

September 2026

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Age 50+

Happy National Senior Center Month!

Portsmouth Senior Activity Center is showcasing the talents of our own seniors in celebration of this month.

Poetry Day: Featuring Mimi White

Wednesday, September 16, 1pm

Reading their poetry we'll be joined by Portsmouth's 5th Poet Laureate, Mimi White will kick off the event, followed poets of the Senior Activity Center. **FREE.**

Author's Day: Featuring Rebecca Rule

Wednesday, September 22, 1pm

Rebecca Rule, author, storyteller, humorist & editor will be our keynote speaker of Author's Day. Around the room will be local authors with their books for purchase: Bob Lister, Dane Peters, Charles Elias, Catherine Jones, Dee & Bob Vieira.

**A social hour with refreshments to follow
both Poetry & Author's Day events.**

RSVP to these events: 603.610.4433

**IMPORTANT CLOSURE DATES OF SENIOR
ACTIVITY CENTER. SEE PAGE 3.**

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



LUNCH BUNCH - WED, SEP 23 12PM

Olive Garden, 2048 Woodbury Ave, Newington

Wednesday, SEPTEMBER 23 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

Monday, September 14 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

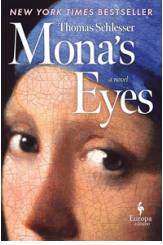
at Community Campus, 100 Campus Drive, Portsmouth



A day dedicated to educating veterans on resources to better their health and well-being. Coffee, Light Refreshments Provided.

To register visit go to Eventbrite and search Seacoast Veterans Conferece. **FREE** event!

PROGRAMS FOR SEPTEMBER 3-9



BOOK CLUB: Live Reading of Mona's Eyes

**Thursdays Starting Sep 3, 3pm-4pm
(During Normal Book Club Meeting Time)**

Mona's Eyes, by Thomas Schlessler will be read out loud starting in September by our Book Club members. Mona's Eyes tells the story of a 10 year old girl and her grandfather who visit 52 masterpieces in Paris museums before she loses her sight.

Two group members will share the reading roles - one of the little girl and one of the grandfather. They will read chapters as per meeting time allows until the book is completed. FREE. Just Show Up.

UNH HEALTH & WELLNESS RETURNS

Wednesdays, September 16 to Dec 10, 10AM-12PM

Led by: Occupational Health Students

Supervised by: John Wilcox, Clinical Associate Professor



UNH Occupational Health graduate students teach a variety of health topics including falls prevention, balance, healthy eating, in-home helpful hints, and overall physical health. This class is very popular and will fill up fast. Participants are invited at the end of each class to enjoy lunch from Meals on Wheels with the students. Lunch is \$3 suggested donation. FREE. RSVP to 603.610.4433

IMPORTANT SENIOR ACTIVITY CENTER CLOSURES

The Senior Activity Center will be closed:

- **Monday, September 7, Labor Day**
- **Tuesday, September 8, Voting Day (We are a Voting Ward)**

AND THE WEEK OF SEPTEMBER 28- OCTOBER 2

FOR INSTALLATION OF NEW CARPETING!

No activities during any of these dates.



PROGRAMS FOR SEPTEMBER 9-21

THREE P's of INVESTMENT FRAUD: Profile, Persuasion, Prevention **Wednesday, September 9, 1pm**

Facilitator: Eric Giroux, US Securities and Exchange Commission

Join staff from the U.S. Securities and Exchange Commission for a seminar on investment fraud and financial scams—and how you can protect yourself from them. Includes the “Three P’s of Investment Fraud”: Profile of the typical investment-fraud victim, Persuasion tactics con artists use to trick seniors and other investors, and how to Prevent this from happening to you or your friends. Speaker: Eric Giroux, a senior counsel in the S.E.C.’s Enforcement Division. FREE. RSVP required 603-610-4433.

TRUSTS & ESTATES

Tuesday, September 15, 1:30pm

Facilitator: Sean McCarthy, M&T Bank

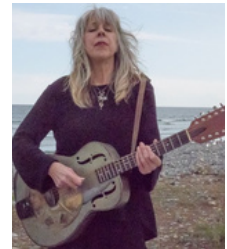
A one-hour presentation to help you navigate important life events. Helpful information and lots of time for questions. FREE. 603.610.4433.

CAROL CORONIS CONCERT:

Music of Pirate Queens from England, Ireland & Greece

Friday, September 18 at 3pm

Ever wonder what the women were doing while the men left to sail the unforgiving sea? With stories of English and Irish pirate queens this trip will take you from traditional to contemporary with evocative ballads and powerful crowd-pleasing shanties as played by Carol.



And then there’s the first Greek pirate queen from the 5th century; set-to-music story of this warrior. This seafaring nation has a huge maritime history dating back nearly 5,000 years. Come learn more! FREE. Drop By.

BASIC DRAWING CLASSES WITH CHONG SCOTT

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; September 21 Only this Month (Off for Oct, returns Nov)

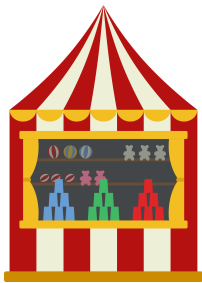
- 10:00am-11am (Beginners) Shape, Shade & Shadow
- 11am-12pm (Returning Artists)

PROGRAMS FOR SEPTEMBER 23

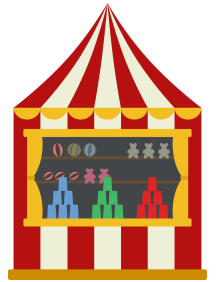
2027 TRIP: CANADIAN ROCKIES & GLACIER NATIONAL PARK INFORMATION SESSION WITH COLLETTE TOURS Wednesday, September 23, 1pm at the Senior Activity Center

- 7 Days, 10 Meals. September 10-16, 2027
- Highlights: Head-Smashed-In Buffalo Jump Heritage Site, 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



GRANDPARENT/GRANDCHILD CARNIVAL GAMES AT THE SENIOR ACTIVITY CENTER WEDNESDAY, SEPTEMBER 23, 4PM-6PM



Studios2Go onsite with 7 inflatable carnival games stations.

Play familiar carnival games with your grandkids!

Fun for all ages - Pizza too!

Don't have to be a grandparent. All Ages Welcome.

\$10 Per Family I Pay at Event

RSVP 603.610.4433. Please say how many when registering.



IPHONE/IPAD TIPS & TRICKS AD HOC Q&A

Wednesday, Sep 23, 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

PROGRAM SEPTEMBER 25- EARLY OCTOBER



JOSEF NOCERA CONCERT

Friday, September 25 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.

NEW SEASON, NEW YOU STRATEGIES FOR WELL-BEING

Monday, October 5, 1pm
Facilitator: Lesley Tolman

Interactive workshop designed to support healthy aging by building personal resilience and empowering participants to thrive through life's transitions. Together, we'll explore the power of community and open conversation, as well as the power of taking meaningful action. Participants will leave with practical tools and strategies to maintain balance, enhance well-being, and confidently navigate life's challenges. FREE. RSVP 603.610.4433

6-Week Weekend Wellness Series

at the Senior Activity Center

Saturdays; October 3 to December 5, 10:30AM-12PM

Facilitator: Rachel Haskovec, Take 5 Breaths Therapeutic Yoga

Tools to help you discover a better balance and connection through mindfulness and self-care.

Pick and choose sessions that interest you. RSVP Required.

- October 3: Joint Freeing Mobility & Stability
 - October 10: Fall Prevention: Balance, Functional Movement
 - October 24: Pelvic Floor Health
 - November 7: Care & Connection for Caregivers
 - November 21: Embodied Women's Circle for Menopausal & Post-Menopausal Women
 - December 5: Fall Prevention & Healthy Joint Mobility
- \$10 Per Session. RSVP 603.610.4433**

MAUREEN O'LEARY ART CLASSES

BEGINNER WATERCOLOR: PAINTING NATURE (8 WEEKS)

Fridays; Oct 9 through Dec 4 (Closed Nov 27), 10am-12pm

Facilitator: Maureen O'Leary, Volunteer Extraordinaire

FREE for Residents; \$10 for Nonresidents

Discover the beauty of watercolor through the inspiring world of nature. Beginner-friendly class to learn the basics of watercolor painting in a relaxed, supportive environment—no previous experience is needed. Explore essential techniques such as color mixing, brush control, and layering while painting flowers, trees, and simple landscapes.

With step-by-step instruction and guided projects, you'll build confidence, develop skills, and discover the joy of capturing the beauty of the natural world with watercolor. No previous painting experience is required. Please bring your own watercolor supplies. Spots are limited. RSVP Required 603.610.4433



BEGINNER LINOCUT PRINTMAKING (4 WEEKS)

Tuesdays; Oct 13 through Nov 10 (Closed Nov 3), 10am-12pm

Facilitator: Maureen O'Leary, Volunteer & Talent Extraordinaire

Cost: \$95 Resident / \$105 Nonresident, includes supplies to keep

Payment is due by September 28

Discover the art of linocut printmaking in this beginner-friendly class. Learn the basics of designing, carving, inking, and hand-printing your own original artwork. **Please bring a wooden spoon and pencil to the class with you.**

Through step-by-step instruction, you'll create bold, graphic prints while exploring texture, pattern, and composition. Supportive introduction to the creative process.

This class size is very limited. Must RSVP!

RSVP Required 603.610.4433



OLIVETEAL ARTS CLASSES: KAREN ROSANIA

WHIMSICAL STAINED-GLASS BIRD SUNCATCHER

Wednesday, October 14, 9:30am-12:30pm

Instructor: Karen Rosania, Owner Oliveteal Arts

Cost: \$25 Resident/\$30 Non-Resident Paid to instructor day of

Create your own unique stained-glass songbird suncatcher. To add some extra whimsy, you are welcome to bring some old costume jewelry beads and integrate into the bird's legs (Karen will also have lots of choices available). Learn the Tiffany method, which will include a demonstration on how to cut and grind stained-glass while also learning how to foil and solder your suncatcher. Plus, add some fun wire accents to your suncatcher. All materials included. No experience necessary. Please wear close-toed shoes. Limit 6 people.

Location: At Karen's studio in Portsmouth. Transportation provided - we shuttle you over, leaving the Senior Activity Center at 9:15am. RSVP 603.610.4433

new!



**Karen's
Studio Class
this month**

***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!**

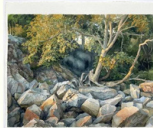
NEW ART SHOW: THROUGH OUR EYES, JULY 10-OCT 10

**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) FREE. JUST SHOW UP.

- **Thurs, Sep 10, 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.

- **Thurs, Sep 24, 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.

NEW BEGINNINGS GRIEF GROUP - EVENINGS (SEE DAY CHANGE)

Thursday, September 17 (has moved to 2nd Thursday evenings)

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

Widow or widowers welcome. For those that have been through a structured support group or therapy beforehand. Not for a newly grieving individual. More info: Kathy at katmandravelis@gmail.com. FREE. Drop-in.

EVENING GRIEF GROUP - STRUCTURED 6-WEEK PROGRAM

Thursdays: September 24 - October 29 from 5:30pm-7pm

Facilitators: Bob Viera and Stew Bradley

new!

Grieving the loss of a loved one is universal, but for each of us individually it is a unique experience. This group is for those that have lost a spouse, partner, parent, or family member. Education of the grief experience, and the chance to interact with others. Meetings are conversation and exploration of challenges. Attendance required. FREE. RSVP 603.610.4433.

MEDICARE MADE CLEAR SPONSORED BY UNITED HEALTHCARE

Tuesday, October 6, 1pm

Facilitator: Tim Harrigan Independent Medicare Broker



Learn more about Medicare, your healthcare options, and a general understanding about Original Medicare, your private health plan options and what to consider when deciding on a Medicare plan. FREE.

RSVP 603.610.4433



MOVIE MATINEE FRIDAYS



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

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.

Sep 11- The Sheep Detectives (2026) PG 1hr 49 min. Mystery comedy-drama set in the English village of Denbrook, you'll meet a shepherd named George. George spends his time reading murder mysteries to his flock of sheep. One morning, George is discovered dead and the police are called. The sheep then decide to solve the mystery themselves. Starring: Hugh Jackman and Patrick Stewart.

Sep 18 - The Way Way Back (2013) PG 13, 1hr 43 min. In this coming-of-age comedy, shy 14-year-old Duncan goes on a summer vacation with his mother and her overbearing boyfriend and her boyfriend's daughter. Having a rough time fitting in, Duncan finds an unexpected friend in Owen, the manager of the Water Wizz Water Park. Starring: Steve Carell, Toni Collette and Allison Janney.

Sep 25 - A Star Is Born (1937) PG 1hr 51min. This 1937 film in Technicolor, follows young Esther Victoria Blodgett who goes to Hollywood with dreams of stardom. After many struggles, she ultimately achieves her goals with the help of alcoholic leading man, Norman Maine, whose best days are far behind him. Starring: Janet Gaynor, Frederic March and Adolphe Menjou.

NILLA THE THERAPY DOG - THIS IS HER BIRTHDAY MONTH!

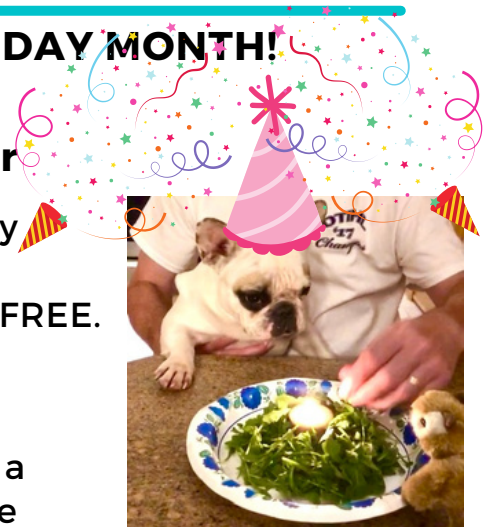
Fridays; September 4 & 18, 12pm both days

About 40-45 minutes at Senior Activity Center

Nilla is a certified therapy dog and can help melt away stress with a few pats. Nilla is the fur baby of Karen Rosania. Stop by to meet her. No reservation needed. FREE.

Sep 5 is Nilla's Birthday; we will celebrate Sep 4!

Nilla LOVES lettuce so you are all cordially invited to celebrate her birthday with a lettuce cake (ok it's just a head of lettuce with a candle!). Karen is bringing some mini cupcakes to share.



SENIOR CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING

LECTURE & GUIDED WALK ON REMARKABLE TREES WITH THE FOREST SOCIETY, PORTSMOUTH

Tuesday, September 22

Leaving center 9:45am, return apx 1pm

Fee: \$20 Resident/\$30 NonResident

Sign-ups: Residents August 31; Nonresidents September 8



Rec van

Creek farm is a place dense with natural and cultural history – and some of those trees saw some of our most famous events take place! Experience a living museum, right in our own backyard. From connection to what some would call ‘world war zero,’ to perseverance in challenging coastal environments, step with us into other times. Guided by history buff and Forest Society Recreation and Community Relations Manager, Matt Scaccia.

Hike = bit under 1 mile; almost all of it paved or maintained lawn, with a brief 100ft mild incline in the middle. Begin with a 40-min to 1-hour lecture and a slow, easy walk for 1.5 hours with frequent pauses. A bagged lunch will be provided (We will call you for your lunch choice).

CURRIER MUSEUM WITH FRANK LLOYD WRIGHT HOMES TOUR

Wednesday, September 30

Leaving center 9:15am, return apx 4pm

Fee: \$40 Resident/\$50 NonResident

Sign-ups: Residents August 31; Nonresidents September 8

Rec van



A day at the Currier and Frank Lloyd Wright homes in Manchester; we return again! Arriving at the Currier at apx 10am and about 1- hour with the exhibits. Then enjoy an early lunch at the Winter Garden Cafe. **We will call you for your lunch order ahead of this trip. You will be paying for your lunch at the cafe.** After lunch, you will attend the 2-hour tour through the Wright buildings which are the only two open to the public in New England. **Cost includes transportation, your ticket, & guided tours.** RSVP to 603-610-4433

RSVP REQUIRED - 603.610.4433

**HAUNTED OVERLOAD DAY WALK
AT DEMERITT HILL FARM, LEE NH
Thursday, October 22**

Leaving center 1:30pm, return apx 4pm

Fee: \$15 Resident/\$25 NonResident

Sign-ups: Residents August 31; Nonresidents September 8



Rec van

**Uneven terrain, walking
on wood chips**

Step into the mesmerizing world of Huanted Overload at DeMeritt Hill Farm in Lee, NH without the actors and scares. Admire the incredible artstry that goes into these elaborate spooky scenes. Shop the farmstand, and check out the property after your self-guided spooking walk! ****Very important to note: terrain at Haunted Overload is uneven and the trails in many places are on wood chips. You must be comfortable walking terrain like this to sign up.**

ISABELLA STEWART GARDNER MUSEUM

Boston, Massachusetts



Coach Bus

Thursday, November 5

Leave senior center at 9:30AM; Return apx 5PM

Cost: \$125 Resident/\$135 Nonresident

Includes Museum Ticket & Guided 1-Hour Tour, Lunch & Coach Transportation & Driver Gratuities.

Sign-ups: Residents August 31; Nonresidents September 8



Step into a world of art, history, and beauty with an unforgettable day at Boston's Isabella Stewart Gardner Museum.

Your day starts with a table service luncheon at Cafe G inside the museum, overlooking the stunning Venetian-style courtyard gardens. After lunch, there is a fascinating 1-hour guided tour highlighting the museum's remarkable collection and captivating history, followed by free time to wander the galleries at your own pace. Travel in comfort aboard coach bus while we take care of the driving and parking

**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; **Sep 1 & 15-** 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

Yarn Works - 12:30pm-2:30pm - FREE

Open to ALL fiber arts. Knitting, crochet, sewing, needlepoint 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. **NO VOLLEYBALL SEP 3**

Book Club - 3pm **Every Week During September** - 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

Nicole Fortune Classes:

- **ALCOHOL INK CLASS**

Saturday, September 12, 10am-12pm

Explore the fun, bright, and brilliant pigments of alcohol inks on yupo paper and ceramic tiles. This medium uses alcohol instead of water, and blends beautifully together with your favorite shapes, scenes, and imagination.

- **MOSAIC CLASS**

Saturday, September 26, 10am-12pm

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

BOTH Classes: Pay \$15 to instructor day of. Must RSVP 603.610.4433

MONTHLY DEATH OVER COFFEE

THURSDAY, SEPTEMBER 10, 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

Death Over Coffee
A DIE-A-LOGUE



MONTHLY PROGRAMS

Senior Activity Center Stitches with Seacoast Sweet Stitches Sat, **Sep 5**, 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, **Sep 12**. 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; September 22 ONLY THIS MONTH**

Facilitator: Mary Schworer, 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.



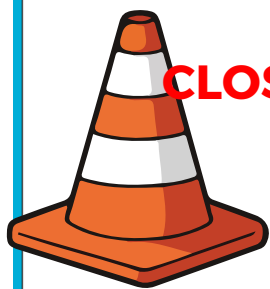
Newsletter online:
www.portsmouthnh.gov/recreation/senior



Quilts of Valor Sewing Day
Wed, September 23, 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 DATES THIS MONTH

CLOSED:

Monday, Sept 7: Labor Day

Tuesday, Sept 8: Primary Voting Day



WEEK OF SEPTEMBER 28- OCTOBER 2 (NEW CARPETING)



**MEMORY CARE
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**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!*

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



Downtown Portsmouth's Grocery Market

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

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Contact Heidi Brisson

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

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- ▶ 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
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www.findNHmoney.gov

Did you know that the New Hampshire State
Treasury has millions of dollars in abandoned
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