

March 2026



PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+



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. \$15 Resident/\$20 Nonresident. Pay at the Door.

RSVP to 603.610.4433

Carol Coronis Irish Concert

Friday, March 6, 3PM



Firing up audiences for over two decades with her exuberant performances of rock and roots to Middle Eastern and Celtic music.

Armed with her cittern, Carol will be presenting Irish music with lively reels and jigs as well as songs of Ireland's trials and joys will warm hearts and souls. **FREE. Just Show Up.**

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



LUNCH BUNCH - WED, MARCH 18, 12PM



Grill 28, 200 Grafton Rd, Portsmouth, NH

Wednesday, MARCH 18 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

Mondays; March 2, 16 & 30 at 2pm

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!

THE DANGEROUS ART OF CHAINSAW SCULPTURE

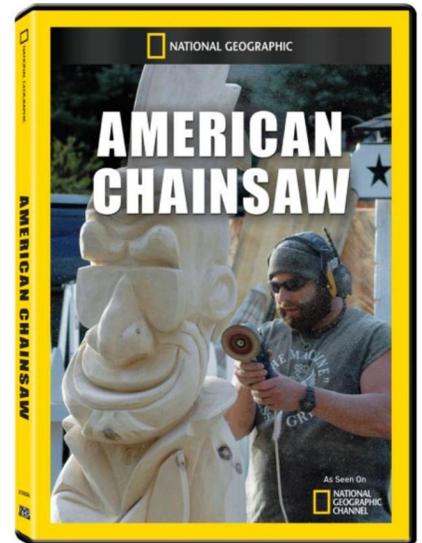
with "The Machine" Jesse Green

At Senior Activity Center

Tuesday, April 7, 1pm

A fun, interesting, interactive and engaging journey through the amazing career of world-famous Master Chainsaw Sculptor, "The Machine" Jesse Green (AMERICAN CHAINSAW on National Geographic Channel, ESPN/ Disney and more.) Through an incredible series of photos, the process of creating gigantic, death-defying works of art from trees is brought to life in a BIG way.

You've never seen anything like it!



Our friends from York Center for Active Living will be joining us at this event. **Following Jesse's presentation, we will be having an Ice Cream Social with York Senior Center friends. FREE. 603.610.4433**



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

**The Sandwich Rangers
Friday, March 13, 4pm
at Senior Activity Center**

**4-piece acoustic music group with
unique instrumentation.**

All proceeds support The PMAC Shaw Brothers Memorial Scholarship Fund.



**Light refreshments courtesy of the Edgewood Center
\$15-20 Suggested Donation at the Door
Just Show Up**

PROGRAMS FOR MARCH 2-18

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.

Mondays; March 2 & 16

- **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

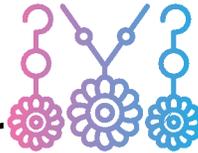
- **11am-12pm (Returning Artists)**

Basic sketching skills while applying the shape, shade & shadow

SATURDAY JEWELRY CLASS

Saturday March 14, 10am-12pm

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

IDENTITY THEFT, FRAUD & SCAMS

Tuesday March 17, 1:30-2:30pm

Facilitator: Sean McCarthy, M&T Bank, Sgt. Kevin McCarthy, Portsmouth Police Department (No relation, just Irish coincidence)



Do you know the common scams fraudsters are using to target people like you? Learn how to identify the signs of identity theft, strategies to protect yourself from identity theft and fraud, and how to protect your data using safe habits. Sgt. Kevin McCarthy from Portsmouth Police Dept will also share local scams & tips. Free. RSVP 603.610.4433

ZENTANGLE WITH PATTY WEEKS, CZT

Third Wed of the Month: Wed MARCH 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

PROGRAMS FOR MARCH 18-27



SAGES BALLOON WORKSHOP

Wednesday March 18, 1pm

Facilitator: Wayne & Kali Moulton, Sages Entertainment

Fee: \$10 Resident, \$12 Nonresident.

Join Wayne and Kali from Sages Entertainment for a fun and creative balloon twisting class. Learn how to twist three simple balloon art shapes, hear a few fun facts about the history of balloon twisting, and enjoy a relaxed, laughter-filled hour of creativity. No experience needed. **All materials are provided, and you'll head home with new skills and your own balloon creations.** **RSVP 603.610.4433**

CARDS WITH BECKY

Wednesday March 24, 1pm

Facilitator: Becky Crawshaw, Volunteer



We're making Easter & spring themed cards for you to give to someone special. Supplies/instruction provided. Supply fee \$10/per person paid to instructor. Class limited to 8. **RSVP 603.610.4433**



IPHONE/IPAD TIPS & TRICKS AD HOC Q&A

Wednesday March 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, March 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

BINGO



SPONSORED BY RESIDENCE AT SILVER SQUARE

at Senior Activity Center

Tuesday, March 31, 1pm

A lively afternoon of BINGO courtesy of the Residence at Silver Square in Dover. Jessica will be with us calling out the numbers as we play 10 games for 10 winners! Each player will be given 3 cards to play. **FREE. Spaces limited - MUST RSVP 603.610.4433**



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

Irish Roots & Tunes

at Senior Activity Center

Saturday, March 21, 2pm-4pm



A taste of Ireland extends into the month. Our Saturday afternoon will be filled with Irish ambiance and talents:

- Highland Bagpipes: Opening & Closing the Event
- Brian Corcoran: Solo Irish vocals
- McDonough-Grimes Irish Dance Children
- Off She Goes: Traditional Irish tunes
- Pat Boyle/Pat O'Brien: Irish songs

**Light refreshments courtesy of the Edgewood Center.
\$15-20 Suggested Donation at the Door
Just Show Up.**

***ALL PROCEEDS SUPPORT THE PMAC MUSIC SCHOLARSHIP
FOR STUDENTS IN NEED***

KAREN ROSANIA OLIVETEAL ARTS

Wet Felted Wool Bookmarks at Senior Activity Center

Friday, March 6. 10am-12pm

Instructor: Karen Rosania, Owner Oliveteal Arts

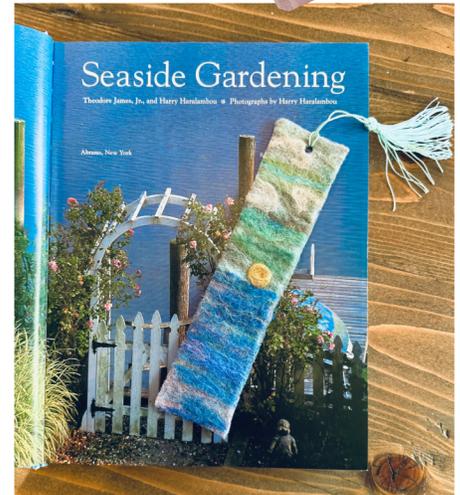
Cost: \$10 Residents, \$15 Nonresidents

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!**

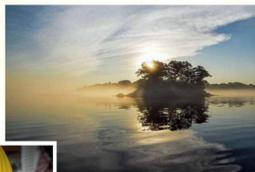
Portsmouth Senior Activity Center's Art Show – Jan 15th – Apr 9th

Theme "Warmth"

What Does Warmth Mean To You?

Submit Your Work

Artist's Reception, Thursday Jan 15th, 2 - 3:30PM



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

SUPPORT GROUPS & RESOURCES

DEMENTIA SUPPORT GROUP

Thurs, March 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, March 10 (Second Tuesday of the Month)

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

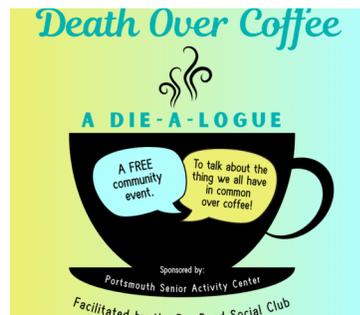
Widow or widowers welcome. Contact Shirley at samcann@yahoo.com or leave a voicemail at 207-602-9710. Free. Just show up.

Alzheimer's Association Caregiver Support Group -Virtual

Starting Tuesday, March 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, MARCH 5, 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

LOW VISION SUPPORT GROUP - ONGOING

Tuesdays, 10:00am-11:00am

Led by Ellie, a UNH Occupational Therapy Doctoral Student

Open to anyone with any level of visual impairment.

A group for discussion, connection and well-being.
No registration required, just show up! FREE.



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!

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. **A CONCERT FOLLOWS THIS MOVIE (Carol Coronis Celtic Concert).**

March 13: Springsteen: Deliver Me From Nowhere (2025) PG 13, 1hr 59min. This biographical musical drama follows Bruce Springsteen from his 1981 River Tour to stardom. With growing fame comes hardships including his relationship with his father, an alcoholic. Starring: Jeremy Allen White, Paul Walter Hauser, Odessa Young and Gaby Hoffmann. **A CONCERT FOLLOWS THIS MOVIE (PMAC Fundraiser series with The Sandwich Rangers, 4pm)**

March 20: The Miracle Club (2023) PG 13, 1hr. 30min. This drama, set in 1967, follows a group of working-class women from Dublin who form a musical band called The Miracles. They take part in the local talent contest organized by a Catholic priest hoping to win tickets to go on a pilgrimage to Lourdes. Starring: Maggie Smith, Laura Linney and Kathy Bates.

March 27: I'll See You In My Dreams (2015) PG 13, 1hr 32min. In this comedy drama we learn that it's never too late to form a deeper connection with others. Widowed Carol lives alone with her dog, Hazel. Life is very routine in the retirement community until Carol meets Lloyd, the new pool man! Starring: Blythe Danner, Martin Starr, Sam Elliott, June Squibb and Rhea Perlman.



NILLA THE THERAPY DOG

Fridays; March 13 & 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

Silver Fountain Inn & Tea Parlor Experience



Van

CHOOSE YOUR DATE

- Tuesday, March 24 - **OR** -
- Tuesday, April 21



Leaving center at 11:15am, return approximately 2:30pm
Cost: \$50 Resident, \$55 NonResident - includes gratuities
Sign-ups: March 2 resident / March 9 nonresident

Tea lovers this trip is for you. Located in Dover, NH, the Silver Fountain Inn & Parlor will treat you to an elegant afternoon amid the ambiance of a tea parlor. Each participant will indulge in “The Dutchess of Bedford” style tea that includes a salad, and 3-tier assortment of sandwiches and desserts to choose from, and of course, choices of tea. You are welcome to dress in afternoon tea attire if you wish, but not required. Cost includes transportation, food and beverage, and all gratuities. Please tell us if you have gluten free, dairy free, vegan, or other dietary needs so we can tell the Silver Fountain. **RSVP to 603-610-4433**

COACH BUS TRIPS MARCH-JULY - REGISTRATION NOW OPEN AUG-DEC OPEN TO REGISTER IN JUNE

FOR A COMPLETE LIST OF TRIPS - VISIT THE TRIP WALL at the Senior Activity Center

Mystery Day Trip - Destination unknown until on location! Let us surprise you with a day out.

Monday, April 13, Leaving senior center 9am, return 4:30pm

Cost: \$159 Resident, \$169 Nonresident

The Eagles Experience at the Venezia - Delicious lunch at The Venezia while you enjoy the tunes of “The Eagles Experience”.

Wednesday, May 20, Leaving senior center 9:45am, return 4:45pm

Cost: \$137 Resident, \$147 Nonresident

Fruitlands Museum Tour, Harvard, MA Historic District - 4 museums covering Transcendentalists, Shakers, Native Americans and more.

Thursday, May 28, Leaving senior center 9:15am, return 4-4:15pm

Cost: \$65 Resident, \$75 Nonresident -RSVP To Any Trips - 603.610.4433

SENIOR ACTIVITY CENTER TRIPS



Charming 3-Day, 2 Nights Getaway: Boothbay Harbor Maine Sunday, June 28- Tuesday, June 30, 2026

Cost Per Person: \$859 Double, \$1039 Single, \$829 Triple

OPEN TO REGISTER NOW

3-day Trip to Boothbay Harbor, Maine. Experience the sights, sounds and tastes that Maine has to offer! Visit Portland Headlight, Ocean Point and the Coastal Maine Botanical Gardens. Enjoy a boat ride to Cabbage Island for a delicious Double Lobster Bake.



A Newport Holiday - Newport, RI Mansions

2-day, 1 overnight; Mon, Nov 30 to Tues, Dec 1, 2026

Cost Per Person: \$499 Double, \$589 Single

OPEN TO REGISTER NOW

2-day Holiday Tour to Rhode Island. Visit unique Newport Car Museum, tour the Marble House, stay in the luxurious Wyndham Newport Hotel, dinner and a show at The Newport Playhouse, and touring of the magnificent mansion, The Elms and more. **Flyer at senior center**

OVERNIGHTS!



Forest Society Guided Hike: Reading Diverse Landscapes

Wednesday, April 15

Leaving center 9:45am, return apx 1pm

Fee: \$20 Resident/\$25 NonResident

Sign-ups: March 2 resident / March 9 nonresident



Rec van



Humans are mammals, mammals are animals, and just like all the rest, our brains are wired to read nature and find a home within it. In this program, we tap back into that feeling! New England is a special place – the fingerprints of both history and pre-history are impressed on the landscape in ways that aren't always obvious. Join us for a thoughtful exploration of Creek Farm, where natural and human history intermingle at every turn. We'll practice recognizing and interpreting features of landscapes right in our own community. Bagged lunch will be provided by the Senior Activity Center/Meals on Wheels program.

Notes: this is an easy rated hike, but it does include some periods of incline and decline, and 1-2 areas of uneven terrain. This is a loop trail of 1.5 miles. An Indoor classroom space and public restrooms are available. Maps and more info: www.forestsociety.org/property/creek-farm. **RSVP to 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

Mondays; 10am

Volunteer Facilitators: Jean Roalsvig

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**

March 3 & 17 (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



THURSDAYS (CONT.)

INDOOR WALKING

Tuesdays through March 24, 8am-10am, Community Campus Gym, 100 Campus Drive, Portsmouth. Just show up. FREE

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, March 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. Lots of fun!
FREE. Drop In

FRIDAYS

TAI CHI

Fridays 9:15am **4 SPOTS OPEN**
For participants who have already participated in a Tai Chi program in the past. First come, first served. FREE

BALANCE YOURSELF WITH JEAN

Volunteer Facilitator: Jean Roalsvig
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

Senior Activity Center Stitches with Seacoast Sweet Stitches Sat, **March 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!

“ REMINDER:
The Senior Activity Center does NOT schedule Tax Aide Appointments. You must call 2-1-1 to schedule. ”



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



CURRIER MUSEUM, MANCHESTER: CHOOSE YOUR DATE

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

TELL US WHICH DATE WHEN YOU CALL

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

Cost: \$25 Resident | \$30 NonResident

Sign-ups: February 2 resident / Feb 9 nonresident

**SPACES
STILL
AVAILABLE**

Arriving at the Currier in time for a 10am 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

**WELCOME
BACK!**

MONTHLY PROGRAMS



Supper Club Returns at the Community Campus Tuesday, April 21, 4:30pm seating, 5:00pm serving at Community Campus Cafe, 100 Campus Drive, Portsmouth

Just like the “old” days, Supper Club returns for spring! Join us for a home cooked meal and socializing with friends old and new. Menu: Chicken Cordon Bleu, Mashed Potatoes, Green Beans. Coffee and Tea Station with Dessert. RSVP to 603.610.4433



Sound Bath with Bloom By Healing & Pawsitive Vibes Healing Saturday, March 28. 10:30AM (*PLEASE NOTE DATE CHANGE THIS MONTH*)

Meditative experience designed to help you unwind, reconnect, and embrace your life with renewed peace. Meditation bowls and relaxing music are played. Bring what you need to be cozy, dress comfortably. Sitting in chairs. **Suggested Donation \$10 per person.** RSVP 603.610.4433

The Power of Touch = Reiki Second & Fourth Tuesdays (Circle) Tuesdays; March 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, March 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:

Sunday, April 5 - Easter



**MEMORY CARE
OPEN NOW
ASSISTED LIVING
OPENING
SPRING 2026**

At Benchmark, we've dedicated over 28 years to becoming one of the Northeast's leading senior living providers. While award-winning services, including personalized care, set us apart; it's powerful relationships that define the Benchmark Experience. This spring, we're proud to broaden the services offered at our Rye community with the addition of assisted living—designed for those who would benefit from supportive friends, fun things to do and a wide range of amenities in one place. Visit Benchmark at Rye to see our current memory care offering or our Welcome Center to learn about becoming an assisted living Founder's Club member.



**Call 603.691.2122 to
learn more!**

295 Lafayette Road | Rye
BenchmarkAtRye.com



**WARM. WELCOMING.
WHERE YOU WANT TO LIVE.**





Elisa "Lisa" Hietala Medicare Specialist

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

Here to assist with
your Medicare needs



RICHARDSON'S MARKET

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



Downtown Portsmouth's Grocery Market

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

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extra help, we're here for you.
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603.824.8200



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AssistingHands.com/SeacoastNH



NortheastRehab.com
888-950-9939

OUTPATIENT THERAPY CENTER IN PORTSMOUTH

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

- Source: Net Promoter Score



For More Info and to Request an Appointment

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