

September 2025

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +

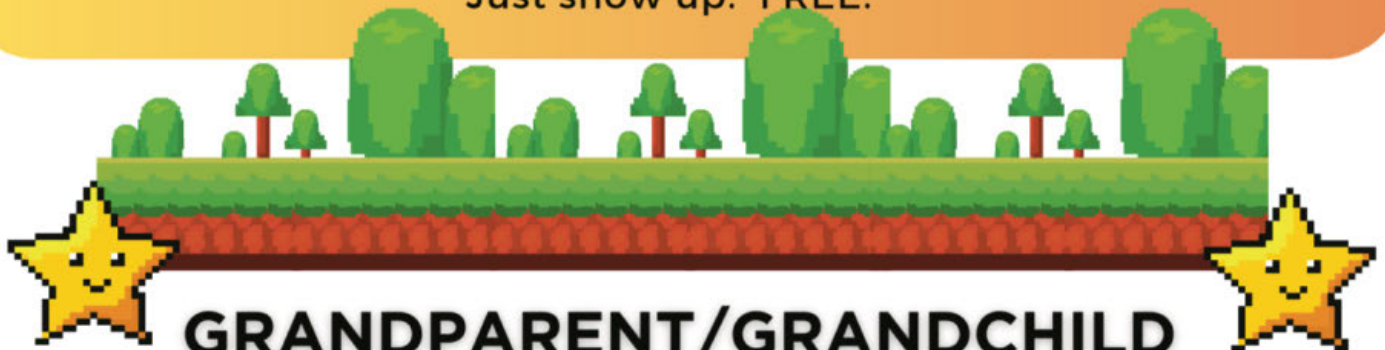
SENIOR HEALTH & WELLNESS EXPO 2025

**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.



GRANDPARENT/GRANDCHILD VIDEO GAMING TRUCK & PIZZA PARTY AT THE SENIOR ACTIVITY CENTER WEDNESDAY, SEPTEMBER 24, 4PM-6PM

Studios2Go onsite to teach you about Minecraft & Mario Kart

Earn major clout with your older grandkids

Overview of both video games

Video Game Truck for you to play inside with your grandkids

Pizza too! Don't have to be a grandparent.

All Ages Welcome.

\$10 Per Family | Pay at Event

RSVP 603.610.4433. Please say how many in your family when registering.

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

125 Cottage Street, Portsmouth, NH





LUNCH BUNCH - WED, SEP 17 AT 12PM



Paddy's American Grille, 27 International Drive, Portsmouth

Wednesday, September 17 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. 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



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; September 15 & 29, 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.

PROGRAMS FOR SEPTEMBER 8-11

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, Sep 8 AND Monday, Sep 22 - Please note we are closed Mon Sep 1

10:00am-11am (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.

11am-12pm (Returning Artists)

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

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



Maria Guanci Concert

Friday, September 5 at 3:30pm

Maria Guanci is an experienced vocalist, who studied Theatre Art at the University of Massachusetts Boston. A current lead vocalist in cover bands and performing acoustic sets, Maria has also taught theatre and improv. We look forward to having her!

FREE. We will be in a smaller room - please RSVP for this concert - 603.610.4433.

A poster for the 'Death Over Coffee' event. The title 'Death Over Coffee' is in a stylized blue font at the top. Below it is a black coffee cup with steam rising from it. Inside the cup, there are two speech bubbles: a blue one saying 'A FREE community event.' and a yellow one saying 'To talk about the thing we have in common over coffee!'. Below the cup, it says 'Sponsored by: Portsmouth Senior Activity Center'. To the right of the cup, the date and time 'SEPT 11 10-11:30AM' are written in large blue letters. Below that, the location 'PORTSMOUTH SENIOR ACTIVITY CENTER 125 COTTAGE ST. PORTSMOUTH, NH' is listed. At the bottom right, it says 'Facilitated by:' followed by a logo for 'Pre-Dead Social Club' which features a blue circle with a white skull and the text 'Pre-Dead Social Club'.

DEATH OVER COFFEE, THURSDAY SEP 11, 10AM-11:30AM

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

FREE. IF INTERESTED, PLEASE SIGN UP VIA PRE-DEAD SOCIAL CLUB'S WEBSITE THIS MONTH: <https://www.predeadsocialclub.com/events>

PROGRAMS FOR SEPTEMBER 11-18

BEYOND THE BEDSIDE

PLANNING TO CARE

From complexity to clarity.

A WORKSHOP
FOR CURRENT AND
FUTURE CAREGIVERS
AND THOSE THEY CARE FOR.

Presented by:



BEYOND THE BEDSIDE PLANNING TO CARE

Thursday, Sep 11
5:30pm-7pm

"Beyond the Bedside: Planning to Care". Geared towards present and future caregivers - and those they care for. FREE
RSVP 603.610.4433

Funding for this program and our Death Over Coffee series is thanks to grant funds from the Foundation for Seacoast Health

Medicare 101 Informational Session

Monday, September 15, 2pm

Facilitator: Natalie Allen, Allen Insurance 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. Any questions related to Open Enrollment this Fall.

Cards with Becky Crawshaw

Tuesday, Sept 16, 1pm-3pm



We're making seasonally decorated cards. Supplies and instruction provided. Small fee to cover supplies of \$10 per person paid at the class to Becky. The class will also start making holiday cards for troops overseas. Limit 8 people. Sign up early! RSVP 603.610.4433

UNH Health & Wellness Returns

Wednesdays, Sept 17 to Nov 19, 10AM-12PM

Led by: Occupational Health Students

Supervised by: John Wilcox, Clinical Associate Professor



UNH Occupational Health graduate students teach a variety of health topics including falls prevention, balance, healthy eating, in-home helpful hints, and overall physical health. This class is very popular and will fill up fast. Participants are invited at the end of each class to enjoy lunch from Meals on Wheels with the students. Lunch is \$3 suggested donation. FREE. RSVP to 603.610.4433

PROGRAMS FOR SEPTEMBER 17-26

Jewelry Making

Wednesday, Sep 17, 1pm

Facilitator: Nicole Fortune, Volunteer



Volunteer Nicole Fortune will lead you on creating 1-2 pieces of jewelry for you to take home. Wire working with metal and glass beads. Class size limited. Pay \$10 to the instructor day of. Must RSVP 603.610.4433



Raptors: Nature's Aerial Predators Friday, September 19, 3pm



This engaging program features live raptors—including a hawk, owl, and vulture. It explores how these birds use adaptations, and keen senses to survive. Learn what makes raptors so vital to our ecosystems—and so captivating to watch up close. FREE. Just Show Up.

iPhone/iPad Tips & Tricks: Favorite Apps

Wednesday, September 24, 1pm

Facilitator: Deb Weil O'Day, Retired Techie

September Tech Tips will be around **Favorite Apps**. From **Waze, Kindle, Audible, Messenger, Passwords, Picture This (Plant ID) and Merlin (Bird ID)** You will get a taste of each and are welcome to bring any questions you may have on apps. 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



Steve Blackwood Jazz Quartet Returns

Friday, September 26
4:30pm-5:30pm

Steve Blackwood - Vocals
John Hyde - Piano
Mary Earley - Sax
Dave Landoni - Bass
Dave Matakcs - Drums

We welcome back Steve, and his talented jazz band. He is a funny guy and always an entertaining show. Donations accepted. Free. Just Show Up.



FALL PROGRAMS NOT TO MISS

Women's Wellness Series: 4 Weeks

Mondays; October 6 - Oct 27, 11am-12:30pm

Faciliator: Laura King and other Skilled Facilitators

Cost: \$20 Resident | \$25 Nonresident for entire program



Each week participants will flow through several relaxation and body/mind reset modalities and end with a short lesson on how to incorporate healthy eating into your life along with sampling a dish. (All recipes included).

Movement may include: chair yoga, body percussion, dancing, ball gym for brain health, stretching or breathwork for specific needs, etc.

Nutrition topics include: How to add more fiber to your diet; with a prepared dish to sample. Expressive art may include mandalas, painting the chakras, watercolors, meditative square with micron pens, group mandalas from nature, acrylic abstracts on large canvas, meditative coloring pages etc. The group will transform to the needs of those attending. **Class is limited to first 15 sign-ups.**

You must RSVP for this workshop - 603.610.4433

Funding for this program is in part thanks to grant funds from the Foundation for Seacoast Health

STAY SAFE - AARP SAFE DRIVER COURSE

Mon, Nov 3 AND Wed, Nov 5, 1-4PM

MUST ATTEND BOTH SESSIONS TO COMPLETE COURSE



The AARP Smart Driver course teaches valuable defensive driving strategies and refreshes the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. You may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details).

- Please arrive 15 min early first day to pay.
- You must be able to attend BOTH sessions in order to complete the course.
- Cost: \$20 for AARP members and \$25 for non-members. Come prepared to pay AARP instructor on the first day of class.

Space is limited to first 25 people; RSVP to 603.610.4433

FEATURED PROGRAMS NOT TO MISS

Singing Your Way to Wellbeing

5 Tuesdays, Sept 30 to Oct 28, 1PM-3PM

Facilitator: Angelynn Hinson



Experience a holistic approach to singing that exercises the entire body, focuses the brain and brings awareness to your breathing. This workshop includes the fundamentals of singing, stretching, breathing, and vocal exercises applied to familiar song repertoire. The skills learned in this class help with increased voice volume and confidence, mood-boosting, cognitive stimulation and, of course, meeting new friends. NO EXPERIENCE NEEDED! Donations accepted. RSVP 603.6104433

ServiceLink On-Site Through Medicare Open Enrollment Mondays; Oct 20, Nov 10, Dec 1 - 12:30-3:00pm each time

Medicare Specialist (SHIP Certified), Marie Kiely, on-site to assist those that need assistance with Medicare prescription drug plans during Fall Open Enrollment. **October Newsletter will announce how the walk-in appointments will work on a first come, first served basis. FREE. No sign ups yet - this is a Save the Date.**



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

**"The New England Bluegrass
Band" with Cecil Abels**

**Saturday, September 27, 3pm
at Senior Activity Center**

All proceeds support The PMAC
Shaw Brothers Memorial
Scholarship Fund.



**Light refreshments courtesy of the Senior Activity Center
\$20 Suggested Donation at the Door
Just Show Up.**

KAREN ROSANIA ART CLASS

New!

Felted Wool Soap at Karen's Studio

Wednesday, October 29, 12:45pm-4:15pm

Instructor: Karen Rosania, Owner Oliveteal Arts

Cost: \$20 Resident/\$25 Non-Resident Paid to instructor day of

Come join the fun and make a bar of felted wool soap. Karen has brought home some all-natural olive oil soap from Greece for this class. You will learn wet felting and needle felting. You are welcome to bring your own ideas - fall related or something else. Choose your color palette from endless shades of hand-dyed wool. You will receive a soap dish (100% teak) which makes a wonderful gift or guest soap for your home. Class limited to 6 people.



Location: At Karen's studio in Portsmouth.

Transportation provided - we shuttle you over leaving the Senior Activity Center at 12:45pm.

RSVP 603.610.4433

**Karen's
Studio Class
this month**



***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, September 11, 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, September 9 (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.

Alzheimer's Association Caregiver Support Group -Virtual

Starting Tuesday, September 23, 7-8pm (4th Tuesday of the month)

Caregivers, family members, friends of someone with Alzheimer's Disease or dementia, join this new online caregiver support group.

NEW

In order to participate, you need the Zoom link. Sign-up: portsmouthpl.librarycalendar.com/event/ADSG259 or you can also pick up a flyer at the Senior Activity Center. Free.

6-Week Mindfulness Course Returns

at Senior Activity Center

Saturdays; Nov 1 to Dec 6, 10:30AM-12PM

Facilitator: Liz Korabek-Emerson, MFA, Certified Mindfulness Teacher & Owner of Korabek Training

6-Week Saturday course includes the following:

- Training in meditation, developing awareness of breath, body, feelings and thoughts.
- Managing stress and learning how to shift from reaction to response
- Recognizing and letting go of unhelpful habitual thoughts
- Exploring, understanding & working with a range of emotional experiences

Each class will include a talk, meditation practice and discussion. No prior experience required. Everyone is welcome. **\$25 for the 6-Week Course.**
RSVP 603.610.4433



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!

Sep 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.

Sep 12: The Amateur (2025) PG 13, 2 hr. 2min. In this spy action thriller, a CIA decoder takes action into his own hands when his wife, Sarah, is killed in a London terrorist attack. Starring: Rami Malek, Rachel Brosnahan, Jon Bernthal.

Sep 19: It Could Happen to You (1994) PG, 1 hr. 41min. This romantic comedy is inspired by a real-life news story. A New York City Police Officer is short on cash and unable to tip his waitress. He half-jokingly offers to share his winnings IF he happens to win the lottery. Starring: Nicolas Cage, Bridget Fonda, Rosie Perez, Isaac Hayes.

Sep 26: Charade (1963) NR 1hr. 53 min. You can expect the unexpected in this romantic screwball film. An American expatriate working as a simultaneous interpreter in the French Alps decides to divorce her husband never anticipating what follows. Starring: Cary Grant, Audrey Hepburn, Walter Matthau, James Coburn, George Kennedy.

Oct 3: Chocolat (2001) PG13, 2hr. 1 min. Single mother Vianne Rocher and her young daughter arrive in a rural French town in the winter of 1959 and opens an unusual chocolate shop that disrupts the moral fiber of the strict town and its inhabitants. Starring: Juliette Binoche, Johnny Depp and Judi Dench.

NILLA THE THERAPY DOG - HER BIRTHDAY MONTH

Fridays; September 5 & 19, 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.

Friday September 5 is Nilla's Birthday!

Nilla LOVES lettuce so you are all cordially invited to celebrate her birthday with a lettuce cake (ok it's just a head of lettuce with a candle!). Karen is bringing some mini cupcakes to share. Just Show Up.



SENIOR ACTIVITY CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING

Portsmouth Naval Shipyard Tour

Thurs, October 9, **arrive at Senior Activity Center for 9:30am**



Cost: FREE. Space Limited. **School bus style shuttle being provided by the Shipyard.**

Whether you knew someone who worked at it or you have been curious every time you have driven by, the Portsmouth Naval Shipyard has a rich history in the Seacoast and is very worthy of visiting to learn more about it and its contributions to our region. Learn about its role and achievements in times of war and peace from a military historian's perspective. This includes visits to: Treaty of Portsmouth Exhibit, Driving Tour of Perimeter of Base, Walking Tour of Shipyard's Mall Area, Up-close view of Naval Prison exterior and the Heritage Center. **You must present with a REAL ID license OR U.S. Passport to get into the Shipyard. Trip is not handicapped accessible and you must be able to use the bus and negotiate stairs.** Tour runs from 10a-11:30am. FREE. RSVP REQUIRED 603.610.4433

"Titanic" the Broadway Musical at the Ogunquit Playhouse

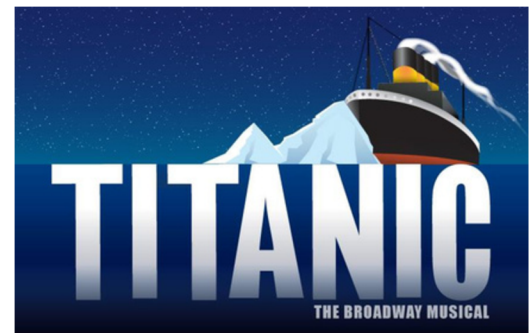
Thursday, October 23, 1pm departure, 5:30pm return

Rec Van



Cost: \$80 Resident, \$85 Non-Resident

Titanic is an emotionally stirring and unforgettable voyage through the final days on this "ship of dreams". The real stories of immigrants and the privileged class entwine through a lush musical experience that garnered five Tony Awards, including Best Musical. This is a Rec Van trip. We will have 4 extra tickets for a few to drive on own. Seating is center main stage about half way back. The show run time is 2 hours 45 minutes with intermission. 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.



**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.

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 Sep 2 and Sep 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 sponsored by our local DAR Chapter volunteers. FREE

MEXICAN TRAIN DOMINOS *

Wednesdays 1PM - all levels and beginners welcome. Drop ins welcome. FREE

THURSDAYS

QIGONG *

Thursdays 11:00AM

Instructor: Jeanne DeFlorio

Improve your health by integrating posture, movement, breathing, and focused intent to activate your flow of energy. FREE. Chairs are available, if needed.

BOOK CLUB *

Every other Thurs, 3PM:

Thurs, Sep 4 and Sep 18

Facilitator: Larry L.

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

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

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

ZUMBA GOLD

Saturdays 9:00AM **IN PERSON**

Plus 2 other Zoom sessions each week. RSVP to email list for times. 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, Sep 6, 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, Sep 20, 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, Sep 9 and Sep 23**

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.



QUILTS OF VALOR SEWING DAY **Wed, Sep 24, 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

Nominate a Veteran to receive a Quilt of Valor coming up at our Veterans Breakfast. See Veterans Table at Senior Activity Center for Nomination form. Leave forms at front desk.

Barber Cuts - Last Wednesday of Month



Wednesday, September 24, 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 ACTIVITY CENTER
CLOSED FOR LABOR DAY
Monday, September 1**



**MEMORY CARE
OPEN NOW
ASSISTED LIVING
OPENING
SPRING 2026**

**WARM. WELCOMING.
WHERE YOU WANT TO LIVE.**

At Benchmark, we've dedicated over 28 years to becoming one of the Northeast's leading senior living providers. While award-winning services, including personalized care, set us apart; it's powerful relationships that define the Benchmark Experience. This spring, we're proud to broaden the services offered at our Rye community with the addition of assisted living—designed for those who would benefit from supportive friends, fun things to do and a wide range of amenities in one place. Visit Benchmark at Rye to see our current memory care offering or our Welcome Center to learn about becoming an assisted living Founder's Club member.



BENCHMARK

AT RYE

**Call 603.691.2122 to
learn more!**

295 Lafayette Road | Rye
BenchmarkAtRye.com





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

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live better



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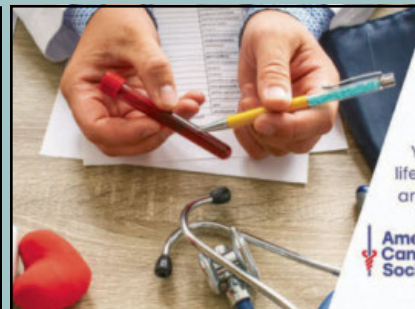


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