



June 2025

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS



Programs & Activities for Ages 50+

2025

Sock Hop Afternoon

FEATURING THE GEMSTONES & RICK ANTHONY AS ELVIS

at the Senior Activity Center

Friday, June 20

4pm-6pm



Live music you can dance to! Hors d'Oeuvres and appetizers served with a couple fun surprises.

\$7 Resident | \$10 Nonresident Pay at Door

RSVP 603.610.4433.



SENIOR SUMMER COOKOUT

LUAU STYLE

THURSDAY, JULY 24

10AM SEATING | 11:30AM SERVING

AT COMMUNITY CAMPUS

100 CAMPUS DRIVE, PORTSMOUTH

**Tropical Attire
Encouraged**

Burgers, Hot Dogs (Veggie Burgers by request)

Portsmouth Fire, Police, Rec Staff & City Officials Serving.

\$5 Resident | \$7 Nonresident Pay at Door

RSVP 603.610.4433

Visit us! Open Mon-Fri 9am-5pm | Sat 9am-12pm

125 Cottage Street, Portsmouth, NH



Don't Miss!
New Horizons Summer Band
Community Concert at
Community Campus, 100
Campus Drive
Wednesday, July 9, at 6pm
Free - Everyone Welcome
Just Show Up



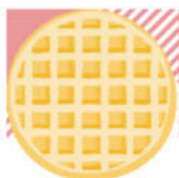
GRAB & GO --OR-- GRAB & STAY LUNCH

Grab & Go Meals on Tuesdays & Thursdays managed by our friends at Meals on Wheels, Patti & Joel. Your choice - hot or cold meal choices each month. If new, please complete Meals on Wheels registration form. Pick up a menu at any time in kitchen.

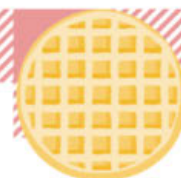
Please call 603-766-4448

Voluntary \$3.00 suggested donation.

Grab & Go pick up inside kitchen 11am-11:30am.



WAFFLE BAR MONDAYS



Mondays - Drop in between 9:30-11AM

Donations accepted, not necessary

Our very own weekly breakfast option. Staff Member Marcia will be making waffles Mondays. You can pop in anytime between 9:30-11am to have delicious warm waffles & toppings while visiting with friends.

No RSVP necessary. Just show up.



SENIOR MOBILE FOOD MARKET - FREE



MONDAYS; June 9 & 23, 2:00-3:00PM

A farmer's-market-style food distribution program from **Gather**.

Free produce and other perishable items available for pick up.

A simple registration form is given to shop the Mobile Markets. All information is kept confidential and only used for data reporting purposes. Please note the markets are meant for anyone; by participating, you are not taking away from anyone else. The more that participate the better! No RSVP, Just Show Up.

SUMMER SPECIAL PROGRAMS

SUPPER CLUB

Tuesday, June 17, 4:30PM seating, 5PM serving
at Community Campus, 100 Campus Drive, Portsmouth
INSIDE THE GYM, PARK RIGHT IN FRONT

JUNE 17: MENU: Meatloaf, Rice Pilaf, Green Beans, Dinner Roll
Cookie/Brownie for Dessert

Pay at the Door: \$7 Resident; \$10 Non-Resident. You MUST RSVP for
Supper Club as it is a highly popular event.



Coffee with a Comfort Dog

Thursday, June 5, 10:30am
at the Senior Activity Center

Have a cup of coffee, tea or hot chocolate while spending the morning with Mason the Comfort Dog of the Portsmouth Police Department and Mason's handler, Det. Rochelle Jones. Ask any questions/concerns about your community and get your fix of puppy love!
FREE. Just Show Up.



PORTSMOUTH MUSIC & ARTS CENTER (PMAC)

SHAW BROTHERS MUSIC SCHOLARSHIP FUNDRAISER SERIES

FEATURED ARTISTS: PAT O'BRIEN AND GARY CASSIDY

Friday, June 13, 3pm-4:30pm
at Senior Activity Center

We are expanding our concert series in support of the PMAC Shaws Brothers Music Scholarship fund. This is our kickoff event! All proceeds benefit the Scholarship Fund.

Gary Cassidy is a singer/songwriter from central NH and plays a variety of folk, Americana, and original songs. Pat O'Brien is a singer/songwriter from southern NH, and plays a variety of folk, Irish, and original tunes. They combined their talents about a year ago and have played to very enthusiastic audiences. In the words of Pat, "we are two old farts from NH, older than the songs we play. Our wrinkles are from smiling. Our arthritic joints enable us to play a variety of short but catchy songs. We don't always remember the words, but we make up for that by laughing."



Light refreshments courtesy of the Senior Activity Center
\$10 Suggested Donation at the Door
Just Show Up.

PROGRAMS FOR JUNE 2-5

BASIC DRAWING CLASSES WITH CHONG SCOTT

Drawing classes will now be broken down into Beginner & Beginner to Artists at Heart. These classes are designed to go at your pace and you can choose to float between classes and keep adding to your portfolio.

Monday, June 2 AND Monday, June 16 - First and Third Mondays

10:00am-10:30am (Beginners) Shape, Shade & Shadow

Turn geometric shape into a three-dimensional picture by adding shading and shadows to your subject matter. Step-by-step instructions and follow along.

10:30-12:00 (Beginners to Artists at Heart)

Basic sketching skills while applying the shape, shade & shadow fundamentals.

Choose a time slot above or come for both. JUST SHOW UP. FREE.



DRAWING CLASSES OFF FOR JULY & AUGUST



THE COLORADO ROCKIES: MAY 2026

COLLETTE TOURS INFORMATION SESSION FOR 2026 TRIP

WEDNESDAY, JUNE 4, 1PM

AT THE SENIOR ACTIVITY CENTER

TOUR DATES: MAY 8-16, 2026

We are excited to announce the 2026 domestic Collette Tour destination as The Colorado Rockies. Experience the grand landscapes of the American West as you journey from the "Mile High City" of Denver to Colorado Springs. Tour highlights will include:

- Black Canyon at Gunnison National Park
- Rocky Mountain National Park
- Pike's Peak Cog Railway from Silverton to Durango and spend 2 nights in Durango to relive the excitement of the Old West.
- So much more! FREE to attend info session.

RSVP 603.610.4433



MODERN SQUARE DANCING RETURNS

TRY IT FOR FREE: Thursday, June 5, 1PM-2:30PM

First Class starts Thursday June 12, 1PM-2:30PM

Dance Leader: Al Rouff, Callerlab Trained

This beginner's level modern square-dancing class kicks off again with new dancers Thursday June 5. No partner needed; no experience necessary. Learn modern square dancing & dance in teams of 8 to modern music. Regular (but not perfect) attendance required. RSVP to 603.610.4433



PROGRAMS FOR JUNE 9-17

XFINITY Cable TV Versus Streaming Services

Monday, June 9, 1pm

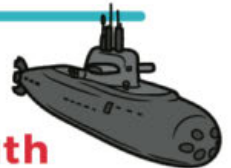
Facilitator: Deb Weil O'Day, Owner of Personalized Technology Training & Retired Techie

Have you been considering getting rid of your cable TV but don't know what it would entail and what it's about? Pros and cons of cable tv versus streaming will be covered. FREE. RSVP 603.610.4433

USS Albacore Park - FREE Visit On Own

Wednesday, June 11, 11am

MEET AT ALBACORE PARK, 569 Submarine Way, Portsmouth



Albacore Park has invited us to visit the park and museum for free while they are working on a grant with New Hampshire Humanities. Your only "cost" is a 10-minute survey while visiting their current exhibits and gallery space. Drive on own, meet at Albacore. **Please note: The submarine itself will be available to tour, but is not accessible for those with mobility issues. One must be able to lift their legs over 17 inches to get through the inner bulkheads. Galleries are accessible.**

FREE. ONLY 20 TICKETS AVAILABLE. RSVP 603.610.4433

Medicare Monthly: Planning Ahead - Final Expense Insurance

Mon, June 16, 2PM; Medicare talks take place 3rd Mon of month

Facilitator: Natalie Allen from Allen Agency

Natalie will be with us to discuss how Final Expense Insurance can protect your loved ones from unexpected costs. Natalie is a licensed independent agent and these sessions are meant to be informative overviews that happen monthly. FREE. RSVP 603.610.4433

Dementia Prevention & Lifestyle Tips

Tues, June 17, 1pm

Facilitator: Dr. Sarah Jeffrey, ND, Aya Naturopathic Medicine

Join us for an important and empowering talk on Alzheimer's prevention with Dr. Sarah Jeffrey, a licensed naturopathic doctor from Aya Naturopathic Medicine. Dr. Jeffrey will explain the key factors that contribute to Alzheimer's disease and how many of them can be addressed through the Bredesen PRECODE protocol—a comprehensive, personalized approach to protecting brain health. You'll learn about lifestyle strategies to reduce your risk, from nutrition and sleep to movement and mental stimulation. FREE. RSVP 603.610.4433

PROGRAMS FOR JUNE 18-23



TRIVIA & TUNES AFTERNOON

Wed, June 18, 3pm

Facilitated by Vin Pisacreta

Looking for something fun and new to do? Grab some friends and join us for the upcoming Trivia and Tunes game. Trivia and Tunes combines questions designed for seniors across a broad variety of categories with musical clues from artists like Sinatra, the Supremes, Dean Martin, Ella Fitzgerald and Elvis. Prizes for the winning team! FREE. RSVP 603.610.4433



STOP THE BLEED

Wed, June 18, 1pm

Facilitator: Seth Kenneway, Portsmouth Regional Hospital

A bleeding injury can happen anywhere. We've all seen it happen too often—on the news or in everyday life. Life-threatening bleeding can happen in people injured in serious accidents or disasters. Instead of being a witness, you can become an immediate responder because you know how to STOP THE BLEED. FREE. RSVP to 603-610-4433



MONEY MENTOR SERIES: IDENTITY THEFT

Thurs, June 19, 11am-12pm

Facilitator: Sean McCarthy, M&T Bank



Do you know the common scams fraudsters are using to target people like you? Learn how to identify the signs of identity theft, strategies to protect yourself from identity theft and fraud, and how to protect your data using safe habits. Free. RSVP 603.610.4433

USE IT OR LOSE IT

Mon, June 23, 3pm

Facilitator: Danielle Potter-Dube, Physical Therapist and Laurie Lavoie, Neuro Therapy from Northeast Rehab Hospital

Workshop with therapy professionals from Northeast Rehab about the benefits of keeping physically fit to reduce chronic health issues. Helpful tips & tricks will be shared. Free. RSVP 603.610.4433



PROGRAMS FOR JUNE 25-JULY 9

Grandparent/Grandchild Afternoon Hula Hoop Magic of Flow Show & Hula Hoop Play Area

**Wed, June 25, 4pm-5:30pm
at Senior Activity Center**

Lee Nangeroni, also known as LaLoopna Hoops, is a hoop dancer, stilt walker and fire performer from NH. She has performed across New England at various festivals and fairs. Come watch on your own or bring the grandkids to this interactive event. 30-minute Hula Hoop show followed by a 1-hour Hula Hoop Play Area. Lots of hula hoops for everyone to join in the fun. A cold treat and water will be provided.
FREE. Just Show up!



Hula Hoop Workshop

Tues, July 8, 2pm-3pm

Facilitator: Lee Nangeroni, Performer and Artist

Try for the first time or take your Hula Hoop skills to the next level. Play and learn! LaLoopna Hoops will have hula hoops for guests to borrow. Lesson includes a warm up, instruction for beginner and intermediate tricks, choreography and a cool down. Fun music played and lots of guaranteed laughs! Did we also mention, this is a great workout? **FREE. RSVP to 603.610.4433**



iPhone/iPad Tips & Tricks Ad Hoc Q&A

Wednesday, June 25, 1PM

Facilitator: Deb Weil O'Day, Retired Techie

June Tech Tips will get us caught back up from previous sessions. Participants bring their questions and concerns with their technology devices to the class. Each class is crafted to go with the "speed" of the group. Come with your questions related to anything from email, to notifications, apps, photos and more. **FREE. RSVP to 603.610.4433**

Voices for Him Summer Concert

Friday, June 27, 3:30pm

"Voices for Him" is a non profit group of singers and musicians who sing and play spiritual songs in the greater Seacoast area. Program will include some traditional hymns, fun well-known and patriotic songs. **FREE. RSVP Required 603-610-4433**



KAREN ROSANIA ART CLASS

Mosaic Keychain

Wednesday, July 9, 1pm-4pm

at Senior Activity Center

Come learn the art of "micro" mosaics using stained glass and other materials. You will learn how to design, cut, and assemble small pieces of stained glass and other materials onto an antiqued silver-plated metal keychain. You can do a simple design or work from a photo. No experience necessary!

- Class limited to 8 people
- Please wear closed-toe shoes
- \$15 per person paid to instructor
- RSVP Required: 603.610.4433



"Patterns in Nature"

April 11th - July 11th

Artist's Reception, Thursday April 17th

All mediums are accepted,
why not consider being a
contributor!!!



For More Details Contact:
Diane (dianestrading@gmail.com) or
Mo (maureenoleary2@gmail.com)

ART SHOW APRIL 11-JULY 11

"Patterns in Nature"
ON DISPLAY
April thru July 11
DROP BY ANYTIME
SENIOR ACTIVITY CENTER
HOURS
MON-FRI 9AM-5PM
SAT 9AM-12PM

SUPPORT GROUPS & RESOURCES

Dementia Support Group

Thurs, June 12, 2PM (Second Thursday of the Month)

2:00-3:30pm - Senior Activity Center

Facilitator: Debbie Kroner, Monarch Care Partners

Free support group open to any caregivers looking to share experiences and find support in a safe and inclusive environment. Free. No RSVP needed.

New Beginnings Grief Group - Evenings

Tues, June 10 (Second Tuesday of the month)

6:00pm-7:30pm at Senior Activity Center

If you are a widow or widower and would like to attend a meeting, contact Shirley at samcann@yahoo.com or leave a voicemail at 207-602-9710. Free. No RSVP needed.



Outdoor Adapted Biking Fun with Seacoast Wheelers

Wednesday, June 18, 1-4pm

**MEET AT: Rail Trail at Skate Park,
305 Greenland Rd, Portsmouth**

Seacoast Wheelers is a volunteer-run organization offering free adapted trike rides, meeting you at a different location. Arrive at 1pm and wait for your ride. 3 trikes go at the same time, driven by a trained volunteer pilot driver. Rides are a total of 40 minutes. 20 minutes down, 20 minutes return. For safety reasons, the participants must meet 225lb weight limit. If response is good on this program, we will make rides monthly. **Please pick up waiver at senior center to sign before the date. ONLY 9 SPOTS AVAILABLE.** Free. RSVP 603.610.4433.



Barber Cuts - Last Wednesday of Month

Wednesday, June 25, 12-2PM at Senior Activity Center

***DROP-IN, WAIT FOR CUT*. Please note, this is a barber and not a hair stylist.** Please arrive with clean hair, and plan to sign-in when you arrive. **Limited to first 15 people. Special Note: Haircuts are meant for those that need it most and might have trouble accessing a cut for a number of reasons. Please keep this in mind when booking.** FREE.

Donations accepted and go back to the center per request of our amazing barber.



MOVIE MATINEE FRIDAYS

Every Friday at 12:30pm - Free
Popcorn served &/or bring your own lunch



Thank you Ninety-Nine of Portsmouth for our popcorn!

June 6, King Richard (2021) PG 13, 2hr 24min. Follow the careers of tennis superstars, Venus and Serena Williams as they become who they are under the tutelage and coaching of their father, Richard. Starring: Will Smith, Aunjanue Ellis-Taylor, Jon Bernthal.

June 13: Second Act (2018) PG 13, 1hr 43min. This romantic comedy focuses on a woman who reinvents her life and career after being passed over for a promotion due to her lack of a college degree. Starring Jennifer Lopez, Leah Remini, Treat Williams, Vanessa Hudgens. **A concert follows today's movie!**

June 20: Jersey Boys (2014) R 2 hr. 14 min. This is the story of four young men from the wrong side of the tracks who came together to form the iconic 1960's rock group - The Four Seasons. Starring John Lloyd Young, Erich Bergen, Michael Lomenda, Christopher Walken and Vincent Piazza. **Annual Sock Hop follows today's movie!**

June 27: Walt Before Mickey (2015) PG 1 hr. 47 min. This biographical drama explores the early years of Walt Disney's life and career, focusing on his struggles before the creation of Mickey Mouse. Starring Thomas Ian Nicholas, Armando Gutierrez and Jon Heder. **A concert follows today's movie!**

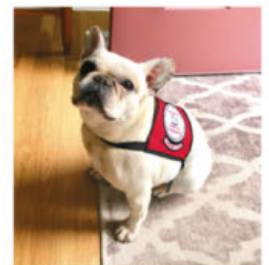
July 4 - SENIOR ACTIVITY CENTER CLOSED FOR HOLIDAY

NILLA THE THERAPY DOG

Fridays; June 6 and June 20, 12pm

About 40-45 minutes at Senior Activity Center

Our favorite friend, Nilla, is back, along with caretaker Karen. Nilla is a certified therapy dog and can help melt away stress with a few pats. Nilla is the fur baby of Karen Rosania. Stop by to meet her. No reservation needed. FREE.



SENIOR ACTIVITY CENTER TRIPS

Sand Sculptures & Hampton Beach Day

Wednesday, June 18

Leaving center 10:30am, return 2:30pm

Cost: \$5 Resident | \$10 NonResident



A day at the beach! You will be dropped off at the Hampton strip where you will find beach, restaurants, entertainment & shopping while you admire the Hampton Beach sand sculptures. Self guided day. Max 14 people on van. RSVP to 603-610-4433

Explore Plum Island

Tuesday, June 24

Leaving center 10am, return approximately 3:30pm

Cost: \$20 Resident | \$25 NonResident (Includes transportation & lunch)



A taste of Plum Island Parker Refuge. 30 minute stops at The Dunes, Hellcat Boardwalk, and Salt Pannes. A delicious Gather Cafe picnic lunch will be provided; we will call you for your lunch choice after you have signed up. You can learn more about Parker Refuge on their website: <https://www.fws.gov/refuge/parker-river>. **Bring binoculars if you have them!** RSVP to 603-610-4433

“All American Road Trip” -A Cross Country Cabaret Carousel Music Theater, Boothbay Harbor, Maine

Wednesday, August 27

Leaving center at 9:30am, return 6:30pm

Cost: \$115 Resident | \$120 NonResident



“All American Road Trip” - a cross-country cabaret exploring the states and the greatest hits featuring them. This will be a closing show.

Considered one of the best venues in Boothbay Harbor, the Carousel Theater is an intimate country dinner theater unlike any other. The cast of the show is involved with your meal. You will be enjoying an exceptional three-course meal served by cast members waiting on you. You will have a choice of entree and be offered the following sides: tomato garden vegetable soup or seafood chowder; their choice of sandwich, that is served with chips, coleslaw and a pickle; and dessert. You will tell your cast member your side choices at the event.

When calling to RSVP, please tell us your main entree choice from the following menu: New England Chicken Salad on a Croissant (Contains cranberries and walnuts), Roast Beef and Provolone on a bulky roll, Hummus, Cucumber and Veggie Wrap, or Lobster Roll. ****Anything can be done on a salad if you need gluten free. Please tell us. RSVP 603.610.4433**



SENIOR ACT CENTER COACH BUS TRIP

BINGO Lunch Cruise Aboard the Spirit of Boston

Thursday, July 17

Leaving the Center at 9:15am, return apx 4pm

Cost: \$105 Resident | \$115 Nonresident



NEW!!! Enjoy the Boston skyline with a BINGO Lunch Cruise! Your day includes 2-hour Boston skyline cruise, 3 games of BINGO with prizes for winners, delicious lunch buffet, DJ entertainment and games. Price includes all experiences, transportation and gratuities. RSVP 603.610.4433

ROYAL TOURS TRIPS

"A Day of Magic & Lobsters" with Magician Jason Purdy at Foster's
Tuesday, July 22



Cost Per Person: \$89.00 Per Person - Drive on Own
\$99.00 Per Person - Rec Van Shuttle (Limited Spots)



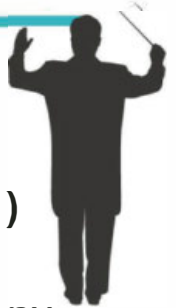
Price includes: Lobster or Chicken, Magic Show and all taxes and gratuities.

Enjoy a delicious lobster bake (choice of BBQ chicken also available) at Foster's Clambake in York, ME. We do this trip in two ways. You can drive on your own for a lesser price and meet us at the venue or take our Rec Van down. Spaces limited for rec van. Plenty of space for on own!

This year be thrilled by the Magic of Jason Purdy. Internationally known magician and illusionist, Jason is a natural performer. He is both great at magic and a good comedian. This will be a fun event! Lunch choice given when you RSVP.

Boston Symphony Orchestra at Tanglewood
Norman Rockwell Museum, Stockbridge, MA
Sunday, August 3 to Monday August 4, 2025

Cost Per Person: \$779 Resident, \$789 Nonresident (SINGLE)
\$639 Resident, \$649 Nonresident (DOUBLE)



2-Day overnight to the famed summer home of the Boston Symphony Orchestra at Tanglewood. Lodging at the Red Lion Inn and day trip excursions to both the Norman Rockwell Museum and The Mount, a turn of the century home built by Edith Wharton. Price includes 3 meals and admissions to all destinations as well as gratuities.

Deposit: \$100 Deposit due upon signing up. \$250.00 due by April 3, 2025. Final payment due June 15. Checks payable to the City of Portsmouth.

RSVP to save your seat for these adventures 603.610.4433

**All first timers
to the center,
must register at
front desk.*

WEEKLY ONGOING PROGRAMS

MONDAYS

YOGA STRETCH *

Mondays 11:30am

Instructor: Diane Stradling

Must be able to go from standing to sitting and back up unassisted. No chairs. All yoga levels welcome; including beginners. Suggested \$5 donation.

SCRABBLE *

Mondays 1:00pm

(We always have the boards...bring a friend and play anytime.) FREE

GUIDED MEDITATION W/JEAN & WENDY

Mondays; 10am

Instructor: Jean Roalsvig & Wendy Fletcher

Come participate in a guided meditation to strengthen your awareness of your inner light & knowledge. Participants sitting comfortably in chairs for guided meditation. Open mind is all you need. FREE

MAH JONGG *

- Mondays 1:00pm - American
- Tuesdays 1:00pm - Chinese

Games provided. FREE

TUESDAYS

CHAIR YOGA *

Tuesdays 10:15am

Instructor: Tina Trevino

Join anytime. FREE



TUESDAYS (CONT.)

POETRY GROUP

1st and 3rd Tuesdays; 10am-11am

Tues June 2 and June 16

Facilitator: Judy Mazel

Bi-weekly meetings will cover reading, writing and discussion of poetry. All welcome. FREE.

EASE OF MOVEMENT "ALEXANDER TECHNIQUE"

Tuesdays; 11am

Instructor: Anita Freeman

Unconscious habits holding ourselves with tension can cause imbalances in muscles that can lead to pain and make movement stiff or tiring. Sit or stand, wear comfortable clothing. \$5 suggested donation to facilitator.

CARDIO DRUMMING*

Tuesdays, 2:30PM-3:15PM

Instructor: Gail Eaton



Low impact but high energy and can be done sitting or standing. You will be moving the entire 45-minutes. Movements include standing, curls, knee lifts, arm work and squats. We will provide the bucket and sticks. **You need to supply your own 55 or 65 cm yoga ball.** The Center will store buckets/sticks but your ball needs to come and go with you. Wear comfortable clothes and sneakers. \$5 paid to jar at class each session. RSVP if new to this class. 603610.4433

WEEKLY ONGOING PROGRAMS

WEDNESDAYS

VETERANS COFFEE

Wednesdays 1:00pm

All veterans welcome to this social activity to meet other veterans. Guest speakers at times. Goodies for the veterans sponsored by our local DAR Chapter volunteers. FREE.

MEXICAN TRAIN DOMINOS *

Wednesdays 1pm - all levels. Beginners welcome. Drop ins welcome. FREE

THURSDAYS

QIGONG *

Thursdays 11:00am FREE
Instructor: Jeanne DeFlorio
Improve your health by integrating posture, movement, breathing, and focused intent to activate your flow of energy. Chairs are available

BOOK CLUB *

Every other Thurs, 3PM - **June 5 & 26**
Facilitator: Larry Lariviere
Come to share a favorite book, or to hear about others. FREE

KNITTERS (YARN WORKS) *

Thursdays 12:30-2:30pm
Bring your knitting, crocheting, etc. This is a social based program, not a teaching program. FREE

ZUMBA GOLD

Saturdays 9:00am **IN PERSON**
Plus 2 other Zoom sessions each week. RSVP to email list for times. FREE

THURSDAYS (CONT.)

DROP IN ART & COLORING *

Thursdays 12:30pm
We provide the canvas, paint, adult coloring books, colored pens. FREE

FRIDAYS

OUTDOOR WALKING CLUB RETURNS

Fridays 8:30AM FREE
Join volunteer Tyler for a morning walk around town. Meet at City Hall Lower Lot and enjoy beautiful views, great company. Free. Just show up.

BALANCE YOURSELF WITH JEAN & WENDY

Instructor: Jean Roalsvig & Wendy
Fridays 11AM
Gentle movements, breathing exercises, and soothing sounds.
Mindfulness & stress relief practices.
No experience necessary, just an open mind. Drop-ins OK. FREE.

CRIBBAGE

Fridays 1pm
Small group cribbage. Drop ins OK. FREE

CANASTA

Fridays 1:00pm-3:00pm
Join us to learn Canasta. All abilities welcome. Drop ins welcome. FREE

SATURDAYS

COFFEE HOUR

Every Saturday 9:00am-Noon
Lounge open on Saturdays for drop-in coffee, free Wi-Fi. FREE

MONTHLY PROGRAMS

Senior Activity Center Stitches with Seacoast Sweet Stitches **Saturday, June 7, 10AM-12PM; FIRST SATURDAY OF THE MONTH**

Crafting and community program. Seacoast Sweet Stitches is an ongoing group coming to the Senior Activity Center made up of people who knit, crochet, sew, etc. No experience necessary. All ages and abilities welcome. Need supplies? Email Abby at scliab2@comcast.net. FREE. Just Drop In!



Sound Bath with Bloom By Healing & Pawsitive Vibes Healing **Saturday, June 21, 10:30AM; THIRD SATURDAY OF THE MONTH**

Meditative experience designed to help you unwind, reconnect, and embrace your life with renewed peace. Meditation bowls and relaxing music are played. Bring what you need to be cozy, dress comfortably. Sitting in chairs. **Suggested Donation \$10 per person.** Minimum of 4 sign-ups to run the class. RSVP to 603.610.4433

Reiki Circle - Second & Fourth Tuesdays (LARGE GROUP) **Tuesday, June 10 and June 24**

Facilitator: Mary Schwoerer, Reiki Master Teacher

- 1-1:20PM - Reiki Practitioners Meet
- **1:30PM to 2:30PM- Reiki attendees come to receive Reiki**

Join skilled practitioners for an hour of gentle energy healing and breath exercises. Reiki is non-invasive and powerful. NO RSVP. Just Show Up.



FOR SUMMER REIKI WILL BE SECOND TUESDAY ONLY.
TUES JULY 8 and TUES AUG 12. Same times as above.

QUILTS OF VALOR SEWING DAY **Wed, June 25, 9AM-3PM; 4th Wednesday of the Month**



What is a Quilt of Valor? A quality handmade quilt that is machine or hand quilted. It is awarded to a Service Member or Veteran who has been touched by war. Anyone is welcome to join the Sew Day. Pattern and fabric to be provided; supply list given upon registration. Register with Colleen Martin, QOV Volunteer - colleen.satchels@gmail.com or 603.828.5071. FREE



ANNOUNCEMENTS



SENIOR CENTER CLOSURES:

Thursday, June 19 - Juneteenth

Friday, July 4 - Fourth of July

NEW SOFTWARE REGISTRATION:

Thank you to everyone who has been updating their information in our new software. Please keep it up!

Stop by the desk to create your new account or visit portsmouthnh.myrec.com and click "New Account."

HELP US SAVE POSTAGE

Do you read the newsletter on our website at:

<https://www.portsmouthnh.gov/recreation/senior?> Or, do you pick up a copy when you visit the Senior Activity Center?



If you no longer need us to mail you a copy, please let us know.

You can email us at nmfinitsis@portsmouthnh.gov. Thank you!



188 Jones Avenue · Portsmouth, NH 03801
603.431.2530 · www.cedar-hc.com

Experience rehab at it's best at Cedar Healthcare in the heart of Portsmouth, NH

HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

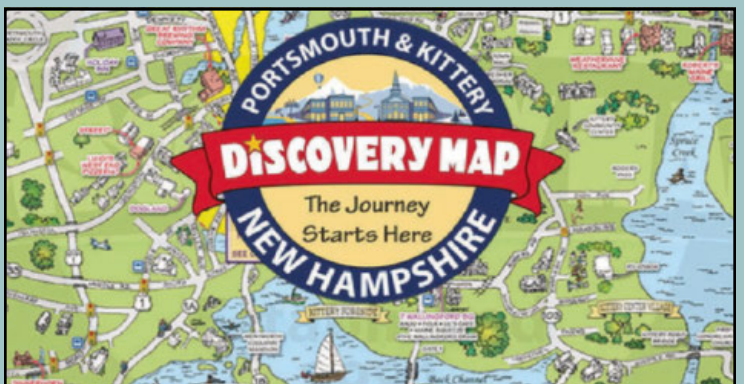
CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

RESERVE YOUR RV/CAMPING SEASON!

Check us out at:
www.camp-nh.com



Or call us at:
603-744-3344



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shop
play
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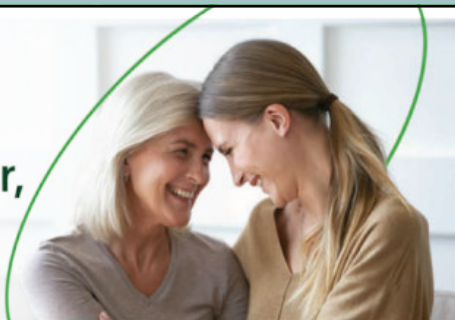


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