

November 2025

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+

Senior

PROM

Featuring Ben Baldwin &
The Big Note Band
Senior Activity Center

Friday, November 14, 5pm-7pm

Dancing | Refreshments | Mocktails & More!

An evening with Ben Baldwin & Surprise Guests

Suggested Donation at Door; \$25/person or \$40/couple.

No donation turned away. Dressing up optional. Come with friends!

RSVP 603.610.4433



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



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. FREE. RSVP 603.610.4433

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

125 Cottage Street, Portsmouth, NH



LUNCH BUNCH - WED, NOV 19 AT 12PM

Tucker's, 2028 Woodbury Ave, Newington, NH

Wednesday, NOVEMBER 19 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

Mondays Nov 10 and Nov 24, 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.



HOLIDAY EVENTS

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 603.610.4433.

Please let us know if you have a dietary need when calling.

GRANDPARENT/GRANDCHILD GINGERBREAD HOUSES

Wednesday, December 3 at 4:30PM

At Senior Activity Center

\$5 per family



Calling all little engineers and creative grandparents, parents, and grandfriends alike. A festive evening decorating gingerbread houses. Kits provided to each family with all the candy accessories. Festive music playing in the background. Beverages and cookies will be provided for snacking. ALL ages welcome - older grandkids, too!

RSVP 603.610.4433

EARLY
RELEASE
DAY!

GRANDPARENT/GRANDCHILD "GRANDSPLASH"

Wednesday, December 10 at 1:30PM-2:45PM

Indoor Pool, 48 Andrew Jarvis Dr, Portsmouth

\$10 per family | Non-resident \$15 per family

Enjoy a relaxed time in the water with your grandchild! This program is all about play, connection and creating joyful memories together. **An easy and fun way to watch the grandchildren during the early release day!**

RSVP 603.610.4433



PROGRAMS FOR NOVEMBER 10-17



REMINDER: Closed Tuesday Nov 4 - Municipal Voting Day



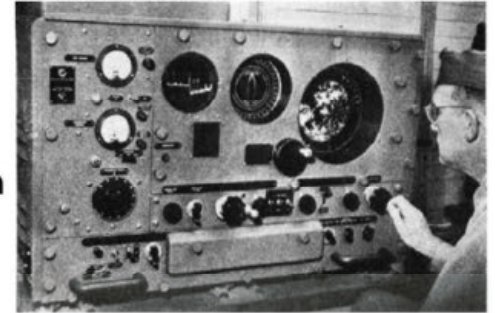
WWII TECHNOLOGIES: RADAR, ROCKETS AND COMPUTERS

Monday, November 10, 1pm

Presenter: Stanley Foreman

WWII was a fight for freedom...and also a war of technologies. Hear the stories of these overlooked keys to victory! A bit of history for each, their use in WWII and their postwar influence. FREE

RSVP 603.610.4433



HOLIDAY CARDS WITH BECKY

Monday, November 10, 1pm-3pm

Facilitator: Becky Crawshaw, Volunteer



We're making holiday themed cards for you to give to someone special. Supplies and instruction provided. Small supply fee \$10/per person paid to instructor. Class limited to 8. RSVP 603.610.4433

JEWELRY MAKING

Wednesday, November 12, 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

BASIC DRAWING CLASSES WITH CHONG SCOTT

Drawing classes designed to go at your pace and you can choose to float between classes and keep adding to your portfolio. JUST SHOW UP. FREE.

Monday, Nov 17

- **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.

PROGRAMS FOR NOVEMBER 17-18

HAVE YOU EVER BEEN A FAMILY CAREGIVER OR RELIED ON ONE? YOUR STORY MATTERS!

Monday, November 17, 1pm

Facilitator: New Hampshire Alliance for Healthy Aging (NHAHA)

Caring for an aging loved one, especially someone living with Alzheimer's disease or dementia, is a journey of love, resilience, and sacrifice. It can also be overwhelming and, too often, unheard.

But your experience has the power to create change!

Join New Futures and the New Hampshire Alliance for Healthy Aging (NHAHA) for a conversation on how personal caregiving stories can shape public policy in New Hampshire. We'll explore simple, meaningful ways to share your experiences with lawmakers to advance healthy aging, caregiver respite, and meaningful support for families. Representatives from Seacoast Dementia Hub and Cornerstone VNA will also offer insights from the front lines of caregiving in our communities. **FREE. RSVP 603.610.4433**

NAVIGATING THE HOLIDAYS: ALZHEIMER'S ASSOCIATION

Tuesday, November 18, 1pm

Facilitator: Anne Romney, Alzheimer's Association

The holidays are often filled with opportunities for togetherness, sharing, laughter and memories. But they can also bring stress, disappointment and sadness. A person living with Alzheimer's or another dementia may feel a special sense of loss during the holidays because of the changes they have experienced. At the same time, caregivers may feel overwhelmed maintaining traditions while providing care. **FREE. RSVP 603.610.4433**

1-hour program – we will cover:

- Communication tips for caregivers
- Planning inclusive holiday activities
- Managing expectations and emotions
- Resources for caregiver support



**November is
National Family
Caregiver Month**

ZENTANGLE WITH PATTY WEEKS, CZT

Third Wed of the Month: Wed NOV 19, 10AM-12PM

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

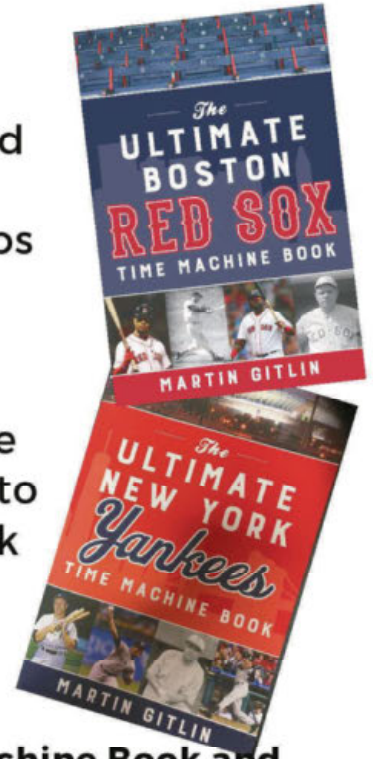
PROGRAMS FOR NOVEMBER 19-21

RED SOX-YANKEES: THE GREATEST RIVALRY IN SPORTS

Wednesday, November 19, 2PM

Presenter: Martin Gitlin, Sportswriter & Author

Welcome to the most intense rivalry in American sports - maybe the world. This fun program hosted by award-winning sportswriter, baseball beat writer and book author Marty Gitlin features videos of the biggest moments of the rivalry from well over a century, as well as trivia questions for the patrons to ponder. From the sale of Babe Ruth in 1919 that launched the Yankees dynasty and Curse of the Bambino to Joe DiMaggio vs. Ted Williams to the Brawl of 1967 to Bucky Dent to Munson vs. Fisk to the Red Sox Revenge of 2004 all the way to today - this program is a blast!



Marty will have his Ultimate New York Yankees Time Machine Book and Ultimate Boston Red Sox Time Machine Book for sale after the event. A Q&A will follow. This one is a blast so join in! FREE RSVP to 603.610.4433



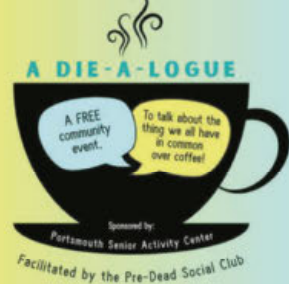
Bob Halperin Concert Friday, November 21, 3PM

Bob Halperin has been a presence in the Seacoast music scene for over 30 years. Known for his solo blues fingerpicking and slide guitar performances, he also has been in bands including Wooden Eye and supporting the choir Rock My Soul. We are looking forward to an afternoon with Bob and his talents! If bad weather, we will reschedule Bob later in the year.

FREE. JUST SHOW UP.

FEATURED PROGRAMS NOT TO MISS

Death Over Coffee



DEATH OVER COFFEE

THURSDAY, NOV 13, 10AM-11:30AM

Talk about the 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:
www.predeadsocialclub.com/events

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 at the Portsmouth Senior Activity Center on a **WALK-IN BASIS:**



• **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.

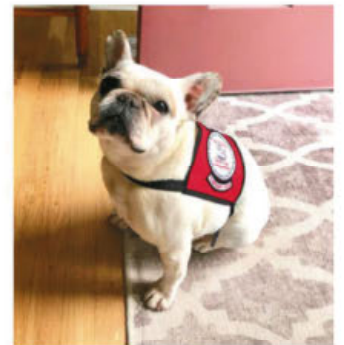
NILLA THE THERAPY DOG

Friday, November 21, 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.



NEW! PINOCHLE CARD GAME GROUP

Starting Tuesday Nov 18, 1pm-3pm

Facilitator: Steve Cole, Volunteer

New game group starting Nov 18. Pinochle card game led by Steve Cole. Beginners and experienced welcome.

Drop In; Everyone welcome!



NEW!

KAREN ROSANIA OLIVETEAL ARTS

New!

Mosaic Holiday Terracotta Pot w/Amaryllis

Wednesday, December 10, 12:45pm-4:15pm

Instructor: Karen Rosania, Owner Oliveteal Arts

Cost: \$30 Resident/\$35 Non-Resident Paid to instructor day of

Learn the art of mosaics and make a gorgeous holiday pot for you or someone special! You will be guided through designing, cutting, and gluing your mosaic pattern to the upper rim of your terracotta pot. You can choose your own color palette and design. Select from a few color choices for your Amaryllis bulb. Karen will do her best to carefully manage the bulbs to ensure they are at their peak blooming stage for class.



**Karen's
Studio Class
this month**

Location: Karen's studio in Portsmouth.

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

Max 6 people per class. RSVP Required 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!**

ART SHOW - OCT 16 - JAN 9, 2026

"Artist's Choice"

ON DISPLAY

DATES

DROP BY ANYTIME

SENIOR ACTIVITY CENTER

MON-FRI 9AM-5PM

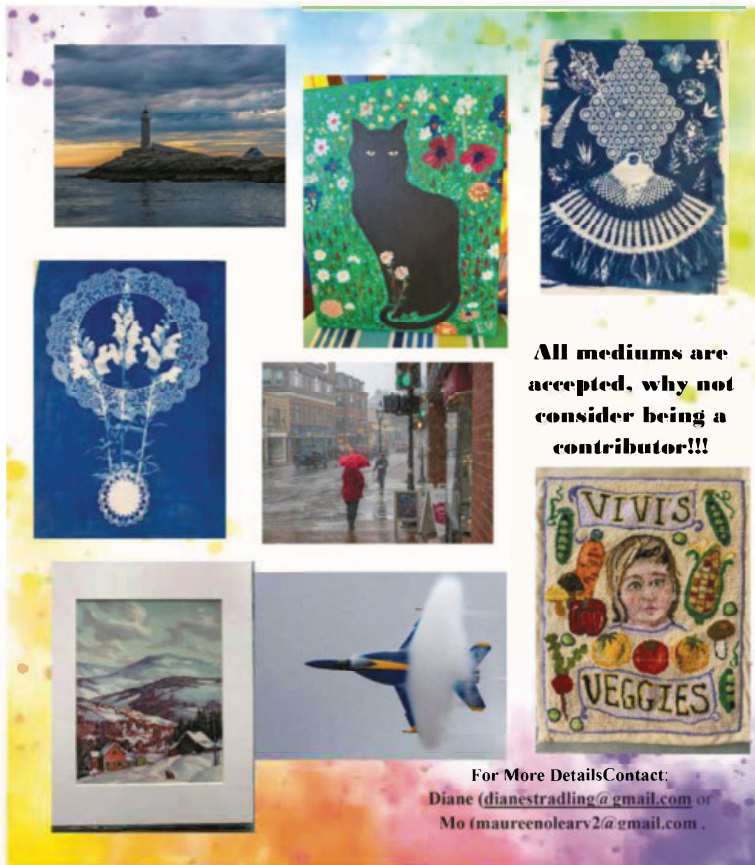
SAT 9AM-12PM

Art Show Committee Contacts:

- Diane
dianestrading@gmail.com
- Mo
maureenoleary2@gmail.com

Some art available to purchase direct from artist.

See artist info sheets in halls.



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

For More Details Contact:

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

SEEKING ART SHOW COMMITTEE MEMBERS

LOVE ART & WANT TO BRING CREATIVITY & COMMUNITY TOGETHER?

The Portsmouth Senior Activity Center hosts a rotating art show that highlights local artists, decorates our walls and brightens our space.

WE'RE LOOKING FOR VOLUNTEERS WHO CAN HELP WITH:

-  Hanging the Show: Assist with arranging and displaying artwork
-  Theme Planning: Brainstorm and choose quarterly show themes
-  Social Media: Create content to post online & reach out to newspapers
-  Artist Communication: Stay in touch with participating artists
-  Creating Posters & Flyers: Design and distribute promotional materials
-  Pick-Up & Drop-Off Coordination: Be present during these times
-  Artists Reception: Coordinate a small reception for the artist opening

You don't have to do it all—just share your time, talents, and ideas!

INFORMATION MEETING: Join us Tues, November 18 at 11am at the Senior Activity Center or call Diane Stradling (dianestrading@gmail.com or Maureen O'Leary (maureenoleary2@gmail.com).

SUPPORT GROUPS & RESROUCES



Dementia Support Group

Thurs, November 13, 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, November 18 (DATE CHANGE DUE TO HOLIDAY THIS MONTH)

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

Widow or widowers welcome. 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, November 25 (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.



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!

November Movies are Remembering Diane Keaton...

Nov 7: Marvin's Room (1996) PG13, 1hr. 38min. After seventeen years, a fiercely independent woman and her rebellious son return home. Together they turn the family they left behind upside down! Starring: Diane Keaton, Meryl Streep and Leonardo DiCaprio.

Nov 14: Manhattan (1979) R, 1hr 36min. In this romantic comedy, you'll follow the life of a divorced television writer dating a teenage girl. To further complicate things, he then falls in love with his best friend's mistress. Starring: Diane Keaton, Woody Allen and Michael Murphy.

Nov 21: Father of the Bride (1991) PG, 1 hr. 45min. This comedy is a remake of the 1950 film of the same name. George is shocked when his young daughter announces that she is getting married despite only having known her fiancé for three months. George does not want to let go of his daughter Annie and you can imagine what ensues. Starring: Diane Keaton, Steve Martin, Kimberly Williams-Paisley and Martin Short.

CLOSED Nov 28

Dec 5: The Family Stone (2005) PG13, 1hr 43min. This feel-good romantic comedy will boost your holiday spirit. An uptight businesswoman accompanies her boyfriend to his eccentric family's annual Christmas celebration only to find that she is a fish out of water in their free-spirited way of life. Starring: Diane Keaton, Claire Danes and Rachel McAdams.



PROGRAM SHOUT OUT: CHAIR VOLLEYBALL

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

Thursdays, 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. Lots of upper body movement and lots of fun! FREE. Drop In



SENIOR ACTIVITY CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING

JUST BREATHE: THE QUEST FOR A LITTLE PEACE OF MIND... AND CHOCOLATE!

Wednesday, Nov 12, 2pm Show

Driving Yourself to: NH Theatre Project, 959 Islington St, #3. Next to PMAC.

Cost: \$25 Per Person

Deadline to register is Friday Nov 7



DRIVE ON OWN



NH Theatre Project Presents...A hilarious matinee showing of Lesley Ann Smith's one woman show. "Funnier than a Saturday Night Live Skit" this show will have you laughing and the time ticking by very fast.

Reservations Required: 603.610.4433

WINTER WONDERS: SANDY HILL, ELIOT MAINE

THURSDAY, DEC 5 - leaving 4PM, return apx 7:30PM

Cost: \$20 Resident | \$25 NonResident



Rec Van

UNEVEN GROUND

Enjoy a winter stroll through New England's brightest, largest, & most creative light show at Sandy Hill in Eliot. Two visits because you love it so much. We start with dinner out (**ON OWN**) at The Ninety-Nine in Portsmouth. We have 6PM tickets for Sandy Hill. **Be advised you will be walking on uneven trails at nighttime.** RSVP 603-610-4433

A CHRISTMAS CAROL: DINNER WITH DICKENS AT CLAY HILL FARM, CAPE NEDDICK, MAINE

Thursday, December 11

Leaving the Center at 5:15pm return approx 8pm

Cost: \$35 Resident | \$40 Nonresident

Step into merry old England this Holiday season as Clay Hill Farm proudly presents the return of a beloved tradition - A Christmas Carol featuring acclaimed local actor Kirk Simpson. Simpson brings the Dickens' classic to life with theatrical brilliance, humor, and heart. All the while guests will savor Clay Hill Farm's classic coastal cuisine a la carte. ****Each table will be billed and food is paid on own per table.** Nicole will do her best to seat tables according to friend groups. Seating is limited! 603.610.4433

Rec Van



SENIOR ACTIVITY CENTER TRIPS - REC VAN

HOLIDAY SWAG WITH FLOWER KIOSK DOWNTOWN PORTSMOUTH

at the Design Studio (We Shuttle You There)

Tuesday, December 9, 12:45pm departure, 3:30pm return

Coach Bus: \$55 Resident | \$60 Nonresident

Make yourself (or someone else) a beautiful, fresh Holiday Swag for your home. Each participant will design, and decorate a fresh holiday mixed evergreen swag using a variety of accents along with ribbon, baubles and more.

Participants ride the Rec Van to the Flower Kiosk Design Studio. You are welcome to bring along some snacks to have during the event. The Senior Activity Center will provide bottled waters and some hot cider. Class limited to 13 people. RSVP 603.610.4433.



Rec Van



COACH BUS TRIPS



BOSTON BALLET'S THE NUTCRACKER EXPERIENCE THE ENCHANTMENT OF THE NUTCRACKER

at the Boston Opera House

Friday, December 12. 5:30pm departure, show is 7:30pm

Coach Bus: \$91 Resident | \$101 Nonresident



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 roundtrip coach bus. RSVP to 603.610.4433 or www.portsmouthnh.gov/recreation

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**

**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**

Nov 18 only due to holiday

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

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, November 13

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, **Nov 1**, 10AM-12PM; **FIRST SATURDAY OF THE MONTH**

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, **Nov 15**, 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.** RSVP 603.610.4433

The Power of Touch = Reiki Second & Fourth Tuesdays (Circle) **Tuesday Nov 25 ONLY DUE TO VETERANS DAY THIS MONTH**

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, Nov 26, 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, Nov 26 , 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



- **Tuesday, November 4: Voting Day**
- **Tuesday, November 11: Veterans Day**
- **Thursday, November 27: Thanksgiving**
- **Friday, November 28: Day after Thanksgiving**



**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.



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

AudioNova
True North Hearing

Hear better,
live better



✓ EXPERT HEARING EVALUATIONS ✓ PERSONALIZED SOLUTIONS ✓ RISK-FREE TRIALS ✓ LATEST HEARING TECHNOLOGY

Scan or Call (603) 433-4488 for your
FREE HEARING SCREENING
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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