

December 2025



PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +



*Happy
Holidays*

HOLIDAY LUNCHEON

at the Community Campus, 100 Campus Drive, Portsmouth

Thursday, December 18

Seating & Coffee at 10am

Warm Holiday Ham Lunch Serving at 11:30am

Guitarist Nick Turillo Playing Background Music

Seacoast Community School Kiddos Performing

Menu: Glazed Ham, Roasted Red Potatoes, Broccoli & Roll

POTLUCK DESSERT TABLE - BRING A DESSERT TO SHARE!

Residents \$7, Nonresidents \$10 - Pay at the Door

RSVP REQUIRED 603.610.4433

GRANDPARENT/GRANDCHILD GINGERBREAD HOUSES

Wednesday, December 3 at 4:30PM

At Senior Activity Center

\$10 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 candy accessories. Beverages and cookies will be provided for snacking. ALL ages welcome - older grandkids, too! RSVP 603.610.4433

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

125 Cottage Street, Portsmouth, NH



Lunch Bunch on Break for December. Keep an eye open for future newsletters for Lunch Bunch in the New Year!

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, you **MUST** register and it is asked that you give 3 business days notice to register to start receiving meals.

For more information, please contact Site Manager

Wendy Welsh at 603-766-4448

Voluntary \$3.00 Suggested Donation



MONDAY SOUP WITH MARCIA

Senior Activity Center

Mondays from 11:30am-Until it's gone!

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 Dec 8 and Dec 22, 2pm

***We will have the Dec 22 Gather program happening during our closure week as it is an essential service.**



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

A simple & confidential registration form is needed to shop.

The Gather Mobile Market at the Senior Activity Center is designed to support seniors who may benefit from access to free, nutritious groceries. We welcome members who need a little extra support to join us! No RSVP, Just Show Up.

MARK YOUR CALENDAR!

SENIOR CENTER HOLIDAY SCHEDULE:

CLOSED: Thurs, Dec 25 & Thurs, Jan 1

WEEK OF DEC 22-26: DROP-IN LOUNGE ONLY 9AM-12PM (NO ACTIVITIES)

We give our dedicated volunteers a well-deserved week off!

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

JINGLE & MINGLE: GATHER COMMUNITY DINNER



at Gather located at their NEW ADDRESS!!

124 Heritage Drive, Portsmouth

Tuesday, December 9 at 3:30pm-5:30pm

Complimentary 3-course meal

prepared with love by Gather's Cooking 4 Community Team.

RSVPs REQUIRED - SEATING LIMITED

RSVP TO NICOLE: nmfinitisis@cityofportsmouth.com



SENIOR ACTIVITY CENTER'S HOLIDAY PARTY

Friday, December 19 at 3pm

at the Senior Activity Center

Featuring Brian Stankovich Concert

Our Own Cookie Swap

Bring a dozen cookies (baked or store bought) we provide a box, take homecookies of your choosing. FREE. No RSVP, Just Show Up



PROGRAMS FOR DECEMBER 1-8

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, December 8 ONLY this month due to week of no activities

- **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.

TECH TIPS DECEMBER - TWO DATES THIS MONTH!

Tech Tips #1 - Review of iPhone and iPad Basics

Wednesday December 3, 1pm

- Topics include optimizing your home screen, the “mighty” control center and finding lost items.



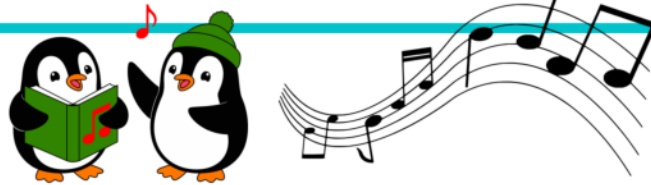
Tech Tips Review of Mail, Camera & Photo Apps for iPhone & iPad

Wednesday December 17, 1pm

A HOLIDAY SING!

Monday, December 8, 1pm

Facilitator: Angelynne Hinson



Join Angelynne Hinson, our Singing Your Way to Wellbeing instructor, for a festive gathering which will include whole-body warm-ups that will get your core, vocal cords, lungs and spirits ready to sing traditional and contemporary songs of the holiday season. FREE. RSVP 603.610.4433.

TREE TALK WITH AN EXPERT

Monday, December 8, 1pm

Facilitator, Dennis Souto, Volunteer/Retired US Forest Service

We know what trees look like above the ground, but what does their root systems look like below? Why is it important to know this?

Topics covered will include how trees grow, how trees heal themselves from injuries and why is that important to those of us that love maple syrup?



Dennis was in the US Forest Service for 31 years and his specialty was forest insects. He has a love of trees. FREE. RSVP 603.610.4433.



PROGRAMS FOR DECEMBER 10-17

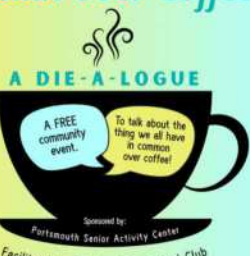
HOLIDAY THEMED TRIVIA & TUNES

Wed, Dec 10, 2pm
Facilitated by Vin Pisacreta



Grab some friends and join us for the upcoming Trivia and Tunes game - holiday style! Trivia and Tunes combines questions designed for seniors across a broad variety of categories with musical clues from artists like Sinatra, the Supremes, Dean Martin, Ella Fitzgerald and Elvis. Prizes for the winning team! FREE. RSVP 603.610.4433

Death Over Coffee



DEATH OVER COFFEE

THURSDAY, DEC 11, 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**

ZENTANGLE WITH PATTY WEEKS, CZT

Third Wed of the Month: Wed DEC 17, 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

2026 TRIP TO FRANCE INFORMATION SESSIONS WITH COLLETTE TOURS Tuesday, January 27, 1pm (Repeat info session) at the Senior Activity Center

**INTERNATIONAL 2026: FRANCE FROM OCT 29-NOV 9, 2026
TRIP OF A LIFETIME!**

- 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.

Repeat talk from October - for anyone who missed it.

RSVP 603.610.4433



COMMUNITY EVENT



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



Rock My Soul

**At the Senior Activity Center
Saturday, December 13, 2:30pm**

Roots-based, raise-the-rafters gospel choir Rock My Soul will WOW you with their upbeat spirit lifting music and beautiful harmonies. Refreshments provided courtesy of the Edgewood Center in Portsmouth.

In this season of giving \$15-20 or any amount appreciated at the door. 100% proceeds support PMAC. Just Show Up.

WHAT IS THE SHAW BROTHERS MEMORIAL SCHOLARSHIP?

Brothers Rick and Ron Shaw were iconic figures in the music industry and cultural landscape of New England. The Shaw Brothers Memorial Scholarship Fund honors their remarkable legacy by supporting youth and adult students at Portsmouth Music and Arts Center (PMAC). These concerts are not necessarily Shaw Brothers music, rather they are a variety of artists who are in support of these fundraisers and the Shaw Brothers' legacy. 100% of donations stays with the Shaws Brothers Memorial Scholarship Fund through PMAC.

KAREN ROSANIA OLIVETEAL ARTS

Wrapped Picture Frame at the Senior Activity Center

Wednesday, January 7, 1pm-4pm

Instructor: Karen Rosania, Owner Oliveteal Arts

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

If you plan on taking a lot of pictures over the holidays, you will need a beautiful frame to capture the best ones! Make a fun wrapped frame using gorgeous fabrics and unique items. Karen will show you how to personalize using letter beads if desired. These make wonderful gifts! Featured frame was created by Jean Speaker during Karen's last class.



Max 10 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.**



SUPPORT GROUPS & RESOURCES



DEMENTIA SUPPORT GROUP

Thurs, December 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. Just show up.

New Beginnings Grief Group - Evenings

Tues, December 9 (Second Tuesday of the 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, December 23 (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 or you can search online for the link - <https://portsmouthpl.librarycalendar.com/event>. Free.

Medicare Open Enrollment: Last Chance Need Help Reviewing Your Medicare Part D Prescription Drug Plan?

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 - DROP IN.**

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.



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!

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

Dec 12: Candy Cane Lane (2023) PG, 1hr. 57 min. A man is determined to win the neighborhood's Christmas decorating contest. He secretly makes a pact with an elf to help him win. The elf casts a spell that brings the 12 days of Christmas to life, which brings unexpected chaos to town.

Starring: Eddie Murphy, Tracee Ellis Ross and Jillian Bell

Dec 19: The Family Man (2000) PG13, 2hr. 5min. In this romantic comedy, a fast lane investment broker is offered the opportunity to view how the other half lives. He wakes up to find his sports car is now a mini-van and his girlfriend is now his WIFE.

Starring : Nicolas Cage, Tea Leoni and Don Cheadle

Dec 26: NO ACTIVITIES. DROP-IN LOUNGE ONLY 9am-12pm this week.

Jan 2: A Home for the Holidays (2023) PG 1hr 33min. Ella runs the local hardware store and finally gets approval from the town to take over an abandoned house. However, she barely steps inside before Daniel and his son show up, claiming the house is his and belonged to his aunt. Conflicts arise as they both want the house.

Starring: Shannon Elizabeth, Daniel Cudmore and Dawn Nagazina

NILLA THE THERAPY DOG

Mondays, December 8 and December 22, 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.



**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

Volunteer Facilitators: 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**

Dec 2 and 16 (First & Third Tuesdays)

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.

PINOCHLE CARD GAME

Tuesdays; 1pm-3pm

Facilitator: Steve Cole, Volunteer
Beginners and experienced welcome.
Drop In; Everyone welcome!

NEW

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. 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. Drop in.

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, December 11

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

CHAIR VOLLEYBALL

Thursdays; 1pm-3pm

Facilitator: Doug Olson

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 fun! FREE. Drop In

FRIDAYS

BALANCE YOURSELF WITH JEAN & WENDY

Volunteer Facilitator: 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

WEEKEND PROGRAMS



SATURDAYS

ZUMBA GOLD

Saturdays 9:00AM **IN PERSON**
Plus 2 other Zoom sessions each
week. RSVP to email list for
times. FREE

COFFEE HOUR

Every Saturday 9:00AM-Noon
Lounge open on Saturdays for
drop-in coffee, free Wi-Fi. FREE

REMINDER, THE SENIOR ACTIVITY CENTER IS OPEN EVERY SATURDAY, 9AM-12PM

The Senior Activity Center is not open on Sundays for our programming but is open for rentals. The Yoga programs below provided by the instructor therefore have suggested fees.



'YOGA FOR HUMANS' - YOGA ON A MAT

Sundays; 9:00AM, By Donation

Facilitator: Duane Allison, Certified Kripalu Yoga - 30+ yrs experience

Gentle extended warmups followed by both classic yoga poses and variations on them; making each class unique. Suggested donation \$15 per class. Ongoing weekly / just show up.

Don't let cost keep you from coming. Just Show Up.

CHAIR YOGA 8-WEEK CLASS - FREE PREVIEW CLASS TO TRY ON DEC 14

Sundays starting Jan 4 2026, 10:30am, By Donation

Facilitator: Duane Alison, Certified Kripalu Yoga Teacher

8-week course starting January 4, 2026. Keep your body limber through this practice that includes basic breath work, chair assisted standing poses, seated variations of classic yoga poses, as well as guided meditation/relaxation. Suggested donation \$15 per class.

Don't let cost keep you from coming. Just Show Up.



MONTHLY PROGRAMS

Senior Activity Center Stitches with Seacoast Sweet Stitches Sat, **Dec 6**, 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, **Dec 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**. RSVP 603.610.4433

The Power of Touch = Reiki Second & Fourth Tuesdays (Circle) **Tuesday Dec 9 ONLY this month due to no activities week**

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, Dec 17, 9AM-3PM

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

SENIOR ACTIVITY CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING

HOLIDAY SWAG WITH FLOWER KIOSK PORTSMOUTH

Rec Van

at the Design Studio (We Shuttle You There)

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

Rec van: \$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.



THE PORTSMOUTH SENIOR ACTIVITY CENTER AND ROYAL TOURS PRESENTS...



Coach Bus

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!

- Beautiful views of the Boston skyline and Zakim Bridge
- Delicious Brunch Buffet
- DJ & Optional Dancing
- Champagne Toast at Noon to welcome 2026!

HAPPY

New Year

PLEASE NOTE THERE IS WALKING FROM DROP OFF POINT OF ROWE'S WHARF TO THE DOCK. DRESS WARM.

RSVP - 603.610.4433

RESIDENT POLICY CHANGES

**NEW FOR
2026**

Beginning in January 2026, the Senior Activity Center will now take sign-ups for residents first. Non-residents will be invited to sign up at a staggered later date.

You may have already noticed that the Recreation Department, Indoor Pool, Kayak Racks, and Swim Lessons - already follow this system.

FOR EXAMPLE:

Freeport Shopping Trip

Fee: \$5 resident / \$10 nonresident

Sign ups: January 12 resident / Jan 19 nonresident

PORTSMOUTH RESIDENT IS DEFINED AS:

For Recreation Department Programming Purposes, the term "resident" shall mean any person who presently is domiciled in the City of Portsmouth or who actually occupies residential property in the City. A person who owns real estate in the City but does not meet the foregoing definition of the term resident shall not be considered a resident.

**AS ALWAYS, EVERYONE IS WELCOME AT THE
PORTSMOUTH SENIOR ACTIVITY CENTER - RESIDENTS &
NONRESIDENTS ALIKE.**

Mindful Christmas Origami
3D Trees & Stars

at the Community Campus, 100 Campus Drive

Fold * Breathe * Shine

Create calming paper art that brightens your holiday season

Wednesday, December 3, 5pm
\$25 Resident, \$35 Non Resident

RSVP 603.610.4433



Barber Cuts - Last Wednesday of Month



Wednesday, Dec 31 , 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**

CLOSED: Thurs Dec 25 & Thurs Jan 1

Week of Dec 22-26: DROP-IN LOUNGE ONLY 9AM-12PM (No Activities)

We give our dedicated volunteers a well-deserved week off!



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**Call 603.691.2122 to
learn more!**

295 Lafayette Road | Rye
BenchmarkAtRye.com





Elisa "Lisa" Hietala Medicare Specialist

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For More Info and to Request an Appointment



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Portsmouth Senior Activity Center, Portsmouth, NH

06-5447



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