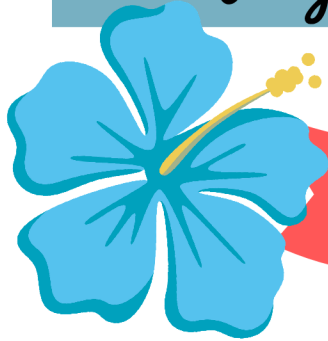


July 2026

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +



SENIOR
SUMMER COOKOUT
LUAU STYLE



Tropical Attire
Encouraged

THURSDAY, JULY 16

10AM SEATING. 11:30AM SERVING

AT COMMUNITY CAMPUS

100 CAMPUS DRIVE, PORTSMOUTH

BURGERS &
HOT DOGS
(VEGGIE BURGERS
BY REQUEST)

TROPICAL
ATTIRE
ENCOURAGED

TEEN EXPLORER CAMPERS, REC STAFF &
CITY OFFICIALS SERVING LUNCH

\$7 RESIDENT | \$10 NONRESIDENT - PAY AT DOOR

RSVP: 603.610.4433

portsmouthnh.gov/recreation/senior

FREE MEMBERSHIP ANNOUNCEMENT

Starting July 1, everyone will be assigned a key tag to scan-in the Senior Activity Center. Help us count numbers and track attendance.

Did we mention - it's FREE!

Visit us! Open Mon-Fri 9am-5pm | Sat 9am-12pm

125 Cottage Street, Portsmouth, NH





LUNCH BUNCH - WED, JULY 22, 12PM

Dinnerhorn, 980 Lafayette Rd., Portsmouth

Wednesday, JULY 22 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

Grab & Go pick up inside kitchen 11am-11:30am

TUESDAYS & THURSDAYS = SIT AND ENJOY YOUR MEAL

RSVP Required; Your choice - hot or cold meal

Managed by our friends at Meals on Wheels.

Menu available in kitchen.

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

Call Wendy at 603-766-4448

Voluntary \$3.00 Suggested Donation

All Seniors Welcome to Participate!

Our Monday Food Special is on hiatus for the summer. Stay tuned for future newsletters.



SENIOR MOBILE FOOD MARKET - FREE

Mondays; July 6 & 20 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!

BAD PENNY PERFORMS SPECIAL EVENING SUMMER PARTY AT THE SENIOR ACTIVITY CENTER FRIDAY, JULY 17, 6PM-9PM



Party into the evening! Bad Penny is an energetic rock cover band offering a mix of great music from the 70's, 80's and 90's. York Center for Active Living will be joining us.

Pizza, Snacks, Refreshments and lots of fun times with friends.

\$5/Cover. Pay at the Door. RSVP 603.610.4433

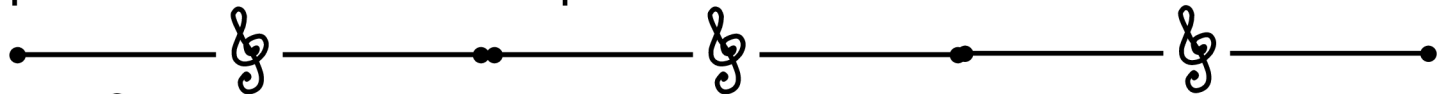
JULY CONCERTS

Concerts listed below are free, Donations welcome.

From the Heart Gospel Rock

Friday, July 10 at 3pm

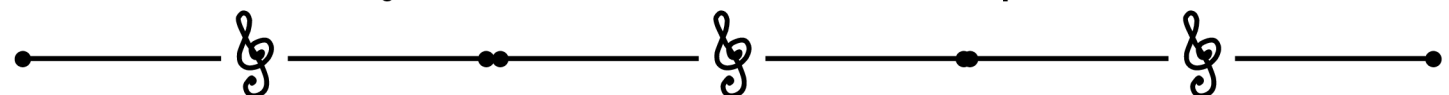
Gospel, soul and feel-good light rock music. Volunteering their time to perform. Free. Just show up.



Josef Nocera

Friday, July 24 at 2pm (please note earlier show time!)

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.



2 of Us Beatles Duo

Friday, July 31 4pm-5:30pm

Singing all of your Fab 4 favorites. The Beatles were a passion of singers Tom and Melissa Moore as kids, inspiring them to sing and play. Acoustic versions of Beatles songs. Free. Just show up.

PROGRAMS FOR JULY 8-22

Basic Drawing classes with Chong Scott are ON SUMMER BREAK for June-August. Chong returns in September for classes.

GROW HEALTHY HABITS: NUTRITION, SAVINGS & MORE

Wednesday, July 8, 1pm

Facilitator: Olivia Papp, Licensed Health & Life Insurance Consultant

Engaging and interactive presentation focused on healthy living and smart grocery shopping. Strategies for shopping for nutritious foods on a budget. Special guest Naomi Andrick, a licensed nutritionist, will share valuable insight on key foods, balanced nutrition, and healthy eating habits for everyday life.

All participants will enjoy a fun hands-on herb planting activity – all materials will be provided! Come learn practical ways to eat well, save money, and take home your very own planted herbs. FREE 603.610.4433



IPHONE/IPAD TIPS & TRICKS AD HOC Q&A

Wednesday July 22, 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, apps, photos, and more.

FREE. RSVP 603.610.4433



IMPORTANT ANNOUNCEMENT

Starting July 1, the monthly newsletter will NOT be sent in regular snail mail.



The newsletter can be emailed to you. If you want to be added to email list, please email Cindy at cmdenault@portsmouthnh.gov

Newsletters can be found online:

<https://www.portsmouthnh.gov/recreation/senior>

Newsletters can also be picked up at the Senior Activity Center. Can't get there? Ask a friend to grab you one!

PROGRAMS FOR JULY 23-29



AI LIFE: Navigating the New Frontier

Thurs JULY 23, 10am

Facilitator: Michael Berman, Author & Portsmouth Resident

Is Artificial Intelligence confusing? Discover how AI can work for you. This is an introduction to AI for seniors. Learn about using voice control tools for managing your home, tracking your health, keeping connection to family and friends to prevent isolation, protect your finances and more. Author and local entrepreneur Michael will walk you through it all; a copy of his book is given to every participant. FREE. RSVP 603.610.4433.

HEARING CLINIC MEET & GREET

Tues JULY 28, 10am

Facilitator: Keith McCrossin, Hearing Specialist AudioNova

Do people often tell you that you say “what?” a lot? Do you struggle to hear your grandkids or younger voices clearly? Do you wear hearing aids and think you are overdue to have them checked again? This free clinic will start off as an informational session to ask you this and more. AudioNova will be on-site to run an overview of what is and isn't normal in hearing loss and run a pre-screening survey for those interested. No-obligation hearing clinic focused on education and hearing health—not sales. Information will be provided so you can decide what, if any, next steps are right for you. FREE. RSVP 603.610.4433.

CYBERSECURITY & SCAM PROTECTION

Wed JULY 29, 1pm

Facilitator: Patrick DeShazo, Semi-Retired Cybersecurity Professional & Portsmouth Resident



Patrick has 45+ years experience in technology. This presentation is focused for older adults to recognize and avoid online scams. It covers the most common threats targeting older adults, including imposter scams, romance scams, phishing texts and emails, and Social Security fraud. It closes with practical protective steps (like using a password manager, virtual credit cards, and antivirus software) and what to do if you've been scammed. FREE. RSVP 603.610.4433.

GRANDPARENT/GRANDCHILD SUMMER EVENTS

GRANDPARENT/GRANDCHILD

TIDE POOLING AT CREEK FARM, PORTSMOUTH

Wednesday, July 22, 3:30pm-5:30pm

MEET US AT CREEK FARM RESERVATION: 400 Little Harbor Rd.

Life is full of curiosities! All life on earth evolved in the ocean, so it has the most diverse life of any ecosystem. Explore and investigate together while cooling off by the breezy Sagamore Creek shoreline. Once we've gotten acquainted with our tidepool friends, we'll learn about how we protect them! Water shoes & towels are recommended. Details related to parking and walking terrain will be given when you call.

Cost: \$10 Per Family, pay at the event. **RSVP - 603.610.4433**

Share how many children are joining you.



GRANDPARENT/GRANDCHILD (ALL WELCOME)

THE SILVER CIRCUS

Friday, August 14, 4-5:30pm

AT THE PORTSMOUTH SENIOR ACTIVITY CENTER

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

In The Silver Circus, Andrew is faced with the daunting task of presenting a full circus show all by himself! Featuring spectacular magic, juggling, physical comedy, and tons of audience participation for a circus themed afternoon. Kona Ice Truck on site. The show will be indoors in our cool AC controlled building. Cost: \$10 Per Family, pay at the door.

RSVP - 603.610.4433

Share how many children are joining you.



PROGRAMS NOT TO MISS



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



Rock My Soul



**At the Senior Activity Center
Sunday, July 19, 3pm**

Roots-based, raise-the-rafters gospel choir Rock My Soul will WOW you with their upbeat spirit lifting music and beautiful harmonies.

Refreshments provided courtesy of the Edgewood Center in Portsmouth.

Any donation appreciated at the door.

100% proceeds support PMAC. Just Show Up.

TOILE CLAMSHELL TRINKET DISH

Wednesday, July 29, 1pm-2:30pm

Instructor: Karen Rosania, Owner Oliveteal Arts

Cost: \$10 Resident/\$15 Non-Resident Paid to instructor day of

Come join the fun and create a trinket dish using clamshells from local beaches. You will have a choice of beautiful patterns to decoupage onto your dish and colors for the metallic edging. Makes a wonderful gift and can be used to hold jewelry, loose coins or even some potpourri! Class limited to 20 participants. 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!**

new!



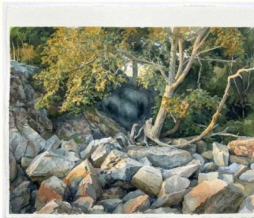
NEW ART SHOW: THROUGH OUR EYES

**Portsmouth
Senior Activity
Center**

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

"Through Our Eyes"

July 10th - October 10th



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

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



125 Cottage Street, Portsmouth, NH

**JULY 10-OCT 10
'THROUGH OUR EYES'
EXHIBIT THEME**

**An aspect of the new
show will have a focus
on art created or
inspired by artists
directly through the
Senior Activity Center.
Both Nicole, Senior
Services Supervisor &
Wendy Welsh, Meals on
Wheels Site Manager
will have pieces on
display.**

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

**"SPRING INTO ART" ON DISPLAY thru JULY 9
DROP BY ANYTIME**

**SATURDAY 9AM-12PM
SENIOR ACTIVITY CENTER HOURS
MONDAY-FRIDAY 9AM-5PM
SATURDAY 9AM-12PM**

Art Show Committee Contacts:

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



SUPPORT GROUPS & RESOURCES

DEMENTIA SUPPORT GROUP (TWO DAYS OF THE MONTH)

- **Thurs, July 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.

- **Thurs, July 23, 2PM - 3:30pm (Fourth Thursday of the Month)**

Facilitator: Debbie Kroner, Monarch Care Partners

This second session will be held at the Community Campus, 100 Campus Drive, Portsmouth. Free. Just show up.

New Beginnings Grief Group - Evenings

Tues, July 14

5:30pm-7pm at Senior Activity Center

Widow or widowers welcome. This group is really meant for those that have been through a structured support group or therapy beforehand. It is not for a newly grieving individual. Contact Kathy for more info katmandravelis@gmail.com. Free. Just show up.

DEATH OVER COFFEE

THURSDAY, JULY 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

MEDICARE QUESTIONS OPEN OFFICE HOURS (INDIVIDUAL)

Wed, JULY 22, 10am- 12pm

**United Healthcare Representative
Jason Reis, Web Insurance Agency**



Come with your questions or concerns about Medicare's Open Enrollment this Fall. Participants show up and sign-in on clipboard at front desk to meet with a Medicare independent agent from United Health Care. First come, first served basis. About 15-20 minutes per session. 603.610.4433.



NILLA THE THERAPY DOG

Mon JULY 6 - 12pm & Wed JULY 22 - 12:45pm (to catch our Veteran Coffee Hour)

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.

MOVIE MATINEE FRIDAYS



Every Friday at 12:30pm - Free - Popcorn served

July 3 - NO MOVIE

July 10 - Independence Day (1996) PG 13, 2hr. 25 min. In this American Science Fiction film, the aliens are coming and their goal is to invade and destroy the Earth. Fighting superior technology, mankind's best weapon is the will to survive. Starring: Will Smith, Bill Pullman and Jeff Goldblum. **A concert follows today's movie.**

July 17 - Milk (2009) R, 2hr. 8 min. This is the true story of American gay activist, Harvey Milk. He was the first openly gay man elected to public office in California, becoming a voice of equality during a turbulent era. Starring: Sean Penn, Josh Brolin, Emile Hirsch and James Franco. **Tonight is our special evening PARTY at 6pm!!**

July 24 - Coda (2021) PG 13, 1hr. 51 min. This comedy drama follows Ruby Rossi, the only hearing member of her deaf family. She balances the responsibilities of their struggling fishing business with a newfound passion for singing. Encouraged to attend music school, she faces the emotional challenge of chasing her dreams without abandoning her family. Starring: Emilia Jones, Troy Kotsur

July 31 - Indian Summer (1993) PG 13, 1hr. 37 min. This movie follows a group of childhood friends who reunite at their beloved summer camp decades later. They rekindle friendships, revisit memories and confront personal changes. Starring: Alan Arkin, Matt Craven, Diane Lane and Bill Paxton. **A concert follows today's movie.**

Aug 7 - The Summer Book (2025) PG, 1hr. 30 min. A young girl, Sophia, spends the summer with her father and grandmother on a small island in the Gulf of Finland. The family is grappling with the recent death of Sophia's mother. Starring: Emily Matthews, Glenn Close, Anders Danielsen Lie.

Catch a Show With Us!

**The Producers: The Mel Brooks Musical
at the Ogunquit Playhouse
Thursday, September 3**

Leaving Center 1pm, 5:30pm return

Run time: 2 hr 30 min

Rec van

Cost: \$80 Resident | \$85 NonResident

Sign-ups: July 6 resident / July 13 nonresident

Based on 1968 cult classic comedy, The Producers tells the story of theatrical producer Max Bialystock who realizes the road to his financial redemption lies in producing the worst musical ever written, raising 25,000% of the capital, and pocketing it all when the show is a one-night-only disaster.

13 spots for the Rec van; 7 spots to drive on own.

Seats are rows P & Q, center theater seats.

**Murder Mystery: Flashback to Murder
at the Carousel Theatre, Boothbay Maine
Monday, September 14**

Leaving Center 9:30am, return 6:30-7pm

Coach Bus

Cost: \$115 Resident | \$120 NonResident

Sign-ups: July 6 resident / July 13 nonresident

It's 1975 & disco and polyester are in. You are attending your 20-year reunion for the Class of 1955. Reunions are great for reminiscing but what happens when the evening is dampened by a yet to be solved murder of the prom queen from back in 1955?! A sweet, nostalgic blast from the past and fun mystery. Enjoy the show, interacting is optional. It is a buffet luncheon and serving by the cast. After the show, we spend 1 hour shopping Boothbay Harbor before home.

**Mary Poppins: The Broadway Musical at The Music Hall
Thursday, December 3**

Show starts at 1:30PM - Leaving the Senior Center at 12:45PM

Show run time aprox 3 hours with intermission.

Return to Senior Activity Center after 4:30 pm

Cost: \$70 Resident | \$75 NonResident

School Bus Shuttle

Sign-ups: July 6 resident / July 13 nonresident

Mary Poppins flies into The Music Hall with unforgettable songs, dazzling dance numbers, and timeless magic in Disney's beloved family musical for all ages. We shuttle you to the Music Hall via bus.

Seats are all left orchestra, floor level.

RSVP REQUIRED - 603.610.4433



ALL TRIPS HAVE INFO FLYERS AT FRONT DESK OF SENIOR ACTIVITY CENTER. DON'T SIGN UP WITHOUT READING ALL DETAILS.



“Tails n Tunes” Foster’s with Marlena Philips

Traveling to: Foster’s Clambake, 5 Axholme Rd, York, Maine

Wednesday, August 12, Arrive by 11:30am

Cost: \$99 Per Person (Same price, on own driving)

Choice of Lobster or BBQ Chicken

Drive On Own

Mount Washington Luncheon Cruise & Kellerhaus

Traveling to: Weir’s Beach, Laconia

Wednesday, August 19, 10:30am departure, 6pm return

Cost: \$151 Resident | \$161 Nonresident, all inclusive



Sixties Invasion at the Castleton, Windham, NH

Traveling to: Castleton Windham, NH

Wednesday, September 16, 10:30am departure, 4pm return

Cost: \$131 Resident | \$141 Nonresident, all inclusive

Red Apple Farm, Smith’s Country Cheese & Inn at East Hill Farm

Traveling to: Troy, NH/Monadnock Region of NH

Thursday, September 24, 8am departure, 4:45pm return

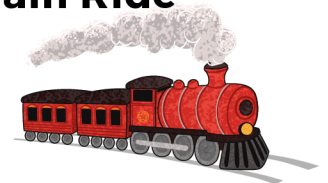
Cost: \$141 Resident | \$151 Nonresident, all inclusive

HOBO Railroad with Hart’s Turkey Dinner Aboard Train Ride

Traveling to: Lincoln, NH

Friday, October 16, 9:30am departure, 4:30pm return

Cost: \$151 Resident | \$161 Nonresident, all inclusive



The Country Jamboree at Danversport Yacht Club

Traveling to: Danversport Yacht Club

Thursday, November 12, 10:30am departure, 4pm return

Cost: \$131 Resident | \$141 Nonresident, all inclusive

RSVP to save your seat for these adventures or to learn more details. 603.610.4433

WEEKLY ONGOING PROGRAMS

***All first timers to the center, must register as a member at front desk.**

Yoga Stretch - 11:30am - \$5 Paid to Instructor, Diane Stradling

Scrabble - 1pm - Drop In - FREE

Mondays

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

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



Tuesdays

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

Poetry Group - 10am-11am - 1st & 3rd Tues; **July 7 & 21**- Drop-in - FREE - Facilitator Judy Mazel

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 Portsmouth DAR Chapter volunteers.

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

WEEKLY ONGOING PROGRAMS

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

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

Thursdays

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

Bring your knitting, crocheting, etc. This is a social based program, not a teaching program.

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; **7/9 & 7/23** - Drop-in

Exploring Mindfulness w/Jean - 11am
- Drop-in - FREE

Fridays

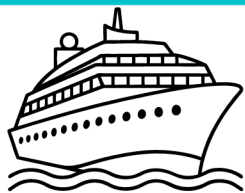
Cribbage- 1pm - Drop-In - All abilities - FREE

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

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

Saturdays

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



BINGO

Coach Bus

LUNCH CRUISE ABOARD THE SPIRIT OF BOSTON



Thursday, August 20

Leaving the Center at 9:15am, return apx 4pm

Cost: \$110 Resident | \$115 Nonresident

Enjoy the Boston skyline with a BINGO Lunch Cruise! Includes 2-hour Boston skyline cruise, 3 games of BINGO with prizes for winners, lunch buffet, DJ entertainment and games. Includes experiences, transportation and gratuities.

**Guests walk .05 miles down the pier to the ship.
Otherwise you are sitting.**

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, **July 11**, 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, **July 18**. 10:30AM

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; July 14 (ONLY SECOND TUESDAY DURING SUMMER)**

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.

**Newsletter online:
www.portsmouthnh.gov/recreation/senior**



QUILTS OF VALOR SEWING DAY
Wed, July 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



SENIOR ACTIVITY CENTER
CLOSED FOR THE FOLLOWING HOLIDAYS

CLOSED:

Saturday, July 4 - Fourth of July



**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.



**Call 603.691.2122 to
learn more!**

295 Lafayette Road | Rye
BenchmarkAtRye.com





Help us end
Multiple Myeloma

Your tax-deductible donation funds lifesaving research, treatment and care and would mean so much to someone fighting cancer.

American Cancer Society
Please donate today

donate.cancer.org



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.



AudioNova True North Hearing

Hear better, live better




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

EXPERT HEARING EVALUATIONS PERSONALIZED SOLUTIONS RISK-FREE TRIALS LATEST HEARING TECHNOLOGY

Scan or Call (603) 433-4488 for your **FREE HEARING SCREENING** with H.I.S., Sean Love.



Just around the corner! | 599 Lafayette Rd, Suite 2, Portsmouth, NH

Advertise Here!

Contact Daniel Malloy
dmalloy@4LPi.com
(800) 950-9952 x2813



Your Home. Our Care.

When life's events require extra help, we're here for you. Give us a call today.



Assisting Hands Home Care
Serving Seacoast NH & Surrounding Areas
603.824.8200

AssistingHands.com/SeacoastNH

Never miss our newsletter

Get this bulletin delivered straight to your inbox every week.



Scan to subscribe on parishesonline.com



New Hampshire State Treasury Unclaimed Property Division

www.findNHmoney.gov

Did you know that the New Hampshire State Treasury has millions of dollars in abandoned property waiting to be claimed?

It could be an old bank account, forgotten stock, proceeds from an insurance policy, or uncashed checks.

Call our office at **603-271-2619** or visit findNHmoney.gov to search for your unclaimed property.

This service is provided free of charge by the New Hampshire State Treasury. There is no cost to file a claim.



HOLLOWAY
GMC CADILLAC

NO GAMES. NO GIMMICKS. JUST FAIR PRICING

877-804-8421 • HOLLOWAYAUTO.COM



Hear Me Again

Restoring Quality of Life

94 Auburn St., Ste. 201, Portland, ME
180 Pool St, Ste 104, Biddeford, ME
www.Hearmeagain.net

Affordable Hearing Aids

Randall A. Robinson, BC-HIS

207-309-9001

ACCEPTING MOST MAJOR INSURANCE
Contact me to see if your insurance has hearing aid benefits!



J. Verne Wood Funeral Home - Buckminster Chapel

Providing an unparalleled service in the Seacoast Area



Services can include:
Personalized Obituary Page
Creative Video Tribute | Funeral Receptions

Thomas G. LaBerge
funeral director / native of portsmouth
603.436.1702
jvernewoodfh@comcast.net
www.jvwoodfuneralhome.com



No Obligation Pre-Planning • Mortuary Trust Agreements • Veteran Discounts



CORNERSTONE
SENIOR BENEFITS LLC

Medicare Simplified
Coverage You Can Trust



Patrick Miner
Senior Benefits Specialist/
Licensed Insurance Agent

603-502-3121



NEW ENGLAND Accountability

- Monthly Bill Pay • End of Life Planning
- Your trusted local partner in caring for loved ones from afar.
- Home Transitioning Assistance
- Bill Pay & Fiduciary Services • And Much More!

603-753-6328

www.newenglandaccountability.com



**MEDICARE-FOCUSED
INSURANCE SERVICE**

With my one-on-one approach, you can feel comfortable knowing you will be matched with Medicare insurance that fits your unique medical and financial needs.

CALL FOR
**ONE-ON-ONE
GUIDANCE**
978.413.4374



NPN:11198913



CORNERSTONE VNA
HOME • HEALTH • HOSPICE

Trusted Care since 1913

Your Health. Your Home. Your Choice.
www.cornerstonevna.org • 603-332-1133

Home Care • Hospice Care • Palliative Care
Life Care - Private Duty • Community Care

Edgewood Center

FOR REHAB & HEALTHCARE

Personalized Attention • Award Winning Care

The Edgewood Center is widely acclaimed for its unwavering high standard of care and dedication to the health and wellness of each member of its community.

We've been recognized as "Best Nursing Home" by the U.S. News & World Report and are the only three-time winner of the New Hampshire Quality of Life Award (recognizing quality of life initiatives and improvements).

Services: Physical Therapy • Occupational Therapy
Speech Therapy • Restorative Therapy
24-hour Licensed Nursing Care • Physiatrist on Site
Ancillary services such as: podiatry, dentistry, psychology

Care Options: Short term Rehab Memory Care
Long Term Care End of life and Palliative Care • Respite Care

Learn more about our award-winning care today
603-766-2310 • www.edgewoodcrh.com



EXPERT CARE. EVERYDAY COMFORT. GENUINE CONNECTION.

ALL IN ONE BEAUTIFUL COMMUNITY

At Webster at Rye, exceptional care meets coastal charm. Nestled in beautiful Rye, NH, our not-for-profit community offers **assisted living, memory care, nursing care, and skilled rehabilitation**—all with warmth, dignity, and a personal touch.

603.964.8144 | WebsterAtRye.com



A Silverstone Living Community



For ad info. call 1-800-950-9952 • www.lpicommunities.com

Portsmouth Senior Activity Center, Portsmouth, NH

06-5447