

February 2026

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+



“PAL-ENTINE’S” PARTY FOR VALENTINE’S DAY

At Senior Activity Center

Friday, February 13. 3pm



Bring a friend, meet a new one. Eat some pizza because we think you are a big “pizza” our vibrant center.



Randy Hawkes spinning the tunes.
Pizza with Light Refreshments Served
Please let us know if you have any dietary needs.

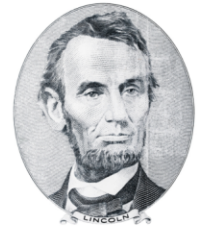


\$5 Donation at the door. RSVP 603.610.4433



A VISIT WITH ABRAHAM LINCOLN

Wednesday, February 18. 1pm
at Senior Activity Center



A living history presentation with our 16th President by Steve Wood. The story of Lincoln’s visit to NH in 1860, after his Cooper Union Address in New York City; and his subsequent nomination and election to the Presidency. Lincoln will be portrayed by Wood from Claremont, NH who has been speaking as Abraham Lincoln for events throughout New England since 1995. He is retired, having worked nearly 30 years for UNH Cooperative Extension.
FREE. RSVP required 603.610.4433

Following the program, Wood will step out of character to take questions. Funded, in part, by New Hampshire Humanities.

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



LUNCH BUNCH - WED, FEB 25 12PM



Country View Restaurant, 692 Portsmouth Ave, Greenland, NH

Wednesday, FEBRUARY 25 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, Feb 2, 2pm (only 1 visit this month)

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

A one-time 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!



St. Patrick's Senior Luncheon

At Community Campus
100 Campus Drive, Portsmouth
Thursday, March 12

- 11:00am - Coffee & Seating
- 11:30am - Corned Beef Luncheon
- 12pm - Brian Corcoran, Irish Musician



Experience Ireland right here at home! Brian Corcoran is an entertainer, storyteller, singer, and musician. He tours all over the United States & Ireland playing Irish music, ballads and the greatest hits. \$15 Resident/\$20 Nonresident. Pay at the Door.

RSVP to 603.610.4433



QUILTS OF VALOR NATIONAL SEW DAY

At Senior Activity Center
Saturday, February 7
10:30am-2:00pm



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. Pattern and fabric to be provided; supply list given upon registration. In addition to quilts, a special project will be worked on during this session. Register with Colleen Martin, QOV Volunteer - colleen.satchels@gmail.com or 603.828.5071. FREE

PROGRAMS FOR FEBRUARY 2-11

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, February 2 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 instruction

- **11am-12pm (Returning Artists)**

Basic sketching skills while applying the shape, shade & shadow



RICH ARALDI PERFORMS AT THE SENIOR ACTIVITY CENTER

Friday, February 6, 2:30pm



Drawing from the Jazz Age, through the Swing Era, into Modern Jazz, The Beatles and beyond, Rich will be playing recognizable tunes on vibraphone. He shares stories, anecdotes, fun facts and trivia throughout his performance. This is his second time visiting the Senior Activity Center. FREE. Just Show Up.

RECHARGE AND REFOCUS FOR WINTER WELLNESS

Wednesday February 11, 1pm

Facilitator: Amy Ma, Health & Wellness Coach, Wise Fox Wellness

Winter asks more of our bodies and our minds – shorter days, colder weather, and a natural dip in energy. This workshop will cover:

- Gentle ways to eat & move that help you maintain steady, reliable energy from morning to evening.
- Practical tools to lift mental fog and ease daily stress, so you can stay focused and calm. How to weave these habits together to support a stronger immune system throughout the winter months.

Think of this as a chance to reconnect with what helps you feel well, resilient, and ready for whatever the colder months bring.

FREE. RSVP to 603.610.4433.

PROGRAMS FOR FEB 19-27

GUT HEALTH - IMMUNE SUPPORTING NUTRITION

Thursday February 19, 11am

Facilitator: Diana Robinson, RD, LDN Hannaford Dietician

Immune supporting nutrition comes in many shapes, sizes, and flavors. Although there is no single solution, there are daily approaches to support our overall immune system from the inside out. Learn how a nutrition expert finds easy ways to provide immune supporting nutrition. FREE. RSVP 603.610.4433.

CAN YOU HEAR ME NOW?

Tuesday February 24, 1pm

Facilitator: Stanley Forman, Volunteer Lecturer



The telephone, 19th-21st century marvel.

But did Alexander Graham Bell invent the telephone or steal the idea? Hear this story of intrigue and possible theft! Explore the rise of the telephone and its universal implementation.

FREE. RSVP 603.610.4433.



IPHONE/IPAD TIPS & TRICKS AD HOC Q&A

Wednesday February 25, 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

JOSEF NOCERA PERFORMS AT THE SENIOR ACTIVITY CENTER

Friday, February 27, 2pm

Youthful and energetic renditions of hit songs by popular artists like Sinatra, Buddy Holly, Jim Croce, Elvis Presley, Dean Martin, Bobby Darin, Chuck Berry and more! Free, Just Show Up!



PROGRAMS NOT TO MISS

CUPID CAPER COMMUNITY DINNER

at Gather's NEW Location

124 Heritage Ave, Portsmouth

Tuesday, February 10, 3:30pm-5:30pm

FREE; RSVP REQUIRED SEATS LIMITED

3-course seated meal to celebrate the season of love with your friends. Provided by Gather's Cooking 4 Community Program. This is not a Senior Activity Center event. Drive on your own.

RSVP REQUIRED - nmfinitsis@portsmouthnh.gov

AARP Tax Aide - By Appointment Only VOLUNTEER TAX PREPARERS



Scheduled appointments only: February 1 - April 12

What to do:

- **Call 2-1-1 to schedule appointment. No walk ins.**
- Pick up tax packet under front canopy at Senior Activity Center. Available 24/7. 125 Cottage Street.
- Return completed tax packet to tax counselor at appt
- Questions: Call Tax Aide Volunteer at 1-202-630-6071.
Appointment call: 2-1-1

Portsmouth Senior Activity Center's Art Show - Jan 15th - Apr 9th
Theme "Warmth"
What Does Warmth Mean To You?
Submit Your Work
Artist's Reception, Thursday Jan 15th, 2 - 3:30PM

A collage of six small images showing various artworks: a sailboat on water, a sunset over water, a close-up of a yellow flower, a landscape with rocks and water, a close-up of white flowers, and a sunset over a body of water.

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

For More Details Contact:
Diane (dianestrading@gmail.com) or
Mo (maureenoleary2@gmail.com)

ART SHOW - JAN 15-APRIL 9

SENIOR ACTIVITY CENTER

MON-FRI 9AM-5PM

SAT 9AM-12PM

**Some art available to purchase direct
from artist.
See artist info sheets in halls.**

Art Show Committee Contacts:

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

KAREN ROSANIA OLIVETEAL ARTS

Wet Felted Wool Bookmarks

at Senior Activity Center

Friday, March 6. 10am-12pm

Instructor: Karen Rosania, Owner Oliveteal Arts

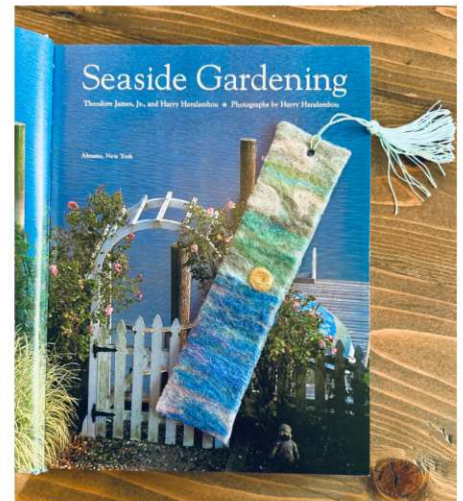
Cost: \$10 Residents, \$15 Nonresidents

Join the fun and make 2 felted wool bookmarks. Choose your own design and color palette using gorgeous hand-dyed wool and unique trims. Learn both wet felting and needle felting. Class limit is 20 people.

Fee: \$10 residents / \$15 non-residents payable to instructor on class day.

Easy class - great for beginners. No experience needed!

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 FEB 18, 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

JEWELRY CLASS

Wednesday, February 25, 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

SUPPORT GROUPS & RESOURCES

DEMENTIA SUPPORT GROUP

Thurs, February 12, 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, February 10 (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, February 24 (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.



DEATH OVER COFFEE

THURSDAY, FEB 12, 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

Planning Ahead for Senior Living Care

Monday, February 23, 2PM

Facilitator: Shawn Shambo, Occupational Therapist, Assisted Living Locators

Choosing between aging at home, assisted living, or memory care can feel overwhelming. This talk breaks it down—clearly and honestly—so you can make smart decisions for yourself or a loved one before a crisis forces the choice. Topics covered include: real costs of senior living, Medicaid and programs that cover care, protecting your savings and more. Free. RSVP to 603.610.4433.

NEW



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!

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

Feb 13: The Memory Book (2014) NR, 1hr 24min. Budding photographer, Chloe, comes from a family of failed romances. At a local flea market, she finds an old photo album from the 1970's showing a happy, glowing couple. She sets out to find them and to prove that true love does exist. Starring: Meghan Ory, Luke Macfarlane and Art Hindle.

Feb 20: The Identical (2014) PG, 1hr. 47min. In 1935, an impoverished couple welcome identical twin boys into the world. Unable to care for both, the twins are separated at birth. One of them grows up to be an iconic rock and roll star, while the other struggles to balance his love for music and pleasing his father. Starring: Blake Ryan, Ray Liotta and Ashley Judd.

Feb 27: The Blind Side (2009) PG 13, 2 hr. 9min. Based on a true story, this all-star cast follows the life of Michael Oher, a homeless and traumatized boy who was then adopted by a loving couple. He becomes an All-American football player and first round NFL draft pick. Starring: Quinton Aaron, Sandra Bullock and Tim McGraw.

March 6: Along Came Polly (2004) PG 13, 1hr. 30min. Reuben, the most cautious man on Earth, thinks he has found the love of his life until she runs off with the scuba instructor on their honeymoon. While drowning his sorrows, Reuben discovers an old school friend, Polly! Starring: Ben Stiller, Jennifer Aniston and Debra Messing.



NILLA THE THERAPY DOG

Fridays; February 20 & 27, 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

BRUNCH AT WENTWORTH SENIOR LIVING

Thursday, February 17

Leaving the Center at 9:30am, Return approximately 12:30pm

Fee: FREE; Spaces limited.

Sign-ups: February 2 resident / Feb 9 nonresident

Our friends at Wentworth Senior Living have invited us over for brunch and conversation. Perhaps you are seeking future long term care needs for you or a loved one. This is a great opportunity to check out Wentworth. Tours will follow brunch. Additionally, Wentworth Senior Living hosts several free community events you can learn about. Everything is free and spaces limited. Wentworth Senior Living will be driving you over on their bus. **RSVP 603.610.4433**



Van

GENTLE CLAY EXPLORATION: THE WHEEL HOUSE, PORTSMOUTH

YOU ARE DRIVING TO: 865 ISLINGTON ST, PORTSMOUTH

PLENTY OF FREE PARKING!

Wednesday, March 4

Meet at 10am, Program runs 10am-12pm

Fee: \$65/person

Sign-ups: February 2 resident / Feb 9 nonres

New Year - try something new! Meet at The Wheelhouse just around the corner from the Senior Activity Center to reward yourself with a piece of pottery. A relaxed, beginner-friendly workshop focused on hand-building techniques, creative expression, and social connection.

Each participant will create pottery and have at least one finished by our staff for later pickup. Projects can include pinch pots, planters, slab mugs, wall hangings, or simple sculptural pieces. Additional pieces can be glazed and finished for \$20 each (paid on-site) **RSVP 603.610.4433**



Drive on Own



SENIOR ACTIVITY CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING

FOREST SOCIETY NATURALIST GUIDED HIKE



Rec van

Wednesday, March 25

Leaving center promptly 9:45am, return approximately 12:30pm

Fee: \$15 Resident/\$20 NonResident

Sign-ups: February 2 resident / Feb 9 nonresident



Shake off winter blues with a contemplative, relaxed hike right here in Portsmouth - Creek Farm via the Little Harbor Loop Trail. This beautiful space right here in Portsmouth was conserved for recreation and conservation of nature and history in 2001 by the Society for the Protection of New Hampshire Forests. It features open historic gardens, coastline, forests, and wildlife. Experience being guided by Nature, interpreted by an experienced environmental educator. RSVP to 603-610-4433.

CURRIER MUSEUM, MANCHESTER: CHOOSE YOUR DATE

Thursday, March 19 --OR-- Thursday, April 9

TELL US WHICH DATE WHEN YOU CALL



Rec van

Leaving center promptly 9:15am, return approximately 4pm

Cost: \$25 Resident | \$30 NonResident

Sign-ups: February 2 resident / Feb 9 nonresident

A day at the Currier in Manchester. Arriving at 10am for a guided tour of the exhibits throughout the museum. Enjoy lunch at the Winter Garden Cafe ON OWN. **Please note Frank Lloyd Wright homes are closed for the Winter. We will go again later in the year.** RSVP 603-610-4433

ROYAL TOURS & THE SENIOR ACTIVITY CENTER PRESENT

Irish Celebration with DJ Mark Rich and Irish Step Dancers!

at 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



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**

**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



CHAIR YOGA *

Tuesdays 10:15am

Instructor: Tina Trevino

Join anytime. FREE



TUESDAYS (CONT.)

POETRY GROUP

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

Feb 10 and 24 (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.

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, Feb 5 & 19

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

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, 10:30am
Facilitator: Duane Alison
8-week course ending Feb 22, 2026. Keep your body limber through this practice that includes basic breath work, chair assisted standing poses, seated variations of classic yoga poses. Suggested donation \$15 per class. Just Show Up. Newcomers still welcome.

Senior Activity Center Stitches with Seacoast Sweet Stitches Sat, Feb 7, 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!

MONTHLY PROGRAMS



TRIP TALK & ICE CREAM SOCIAL

Tuesday, February 10, 2pm
At 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. March-June trips will be rolled out first for open registration dates according by resident status. July-December trips will open later in the year. **RSVP to save your bowl of ice cream 603.610.4433**



Sound Bath with Bloom

By Healing & Pawsitive Vibes Healing

Saturday, Feb 21. 10:30AM (3rd 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; February 10 & 24**

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, Feb 25, 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:

Monday, February 16 - President's 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.



BENCHMARK

AT RYE

*Call 603.691.2122 to
learn more!*

295 Lafayette Road | Rye
BenchmarkAtRye.com





Elisa "Lisa" Hietala Medicare Specialist

elisa.hietala@wellsense.org
603-605-1450 (TTY: 711)
wellsense.org/lisa

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**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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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



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 lifesaving research, treatment and care
 and would mean so much to someone
 fighting cancer.



Please donate today

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Portsmouth Senior Activity Center, Portsmouth, NH

06-5447



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Restoring Quality of Life

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