

August 2025

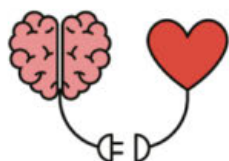
PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +

“Happy Hour(s)”

WELLNESS AFTERNOON OF MOVEMENT,
MINDFULNESS, MUSIC & MERRIMENT!



Friday, August 15, 2:30pm-4:30pm

at Senior Activity Center

Times are tough, we recognize that. Come celebrate Joy, Peace & Love as we create community with each other.

Let's support and help each other to rise up with compassion and kindness during this challenging time. Move to music to release emotions and share a safe space with others.

Seacoast Mental Health to speak on resources.

Musicians Curt Besette & Jenn Kurtz to close the event.

Cool treat provided by the Senior Activity Center.

FREE. RSVP 603.610.4433

SENIOR HEALTH & WELLNESS EXPO 2025

**AT COMMUNITY CAMPUS
100 CAMPUS DRIVE, PORTSMOUTH**

Thursday, September 18, 9AM-12PM

Full resource fair geared towards seniors. Over 50 vendor tables of local agencies, activities, balance tests, mental health, and flu & Covid shots.

Light refreshments & coffee.

Just show up. FREE.



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



LUNCH BUNCH - WED, AUG 20, 12PM

Longhorn Steakhouse, 41 Gosling Rd, Newington

Wednesday, August 20 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



NEW YOGURT BAR MONDAYS



Mondays - Drop in between 9:30-11AM

Donations accepted, not necessary

Our very own weekly breakfast option. Staff Member Marcia will be setting out yogurt with toppings you can help yourself to. Enjoy a cool healthy treat while visiting with friends. **There will be a soy yogurt option as well for non-dairy.** No RSVP necessary. Just show up.



SENIOR MOBILE FOOD MARKET - FREE



MONDAYS; August 4 & 18, 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.

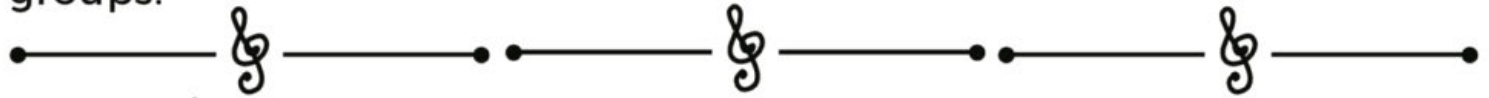
SUMMER CONCERT SERIES

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

From the Heart Gospel Rock

Friday, August 1 **at 3pm**

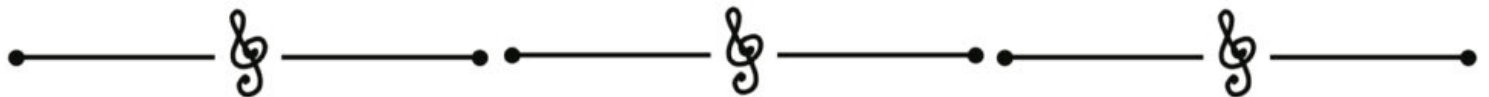
Gospel, soul and feel-good light rock music. One of our volunteer groups.



Island Mike Duo

Friday, August 8 **at 3pm**

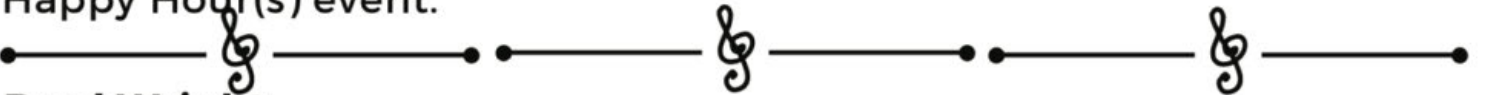
Island Mike Hall duo with Adam Black perform hits of the 50s, 60s, and 70s. Familiar, fun tunes! Just Show Up.



"Happy Hour(s)" Concert with Curt Besette & Jenn Kurtz

Friday, August 15 **at 3:30pm**

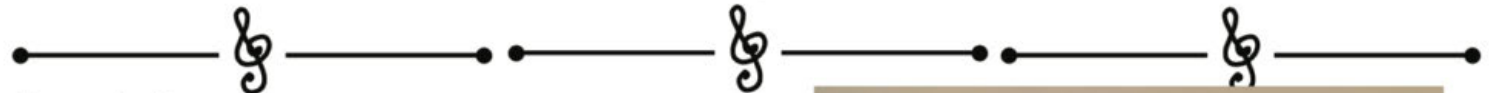
Feel-good acoustic guitar and vocals with award-winning song writer Curt Besette and vocalist Jenn Kurtz. This program concludes the Happy Hour(s) event.



Brad Wright

Tuesday, August 26 **at 1pm**

Thoughtfully selected oldies across the decades. Acoustic guitarist Brad will entertain. Brad used to play downtown Portsmouth at various restaurants. He can take requests.



Reminisants

Friday, August 22 **from 3pm-4:30pm**

Hampton-Seashell-Famous, The Reminisants are spending the afternoon with us!

Oldies cover band playing classic hits of the 50's, 60's and 70's.



PROGRAMS FOR AUGUST 6-13



David Shikes Comedian Returns

Wed, August 6, 2pm

Comedian & storyteller, David Shikes, presents a collection of humorous stories drawn from his rich experiences with the unique and wonderful people of New England. As a long-time native of Massachusetts and New Hampshire, David is now bringing his 'clean humor' to senior centers. Back by popular demand! This is his second time here - we love him. FREE. RSVP to 603.610.4433

Fall Awareness and Prevention

Mon, Aug 11, 1pm

Facilitator: Katelyn Grazianim, PT DPT, Fyzical Therapy & Balance

Discussion with a physical therapist Katelyn Graziani around the importance of fall prevention, risk factors and things you can do right now to prevent falls. FREE. RSVP to 603.610.4433

Understanding Anxiety in Older Adults

Tues, August 12, 1pm

Facilitator: Meredith Kolodze, DSW, LICSW, NAMI NH

Meredith will be on-site from National Alliance on Mental Illness (NAMI) NH to cover Anxiety in Older Adults inclusive of real-life situations, interactive exercises, handouts and discussion in a relaxed learning atmosphere. This is a rescheduled class. FREE RSVP to 603.610.4433

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



PROGRAMS FOR AUGUST 14-19



DEATH OVER COFFEE, THURSDAY AUG 14, 10AM-11:30AM

Talk about that thing we all have in common over coffee with Laura Cleminson in this engaging morning event.

FREE. RSVP 603.610.4433

Medicare Open Enrollment is Approaching Daytime & Evening Sessions To Have You Ready:

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. Any questions related to Open Enrollment this Fall.

***Daytime* Medicare 101 Informational Session**

Monday, August 18, 2pm

Facilitator: Natalie Allen, Allen Insurance Agency

***Evening* Medicare 101 Informational Session**

Thursday, August 14, 5pm

Facilitator: Nancy Papp, Portside Independent Insurance

Our September Newsletter will announce a couple dates
Rockingham County ServiceLink will be on-site as well.



Senior Care Options Overview

Tuesday, August 19, 2pm

Facilitator: Barbara Fay, Care Coordinator FCP Live-In

An opportunity to learn about the different options that are available to seniors whether that means staying at home or joining a community. FREE. 603.610.4433

PROGRAMS FOR AUGUST 20-27

Clash of Titans Presentation

Wednesday, August 20, 1pm

Facilitator: Stanley Foreman

Edison, Tesla, Westinghouse and the personal clash over their ideas leading to the dawn of universal electricity! How did we actually end up with the electric system of today? Who were the winners and losers in that struggle? Free. 603.610.4433



Primary Banking After Death or Incapacity of a Spouse

Thursday, August 21, 11am-12pm

Facilitator: Sean McCarthy, M&T Bank

Learn banking basics as you take on primary banking responsibilities. What to look for, ask and do. Free. 603.610.4433.



Improving Posture & Balance: "Move Like Jagger"

Monday, August 25, 1pm

Facilitator: Shawn Shambo, Occupational Therapist

Rolling Stone's Mick Jagger is 82 years old, however if you have ever been able to catch him on stage you would be amazed at how youthful every movement appears.

As we age many factors in your life begin to make your natural movements stiff and robotic like. This is a common effect in the process of aging; but it doesn't have to be. It is possible to train someone out of bad posture, stiff walking patterns, and poor balance; you can learn to move more youthfully. Shawn will teach you how to begin a program that will address your, less than perfect body moments, and to begin to move in a more youthful manner. Free. 603.610.4433.

iPhone/iPad Tips & Tricks Ad Hoc Q&A

Wednesday, August 27, 1pm

Facilitator: Deb Weil O'Day, Retired Techie

August 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

FEATURED PROGRAMS NOT TO MISS

Playing with Watercolor: Exploring Color, Contrast & Light
Fridays starting September 12 to November 7, 10am-12pm
Taught by Maureen O'Leary



Dive into the expressive world of watercolor painting in this hands-on, creative class. Experiment with color theory, tonal contrast, and the nuances of light to create compelling compositions. Through playful exploration and guided techniques, you'll discover how to evoke emotion, set a mood, and craft visual stories. Whether you're a beginner or looking to deepen your practice, this artistic journey welcomes all levels and imaginations. Space limited. RSVP 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
Single - \$1,049 Resident | \$1,059 Nonresident

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.



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 & 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

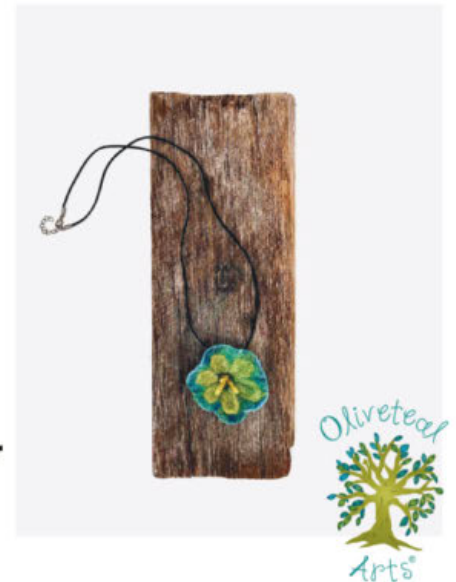
Felted Wool Pendant Necklace at the Senior Activity Center
Wednesday, September 10, 1pm-4pm

Instructor: Karen Rosania, Owner Oliveteal Arts

Cost: \$15 Resident/\$20 Non-Resident Paid to instructor day of

Come join the fun and make a felted wool pendant necklace. You will learn how to wet felt and needle felt. Choose your color palate from endless shades of hand-dyed wool. Your pendant will be mounted on an adjustable silk cord - or can be made into a pin. Class Limited to 9 people. Cost is \$15 Resident/\$20 Non-resident and includes all materials. Pay instructor day of event.

***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!**



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)

**"H₂O - Water, Water
Everywhere" ART SHOW
ON DISPLAY
July 17- Oct 10
DROP BY ANYTIME
SENIOR ACTIVITY CENTER
HOURS
MON-FRI 9AM-5PM
SAT 9AM-12PM**

Art Show Committee Contacts:
Diane (dianestrading@gmail.com)
Mo (maureenoleary2@gmail.com)

SUPPORT GROUPS & RESOURCES

Dementia Support Group

Thurs, August 14, 2PM - 3:30pm
(Second Thursday of the Month)

Facilitator: Debbie Kroner, Monarch Care Partners

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, August 12 (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.

EVENING Grief Support Group Structured

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

Facilitators: Bob Viera and Stew Bradley

NEW



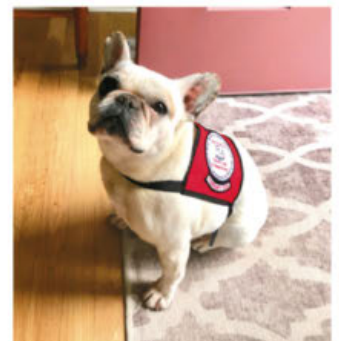
Grieving the loss of a loved one is universal, but for each of us individually it is a unique experience. If you have lost a spouse, partner, parent, or family member then this grief group can offer an opportunity for healing, education of the grief experience, and the chance to interact with others.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

NILLA THE THERAPY DOG

Friday Aug 8 & Wednesday Aug 27, 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.





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!

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.

Aug 8: Bounce (2000) PG-13 1hr 46 min. At Chicago's O'Hare Airport, advertising executive Buddy Amaral is delayed by a snowstorm for a return flight to LA. He trades his boarding pass with another passenger but later learns that the flight crashed. Buddy feels somewhat responsible for the other man and goes to visit his surviving spouse. Starring: Ben Affleck & Gwyneth Paltrow

Aug 15: The Lamp - Just Believe (2011) PG 1 hr. 36 min. A couple's marriage has fallen apart after the death of their son, until a mysterious stranger presents them with a magical lamp and three wishes to put things right. Starring: Roger Nix, Jason London and Meredith Salenger.

Aug 22: Miss Potter (2007) PG 1 hr. 28 min. This is the story of Beatrix Potter, the author of the bestselling children's book, The Tale of Peter Rabbit and her struggle for love, happiness and success. Starring: Renee Zellweger, Ewan McGregor and Emily Watson.

Aug 29: You Again (2010) PG 1 hr. 45 min. When a young woman realizes her brother is about to marry the girl who bullied her in high school, she sets out to expose his fiancée's true colors. Starring: Kristen Bell, Odette Annable and Sigourney Weaver.

Sept 5: Mr. Holland's Opus (1996) PG 2 hr. 24 min. This American drama is about a frustrated composer who finds fulfillment as a high school music teacher while trying to balance his job and life with his profoundly deaf son. Starring: Richard Dreyfuss, Glenn Headley, Jay Thomas, Olympia Dukakis and William Macy.

SENIOR ACTIVITY CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING

Wentworth Gardner House Tour & Picnic Lunch

Monday, September 15, 10:45am departure, 2pm return
Cost: \$10 Residents; \$15 Nonresidents



WITH STAIRS

Guided tour of the historical Wentworth-Gardner Home. It is one of the finest examples of Georgian architecture in the country and one of Portsmouth's oldest nonprofits! There is one set of typical height stairs with railing to enter the house and large staircase up to the second floor. Following the tour, we will picnic lunch at a mystery location. We will call you with picnic lunch choices closer to the date. RSVP 603.610.4433

Newburyport Day on Own

Tuesday, September 23, 10am departure, 3:30pm return
Cost: \$7 Resident, \$10 Non-Resident



Casual day in Newburyport however you want to do it. Will be dropped off in a central location. Shop, visit, grab lunch with friends. Rumor has it past groups have loved lunch at Sea Level Newburyport. Everything on your own. We are your ride and no worries on parking. RSVP 603.610.4433

Great Bay Discovery Center Walk & Country View Restaurant

Tuesday, September 30, depart 9:30am, 1:30pm return
Cost: \$5 Resident, \$7 Nonresident



Morning group walk at Great Bay Discovery Center. We will check out the exhibits in the Visitor Center, walk the boardwalk and enjoy the outdoors. Following our time, we will head to Country View Restaurant for lunch. Meal on own. RSVP 603.610.4433

Coach Bus

American Heritage Museum & Lunch Downtown Hudson, MA

Wednesday, October 15, 8:45am departure, 5pm return

Cost: \$90 Resident, \$100 Non-Resident



Travel through time at the American Heritage Museum in Hudson, MA - housed in a 66,000+ square foot building that reveals decades of military history from WWII to present day. We will be getting a group tour on this trip as we travel through the exhibits both inside and outside. Following the museum, we head downtown to enjoy a delicious late lunch at the Horseshoe Pub & Restaurant with your choice of Beef Tips, Baked Haddock or Chicken Parmigiana with Caesar or House Salad. RSVP 603.610.4433



DAY TRIP EXTRAVAGANZA



Day trips for the rest of the year **are open early to register!** Full flyers can be found at the Senior Activity Center lobby. Plus 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.

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.

Irving Berlin's White Christmas at the Music Hall

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

Traveling to: Downtown Portsmouth

Cost: \$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. Concessions available (Pay on own).

More trips than these are on our Trip Flyer wall at the Senior Activity Center. Stop on by!
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 Aug 5 and Aug 19

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 - **OFF**
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, Aug 2, 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, Aug 16, 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 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, Aug 27, 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

Barber Cuts - Last Wednesday of Month



Wednesday, August 27, 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.



SENIOR CENTER CLOSURE:
Monday, September 1, Labor Day



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

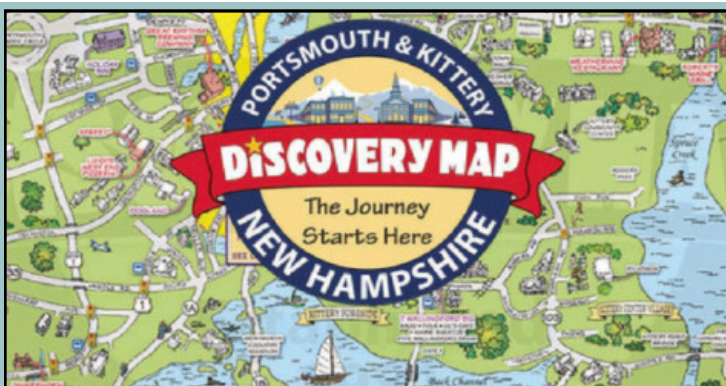
CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

RESERVE YOUR RV/CAMPING SEASON!

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



Or call us at:
603-744-3344



**eat
shop
play
& save**

**FREE PRINTED MAPS AT
160+ LOCATIONS**
INCLUDING THE PORTSMOUTH SENIOR CENTER

CLICK TO START EXPLORING!



**HELP MAKE CF
STAND FOR CURE
FOUND**

Cystic fibrosis is a genetic disorder that affects close to 40,000 people in the U.S. The Cystic Fibrosis Foundation is the world's leader in the search for a cure for CF, and supports a broad range of research initiatives to tackle the disease from all angles.

DONATE TODAY

WWW.CFF.ORG



WE ARE IN A RELENTLESS PURSUIT OF A CURE





Elisa "Lisa" Hietala
Medicare Specialist

elisa.hietala@wellsense.org
603-605-1450 (TTY: 711)
wellsense.org/lisa

Here to assist with
your Medicare needs



WellSense
HEALTH PLAN



Help us end
**Multiple
Myeloma**

Your tax-deductible donation funds
lifesaving research, treatment and care
and would mean so much to someone
fighting cancer.



Please donate today

donate.cancer.org

50% OFF DINNER!

LUNCH | ATTRACTIONS | TASTING TOURS | MORE



TASTE
Dining Out Deals

Simply Click.
Print. Dine.



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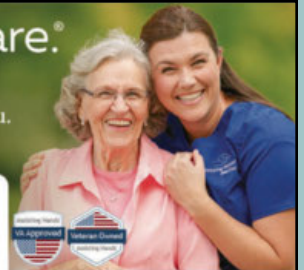


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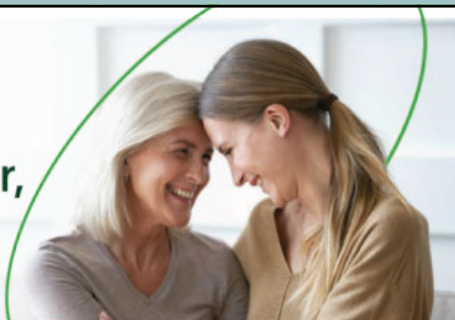


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