

July 2025

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+



**SENIOR
SUMMER COOKOUT
LUAU STYLE**

THURSDAY, JULY 24

10AM SEATING | 11:30AM SERVING

AT COMMUNITY CAMPUS

100 CAMPUS DRIVE, PORTSMOUTH

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

*Tropical Attire
Encouraged*

GRANDPARENT/GRANDCHILD

BUBBLE PARTY PLAYDATE

Wednesday, August 13 at 4PM

Bubble Party with Sages Entertainment, Kona Ice Truck, sprinklers and family friendly music. Bring your bathing suit to run through the sprinkler and towels to dry off. ALL FREE! Not necessary to have a grandchild - you can come as a grandfriend to join in the fun.

RSVP Required - 603.610.4433

**Visit us! Open Mon-Fri 9am-5pm | Sat 9am-12pm
125 Cottage Street, Portsmouth, NH**



LUNCH BUNCH - WED, JULY 16

OLIVE GARDEN, 2048 Woodbury Ave, Newington

Wednesday, JULY 16 at 12PM

Meet at the restaurant. Enjoy lunch together at a favorite local restaurant chosen by the group. Pay on your own.

RSVP required: 603-610-4433



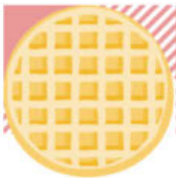
GRAB & GO --OR-- GRAB & STAY LUNCH

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; July 7 & 21, 2:00-3:00PM

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

Free produce and other perishable items available for pick up.

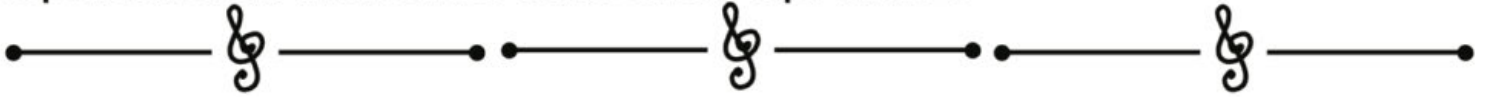
A simple registration form is given to shop the Mobile Markets. All information is kept confidential and only used for data reporting purposes. Please note the markets are meant for anyone; by participating, you are not taking away from anyone else. The more that participate the better! No RSVP, Just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

SUMMER CONCERT SERIES



New Horizons Summer Band Community Concert
at Community Campus, 100 Campus Drive, Portsmouth
Wednesday, July 9, at 6pm

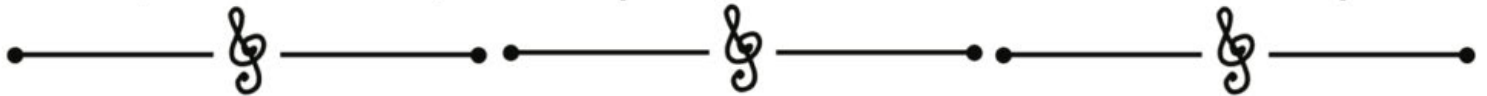
A community band that reconnects adults with the instruments they played in their youth. Performs a variety of popular concert and band repertoire. All Welcome. Just Show Up. FREE.



Concerts listed below are free, Donations welcome, if you desire.

Brian Stankovich Concert at the Senior Activity Center
Friday, July 11 at 3pm

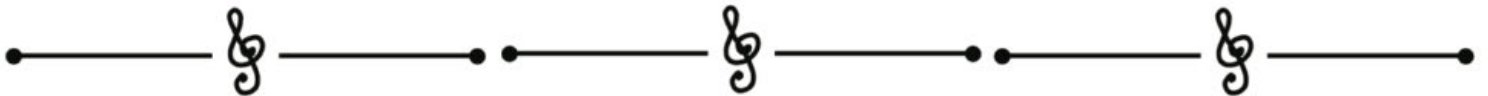
Brian is a talented solo acoustic guitar cover artist who has played local clubs, restaurants and functions. We liked him the first time, we invited him back! He covers a wide range of music from Eagles, Garth Brooks, Alan Jackson, Eric Clapton, Elvis and more. Just Show Up.



2 of Us Beatles Acoustic Duo at the Senior Activity Center

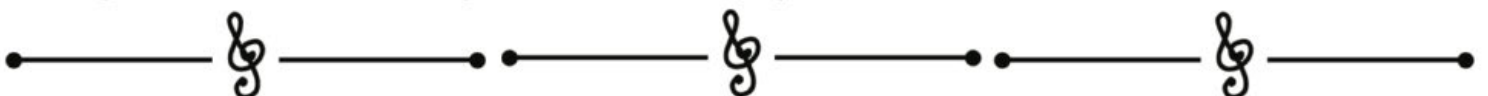
Friday, July 18 at 4pm

Tom & Melissa return for their 3rd show with us. Covering all of your Fab 4 favorites, "2 of Us" will have you tapping your toes and singing along. They are adorably talented and fun! Just Show Up.



North River Music at the Senior Activity Center
Friday, July 25 at 5pm

Familiar tunes and a feel-good time with North River Music. Playing Americana rock/bluegrass from Crosby Stills and Nash, The Eagles, Dylan and more! Chairs on site. Bring your picnic dinner with you and bring the whole family. Just Show Up.



Island Mike Duo at the Senior Activity Center
Friday, August 8 at 3pm

Island Mike Hall duo with Adam Black perform hits of the 50s, 60s, and 70s. Familiar, fun tunes! Just Show Up.

PROGRAMS FOR JULY 8-21



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

Protect Your Assets: What You Need to Know to Combat Scams

Wed, July 9, 1pm

Facilitators: Det. Rochelle Jones & Mason of Portsmouth Police, Piscataqua Bank, Bank of NH, First Seacoast Bank, NH Dept of Justice, Elder Abuse and Exploitation Unit

NH Banker's Association will lead a lively and informative discussion on the current scam and fraud trends. Your local banking partners, NH Department of Justice Elder Abuse and Exploitation Unit, and local law enforcement join forces to share insights and information. FREE. RSVP to 603.610.4433

Medicare Monthly: Medicare 101

Mon, July 14, 2pm

Facilitator: Natalie Allen from Allen Agency

Learn what Medicare is and how it works. Attendees will learn the difference between original Medicare and Advantage, as well as when and how to enroll. FREE. 603.610.4433.

Vision Boards

Wed, July 16, 1pm

Facilitator: Nicole Fortune, Volunteer

Volunteer Nicole will provide the materials for you to create your own vision board. A vision board is a collage of images and words that represent a person's goals, dreams and aspirations. Images are cut from magazines and other mediums chosen by you and arranged on a board. They are fun to do and relaxing! FREE. 603.610.4433



PROGRAMS FOR JULY 17-23

MONEY MENTOR SERIES: IDENTITY THEFT

Thurs, July 17, 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

Dementia Prevention & Lifestyle Tips

Tues, July 22, 1pm

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

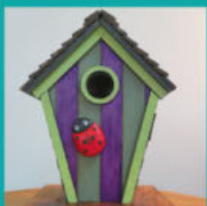
An important and empowering talk on Alzheimer's prevention with Dr. Sarah Jeffrey, a licensed naturopathic doctor from Aya Naturopathic Medicine. Dr. Jeffrey will explain the key factors that contribute to Alzheimer's disease and how many of them can be addressed through the Bredesen PRECODE protocol—a 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. **This is a rescheduled program from last month. Spots still available.** FREE. RSVP 603.610.4433

iPhone/iPad Tips & Tricks Ad Hoc Q&A

Wednesday, July 23, 3pm

Facilitator: Deb Weil O'Day, Retired Techie

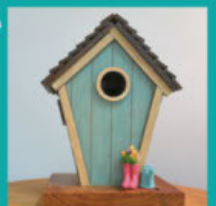
July Tech Tips will get us caught back up from previous sessions. Participants bring their questions and concerns with their technology devices to the class. Each class is crafted to go with the "speed" of the group. Come with your questions related to anything from email, to notifications, apps, photos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



Birdhouse Painting Party with MakerSpace and West End Birdies

Friday, August 15, 1pm-3pm

by Dani Beaumont & Peter Boyd, MakerSpace



Build and paint a pre-made birdhouse with Dani of West End Birdies. Dani's whimsical birdhouses will add flare to inside or outside! Choose from a mix of primary paints, assemble with wood glue. All materials are provided to you at this special program. FREE. Class limited to 20 people. 603.610.4433.

You can see more of Dani's work here: westendbirdies.com

PROGRAMS FOR JULY 23-30

Stay cool in our AC and enjoy one or both of these FREE featured special lectures. Bring a friend!

Bicycling Storyteller Andy Davis Performs “Quixotic” Wed, July 23, 1pm at the Senior Activity Center

Storyteller Andy Davis offers a unique performance as part of an 800-mile, three-week-long tour by bicycle through all six New England states, beginning and ending at Davis’s home in Tamworth, NH.

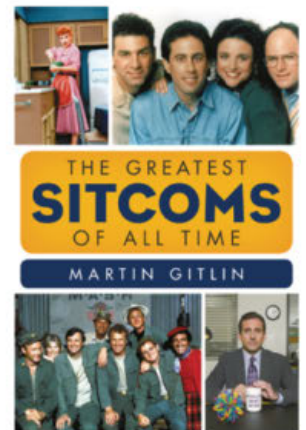
He'll be performing “Quixotic,” an engrossing and humorous one-man show which celebrates his long relationship with Don Quixote, and the capacity of art to impact the world. Through personal story, scenes from the novel, glimpses into the author’s life, and a snapshot from recent history, he connects the themes of Cervantes’s masterwork to the enduring questions as to how humans should live. No prior knowledge of the novel is necessary for enjoyment.



Andy leaves his home July 6 with several stops along the way. The evening of July 22 he appears at the Actors Studio in Newburyport, and the night following his Portsmouth appearance he will be at a house concert in Dover. FREE. 603.610.4433

“A Funny Program about Funny Programs” The Greatest Sitcoms of all Time with Author Martin Gitlin Wednesday July 30, 2pm at the Senior Activity Center

Award-winning author and pop culture historian Martin Gitlin hosts this fun and enlightening presentation based on his book, *The Greatest Sitcoms of All Time*. He is the only author to rank the best of the best, including *I Love Lucy*, *The Honeymooners*, *The Andy Griffith Show*, *Get Smart*, *All in the Family*, *The Mary Tyler Moore Show*, *Cheers*, *The Golden Girls*, *Seinfeld*, *Everybody Loves Raymond* and *The Big Bang Theory*. He will show funny snippets from those shows and others, challenge patrons with sitcom trivia (including identifying cool theme songs!), discuss the criteria he used to rank 70 years of sitcoms and talk about how they have evolved over the decades in humor, presentation and content. This program is really entertaining so join in on the fun! FREE.



TRIPS ADDED! FEATURED PROGRAMS NOT TO MISS

Irving Berlin's White Christmas at the Music Hall

Wednesday, Dec 17, 12:45pm departure for 1:30pm show

Bus Shuttle: \$75 per person



Group trip to The Music Hall to see production of the Broadway Musical Irving Berlin's White Christmas. Bus transportation from Senior Center to front door of Music Hall. No hassles with parking or traffic. Let us make this trip easy and fun for all. Concessions available (Pay on own). **RSVP 603.610.4433**

New Year's Eve at Noon!

Aboard the luxurious Odyssey on Boston Harbor

Wednesday, December 31. 9am departure, 3pm return

Coach Bus: \$151 Resident | \$161 Nonresident



It's back by popular demand. "Midnight" will be celebrated at noon on this trip. Enjoy a 2-hour cruise aboard the Odyssey while enjoying a brunch buffet with a DJ and festivities on board! **RSVP 603.610.4433**



PORTSMOUTH MUSIC & ARTS CENTER (PMAC) SHAW BROTHERS MUSIC SCHOLARSHIP FUNDRAISER

HOOTENANNY: 4 PERFORMANCES IN ONE

- Brian Corcoran - As emcee & irish/Folk Performer
- Tammy & John Flanagan - eclectic Folk ukulele
- Liz Kantz & Mike English - country Folk strings
- Pat O'Brien & Gary Cassidy - folk guitar



**Sunday August 10, 3pm
at Senior Activity Center**

Folk music, humor, storytelling and more with four performances in one. Brian Corcoran, an internationally traveled musician who performed with The Shaw Brothers and Tommy Makem, will run the program as well as perform. All proceeds support The PMAC Shaw Brothers Memorial Scholarship Fund.

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

KAREN ROSANIA ART CLASS

Wednesday, August 13, 12:45pm-4:15pm

Instructor: Karen Rosania, Owner Oliveteal Arts

Come join the fun and make a beautiful, wrapped picture frame! You will have access to gorgeous fabrics, unique trims and learn how to personalize your frame with letter beads. These also make wonderful gifts if you are attending a wedding, anniversary party, or have a new Grandbaby or Great Grandbaby on the way!

Location: Class will take place at Karen's studio in Portsmouth. Transportation provided - shuttle will leave the Senior Activity Center at 12:45PM, return for 4:15PM. Class limited to 6 people. Cost \$15 resident | \$20 nonresident and paid to instructor and includes all materials. RSVP to 603.610.4433

***Friendly reminder - Karen's classes often run on a waitlist. If you need to cancel, please call the Senior Center as soon as possible. Thank you!**

**Karen's
Studio Class
this month**



Senior Activity Center's Art Show

"H₂O - Water, Water Everywhere"

July 17th - Oct 10th

Artwork Drop-Off July 11th, 10 - 12 AM

Artist's Reception, Thursday July 17th, 2 - 3:30PM



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

For More Details Contact:

**Diane (dianestrading@gmail.com) or
Mo (maureenoleary2@gmail.com)**

NEW ART SHOW STARTS JULY 17

**"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, July 10, 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, July 8 (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, July 16, 1-4pm

**MEET AT: Newington Town Hall Parking Lot,
205 Nimble Hill Rd, Newington
to Ride Great Bay/Fox Point Loop**

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. **ONLY 9 SPOTS AVAILABLE.** Free. RSVP 603.610.4433.



Barber Cuts - Last Wednesday of Month

Wednesday, July 30, 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 Senior Activity 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!

July 4 - SENIOR ACTIVITY CENTER CLOSED FOR HOLIDAY

July 11: Summer Dreams: The Story of the Beach Boys (1990) R 1hr 30min. You'll learn about the tumultuous relationship that existed between Brian and Dennis Wilson and their father Murry amidst their struggles with drugs and alcohol. Starring: Bruce Greenwood, Greg Kean, Arlen Dean Snyder. **A concert follows today's movie!**

July 18: The Accidental Tourist (1988) PG 2hr 1 min. Based on the novel by Anne Tyler, this story revolves around an emotional distant writer of travel guides who must navigate after his son's death and the collapse of his marriage. Starring: William Hurt, Kathleen Turner, Geena Davis. **A concert follows today's movie!**

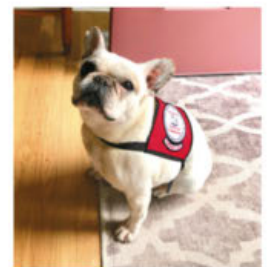
July 25: Thomas Crown Affair (1999) R 1hr 53min. This classic heist film stars Pierce Brosnan as Thomas Crown, a wealthy and cultured businessman who masterminds a daring bank heist. Starring: Pierce Brosnan, Rene Russo, Denis Leary and Ben Gazzara. **A concert follows today's movie!**

Aug 1: Saturday Night Fever (1977) PG 1hr. 58 min. Tony is a 19-year-old living in Brooklyn, spending his weekends dancing at the local disco. His life outside the disco is fraught with family tension and a dead-end job in a paint store. A dance competition changes everything. Starring: John Travolta, Karen Lynn Gorney, Barry Miller and Joseph Cali.

NILLA THE THERAPY DOG

Friday, July 18, 12pm and Thursday, July 31, 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

Drive On Own

Isle of Shoals Excursion!

Thursday, August 7, 12:45pm departure, 6pm return

**Meet: Pepperrell Cove, Park at Horace Mitchell Primary School
7 School Lane, Kittery Point, Maine**

Cost: \$80 Resident | \$85 Non-resident

An entire afternoon dedicated to exploring the Gulf of Maine. Your adventure begins when you step aboard the Shining Star, a brand-new custom Mussel Ridge 46, and set course for the Isles of Shoals, located 6 miles off the coast. Along the way, Seacoast Science Center naturalists will orient you to the Gulf of Maine, local marine ecology, and wildlife sightings. Activities on Star Island include a naturalist-led tide pooling experience, ecology walk, visiting the Rutledge Marine Lab, self-exploration of the island, eating at the snack bar (hours/dates may vary and pay on own) or enjoying your own picnic lunch! Once we get back aboard the Shining Star, we will slowly travel around rocky ledges of Duck Island, which are areas favored by harbor and gray seals, viewing and learning about these charismatic animals from a safe and federally regulated distance. Then, we will enjoy a beautiful early evening ride back to Kittery Point. 12:45pm arrival to ensure all are ready for 1pm departure. Limited spots. RSVP to 603.610.4433.

Wildlife Kayak Paddle

Thurs, Aug 21

9:30am departure, 1pm return

Rec Van Shuttle to Pepperrell Cove

Cost: \$70 Resident | \$75 Non-resident



Rec Van

Guided 2-hour beginners kayak tour directed by Seacoast Science Center. They provide the kayaks, you just bring yourself! We will shuttle you over on the Rec Van to this fun outing. Along your tour you will see and hear about various wildlife animals and nature. Please note you must be able to get into a kayak on your own for this trip. A bagged lunch will be provided to you. RSVP to 603.610.4433.

White Mountain Hotel & Resort Christmas

3-Day. 2-Night Overnight Getaway

Sunday, Monday, Tuesday - December 14-16

Cost: \$849 Double Resident | \$859 Double Nonresident

\$1,049 Resident | \$1,059 Nonresident

Coach Bus

Memorable stay at the White Mountains Hotel & Resort in North Conway, NH. Conway Scenic Railroad ride, Horse Drawn Carriage Ride, Comedy Show, Outlet Shopping and 2 breakfasts, 2 dinners, 1 lunch and 3 total shows included and more. See Senior Activity Center Trip wall for more information. RSVP to 603.610.4433.



DAY TRIP EXTRAVAGANZA



Day trips for the rest of the year **are open early to register!** Check them out below and in our insert. Full flyers can be found at the Senior Activity Center lobby. We have added a couple surprises! Call if you have any questions, 603.610.4433.

Only the Lonely Roy Orbison Tribute Show

Traveling to: Danversport Yacht Club

Tuesday, August 19, 10:30am departure, 4pm return

Cost: \$131 Resident | \$141 Nonresident, all inclusive

Roy Orbison tribute playing all your favorites and your choice of haddock or chicken for a delicious luncheon.

The Edwards Twins Ultimate Variety Show

Traveling to: Lake Pearl, Wrentham, MA

Tuesday, September 9, 9:45am departure, 6:15pm return

Cost: \$141 Resident | \$151 Nonresident, all inclusive

Variety show with the Edwards Twins at picturesque Lake Pearl with a yummy lunch served.

Turkeys, Trains and Tunes! Featuring Mark Shelton

Traveling to: Winnepesaukee Railroad, Meredith NH

Wednesday, October 8, 9am departure, 4:30pm return

Cost: \$151 Resident | \$161 Nonresident, all inclusive

Start your trip off seeing Mark Shelton at the Lakeport Opera House and then head to board the Winnepesaukee Railroad for a 2-hour train ride and enjoy a delicious roast turkey dinner from Hart's Turkey Farm on board.

The Corvette's Doo Wop Revue

Traveling to: Castleton in Windham, NH

Wednesday, November 12, 10:30am departure, 4pm return

Cost: \$131 Resident | \$141 Nonresident

Corvette's Doo Wop Revue hits of the 1950s and a scrumptious luncheon choice of either Apple Cranberry Stuffed Chicken or Salmon Filet.

Magic of Christmas

Portland Symphony Orchestra, Portland, ME

Friday, December 12, departure time TBA, return approx 6pm

Cost: \$131 Resident | \$141 Nonresident

Our holiday fan favorite - Magic of Christmas at Portland Symphony Orchestra. We will be having lunch on the way to the memorable show.

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 July 1 and July 15

Facilitator: Judy Mazel

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

EASE OF MOVEMENT "ALEXANDER TECHNIQUE"

Tuesdays; 11am; **Off for July, return in August.**

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 - **OFF JULY AND AUGUST. Book Club starts back up Thurs Sep 4.**

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, July 5, 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, July 19, 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 - Summer Schedule

FOR SUMMER REIKI WILL BE SECOND TUESDAY ONLY.
TUES JULY 8 and TUES AUG 12.



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.

QUILTS OF VALOR SEWING DAY **Wed, July 30, 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

NEW

EVENING GRIEF SUPPORT GROUP

Thursdays: September 4 - October 9 from 5:30pm-7pm

Facilitators: Bob Vieria and Stew Bradley



Grieving the loss of a loved one is universal, but for each of us individually it is a unique experience. If you have lost a spouse, partner, parent, or family member then this grief group can offer an opportunity for healing, education of the grief experience, and the chance to interact with others. Meetings are conversation, education, and exploration of challenges. Attendance for all meetings required. RSVP to 603.610.4433.

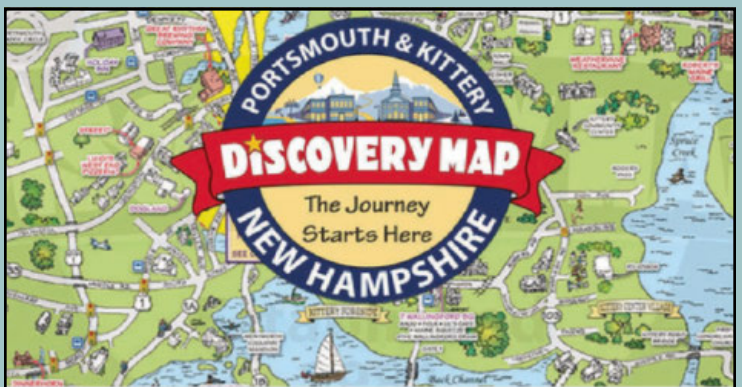


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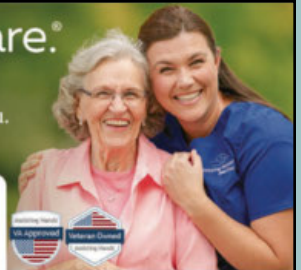
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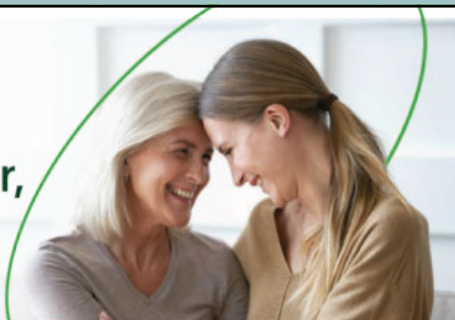


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