



August 2026

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+



GRANDPARENT/GRANDCHILD ALL AGES SHOW



The Silver Circus Andrew Silver Variety Artist



AT THE PORTSMOUTH SENIOR ACTIVITY CENTER

FRIDAY, AUGUST 14, 5pm-6pm

Everyone Welcome for this Special Show;
Having a grandchild not necessary!

Featuring spectacular magic, juggling, physical comedy, and tons of audience participation for a circus themed afternoon.

Indoors with air conditioning.

Kona Ice Truck on site for a sweet treat.

Cost: \$10 Per Family or \$5 Per Senior Only, Pay at the Door

RSVP Required - 603.610.4433. Share how many children are joining you, or, just come by yourself.

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



LUNCH BUNCH - WED, AUGUST 26, 12PM

Country View Restaurant, 692 Portsmouth Ave, Greenland, NH

Wednesday, AUGUST 26 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!



SENIOR MOBILE FOOD MARKET - FREE

Mondays; August 3, 17 & 31 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. No RSVP, Just Show Up.



SEACOAST VETERANS CONFERENCE

Saturday, September 19, 8:00AM - 1:30PM

**at Community Campus
100 Campus Drive, Portsmouth**



A day dedicated to educating veterans on resources to better their health and well-being. *Private event, not a senior center event.

To register visit seacoastveteransconference.com

FREE

PROGRAMS FOR AUGUST 5-14

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

ANDY DAVIS, STORYTELLER: "In the Spirit of Scheherazade" **Wed, August 5, 1pm**

New Hampshire storyteller Andy Davis returns with "In the Spirit of Scheherazade", a set of tales to transport, inspire and amuse, which includes personal narrative, a bit of folklore, and a smattering of history, taking us back and forth across the Atlantic and from ancient times to the recent past.



Andy comes to us during a pause between two summer bicycle storytelling tours totaling 24 days, 20 performances and 900 miles through NH, Vermont and Mass. He got his start as a storyteller telling comic tales by candlelight in Mexican refugee camps 30 years ago. He has since broadened and refined his craft and has entertained audiences with his signature blend of infectious humor, sly wisdom, and a cheerfully subversive spirit. FREE. RSVP 603.610.4433

3 SHADES OF GRAY CONCERT

Friday, August 7 at 3pm

3 Shades of Gray returns! 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. FREE. Just show up.



3 SHADES OF GRAY



NILLA THE THERAPY DOG

Fri Aug 14 (12pm) & Wed Aug 19 (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.

PROGRAMS FOR AUGUST 11-18



WITH TEEN EXPLORERS RECREATION CAMP at Senior Activity Center

Tuesday, August 11, 10am-12pm

A lively morning of BINGO courtesy of the Teen Explorers - our very own Recreation Day Camp! Teen Explorers kids will be with us calling out the numbers as we play 10 games for 10 winners. **FREE. Spaces limited - MUST RSVP 603.610.4433**

EARLY SIGNS: DEMENTIA AND COGNITIVE CHANGES

Wednesday, August 12, 1pm

Facilitator: David Young, Director Partnerships, D&C Home Care

Early signs of memory loss & how to plan ahead. Meant to help seniors and their families recognize early cognitive changes and understand what kinds of support can help them manage at home. **FREE. RSVP 603.610.4433**

SENIOR CARE OPTIONS OVERVIEW

Tuesday, August 18, 1pm

Facilitator: Ashley Vogler, Admissions Harmony Homes, Durham NH

Learn the different options that are available to seniors whether that means staying at home or joining a community. Harmony Homes offers day-stays, respite, and full stays. They are Veteran owned assisted living & memory care. **FREE. 603.610.4433**

PROGRAMS FOR AUGUST



IPHONE/IPAD CAMERA APP

Wednesday August 19, 1pm

Facilitator: Deb Weil O'Day, Retired Techie

Learn how to take great pictures with your camera app on your phone. Come with your questions related to anything from email, apps, photos, and more as well to give to instructor.

FREE. RSVP 603.610.4433

SPORTS OF AMERICA: HOW DO THEY AFFECT OUR LIVES?

Wednesday, August 26, 1pm

Presenter: Michael Lane, UNH Grad and Sports Lover



From baseball diamonds to football fields, sports have shaped America's culture and identity. This multimedia course explores how athletics influence our emotions, values and daily lives, from baseball's deep emotional pull to football's evolution from a college pastime to a billion-dollar enterprise that impacts everything from media to betting.

Michael is a lifelong sports enthusiast who has developed a theory linking sports events and life experiences. Lane combines his love of storytelling and sports trivia in engaging presentations.

FREE. 603.610.4433

RANDY HAWKES IN CONCERT

Friday, August 28 at 3pm



Rockin' Randy Hawkes joins us to play good time music for everyone. Randy plays music from the 50's, 60's, 70's and beyond.

We have enjoyed him a couple times and are happy to have him return to close out summer!

FREE. Just Show Up.



TRIPS GALORE! (SIGN UP AVAILABLE NOW)

Sixties Invasion at the Castleton, Windham, NH

Coach Bus

Traveling to: Castleton Windham, NH

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

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



Go back in time at the Castleton in Windham, NH as we enjoy a delectable lunch and see the talented Sixties Invasion! Family owned for generations, Castleton embodies the rich history and its natural lakeside surroundings on the banks of Cobbett's Pond. For your delicious luncheon entrée choice, choose from either Apple Cranberry Cornbread Stuffed Chicken or Salmon Filet with Lemon Dill Sauce.



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

Coach Bus

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

Cost: \$115 Resident | \$120 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

1:30PM Show - Leaving senior center at 12:45PM

Show run time aprox 3 hours with intermission.

Return to Senior Activity Center apx 5pm

Cost: \$70 Resident | \$75 NonResident

**School Bus
Shuttle**



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.

PROGRAMS NOT TO MISS



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



At the Senior Activity Center
Friday, August 21, 3pm

Portsmouth's own Gem - Sharon Jones, to delight in a mix of jazz, blues and soul. Refreshments provided courtesy of the Edgewood Center in Portsmouth.

Any donation appreciated at the door.

100% proceeds support PMAC. Just Show Up.



**2027 TRIP: CANADIAN ROCKIES &
GLACIER NATIONAL PARK
INFORMATION SESSION WITH COLLETTE TOURS**
Wednesday, September 23, 1pm
at the Senior Activity Center



- 7 Days, 10 Meals. September 10-16, 2027
- Highlights: Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Baniff, Athabasca Glacier, Lake Louise, Heritage Park Historic Village

Collette & AAA on-site to answer your questions. **RSVP 603.610.4433**

OLIVETEAL ARTS CLASSES: KAREN ROSANIA

NEW

**Wet Felted Wool Bookmarks at Senior Activity Center
Monday, August 24. 1pm-3:30pm**

Instructor: Karen Rosania, Owner Oliveteal Arts

Cost: \$10 Residents, \$15 Nonresidents



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!**

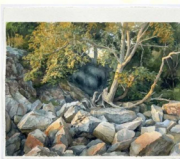
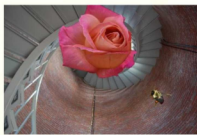
NEW ART SHOW: THROUGH OUR EYES, JULY 10-OCT 10

**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

**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.

Art Show Committee Contacts:

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

SUPPORT GROUPS & RESOURCES

DEMENTIA SUPPORT GROUP (TWO DAYS OF THE MONTH)

- **Thurs, August 13, 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, August 27, 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 (SEE DAY CHANGE)

Thursday, August 13 (has moved to Thursday evenings)

5:30pm-7pm at Senior Activity Center - Second Thursday of the Month

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, AUGUST 13, 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



2027

SENIOR ACTIVITY CENTER
PORTSMOUTH

SAVE THE DATE

Health & Wellness Expo

FREE

IN PARTNERSHIP WITH NORTHEAST REHAB AT PEASE

THURSDAY, May 20, 2027
9:00AM - 12:00PM

At Community Campus Gym
100 Campus Drive, Portsmouth

NRH
Northeast Rehabilitation
Hospital Network

**OUR ANNUAL HEALTH
& WELLNESS EXPO
IS MOVING TO
MAY 20, 2027**



MOVIE MATINEE FRIDAYS



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

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. **Concert follows today's movie at 3pm.**

Aug 14 - Crimes of the Heart (1986) PG 13, 1 hr. 45 min. In this dark comedy, three eccentric sisters - Babe, Lenny and Meg - reunite in Hazelhurst, MS after Babe shoots her abusive husband. Starring: Diane Keaton, Jessica Lange and Sissy Spacek. **Andrew Silver Circus Special Show is tonight at 5pm! Open to everyone.**

Aug 21 - Hope Gap (2020) PG 13, 1 hr. 40 min. Grace is living an idyllic life until her 29-year marriage to Edward abruptly ends, leaving their only son to pick up the pieces. As life unravels, Grace discovers it's never too late to be happy. Starring: Annette Bening, Bill Nighy and Josh O'Connor. **Concert follows today's movie at 3pm.**

Aug 28 - Bridesmaids (2011) R 2hr 5min. Competition between the Maid of Honor and a Bridesmaid threatens to upend the life of an out-of-work pastry chef. Starring: Kristen Wiig, Maya Rudolph and Rose Byrne. **Concert follows today's movie at 3pm.**

Sep 4 - Larry Crowne (2011) PG13, 1hr 38 min. A middle-aged Navy veteran, after losing his job, enrolls in community college to start over. There he finds friendship, personal growth and a possible romance with a disillusioned teacher. Starring: Tom Hanks and Julia Roberts. **Concert follows today's movie at 3pm.**



SENIOR CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING

Naturalist Guided Hike: Powder Major Forest, Madbury NH



Thursday, August 27

Leaving center 9:30am, return apx 1:30pm

Fee: \$25 Resident/\$30 NonResident

Rec van

Sign-ups: Residents Aug 3, Nonresidents Aug 10 Two mile hike - no steep incline or decline

Powder Major's Forest is a historical and natural gem that unites 3 towns. This summer, the Forest Society will be extending the forest through our Crosby project, adding acres to the existing 193 acres of conservation land. Why and how do we conserve land? What makes this forest so remarkable? Find out with a guided hike through multiple diverse forest landscapes, adjoining wetlands of the Oyster River, and patches of meadow on it's way back to becoming a dense, mature forest. Please call for more hiking terrain details. Bagged lunch will be provided. We will call later for meal choice.

Casco Bay Mailboat Run, Portland ME

Wednesday, September 9



Rec van

Leaving Center 8:30am, 5pm return

Cost: \$30 Resident | \$35 NonResident

Sign-ups: Residents August 3, Nonresidents August 10



Cruise around the Casco Bay in Portland, Maine on the Mailboat Run and explore the shops of downtown Portland in the afternoon. Bring snacks for the Mailboat Cruise and enjoy a lunch of your choice at one of the many restaurants downtown! Price includes mail boat and your transportation. All other expenses on own.

Applecrest Farm & Picnic Lunch

Tuesday, September 29

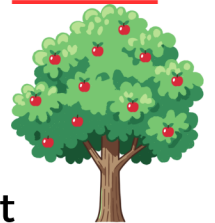
Leaving Center 10:30am, 1:30pm return

Cost: \$20 Resident | \$25 NonResident

Sign-ups: Residents August 3, Nonresidents August 10



Rec van



Join us for a day at NH's oldest and largest apple orchard. At Applecrest Farm in Hampton Falls you can pick your own apples, take a tractor ride, or explore the farm market (fresh apple cider donuts, apple crisp, cider, and more)! A bagged lunch will be provided to enjoy at the farm.

RSVP REQUIRED - 603.610.4433

Maine State Society for the Protection of Animals & Lunch Out
Thursday, October 1

Leaving Center am, pm return

Cost: \$20 Resident | \$25 NonResident

Sign-ups: Residents August 3, Nonresidents August 10



Rec van



Come along for a visit to the Maine State Society for Protection of Animals to learn about how this organization saves and rehabilitates horses that have been seized from situations of abuse and neglect. You will get a guided tour from an expert of the farm and get to meet several of the resilient horses! **Please wear sneakers since a portion of the tour will be outside.** After the tour, we will get lunch at Red City Ale House - pay for your own meal.

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

Don't miss out on this special taste of New England tour! A full-day of fall filled fun. Stopping at:

- Red Apple Farm - locally made products to explore and everyone gets a bag of apples.
- The Inn at East Hill Farm for lunch. Menu includes Soup & Fresh Baked Bread, Fritters and Maple Syrup, New England Pot Roast, Baked Chicken, Mashed Potatoes, and Desserts
- Smith's Country Cheese - farmstead cheeses where you get to try samples and browse the gift shop!

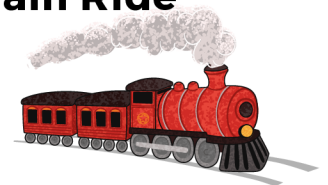


HOBO Railroad with Hart's Turkey Dinner Aboard Train Ride

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; **August 4 & 18**- 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; **8/6 & 8/20** - 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

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



CHERRY TREE DEDICATION

Sat, September 5 at 3:47 pm

Gather round the new cherry tree as the City and the State celebrate Portsmouth Peace Treaty Day with a short bellringing ceremony.

Bells will be provided - or bring your own!



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, **August 1, 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, **August 15. 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) **Tuesday, August 11 (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, August 26, 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:

Monday, September 7- Labor 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.



**Call 603.691.2122 to
learn more!**

295 Lafayette Road | Rye
BenchmarkAtRye.com



Never
miss our
publication!

Get each new issue
delivered straight to
your inbox.

Scan to subscribe on
MyCommunityOnline.com



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

Advertise Here!

Contact Heidi Brisson

hbrisson@4LPi.com
(800) 950-9952 x2034

Your Home. Our Care.®



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



Serving Seacoast NH &
Surrounding Areas
603.824.8200

©2024 Assisting Hands® Home Care, Nampa, Idaho 83687. All Rights Reserved.



AssistingHands.com/SeacoastNH

- ▶ PT/OT/Speech
- ▶ Post-Surgery Therapy
- ▶ Orthotics/Prosthetics Clinic
- ▶ Sports Medicine Clinic
- ▶ Aquatic Therapy
- ▶ Vestibular Therapy
- ▶ Neuro Rehab
(Parkinson's, MS, Stroke...)



OUTPATIENT THERAPY CENTER IN PORTSMOUTH

95% of patients would recommend
our team to family & friends
- Source: Net Promoter Score



Scan for info and to request an appointment. 603-501-5520 / NortheastRehab.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



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

Portsmouth Senior Activity Center, Portsmouth, NH

06-5447



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

Darryl Frank
Managing Funeral Director
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



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**
978.413.43747



NPN:11198913



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



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



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