

April 2026

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +



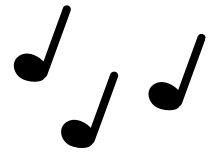
New Legacy Swing Band



‘Swing into Spring Concert’

At the Senior Activity Center

Sunday, April 19, 3-4:30pm



New England’s premiere dance orchestra with us for a fun afternoon! They play big band, jazz, swing, waltzes, Latin, rock ‘n’ roll and R&B. Bring a friend! Bring your dancing shoes or sit and watch.



Light refreshments served.

Free. Just Show Up.



2 of Us Beatles Acoustic Duo

Friday, April 3, 4-5:30PM



Singing all of your Fab 4 favorites, come see “2 of Us”. The Beatles were a passion of singers Tom and Melissa Moore as kids, inspiring them to sing and play. Previously having played at Strawberry Banke’s Tuesdays on the Terrace Series, we are excited to have them with us at the Senior Activity Center. No RSVP, just show up.

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



LUNCH BUNCH - WED, APRIL 15, 12PM



Country View Restaurant, 692 Portsmouth Ave, Greenland, NH

Wednesday, APRIL 15 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

MONDAY, WEDNESDAY, FRIDAY - PICK UP FOOD

TUESDAYS & THURSDAYS - SIT AND ENJOY YOUR MEAL

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 Site Manager,

Wendy Welsh at 603-766-4448

Voluntary \$3.00 Suggested Donation

All Seniors Welcome to Participate!



RETURNING YOGURT BAR MONDAYS



Starting Monday, April 6

Mondays - Drop in between 9:30-11AM

Donations accepted, not necessary

Our very own weekly breakfast option. Staff Member Marcia will be setting out yogurt with toppings you can help yourself to. Enjoy a cool healthy treat while visiting with friends. **There will be a soy yogurt option as well for non-dairy.** No RSVP necessary. Just show up.



SENIOR MOBILE FOOD MARKET - FREE

Mondays; April 13 & 27 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!

Spring Fling Community Dinner

at Gather's NEW Location: 124 Heritage Ave, Portsmouth

Tuesday, April 14, 3:30pm-5:30pm

FREE; RSVP REQUIRED 603.610.4433



A complimentary seated three-course dinner prepared with love by Gather's Cooking 4 Community team. This is not a Senior Activity Center event. Drive on your own. SEATING LIMITED. **RSVP REQUIRED** - nmfinitsis@portsmouthnh.gov



SUPPER CLUB RETURNS

Tuesday, April 21, 4:30PM seating, 5PM serving

at the Community Campus, 100 Campus Drive, Portsmouth
INSIDE THE GYM, PARK RIGHT IN FRONT

Chicken Cordon Bleu, Mashed Potatoes, Green Beans, and Sheet Cake Dessert

Pay at the Door: \$10 Resident; \$15 Non-Resident

You MUST RSVP for Supper Club - High Demand Activity!
603.610.4433

Spring Cleaning for Your Brain

at the Senior Activity Center



Thursday, April 16, 5:30pm-6:30pm

Spring is the perfect time to refresh your routines and lighten the mental load you've been carrying. This 60-minute interactive session is designed to help you clear out of the "winter fog" and step into the new season feeling sharper, brighter, and more focused. **RSVP- 603.610.4433**



Mother's Day Lunch Special

Thursday, May 7

10:30AM Seating, 11AM Serving

At Senior Activity Center



A Mother's Day themed luncheon, but all invited! All money supports Rockingham Meals on Wheels. Voluntary \$3 donation. Menu To Be Announced via Flyer at Senior Activity Center or calling. **RSVP by April 28- 603.610.4433**

PROGRAMS FOR APRIL 6-8

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.

Mondays; April 6 & 20

- **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

THE DANGEROUS ART OF CHAINSAW SCULPTURE WITH "THE MACHINE" JESSE GREEN

Tues, April 7, 1pm

A fun and engaging journey through the amazing career of world-famous Master Chainsaw Sculptor, "The Machine" Jesse Green. 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. Following Jesse's presentation, we will be having an Ice Cream Social with York Senior Center friends. FREE. 603.610.4433

WATERCOLOR EXPLORATION (8 WEEKS)

Tuesdays; April 7-May 26, 1pm-3pm

Facilitator: Maureen O'Leary, Volunteer



This beginner-friendly class will feature a different inspiration piece as we experiment with subjects like still life, landscape, and abstract painting. Practicing skills such as washes, color mixing, texture, and simple composition. The emphasis is on trying new ideas, developing personal expression, and enjoying the process of making art in a relaxed, supportive environment. FREE. RSVP 603.610.4433.



DECLUTTER & DOWNSIZE WEDNESDAY, APRIL 8, 1PM

Rachel Carlino-Dangora of Make Peace with Organizing will share her expertise on **senior-move-management**. With a compassionate approach and practical tips, Rachel assists seniors and their families navigate the complexities of downsizing and transitioning to a new chapter. FREE. RSVP to 603.610.4433

PROGRAMS FOR APRIL 15-29

ZENTANGLE WITH PATTY WEEKS, CZT

Third Wed of the Month: Wed APRIL 15, 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

TECH TOOLS THAT HELP SENIORS STAY CONNECTED AT HOME

Wed APRIL 15, 10AM-12PM

Facilitator: David Young, D& C Homecare

Highlights include medication reminder apps, emergency alert devices, telehealth, and family communication portals.

FREE RSVP 603.610.4433

Chickenshack Bluegrass Band Friday, April 17, 4pm



Family-friendly bluegrass band that has their own spin on bluegrass, country and rock songs. They have performed throughout New England including Market Square Day. Definite toe-tapper music with these guys. Refreshments will be provided. FREE. Just Show Up!



IPHONE/IPAD TIPS & TRICKS AD HOC Q&A

Wednesday April 29, 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

PROGRAMS NOT TO MISS

A Matter of Balance: 8-Week Class

Wednesdays; 10AM-12PM

Starting May 6 to June 24

Facilitator: Katie Michaud & Balance Coaches of Cornerstone VNA

Join Cornerstone VNA for a 4-week class - twice per week. Balance Coach will help you become more confident about managing & reducing falls and learn exercises to increase strength and balance. You must attend BOTH sessions. Space is limited. Free. RSVP to 603-610-4433



Discover Magic Classes Return - 4-Week Session

Wednesdays; May 6-27, 10am-11:30am

Facilitators: Wayne & Kali Moulton, Sages Entertainment

Cost: \$25 Per Person for all 4-weeks



Engaging 4-week magic class to learn incredible tricks, explore the rich history of magic, and gain skills that will amaze family + friends. Includes high-quality magic props, top-secret file folders, and special surprises - plus access to an online vault filled with bonus videos. No experience needed—just a sense of wonder and a willingness to have fun. As past participants have said, “We’re going to be the coolest grandmas ever!” Don’t miss this opportunity to learn, laugh, and create a little magic of your own! RSVP 603.610.4433 to reserve your spot!



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

The Sandwich Rangers
Friday, April 10, 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.

ALL PROCEEDS SUPPORT THE PMAC MUSIC SCHOLARSHIP FOR STUDENTS IN NEED

KAREN ROSANIA OLIVETEAL ARTS

**Wet Felted Wool Bookmarks
at Senior Activity Center
Friday, **April 3.** 10am-12pm**

**Instructor: Karen Rosania, Owner Oliveteal Arts
Cost: \$10 Residents, \$15 Nonresidents**

**NEW DATE!
Spots Open!**



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. Easy class - great for beginners. No experience needed!

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



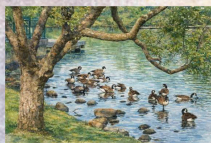
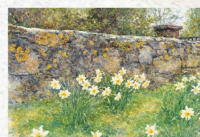
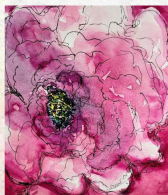
ART SHOW - APRIL 16- JULY 9 'SPRING INTO ART' EXHIBIT THEME



Portsmouth Senior Activity Center (PSAC)
proudly presents an exhibition of Seacoast artists celebrating
this show's theme:

"Spring into Art"

April 16th - July 9th



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

**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, April 9, 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, April 14 (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, April 28 (4th Tuesday of the month)

Virtual Meeting from 7-8pm

Open to caregivers, family members, friends of someone with Alzheimer's Disease or dementia. You will need the Zoom link. Sign-up by calling the Portsmouth Public Library 603.427.1540 or visit the Portsmouth Library Calendar for the link. Free.



DEATH OVER COFFEE

THURSDAY, APRIL 9, 10AM-11:30AM

Talk about the thing we all have in common over coffee with Laura Cleminson in this engaging morning event. FREE

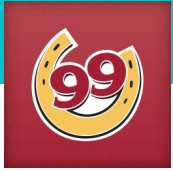
IF INTERESTED, PLEASE SIGN-UP at the PRE-DEAD SOCIAL CLUB'S WEBSITE:
www.predeadsocialclub.com/events

Understanding Vision Loss and Local Resources

Ellie Domingos, UNH Occupational Therapy Doctoral Student

Wednesday, April 22, 1pm

Ellie will be giving a final presentation on her work during her time as an intern. She will share key takeaways from her program focused on enhancing safety, independence, and well-being for individuals with vision loss. Ellie will also introduce the official Portsmouth Senior Resource Guide. The presentation will include an interactive experience to help build understanding of vision loss and explore resources that can continue to support the independence of older adults in the future. Everyone welcome to attend this. Just show up! FREE.



MOVIE MATINEE FRIDAYS



Every Friday at 12:30pm - Free
Popcorn served &/or bring your own lunch
Thank you Ninety-Nine of Portsmouth for our popcorn!

April 3: Book Club: The Next Chapter (2023) PG-13, 1 hour 43 minutes. This movie is a sequel to the original Book Club movies, but don't worry if you haven't seen the first one. In this all-star cast, you'll follow four best friends as they embark on a fun trip to Italy. They'll face unexpected challenges and secrets that turn their relaxing vacation into a cross-country adventure. Starring: Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen.
2 of Us Beatles Acoustic Duo Concert follows this movie.

April 10: Song Sung Blue (2025) PG 13, 2 hr. 12 min. A biographical musical drama about a husband and wife Neil Diamond tribute band. This film explores the world of Mike and Claire Sardina from Milwaukee and their romantic and professional journey. You'll love the music! Starring: Hugh Jackman, Kate Hudson and Ella Anderson.
The Sandwich Rangers, PMAC Fundraiser Concert follows this movie.

April 17: Ella McCay (2025) PG 13, 1hr. 55 min. In this comedy drama, Ella is a 34-year-old Lt. Governor of an unnamed state, who unexpectedly becomes Governor. She struggles with her political responsibilities while managing a complicated personal life and a scandal. Starring: Emma Mackey, Jamie Lee Curtis, Albert Brooks and Jack Lowden.
Chickenshack Bluegrass Concert follows this movie.

April 24: Dirty Rotten Scoundrels (1988) PG 1 hr. 50 min. In this American comedy, two sophisticated con men operating in the French Riviera compete to swindle a wealthy tourist out of \$50,000. With this all-star comedic cast, you'll be laughing at their antics. Starring: Steve Martin, Michael Caine and Glenn Headly. **No Concert Today.**

May 1: One for the Money (2012) PG 13, 1hr. 31 min. Stephanie Plum is looking for a few not-so-good men. Unemployed and newly divorced, she lands a job at her cousin's bail-bond business. Her first assignment puts her on the trail of a wanted local cop from her romantic past. Starring: Katherine Heigl, Jason O'Mara and Daniel Sunjata.
3 Shades of Gray Concert follows this movie.

SENIOR ACTIVITY CENTER TRIPS

Silver Fountain Inn & Tea Parlor Experience



Rec Van

Tuesday, April 21

Leaving center at 11:15am, return approximately 2:30pm

Cost: \$50 Resident, \$55 NonResident - includes gratuities

Sign-ups open now for all.



Located in Dover, NH, the Silver Fountain Inn & Tea 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, a 3-tier assortment of sandwiches and desserts, and of course, choice of tea. Dress in afternoon tea attire - if you wish, but not required. Cost includes transportation, food and beverage, and 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

Baby Goat Cuddles & Short Hike - Goats2Go Georgetown, MA

Thursday, April 30

Leaving center at 10am, return approximately 3pm

Cost: \$45 Resident, \$50 NonResident

Sign-ups: April 1 resident / April 8 nonresident



Rec Van



Back by popular demand, we head back to Great Rock Farm in Georgetown, MA to go on a Goat Hike! We will be going on a private goat hike with goats of all ages, and then snuggle baby goats following the hike. **Afterwards we stop in Newburyport to grab lunch on your own or do some window shopping.**

RSVP 603-610-4433

Guided Edible Plant Walk w/Author Ross Cohen - Great Rock Farm, Georgetown, MA

Monday, May 18

Leaving center at 9:15am, return approximately 3pm

Cost: \$20 Resident, \$25 NonResident

Sign-ups: April 1 resident / April 8 nonresident



Rec Van



We return to Great Rock Farm in Georgetown, MA for an eye-opening guided farm-walk with special guest, Russ Cohen, renowned local foraging expert and author of Wild Plants I Have Known...and Eaten. 1-hour-long ramble through fields, woods, and edges of Great Rock Farm and you will learn about a dozen edible wild plants. **Afterwards we stop in Newburyport to grab lunch on your own or do some window shopping.** RSVP 603-610-4433

SENIOR ACTIVITY CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING

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

Mystery Trip Reveal!

Peabody Essex Museum & Lunch at Hawthorne Hotel

Coach Bus
Trips

World-renowned collection of art, culture, and maritime history in historic downtown, Salem, MA. Followed by dining at Hawthorne Hotel.

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

\$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

\$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

\$65 Resident, \$75 Nonresident

Forest Society Guided Hike: Reading Diverse Landscapes

Wednesday, April 15

Leaving center 9:45am, return apx 1pm

Fee: \$20 Resident/\$25 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...this walk, we will 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 provided by Senior Activity Center/Meals on Wheels.

Notes: this is an easy rated hike, but it does include some periods of incline & decline, and 1-2 areas of uneven terrain. 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 Required for all trips: 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**

April 7 & 21 (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, April 2, 16, 30

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

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

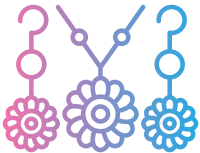
Saturdays 9:00AM **IN PERSON**
Plus 2 other Zoom sessions each
week. RSVP to email list for
times. FREE

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, **April 4, 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!



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



SATURDAY MOSAIC 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

'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.

Duane leads Chair Yoga as well that follows this class at 10:30am.

MONTHLY PROGRAMS



NILLA THE THERAPY DOG

Call the Senior Activity Center for April Dates, 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.



Sound Bath with Bloom

By Healing & Pawsitive Vibes Healing

Saturday, **April 18**. 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; April 14 & 28

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, April 29, 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

REMINDER:
The Senior
Activity
Center does
NOT
schedule
Tax Aide
Appointmen
ts. You must
call 2-1-1 to
schedule.



AARP Tax Aide - By Appointment Only VOLUNTEER TAX PREPARERS

Scheduled appointments only:

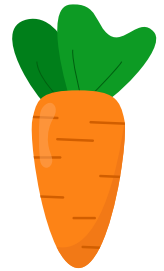
February 1 - April 12

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



SENIOR ACTIVITY CENTER CLOSED FOR THE FOLLOWING HOLIDAYS



CLOSED:

Sunday, April 5 - Easter



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

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