

January 2026

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+

SNOWFLAKE LUNCHEON SPECIAL

Thursday, January 15
10:30AM Seating, 11AM Serving
At Senior Activity Center



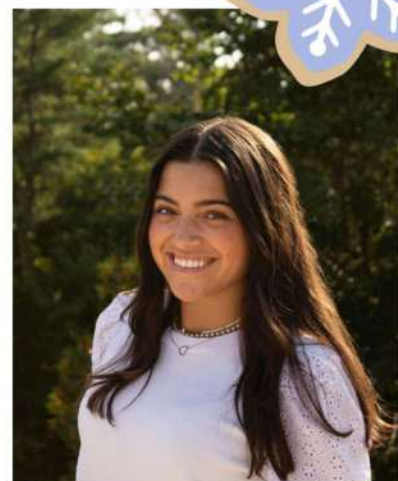
Chicken Cacciatore, Penne Pasta, Roasted Green Beans, and Strawberry Parfait. Hot chocolate, coffee and tea station. Thanks to Rockingham Nutrition for providing lunch. Hot Chocolate Bar by Senior Activity Center.

Voluntary \$3.00 suggested donation. Pay at the door.
RSVP by Friday January 9. 603.610.4433.

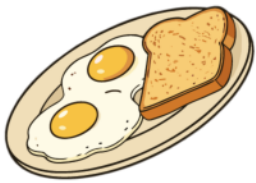
WELCOME TO ELLIE - UNIVERSITY OF NH INTERN

Ellie will be joining the team at the Senior Activity Center January-April 2026 to complete her capstone project. She is an Occupational Doctoral Student from the University of New Hampshire.

Ellie will be working with seniors on a program to **support individuals with low vision** by increasing independence and healthy aging and will also be compiling a Senior Resource Guide! She will be in the center a couple days a week. **See inside this issue for Ellie's first program Feb 3.**



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



LUNCH BUNCH - WED, JAN 21 AT 12PM

**Roundabout Diner, 580 US Highway 1 Bypass
(Portsmouth Traffic Circle)**



Wednesday, JANUARY 21 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 in the kitchen.

If new, you MUST register with 3 business days-notice.

For more information, please contact their new 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

Monday, Jan 5, 2pm (only 1 visit this month)



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!

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



TRES BIEN UKULELE ENSEMBLE PORTSMOUTH MUSIC & THE ARTS STUDENT ENSEMBLE

At the Senior Activity Center
Sunday, January 11, 2pm

The Tres Bien Ensemble is a student ensemble at Portsmouth Music and Arts Center in Portsmouth, NH. Led by Steve Roy, they combine vocal harmonies, interesting arrangements, and of course, ukuleles with favorite songs of the 60's and 70's to create a fun and engaging performance. **\$20 Suggested Donation or Any Amount Appreciated at the Door. 100% proceeds support PMAC. Just Show Up.**

SOCIAL SQUARE DANCE - RESTARTS IN FEBRUARY

AT THE SENIOR ACTIVITY CENTER



Mondays starting February 5
FREE Trial Class on Feb 5 or 12
Your first class on one of these dates is FREE.

- No partner, no special clothing needed.
- Have fun and make new friends while exercising.
- Pre-registration encouraged 603-610-4433
- \$5 per class; paid to instructor

PROGRAMS FOR JANUARY 5-12

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, January 5 ONLY this month due to holiday

- **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.

JEWELRY CLASS

Tuesday, January 6, 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

EASTERSEALS: ADULT DAY PROGRAM & VETERAN SERVICES

Wednesday, Jan 7, 1pm

Facilitators: Sierra Goodwin, Easterseals NH & Courtney Stairs, Community Liaison, Veterans Count

Join us for a presentation that debunks common myths about adult day programs and explores how these services support independence, connection, and well-being for both participants and caregivers. You'll also learn about veteran support services available across New Hampshire, including emergency financial assistance and help navigating the VA system. FREE. 603.610.4433.

UNDERSTANDING ALZHEIMERS AND DEMENTIA

Monday, January 12, 1pm

Facilitator: Anne Romney, Alzheimer's Association



ALZHEIMER'S IS NOT NORMAL AGING. It's a brain disease that causes problems with memory, thinking and behavior. Join us to learn about:

- The impact of Alzheimer's.
- The difference between Alzheimer's and dementia.
- Alzheimer's disease stages and risk factors.
- Alzheimer's Association resources.

FREE. RSVP 603.610.4433.

PROGRAMS FOR JANUARY 14-23

You Aren't Alone: Urinary Incontinence & How to Manage It Wed, January 14, 1PM

Presenter: Madelyn Sumple, Doctor of Physical Therapy

Do you pee when you sneeze? Are you urinating what seems like every hour. Is your sleep being interrupted by the urge to pee? If you answered yes to any of these questions, pelvic floor physical therapy is a perfect fit for you! Pelvic floor symptoms such as these are common, but never should be considered normal. Come join Madelyn Sumple, Doctor of Physical Therapy and pelvic floor specialist, as she speaks on urinary/fecal incontinence, pelvic pain, urinary urgency, and urinary frequency. FREE. RSVP 603.610.4433

GETTING THROUGH THE WINTER BLUES



Wednesday, January 21, 1pm

Facilitator: William Nee, REAP Clinician, Seacoast Mental Health

The holidays are over, and we survived! But here in New England we have several more months of winter ahead of us. This may restrict some of our activities, make us a bit more cautious about walking and driving in bad weather, and leave us feeling deprived of daylight. This can indeed lead to the "Winter Blues". FREE. RSVP to 603.610.4433.

WATERCOLOR FOUNDATIONS WITH MAUREEN O'LEARY

at the Senior Activity Center and Zoom option

Fridays, Starting January 23, 1pm-3pm

Facilitator: Maureen O'Leary, Volunteer & Artist

Friday Class Dates:

January 23 & 30, February 13 & 27, March 13 & 27



This class is designed for beginners or anyone who wants a refresher in watercolor techniques. Practice of creating washes, mixing colors, layering transparently, working wet-into-wet, using dry-brush effects, applying masking fluid, and more.

When you sign up, please choose whether you'd like to attend in person or remotely. You will need to have your own watercolor supplies. A list is available on request. Snow days will be zoom only. Space is limited. Please RSVP to 603.610.4433

NEW ART SHOW JANUARY 15-APRIL 9

Portsmouth Senior Activity Center's Art Show – Jan 15th – Apr 9th

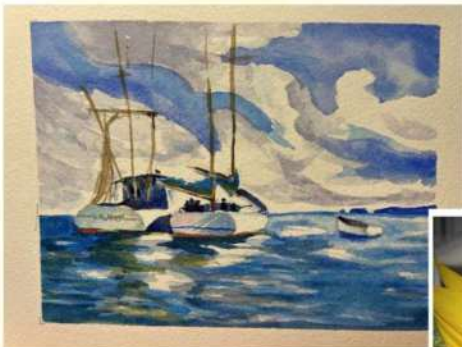
**ART
SHOW**

Theme "Warmth"

What Does Warmth Mean To You?

Submit Your Work

Artist's Reception, Thursday Jan 15th, 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 .

Come to the Art Show Open House, Thursday, Jan 15, 2pm

SENIOR ACTIVITY CENTER

MON-FRI 9AM-5PM

SAT 9AM-12PM

KAREN ROSANIA OLIVETEAL ARTS

Wool Heart Ornaments: for Portsmouth's Tree of Love
Friday, Feb 6, 10am-12pm

Instructor: Karen Rosania, Owner Oliveteal Arts

Cost: Suggested donation of \$10 to benefit the Portsmouth Rec Summer Camp Youth Scholarship Fund

Come learn the art of felting! No prior experience necessary. Make beautiful wool heart-shaped ornaments for the Tree of Love in Market Square. You will have the opportunity to make several heart ornaments using hand dyed wool – and you can keep one for yourself! 10-person limit per class. Suggested donation of \$10. All proceeds to benefit the Portsmouth Recreation Youth Scholarship Fund. 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!**

ZENTANGLE WITH PATTY WEEKS, CZT **Third Wed of the Month: Wed JAN 21, 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



IPHONE/IPAD TIPS & TRICKS AD HOC Q&A

Wednesday January 28, 1pm

Facilitator: Deb Weil O'Day, Retired Techie

Bring your questions & concerns with your tech devices. Each class will 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

SUPPORT GROUPS & RESOURCES

DEMENTIA SUPPORT GROUP

Thurs, January 8, 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, January 13 (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, January 27 (4th Tuesday of the month)

Virtual Meeting from 7-8pm

Open to caregivers, family members, friends of someone with Alzheimer's Disease or dementia. 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.

LOW VISION FOCUSED FALL PREVENTION & SUPPORT GROUP

Starting Tuesday, Feb 3, 1pm

Facilitator: UNH Doctoral OT Student - Ellie Domingos



Do you have challenges as someone with low vision? In need of some support from others with low vision? This new group will kick off at this first meeting run by UNH Doctoral Student Ellie. 2x week there will be a Low Vision Support Group & Education element offered. Come to learn more. **Class size is limited as this is personalized.** Free. RSVP 603.610.4433.



DEATH OVER COFFEE

THURSDAY, JAN 8, 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 at the PRE-DEAD SOCIAL CLUB'S WEBSITE:

www.predeadsocialclub.com/events



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!

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.

Jan 9: The War with Grandpa (2020) PG, 1hr 34min. In this comedy, a young boy named Peter is not happy that Grandpa has come to live with his family and has taken over his bedroom. He starts a prank war with the older man and the results will keep you laughing. Starring: Robert DeNiro, Uma Thurman and Rob Riggle.

Jan 16: Eleanor the Great (2025) PG 13, 1hr 38 min. This American drama, comedy follows Eleanor Morgenstein, a witty and troublesome 94-year-old woman. After a devastating loss, Eleanor tells a tale that takes on a dangerous life of its own after moving to New York City. Starring: June Squibb, Erin Kellyman, Chiwetel Ejiofor.

Jan 23: Good Fortune (2025) R, 1hr 37min. This supernatural comedy film is the story of Gabriel, a well-meaning but inept angel. Gabriel meddles in the lives of a struggling gig worker and a wealthy venture capitalist. They switch lives leading to heartfelt and comedic situations as they navigate their new realities. Starring: Keanu Reeves, Seth Rogan, Aziz Ansari, Keke Palmer.

Jan 30: June in January (2014) G, 1hr 27 min. A newly engaged bride's dream wedding is threatened by her scheming future mother-in-law. Her warm June outside wedding suddenly becomes a wintry January one. Starring: Brooke D'Orsay, Wes Brown, Marilu Henner.

Feb 6: La La Land (2016) PG 13, 2hr 8min. When Sebastian, a pianist and Mia, an actress, follow their passions and achieve success in their respective fields, they find themselves torn between their love for each other and their careers. Starring: Ryan Gosling, Emma Stone



NILLA THE THERAPY DOG

Thursday, January 8, 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.

SENIOR ACTIVITY CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING



TRIP TALK & ICE CREAM SOCIAL

Tuesday, February 10, 2pm

At the Senior Activity Center



2026 Day Trips Announcement & Ice Cream Social!

This is NOT a sign-up session, this is a "Save the Date" for trips that spark your interest. Like last year, trips will be rolled out throughout the year with special opening registration dates to officially sign up.

RSVP to save your bowl of ice cream 603.610.4433



ROYAL TOURS & THE SENIOR ACTIVITY CENTER PRESENT

Irish Celebration with DJ Mark Rich and Irish Step Dancers!

at the Castleton, Windham, NH



Coach Bus

Wednesday, March 11, 2026

Leaving the center at 10:30AM, Return approximately 4PM

Fee: \$131 resident / \$141 nonresident, inclusive of all gratuities

Sign-ups: December 29 resident / Jan 5 nonresident



Enjoy a traditional Corned Beef and Cabbage Dinner or Boneless Chicken while enjoying your favorite Irish tunes from DJ Mark Rich. Sing a long, dance a jig! A fantastic Irish show that will include Irish Step Dancers to kick off our St. Patrick's season. **RSVP 603.610.4433**

SMITTY'S CINEMA, SANFORD - "WICKED FOR GOOD" MOVIE

Wednesday Jan 28 - Snow Date Thursday Jan 29

Leaving the Center at 11:15AM, Return apx 3PM

Fee: \$35 resident / \$40 nonresident (movie & lunch included)

Sign-ups: December 29 resident / Jan 5 nonresident



Rec Van

We reserved the comfy seating at Smitty's! Show is "Wicked For Good", the second Wicked movie and lunch includes 2 slices of cheese pizza, french fries, popcorn, and pitchers of soda. Enjoy a classic movie with friends. **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 noticed that the Recreation Department, Indoor Pool, Kayak Racks, and Swim Lessons - already follow this system.

FOR EXAMPLE:

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.**

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

- 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. **RSVP 603.610.4433**



*Thank
you!*

DID YOU KNOW??

In 2025 the Senior Activity Center operated 47-day trips! 3 overnights, 1 Domestic US trip & 1 International trip. That's just in ONE year! Thank you for being a part of our vibrant community. We look forward to your 2026 travels with us.

**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 paid to instructor.

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 (CONT.)

POETRY GROUP

1st and 3rd Tuesdays; **10am-11am**

Jan 6 and 20 (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!



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.



CHAIR YOGA *

Tuesdays 10:15am

Instructor: Tina Trevino

Join anytime. FREE

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 available, if needed.

BOOK CLUB *

Every other Thurs, 3PM:

Thurs, Jan 8 & 22

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

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, **Jan 3**, 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, **Jan 17**, 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) **Tuesdays January 6 & 27**

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, Jan 28, 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



WINTER WEATHER ADVISORY



The Senior Activity Center would like to remind everyone we follow Portsmouth School Department's delays & cancellations - if the schools are closed, programs are cancelled. The Senior Activity Center will remain open for Drop-In Lounge only. In the event of severe weather, we would list closing on WMUR. When in doubt, call the Center, or check social media.

SENIOR ACTIVITY CENTER CLOSED FOR THE FOLLOWING HOLIDAYS

CLOSED: Thursday, January 1 - New Years Day
Monday, January 19 - Martin Luther King, Jr Day



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*Call 603.691.2122 to
learn more!*

295 Lafayette Road | Rye
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Elisa "Lisa" Hietala Medicare Specialist

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Portsmouth Senior Activity Center, Portsmouth, NH

06-5447



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