



May 2026

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+



Mother's Day Luncheon Special

At the Senior Activity Center

Thursday, May 7

10:30am seating, 11am serving

Crustless Quiche with Asparagus & Cheese, Potatoes O'Brien, Honey Glazed Carrots, Fresh Fruit Salad, Crumb Coffee Cake, Coffee/Tea Station.

Money raised supports Rockingham Meals on Wheels. Voluntary \$3.00 suggested donation. Pay at the door.

RSVP by Tuesday April 28. 603.610.4433

Assorted Desserts courtesy of Harmony Homes, Durham, NH.

3 Shades of Gray

Friday, May 1, 3pm



3 SHADES OF GRAY

Mike and Skip are two fun loving guys that have great harmony singing classic hits from 50s-60s-70s from artists such as The Everly Brothers, The Beatles, Elvis, Johnny Cash, Simon & Garfunkel, and so much more! No RSVP, just show up. Concert is Free, donations welcome.

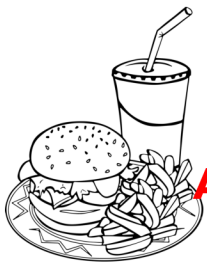
NORTH RIVER MUSIC CONCERT

Friday, May 15, 3pm

Familiar tunes and a feel-good time! Playing Americana rock/bluegrass from Crosby Stills and Nash, The Eagles, Dylan and more! No RSVP, just Show Up. Concert is Free, donations welcome.



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



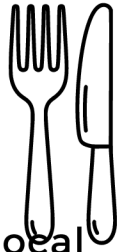
LUNCH BUNCH - WED, MAY 13, 12PM

Applebees, 1464 Woodbury Ave, Portsmouth

Wednesday, MAY 13 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

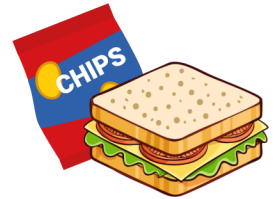
All Seniors Welcome to Participate!

NEW

SANDWICH & CHIPS MONDAYS

Mondays - Starting May 4, 11:30am

Donations accepted, not necessary



Trying something new! Mini sandwich, bag of chips and a cookie. Potluck style from Chef Michael's kitchen. Sandwiches will vary each week. Once it's gone, its gone. No RSVP necessary. Just show up.

gather
For a Hunger-free Community

SENIOR MOBILE FOOD MARKET - FREE

Mondays; May 11 ONLY this month at 2pm

Free produce and other perishable items available for pick up.

ALL FREE

- One-time simple & confidential registration form
- Designed to support seniors with access to nutritious groceries
- Need a little extra support?? We're here to help.
- No RSVP, Just Show Up.



MARK YOUR CALENDAR!



2027 TRIP: DISCOVER SCOTLAND INFORMATION SESSION WITH COLLETTE TOURS

Wednesday, May 13, 12:30pm

at the Senior Activity Center

- 10 Days, 15 Meals. April 19, 2027 - April 28, 2027
 - Bagpipe Demonstration, Whiskey Tasting, Isle of Skye, Loch Ness, Orkney Islands, Dunrobin Castle, Sheepdog Demonstration, Edinburgh Castle, Scottish Cooking Demonstration
- Collette & AAA on-site to answer your questions. **RSVP 603.610.4433**



SUPPER CLUB

Tuesday, May 19, 4:30PM seating, 5PM serving

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

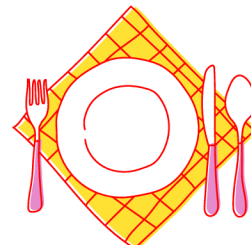
MAY 19: MENU:

Meatloaf

Wild Rice

Broccoli

Dessert Provided by Benchmark at Rye



Pay at the Door: \$10 Resident; \$15 Non-Resident. You **MUST** RSVP for Supper Club as it is a highly popular event.

Time Before Goodbye:

Navigating Eldercare Film Screening & Discussion

Wednesday, May 20, 5:30pm

at the Senior Activity Center

Film based on interviews and real-life situational challenges of elder care from local people. Following the screening, stay for panel discussion of experts in the field.

**FREE EVENT BUT YOU MUST REGISTER
THROUGH NH THEATRE PROJECT:
www.bit.ly/MAY20NHTP**



PROGRAMS FOR MAY 4-6

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; May 4 & 18

- **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

HOME SAFETY MODIFICATIONS & HELPFUL TIPS

Tues, May 5, 1pm

Facilitator: House Doctors of the Seacoast

House Doctors of Seacoast specializes in thoughtful home modifications for seniors, from grab bars and raised-height toilets to no-step entries, improved lighting, and stairway support. As an Age Safe America certified team, they offer free home safety assessments and practical solutions that enhance safety, mobility, and independence. Learn how these modifications can help older adults live with greater confidence, dignity, and comfort at home. FREE. 603.610.4433.



PONTINE THEATRE'S SPRING TOUR PRESENTING "THE FLAT IRON LOT" at the Senior Activity Center

Wednesday, May 6, 2pm



Pontine Theatre presents an original stage adaptation of Alice Brown's short story "The Flat Iron Lot," published in 1899. Set in the fictional town of Tiverton – based on Brown's home town of Hampton Falls, NH – the story chronicles a rural New England community's celebration of its 250th birthday. With fits and starts, contention and compromise, the residents organize historical reenactments, a grand parade, and speeches from civic leaders and the town's beloved, unofficial historian. In the end, the townspeople enjoy a freshly reinvigorated sense of civic pride and appreciation for the shared heritage which binds them as a community.

The story is an apt microcosm of the ambitions, struggles and ideals of our upcoming national observance of the 250th anniversary of the signing of the Declaration of Independence.

**FREE, Seating will be limited; Pontine events are popular.
RSVP 603.610.4433**

PROGRAMS FOR MAY 13-20

MUSIC BINGO WITH TRIVIA & TUNES

Wed MAY 13, 10AM-12PM

Facilitator: Vin Pisacreta, Trivia & Tunes

Join us for a game of music BINGO with a twist!

Everyone will have a BINGO card where you try to get five in a row but instead of letters and numbers you are identifying songs from the 1940's through the 1980's. What's more fun than combining BINGO and music! FREE.

Spaces limited. RSVP required - 603.610.4433



CAN YOU HEAR ME NOW?

Thursday, May 14, 10:30am

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. **(RESCHEDULE FROM STORM DAY)**



ORGANIZING THE CHAOS: SORTING & SCANNING PRINTED PHOTOS

Tuesday MAY 19, 1PM

Facilitator: Kelli Gray, Owner of Our Life Images

- Simple ways to begin sorting boxes & albums of photos
- Basic digitizing options to preserve fragile prints
- Tips for organizing and sharing digital files
- How small steps can make a big difference in preserving family stories



FREE. RSVP 603.610.4433.

ZENTANGLE WITH PATTY WEEKS, CZT

Third Wed of the Month: Wednesday MAY 20, 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 MAY 22-JUNE 3

The Reminisants Return at the Senior Activity Center Friday, May 22, 3pm

They're baaack! Hampton-Seashell-Famous, The Reminisants are spending the afternoon with us.

Oldies cover band playing classic hits of the 50's, 60's and 70's. Concert is Free, donations welcome if you desire. Just Show Up.



IPHONE/IPAD TIPS & TRICKS AD HOC Q&A

Wednesday May 27, 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

BRAD WRIGHT CONCERT

Friday, May 29, 3pm

Thoughtfully selected oldies across the decades. Acoustic guitarist Brad will entertain. He can take requests. PLEASE RSVP, Concert will be taking place in Room 1. 603.610.4433

HEALTHY HYDRATION AND NUTRITION: TIPS TO TAKE WITH YOU

Wednesday, June 3, 1pm

Facilitator: Wendy Jeffco, MS, RDN, LC Clinical Nutritionist

Ever wonder how small changes in what you drink + eat can make a big difference in how you feel? Wendy from Northeast Rehabilitation Hospital Network explores the essential role of proper hydration and balanced nutrition in supporting overall health and recovery. Wendy will share practical, evidence-based insights drawn from her clinical experience. Learn simple, practical strategies to build healthy hydration habits and sustainable nutrition. FREE. 603.610.4433

PROGRAMS NOT TO MISS



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

**The Blue Buddha Band
Friday, May 8, 4pm
at Senior Activity Center**

Original Americana rock sound fuses roots, rock, folk, and blues with superb songwriting into a powerful blend.

All proceeds support The PMAC Shaw Brothers Memorial Scholarship Fund



**Light refreshments courtesy of the Edgewood Center.
Any Donation at the Door - Just Show Up.**

SOCIAL SQUARE DANCE - RESTARTS IN JUNE

AT THE SENIOR ACTIVITY CENTER

Thursdays starting June 4 & June 11, 1-2:30pm
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
- \$6 per class; paid to instructor

GRANDPARENT/GRANDCHILD FOAM PARTY

Wednesday, June 3, 4-5:30pm

AT THE PORTSMOUTH SENIOR ACTIVITY CENTER

ANYONE WELCOME - YOU DON'T HAVE TO HAVE A GRANDCHILD



What is a FOAM party? A FUN interactive foam and bubbles party experience for ALL AGES. Sages Entertainment will be using foam producing equipment to create our micro-foam play area that will have adults and children laughing and playing like never before.

RSVP - 603.610.4433

Share how many children are joining you

KAREN ROSANIA OLIVETEAL ARTS



New!

Stained Glass Cherry Blossom Brooch Pin

Wednesday, May 27, 12:45pm-4:15pm

Instructor: Karen Rosania, Owner Oliveteal Arts

Cost: \$20 Resident/\$25 Non-Resident Paid to instructor day of

Make a stained-glass Cherry Blossom brooch pin. Learn a little history of Louis Comfort Tiffany and Tiffany stained-glass windows. Then learn how to cut, grind, foil, and solder glass. Different color palettes available and optional patinas. No experience necessary. Class limited to 6.



Location: Karen's studio in Portsmouth.

Transportation provided - we shuttle you over, leaving the Senior Activity Center at 12:45pm.

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

"Spring into Art"
April 16th - July 9th

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

SENIOR ACTIVITY CENTER
MON-FRI 9AM-5PM
SAT 9AM-12PM

Check out the 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 Kathy for more info

katmandravelis@gmail.com. ***Seeking a New Facilitator for this group. Please let Kathy know if interested.** Free. Just show up.

DEATH OVER COFFEE

THURSDAY, MAY 7, 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

NEW

ONE-ON-ONE SESSION WITH REAP COUNSELOR

(REAP = REFERRAL, EDUCATION, ASSISTANCE, & PREVENTION)

Wednesday, May 13, 10am-12pm

REAP Counselor - William Nee, REAP Clinician

- Do you have questions about paperwork or resources?
- Not sure what some of it means?
- Need some help finding resources in your area?
- Sign-up for a 20-minute 1:1 FREE appointment with REAP Counselor & Clinician, Will.
- **You MUST sign up for a scheduled appointment.** Please call to learn more. 603.610.4433



NILLA THE THERAPY DOG

Friday May 8 & Wednesday May 20, 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.

**COMING IN JUNE: LOW VISION SUPPORT MONTHLY MEETING
2ND TUESDAY OF THE MONTH. 10AM-11AM. DROP-IN. FREE**



MOVIE MATINEE FRIDAYS



Every Friday at 12:30pm - Free - Popcorn served
Thank you Ninety-Nine of Portsmouth for our popcorn!

May 1: One for the Money (2012) PG13, 1hr. 31min. Unemployed and newly divorced, Stephanie Plum 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, Daniel Sunjata

May 8: The Maiden Heist (2009) PG13, 1 hr. 30 min. They're not bad guys; they are just thieves! This comedy is centered on three museum security guards who devise a plan to steal back the artworks to which they have become attached to after they are transferred to another museum. Starring: Christopher Walken, Joseph McKenna, William H. Macy.

May 15: The Simple Life of Noah Dearborn (1999) PG 1 hr. 25 min. Sitting on 35 acres of Georgia land, 90-year-old Noah Dearborn is untainted by modern life. He's never heard of The Beatles and his only interest is woodworking, until a developer tries to force him to sell his precious land. Starring: Sidney Poitier, Dianne Wiest, Mary-Louise Parker.

May 22: Good Will Hunting (1997) R, 2 hr. 6 min. Some people can never believe in themselves until someone believes in them. A touching tale of a wayward young man who struggles to find his identity. Living in a world where he can solve any problem, except the one brewing deep within himself, until he meets his soulmate. Starring: Robin Williams, Matt Damon and Ben Affleck

May 29: The Intern (2015) PG 13, 2 hrs. Seventy-year-old widower Ben Whittaker has discovered that retirement isn't all that it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, of all places. Starring: Robert DeNiro, Anne Hathaway and Rene Russo.

June 5: The Senior (2025) PG 1 hr. 39 min. Nearly four decades after being kicked off the team, Mike returns to his Alma Mater to take the hit that changed everything. Bruised, doubted and nearly broken, he fights for one last shot at the ending he still believes is possible. Starring: Michael Chiklis, Mary Stuart Masterson and Brandon Flynn.

SENIOR ACTIVITY CENTER TRIPS

Portsmouth Naval Shipyard Tours

Trip Dates:

- Thurs, May 14
- Thurs, June 4
- September 17

These tours have stair climbing. It is 2 flights of stairs up to the Treaty Room and a big step up into the bus.

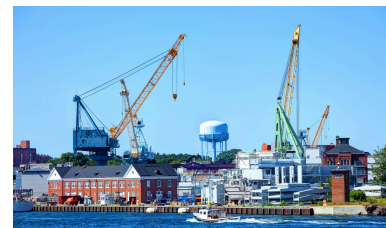


Shuttle Bus

Arrive at Senior Activity Center for 9:30am

Cost: FREE. RSVP Required. Space Limited.

School bus shuttle provided by the Shipyard.



Whether you know someone who works/ed there or you are curious every time you drive by, the Portsmouth Naval Shipyard has a rich history in the Seacoast and is very worthy of visiting to learn more about it and its contributions to our region. Learn about its role and achievements in times of war and peace from a military historian's perspective. Includes visits to: Treaty of Portsmouth Exhibit, Driving Tour of Perimeter of Base, Walking Tour of Shipyard's Mall Area, Up-close view of Naval Prison exterior and the Heritage Center. **You must present with a REAL ID license OR U.S. Passport to get into the Shipyard. Trip is not handicapped accessible and you must be able to use the bus and negotiate stairs.** Tour runs from 10a-12:30pm
RSVP REQUIRED 603.610.4433

YOU MUST ALSO COMPLETE A SHIPYARD CONTACT INFO FORM AVAILABLE AT THE FRONT DESK 2 WEEKS BEFORE YOUR TRIP

King Tut's Tomb Exhibit & Faneuil Hall, Boston MA

Wednesday, June 24

Leaving the Center at 9:30AM return approximately 5:30PM

Cost: \$75 Resident/\$80 Nonresident; includes exhibit ticket, Coach bus transportation and driver gratuities.

Sign-ups: April 27 resident / May 4 nonresident

Coach Bus



Experience the wonders of King Tut's Tomb as it was discovered over 100 years ago without leaving Boston. Take a spellbinding tour of the tomb, its treasures, and ancient Egyptian civilization. Through sets, artifacts, and multimedia installations, be transported back in time and immersed in the sights and sounds of Howard Carter's great discovery.



Following the exhibit, we will take the coach bus to Faneuil Hall Marketplace for lunch + shopping on own.

PLEASE NOTE: HEAVY walking trip. Walking exhibits with very little seating and Faneuil Hall is mostly cobblestone. 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

The Eagles Experience at the Venezia
Wednesday, May 20



Coach Bus

Leaving senior center 9:45am, return 4:45pm

Cost: \$137 Resident, \$147 Nonresident - REGISTRATION OPEN NOW

Fun trip - especially if you are a fan of all the Eagles classic songs. The Eagles Experience features amazing vocal and musical talents; all while dining on the Boston waterfront at The Venezia. Choice of lunch: Baked Haddock or Chicken Parmigiana. RSVP 603-610-4433

Forest Society Program: Historic Flora - Roots in New England

Thursday, May 21

Leaving center 9:45am, return apx 1pm

Program runs 10am-12pm

Cost: \$20 Resident/\$25 NonResident (Includes Bagged Lunch)

Sign-ups: April 27 resident / May 4 nonresident



Rec van

On the edge of the famous Wentworth-Coolidge Mansion, the Forest Society's Creek Farm is a natural oasis in a bustling city. Why the name Creek Farm? Of course, the cozy Sagamore Creek is a few steps away, but it isn't a farm, is it? Come hear the highlights of a long history of farms and gardens and see living artifacts on the land.

Notes: Includes seated, indoor lecture and a short walk. Group starts in the Education Center, then walks apx 0.5 miles to visit various locations associated with historical New England gardens and agriculture. Some sections may have mild hazards like small stones and roots. There will be periods of standing among a group during the walk.

Public restrooms are available.

Maps & info: www.forestsociety.org/property/creek-farm

Bagged Lunch Included with Choice of: Turkey & Cheese, Tuna or Veggie with bagged chips, fruit and water. Include lunch choice with RSVP.

RSVP Required for all trips: 603-610-4433

WEEKLY ONGOING PROGRAMS

***All first timers, please register as a member at front desk.**

Mondays

Yoga Stretch: 11:30am - \$5 Donation - Instructor Diane Stradling

Scrabble: 1pm - Drop In - FREE

Guided Meditation w/Jean: 10am - Drop In - FREE

Mah Jongg - American: 1pm Drop-In - FREE

Tuesdays

Indoor Walking: 8am-10am - Drop-in - FREE

Location: Community Campus Gym, 100 Campus Drive

Chair Yoga: 10:15am - Drop-in - FREE - Instructor Tina Trevino

Poetry: 10am-11am - 1st & 3rd Tues; **May 5 & 19** - Leader Judy Mazel
Drop-in - FREE

Ease of Movement "Alexander Technique": 11am - Drop-in -
\$5 Donation - Instructor Anita Freeman

Mah Jongg - Chinese: 1pm Drop-In - FREE

Pinochle Card Game: 1pm Drop-In - FREE - Volunteer Steve Cole

Cardio Drumming: 2:30-3:15pm - \$5 - Instructor Gail Eaton

We 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.

Wednesdays

Veterans Coffee: 1pm - Drop-In - FREE

All veterans welcome to this social activity to meet other veterans. Guest speakers at times. Goodies sponsored by our local DAR Chapter volunteers.

Mexican Train Dominoes: 1pm - Drop-In - FREE

WEEKLY ONGOING PROGRAMS

Thursdays

Qigong: 11am - Drop-In - FREE - Instructor Jeanne DeFlorio

Drop-In Art & Coloring: 12:30pm - FREE

Knitters (Yarn Works): 12:30pm-2:30pm - FREE

Bring your knitting, crocheting, etc. Social group; not teaching.

Chair Volleyball: 1-3pm - Drop-In - FREE - Volunteer Doug Olson

All abilities and similar to regular volleyball rules - only you remain seated and use a beach ball.

Book Club: 3pm Every other week; **May 7 & 21** - Drop-in

Fridays

Tai Chi: 9:15am - Drop-in - FREE

Balance Yourself w/Jean (Mindfulness): 11am - Drop-in - FREE

Cribbage: 1pm - Drop-In - All abilities - FREE

Canasta: 1pm - Drop-In - All abilities - FREE

Saturdays

Coffee Hour: 9am-12pm - Drop-In- FREE

Zumba Gold: 9am IN PERSON. Weekday Zoom Sessions. Drop-In
Give email address for schedule. FREE - Instructor Anna Howard

Nicole Fortune Classes:

- **JEWELRY CLASS**

Saturday, May 9, 10am-12pm

Create 1-2 pieces of jewelry to take home. Wire working with metal and glass beads.

- **MOSAIC CLASS**

Saturday, May 16, 10am-12pm

Create a small mosaic decorated item. Your choice of coaster, trinket box or vases.

- Pay \$10 to instructor day of. Must RSVP 603.610.4433

WEEKLY ONGOING PROGRAMS

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

Sundays

'YOGA FOR HUMANS' - YOGA ON A MAT

9am - Drop-In - Donation of \$15 - Instructor Duane Allison

'YOGA FOR HUMANS' - CHAIR YOGA

10:30am - Drop-In - Donation of \$15 - For either Yoga class, don't let donation keep you from coming. Newcomers welcome.

MONTHLY PROGRAMS

Senior Activity Center Stitches with Seacoast Sweet Stitches

Sat, **May 2**, 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, **May 23**. 10:30AM (**Note different week 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; May 12 & 26

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.

MONTHLY PROGRAMS



QUILTS OF VALOR SEWING DAY
Wed, May 20, 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

NEWSLETTER ONLINE:

WWW.PORTSMOUTHNH.GOV/RECREATION/SENIOR



**SENIOR ACTIVITY CENTER
CLOSED FOR THE FOLLOWING HOLIDAYS**

• **Monday, May 25 - Memorial 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!**

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