### **October 15 – Solving the Estate Planning Puzzle (Originally scheduled on Oct 8 at 10:00 AM)**

Join attorney **Joseph Donahue** as he explains how to navigate the complexities of estate planning. Joe has expertly advised hundreds of clients on how to structure their personal affairs and ensure the smooth transition of assets between generations. Joe possesses a unique ability to efficiently process and explain all the complexities of elder law. Topics will include: three estate planning traps to avoid, demystifying trusts, planning for long-term care, and if there is interest, how to best pass vacation homes down to the family.

Coordinator: Mary Ellen Siudut (508) 308-7103

### **WEDNESDAYS – 1:30 PM**

#### **September 24 – The Old Man of the Mountain**

When the Old Man of the Mountain fell from his perch high above Franconia Notch on May 3, 2003, it made international news. **Inez McDermott** will tell the story of the Old Man and examine the ways that public perceptions of the profile played a role in shaping and establishing New Hampshire's identity, both symbolically and physically. We will hear of the risk-taking mountaineers and engineers who played a part in "saving" the Old Man and kept the ledges in place for many years. Coordinator: Janice Aviza (603) 868-3332

#### **October 1 – Celebrating Ordinary People in Distant Places**

**Wendy Beckwith\*** has travelled to distant places with striking landscapes, unique cultures and wonderful

architecture, but it is the people in Peru, Morocco and Nepal who have most resonated with her. Meet a coca leaf vendor, a shepherd, a Himalayan village couple, a Thangka artist and a living goddess - each leading an ordinary life that to us might seem quite extraordinary. Coordinator: Elaine Pratt ([elaineprattnjnh@gmail.com](mailto:elaineprattnjnh@gmail.com))

#### **October 8 – ADRC (Aging & Disability Resource Center)**

With Medicare Open Enrollment taking place between October 15 and December 7, it is important to understand your options. **Andy Schachat** MSW will discuss best options and other important issues for retirees: Do you have legal issues that need deciphering? Long-term care – what does that involve? Finances, will I have enough? ADRC (Aging and Disability Resource Center, formerly ServiceLink) can direct you to people who deal with all these issues and make connections to any resource that you need. Coordinator: Gayle Hulen (603) 659-2422

#### **October 15 – Slam the Scams: Avoiding Rip-Offs for Seniors (Originally scheduled on Oct 15 at 10:00 AM)**

Protect your money, your identity, and your privacy! **Dean Pratt\*** will provide an in-depth overview of common scams, their warning signs, and strategies for prevention, beginning by defining what scams are and highlighting their growing impact on seniors. With automated tools such as mass mailings, targeted lists, and artificial intelligence, scams are becoming increasingly sophisticated to fool you. Attendees will learn how to recognize red flags, protect personal information, respond effectively if targeted, and avoid becoming victims. Coordinator: Gayle Hulen (603) 659-2422

#### **THURSDAYS – 10 AM**

#### **September 25 – Center for Wildlife TRIP**

Last year we were introduced to the Center for Wildlife and some of its ambassadors. Today we will have our own private tour of The Center for Wildlife's state-of-the-art facility in Cape Neddick, ME, including the opportunity to explore their new Nature Center and Ambassador Village, visit with non-releasable ambassadors up close, view local wildlife in their habitat enclosures, and learn about the work done at the Center.

**Registration is limited! Members must register with Betsy Yacubian ([byacubian@gmail.com](mailto:byacubian@gmail.com)) before September 17 to reserve a spot. Carpooling suggested.** Coordinator: Betsy Yacubian (603) 398-8799

#### **October 2 – Woodman Museum TRIP**

A tour of the Woodman Museum will offer an intimate opportunity to experience history, natural sciences, and the arts. The museum's collections include colonial artifacts; a mineral, shell and fossil gallery; animal specimens (including the four-legged chicken); fine art

and furniture; and a collection of military and local historical items. There are three historical buildings, including the 1675 Garrison house. **Meet at the Museum, 182 Central Avenue, Dover, at 10:15 AM. Admission fee is \$13.** Free on-street parking, Central Avenue and Summer Street. Carpooling suggested. Coordinator: Gayle Hulen (603) 659-2422

#### **October 9 – Creek Farm TRIP: 12 Hidden Gems**

The Forest Society has over 200 properties across NH just waiting to be explored. Join **Matt Scaccia** for an insider's guide to discovering 12 inspiring places with exceptional scenic beauty and intriguing backstories. **Meet at Creek Farm, located at 400 Little Harbor Road, Portsmouth, at 10:00 AM.** Coordinator: Madelyn Duzinski (603) 828-3393

#### **October 16 – Classic Tuscany and the Treasures of Florence**

**Donna Simpson\*** travels with Road Scholar to explore medieval villages, discover Renaissance architecture, and savor renowned wine and cuisine. The program features stays in Lucca, Siena and Florence. Trips to the countryside include visits to a winery, artisanal olive oil producer, pecorino and ricotta cheesemaker, an agrotourism organic farm, and Carrera marble quarry. Coordinator: Betsy Yacubian (603) 398-8799

### **Term B**

#### **October 27 – November 21**

#### **MONDAYS AM — GREAT DISCUSSIONS**

*Where we learn about each other and the wider world.*  
See Term A descriptions above for more information.

#### **WEDNESDAYS – 9:30 AM/10 AM**

We will be offering **refreshments and conversation at 9:30 AM before our Wednesday programs** this fall!  
Come early and socialize with fellow ARA members.

#### **October 29 – Change and Consequences: Society Changes and the Natural World**

**Dave Langley** will discuss human enterprise and its impacts on the natural world. Modern humans have been around for 250,000 years, but it's only been in the last 10,000 years that we have started to impact the biosphere in increasingly disruptive ways. The last 250 years of human activities have progressively imperiled the biosphere, while in the last 50 years human "ingenuity" has become so impactful that our current civilization may soon become untenable. We'll consider grassroots approaches and strategies to help absorb the impacts and perhaps be wiser going forward. Coordinator: Mary Ellen Siudut (508) 308-7103

#### **November 5 – Living Without Plastics**

Plastic is seemingly unavoidable and everywhere. While it has made our lives easier, this convenience comes at a huge cost for our health. In addition to the tons of

plastic that end up in oceans and landfills, it breaks down into microplastics and nanoplastics which are invisible poisons making us sick. **Keith Launchbury** will show us ways we can protect ourselves. Since August 2024 he has made a deliberate effort to live without any plastics.

Coordinator: Mary Ellen Siudut (508) 308-7103

### **November 12 – Eyewitness Reflections from Palestine**

**Rev. David Grishaw-Jones** spent a sabbatical in May and June in the West Bank with peacemakers and community builders – serving cities and towns traumatized by an ongoing occupation and two years of war in Gaza. He'll share some of his experience, and the needs and aspirations of those he met along the way.

Coordinator: Elaine Pratt ([elaineprattjnh@gmail.com](mailto:elaineprattjnh@gmail.com))

### **November 19 – Habitat for Humanity: A Hand Up, not a Handout**

Habitat for Humanity envisions a world where everyone has a decent place to live. Today we will learn a brief history of the organization and its impact nationally and internationally. **Jessica Hamilton** of Southeast NH Habitat for Humanity will tell us also what they are doing right here on the Seacoast. While some of us may not want to pound nails or paint walls, there are so many other ways we can get involved.

Coordinator: Betsy Yacubian (603) 398-8799

## **WEDNESDAYS – 1:30 PM**

### **October 29 – Exploring Greenland**

**Ken Andersen\***, UNH professor emeritus and first generation American with strong family connections in Denmark, will report about his kayaking experience in Greenland just as the effects of climate change became the focus of world attention.

Coordinator: Meche Romoser (603) 534-1697

### **November 5 – Long Term Care Planning**

Long-term care planning is extremely important – for ourselves and for our families. Many people procrastinate about making arrangements which can lead to frustration and stress. **Catherine Cournoyer** will take us through the process and provide information that will be useful for seniors (and ultimately their families). Coordinator: Janice Aviza (603) 868-3332

### **November 12 – Seacoast Village Project**

The Seacoast Village Project (SVP) is a network of older adults working together to improve the odds of staying at home as we age by getting connected and helping each other out. With SVP as their partner, older adults can maintain control over their lives, stay in their homes and actively participate in their communities. SVP founding members **Dr. Kathleen (Kathy) Rockwood\*** and **Jan Phelps\*** will explain how SVP is helping 270 members in 12 towns to remain in the homes they love.

Coordinator: Gayle Hylan (603) 659-2422

### **November 19 – Slice of Life: Pathology Reveals Health and Disease!**

Pathology is not what you watch on TV's many NCIS iterations, but it is fundamental to all fields of healthcare. Every lab or tissue biopsy is overseen by a pathologist, and autopsies are but a small fraction of the workload. **Dr. Michael Cohen\***, retired anatomic pathologist, cytopathologist, and professor at multiple universities will educate us with an overview of how essential pathology is to everyone.

Coordinator: Carol Selsberg (207) 439-7957

## **THURSDAYS – 10 AM**

### **October 30 – Caring for Our Imperiled Pollinators**

Pollinators are in trouble! We were taught from childhood that plants are decorations, and so we design our landscapes accordingly, but we can do much more than that for pollinators and for our ecosystem! Come learn about who our pollinators are, the threats they face, and what we each can do to help restore them and their habitats. **Kathy Youzwak** is a core member of Pollinator Pathways NH, a non-profit community effort to restore habitat one yard at a time, through community partnerships, education, and engagement.

Coordinator: Elaine Pratt ([elaineprattjnh@gmail.com](mailto:elaineprattjnh@gmail.com))

### **November 6 – Yoga: Moving for Longevity (Session 1)**

In these classes, yoga teacher **Christine Nolan** will help us focus on practices everybody can integrate into their daily lives. Together we will explore movements that reduce stress, ease joint pain, improve balance, build muscle strength, and support long term vitality.

***Please bring a mat (Christine will have a few extras), any props you enjoy using, and wear comfy clothes. Chairs will be available for those who need them.***

Coordinator: Betsy Yacubian (603) 398-8799

### **November 13 – Yoga: Moving for Longevity (Session 2)**

In these classes, yoga teacher **Christine Nolan** will help us focus on practices everybody can integrate into their daily lives. Together we will explore movements that reduce stress, ease joint pain, improve balance, build muscle strength, and support long term vitality.

***Please bring a mat (Christine will have a few extras), any props you enjoy using, and wear comfy clothes. Chairs will be available for those who need them.***

Coordinator: Betsy Yacubian (603) 398-8799

### **November 20 – Wildlife Night Visitors**

Learn about wildlife species captured overnight on a NH tree farm's wildlife camera over several years, including bears, coyotes, porcupines, bobcats, foxes and more.

**Dave Anderson** will share his photography and his knowledge of natural history and backyard wildlife on his South Sutton Tree Farm, including feeding habits, breeding seasons and forest habitats.

Coordinator: Madelyn Duzinski (603) 828-3393