

October 2025

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+

VETERANS BREAKFAST & QUILTS OF VALOR CEREMONY

THURSDAY, NOVEMBER 13

BREAKFAST 9AM | 10AM QUILTS OF VALOR PRESENTATION

Senior Activity Center

Homemade French toast breakfast with brief ceremony to honor all veterans. All who served & spouses of veterans are welcome. Each veteran will receive a small gift from the Senior Activity Center.

Following breakfast, Quilts of Valor will be presenting a handmade quilt to 5-7 veterans in attendance. This is a touching ceremony not to be missed. Want to nominate a veteran? Forms available on the Veterans Table in the Senior Activity Center foyer.

FREE. RSVP 603.610.4433

THANKSGIVING LUNCHEON & CRAFT FAIR

THURSDAY, NOVEMBER 20

CRAFT FAIR 9:30AM-1:30PM | LUNCH SERVED 11:30AM

At Community Campus, 100 Campus Drive, Portsmouth

Two events in one! Holiday shopping AND a warm turkey meal. Lunch: \$7 Resident/\$10 Non-Resident | Craft Fair Admission is Free. RSVP to 603.610.4433. Please let us know if you have a dietary need when calling to reserve your seats.

CRAFT VENDOR APPLICATIONS OPEN - \$20 per table.

Table reservation required by emailing Nicole at nmfinitsis@portsmouthnh.gov



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





LUNCH BUNCH - WED, OCT 22 AT 12PM



Olive Garden, 2048 Woodbury Ave, Newington, NH

Wednesday, OCTOBER 22 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

Tuesdays & Thursdays

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

RSVP Required. Your choice - hot or cold meal

Managed by our friends at Meals on Wheels.

Pick up a menu at any time in kitchen - If new, please register.

603-766-4448

Voluntary \$3.00 Suggested Donation



MONDAY SOUP WITH MARCIA



Senior Activity Center

Mondays from 12pm-1pm; starting Oct 6

Hot soup & conversation. Two choices of soup along with crackers or bread. Soup choices posted the week before. Just show up!

Donation of \$3 per person appreciated; but not required.



SENIOR MOBILE FOOD MARKET - FREE

Monday, October 27, 2pm



Free produce and other perishable items available for pick up. **All free.**

A simple & confidential registration form is needed to shop.

The markets are meant for anyone! By participating, you are not taking away from anyone else. The more people that participate the better!

No RSVP, Just Show Up.

PROGRAMS FOR OCTOBER 3-9



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



SOGGY PO BOYS (New Orleans Jazz!)

Friday, October 3, 3:00pm
Senior Activity Center

Native to New England, they are share the good vibes of New Orleans music across the Northeast and beyond.

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

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.

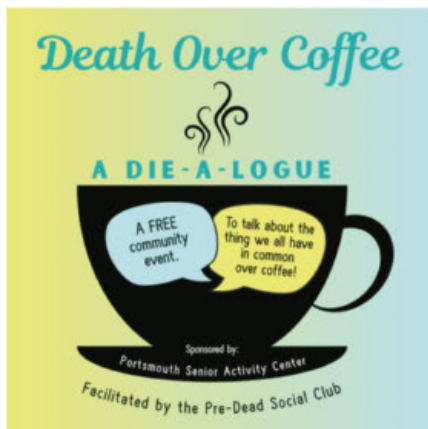
Monday, Oct 6 AND Monday, Oct 20- First & Third Mondays

- **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.



DEATH OVER COFFEE, THURSDAY OCT 9, 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:
www.predeadsocialclub.com/events



PROGRAMS FOR OCTOBER 10-21



Carol Coronis Concert

Friday, October 10, 3PM

Firing up audiences on the Seacoast for two decades! Carol plays guitar and cittern, a 10-string "mandolin-on-steroids, Featuring music in several genres from American roots & rock music to traditional and contemporary Greek and Celtic music.
FREE. Just Show Up.

ZENTANGLE WITH PATTY

Third Wed of the Month: Wed Oct 15, 10AM-12PM

Facilitator: Patty Weeks, CZT

Open to beginner & experienced tangles. Bring your own supplies (list can be provided). Zentangle is a meditative art form that you can gain inspiration for other creative endeavors. \$10 per student paid to instructor. *Please tell us if you are new to Zentangle. RSVP 603.610.4433

UNDERSTANDING TRUSTS/ESTATES/POWER OF ATTORNEY (POAS)

Thursday, October 16, 11am-12pm

Facilitator: Sean McCarthy, M&T Bank

Nuts to bolts on trusts, estates and POAs. Interactive presentation.

Come with your questions for banking experts. Free. RSVP 603.610.4433



KEN GOLDMAN PHONE PHOTOGRAPHY CLASS

Tuesday, October 21, 1pm

Presenter: Ken "PhotoGeek" Goldman

Did you know that more photos are now taken with phones each day than used to be taken with traditional cameras in a year?! Want to learn more about using your phone camera? Or improve your photos? Composition is one of the most important factors in taking good photos and is one of the main topics that will be discussed. We'll talk about how cameras work, basic concepts in photography, photo editing, and what you should do next. Please bring your phones and your questions to the class.

Note to iPhone users: Apple just released a new operating system for iPhones, iOS 16, which changes the look and feel of your iPhone and also makes some changes to the Camera app. If your iPhone is capable of running iOS 16, please update before class so you can familiarize yourself with the new interface.

FREE. RSVP 603.610.4433

PROGRAMS FOR OCTOBER 23-29



CHAIR VOLLEYBALL

Thursdays Starting October 23, 1pm-3pm

Facilitator: Doug Olson, Volunteer

A new exercise program! Chair Volleyball is for all abilities and similar to regular volleyball rules - only you remain seated and use a beach ball. Seats change in rotation as the game progresses. Mid game break is included. Instructor Doug will lead the way on getting started. Lots of upper body movement and lots of fun! FREE. Just Drop In



BRAD WRIGHT CONCERT: "OLDIES ACROSS THE DECADES"

Friday, Oct 24, 2:30pm

Acoustic guitarist, Brad Wright, will entertain us with a variety of music. Brad can take requests. FREE.

We will be in a smaller room - please RSVP 603.610.4433

UNDERSTANDING ANXIETY IN OLDER ADULTS

Tuesday, October 28, 1PM

Facilitator: Meredith Kolodze, DSW, LICSW, NAMI NH

Meredith from National Alliance on Mental Illness (NAMI) NH will discuss Anxiety in Older Adults - including real-life situations and interactive exercises. Handouts and discussion in a relaxed learning atmosphere. FREE RSVP to 603.610.4433

HELP REDUCE FALLS

Wednesday, October 29, 1PM

Facilitator: Northeast Rehab Clinicians

Workshop with therapy professionals from Northeast Rehab to discuss the benefits of keeping physically fit to reduce falls. Helpful tips & tricks will be shared. FREE. RSVP 603.610.4433

IPHONE/IPAD TIPS & TRICKS AD HOC Q&A

Wednesday, October 29, 3pm

Facilitator: Deb Weil O'Day, Retired Techie

Bring your questions & concerns with your tech devices. Each class is crafted to go with the "speed" of the group. Come with your questions related to anything from email, notifications, apps, photos, and more. FREE. RSVP 603.610.4433

SPECIAL FALL PROGRAMS



2026 INFORMATION SESSIONS WITH COLLETTE TOURS
Wednesday, Oct 22, 1pm
at the Senior Activity Center

INTERNATIONAL 2026: FRANCE FROM OCT 29-NOV 9, 2026



- 12 Days, 16 meals - all things France
- Versailles Palace & Gardens
- Giverny, Normandy, D-Day Landing Sites, Omaha Beach, American Cemetery
- Le Mont St. Michel, Loire Valley, Winery Tour, Chenonceau Castle, Seine River Cruise and Eiffel Tower Dinner.

A trip of a lifetime! RSVP 603.610.4433

IMMEDIATELY FOLLOWING THE FRANCE PRESENTATION....

Domestic 2026: The Colorado Rockies- May 8-16, 2026

The grand landscapes of the American West! Journey from the "Mile High City" of Denver to Colorado Springs. Tour highlights 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. RSVP 603.610.4433

SENIOR ACTIVITY CENTER HALLOWEEN PARTY

Friday, Oct 31, 3pm-4pm

Come dressed in costume OR festive Halloween/Autumn attire. Sweet and Salty treats provided by Senior Activity Center.

Entertainer Rockin' Randy Hawkes will be with us playing fun tunes. FREE. Just Show Up.



FEATURED PROGRAMS NOT TO MISS

Need Help Reviewing Your Medicare Part D Prescription Drug Plan? Medicare Open Enrollment is Oct 15-Dec 7

A SHIP counselor from NH Aging and Disability Resource Center (formerly ServiceLink) will be available at the Portsmouth Senior Activity Center on a **WALK-IN BASIS** on the following dates:



- Monday Oct 20, 12pm-5pm
- Monday Nov 10, 12pm-5pm
- Monday Dec 1, 12pm-5pm

If possible before meeting with the SHIP counselor, please create a secure online account at www.medicare.gov and bring your username, password and a list of your prescription drugs.

STAY SAFE - AARP SAFE DRIVER COURSE

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

MUST ATTEND BOTH SESSIONS TO COMPLETE COURSE



Teaches valuable defensive driving strategies and refreshes the rules of the road. Learn research-based tips to adapt driving to compensate for physical and cognitive changes that occur with aging. Offering the most up-to-date information for NH. You may qualify for automobile insurance discount by completing the course (check with your auto insurance agent for details).

- Arrive 15 minutes early first day to pay.
- Must attend BOTH sessions in order to complete the course.
- Cost: \$20 for AARP members and \$25 for non-members. Pay AARP instructor on the first day of class. Cash or check.

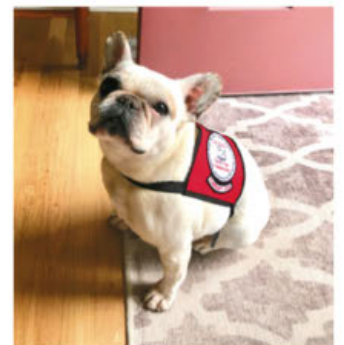
RSVP Required 603.610.4433

NILLA THE THERAPY DOG

Wednesday, Oct 22 & Friday, Oct 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. FREE. Just show up.



FEATURED PROGRAMS NOT TO MISS

WATERCOLOR HOLIDAY CARDS WITH MAUREEN O'LEARY
3-Week Class; Must attend all 3 sessions
Fridays; Nov 14, 21 and December 5, 10am-12pm
at the Senior Activity Center

Get into the holiday spirit in this fun 3-week watercolor technique workshop. You will make a card with your own unique holiday design to share with family and friends. **Along with watercolor supplies, please bring at least 3 ornaments that are important to you.** FREE. Class will fill fast!

Karen Rosania/Oliveteal Arts Classes will return in our November issue!



NEW ART SHOW STARTS OCTOBER 16
Art Show Open House: Thursday, October 16
2-3:30pm



"Artist's Choice"
ON DISPLAY
April thru July 11
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, October 9, 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. Just show up.



New Beginnings Grief Group - Evenings

Tues, October 14 (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. Just show up.

Alzheimer's Association Caregiver Support Group -Virtual Starting Tuesday, October 28 (4th Tuesday of the month)

Virtual Meeting from 7-8pm

Caregivers, family members, friends of someone with Alzheimer's Disease or dementia, join this new online caregiver support group. In order to participate, you need the Zoom link. Sign-up by calling the Portsmouth Public Library 603.427.1540. Free.



6-Week Mindfulness Course Returns

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

at Senior Activity Center

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!

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.

Oct 10: Rumor Has It (2005) PG13, 1hr 37min. In this romantic comedy, Sarah is a woman who learns that her family was the inspiration for the book and movie, The Graduate. She is about to get married when she meets a millionaire playboy who has had relations with both her mother AND her grandmother. Starring: Jennifer Aniston, Mark Ruffalo, Shirley MacLaine and Kevin Costner.

Oct 17: The Way We Were (1973) PG 1hr. 58min. Even if you've seen this classic before, you'll want to watch it again. During Post WWII McCarthyism, a diametrically opposed couple come together to find out that genuine friendship and physical attraction is not enough to overcome fundamental societal beliefs. Starring: Barbra Streisand, Robert Redford

Oct 24: The Addams Family (1991) PG 1hr 39min. This updated movie is based on the 1964 television series. Gomez is lamenting the 25-year absence of his brother, Fester, after the two had a falling out. Desperate to find him, the bizarre aristocratic family will do anything, including a seance and falling prey to a Fester look-a-like con artist. Starring: Raul Julia, Anjelica Huston

Oct 31: Hocus Pocus (1993) PG 1 hr 36min. Perfect Halloween movie! A teenage boy and his younger sister move to historic Salem where they struggle to fit in until he awakens a trio of diabolical witches that were executed in the 17th century. Starring: Bette Midler, Sarah Jessica Parker and Kathy Najimy.



PROGRAM SHOUT OUT: BOOK CLUB!

Each newsletter we give a little more detail on one of our Weekly Ongoing Programs to highlight.



Book Club, every other Thursday at 3pm (**see dates in Weekly Listing**), is not your average Book Club! Not everyone reads the same book at the same time. Bring a book you are reading to share or discuss. Members trade books and return them. Interesting conversations & social aspect! FREE.

SENIOR ACTIVITY CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING

Scarecrow Tour & Lunch Out, Chester, NH
Thursday, October 16

Leaving the Center 10am return approx 3pm

Cost: \$10 Resident | \$15 Nonresident

The Village People of Chester is a fundraiser for the Chester, NH Historical Society. Over 20 scarecrows decorated in theme dot the town made by residents. We will be driving around to see as many as we can. The day ends with lunch out at a surprise location. **Pay for lunch on own.** Seats will fill fast on this one. 603.610.4433.



Rec Van

Getting on and off
the rec van



Lilac Casino, Rochester, NH

Tuesday, October 28

Leaving the Center at 10am return at 2:30pm

Cost: \$7 Resident | \$10 Nonresident



Rec Van



We're headed to the new Lilac Casino in Rochester. Lilac Casino boasts more than 200 gaming machines, table games, a poker room, and a restaurant. Feeling lucky?! Come join us! Lunch on own. 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



Coach Bus

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**

New York City Day Trip

Traveling to: New York City

Leaving the Center at 5:30am, depart NYC at 7:30pm (Portsmouth around midnight)

Cost: \$100 Resident | \$110 Nonresident



Coach Bus

Leaving early from Portsmouth, we arrive in midtown Manhattan late morning; giving you time to shop, sight-see, take in a show, visit a museum, or just enjoy the city. Travel in style via coach bus, complete with wifi, power at every seat, and restroom on board. Open to all ages, but those under 18 must be accompanied by an adult. Cost includes round trip transportation and driver gratuities.

Drop off location in New York: Behind St. Patrick's Cathedral, at Madison & 50th St. Usual arrival time in New York is 10:30/11:00am. Pick up location is the same as drop off. Bus is not handicap accessible. RSVP 603.610.4433.

COACH BUS TRIPS

FITNESS • ENRICHMENT • ARTS • ATHLETICS

PORTSMOUTH

RECREATION DEPARTMENT

BOSTON BALLET'S THE NUTCRACKER

Experience the Enchantment of The Nutcracker

FRIDAY, DECEMBER 12
BOSTON OPERA HOUSE

DEPARTING SENIOR CENTER AT
5:30PM - SHOW AT 7:30PM

PORTSMOUTH
RESIDENTS

\$91

NON-
RESIDENTS

\$101

Feast your eyes on the beautiful costumes and amazing footwork of Boston Ballet's The Nutcracker. Watch Nutcrackers battle rats, fairies dance, and culinary delights come to life. Price includes an Orchestra level seat and round trip coach bus.

www.portsmouthnh.gov/recreation



**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 Oct 7 and Oct 21

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

OUTDOOR WALKING CLUB DAY CHANGE

Wednesdays, 8AM

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.

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, Oct 2, 16, 30

Facilitator: Larry L.

Come to share a favorite book, or to hear about others. FREE

THURSDAYS (CONT.)

KNITTERS (YARN WORKS) *

Thursdays 12:30-2:30pm

Bring your knitting, crocheting, etc. This is a social based program, not a teaching program. FREE

DROP IN ART & COLORING *

Thursdays 12:30pm

We provide the canvas, paint, adult coloring books, colored pens. FREE

FRIDAYS

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 **Sat, Oct 25, 10AM-12PM; SCHEDULE CHANGE THIS MONTH ONLY**

Crafting & community program. Seacoast Sweet Stitches is an ongoing group 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, Oct 25, 10:30AM - DATE CHANGE THIS 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.** RSVP 603.610.4433

The Power of Touch = Reiki Second & Fourth Tuesdays (Circle) **Tuesday, Oct 14 and Oct 28**

Facilitator: Mary Schwoerer, Reiki Master Teacher

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

Join skilled practitioners for an hour of gentle energy healing and breath exercises. Reiki is non-invasive and powerful. Just show up.



QUILTS OF VALOR SEWING DAY

Wed, Oct 29, 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, October 29, 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 THE FOLLOWING HOLIDAYS

- **Monday, October 13: Columbus Day**
- **Tuesday, November 4: Voting Day**
- **Tuesday, November 11: Veterans Day**



**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.



**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

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your Medicare needs



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AudioNova
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live better



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with H.I.S., Sean Love.



Just around the corner! | 599 Lafayette Rd, Suite 2, Portsmouth, NH



**RICHARDSON'S
MARKET**

A family-owned market established in 1949 with a little bit of everything. Groceries, beer, wine, snacks, cold beverages, and hot coffee. Packaged meats, fine cheeses and frozen treats. Open early & closing late every day.



Downtown Portsmouth's Grocery Market

148 State Street, Portsmouth, NH • Open Every Day 6:30 A.M. ~ 11 P.M.
(603) 334-3327 • RichardsonsMarket.com

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extra help, we're here for you.
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Surrounding Areas
603.824.8200

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AssistingHands.com/SeacoastNH



NortheastRehab.com
888-950-9939

OUTPATIENT THERAPY CENTER IN PORTSMOUTH

96% of patients would recommend
our team to family & friends

- Source: Net Promoter Score



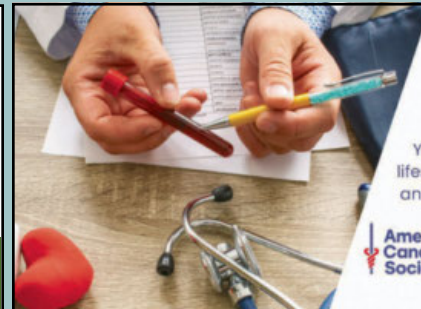
For More Info and to Request an Appointment

- ▶ Parkinson's Disease Clinic
Speak Out!, PWR! Moves, LSVT BIG and LOUD
- ▶ Orthotics/Prosthetics Clinic
- ▶ Sports Medicine Clinic
- ▶ Post-Operative Therapy
- ▶ Aquatic Therapy
- ▶ PT/OT/ST for Neuro Diagnoses



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Life Care - Private Duty • Community Care



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