

October 2026



VETERANS BREAKFAST & QUILTS OF VALOR CEREMONY

TUESDAY, NOVEMBER 10



BREAKFAST 9AM; QUILTS OF VALOR PRESENTATION 10AM

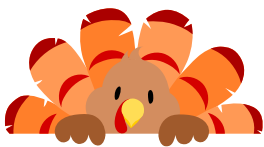
Senior Activity Center

French toast breakfast with ceremony to honor all veterans.

All who served & spouses of veterans are welcome.

Following breakfast, Quilts of Valor presents a handmade quilt to 5-7 veterans in attendance. A touching ceremony not to be missed. Want to nominate a veteran? Forms available on the Veterans Table in the Senior Activity Center foyer.

FREE. RSVP 603.610.4433



THANKSGIVING LUNCHEON & CRAFT FAIR



THURSDAY, NOVEMBER 19

CRAFT FAIR 9:30AM-1:30PM | LUNCH SERVED 11:30AM

At Community Campus, 100 Campus Drive, Portsmouth

Two events in one! Holiday shopping AND a warm turkey meal.

Lunch: \$10 Residents/\$15 Nonresidents

Craft Fair Admission is Free to All

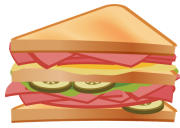
RSVP to 603.610.4433

Have a dietary need? - Let us know

CRAFT VENDOR APPLICATIONS OPEN NOW! \$20 per table.

Table reservation required by emailing Nicole at nmfinitsis@portsmouthnh.gov

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



LUNCH BUNCH - WED, OCT 21 AT 12PM



Paddy's American Grille, 27 International Dr, Portsmouth

Wednesday, OCTOBER 21 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

NEW!

SENIOR ACTIVITY CENTER
PORTSMOUTH
FITNESS ENRICHMENT SOCIAL RESOURCES ENTERTAINMENT

GRAB & GO
with Meals on Wheels

Monday - Friday
11am-11:30am
Pick up choice of hot or cold meal inside kitchen

Tues & Thurs
Remain Grab & Stay

If new, 3-business days notice for pre-registration. **You MUST complete a menu before starting.**

More info: Site Manager Wendy Welsh at 603-766-4448

MEALS ON WHEELS
ROCKINGHAM COUNTY



SENIOR MOBILE FOOD MARKET - FREE

Monday, October 26 at 2pm ONLY DUE TO HOLIDAY

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.



SOCIALIZE & HAVE FUN!

SOUP MONDAYS; SPONSORED BY MAPLE SUITES

Senior Activity Center

Monday October 5, 19 & 26

Mondays from 11:30am-Until it's gone!

Hot soup & conversation. A delicious soup along with crackers or bread.

Soups generously provided by **Holiday Maple Suites in Dover**. Just show up! Donations welcome but not required.

HALLOWEEN HULLABALOO COMMUNITY DINNER

at Gather's Location: 124 Heritage Ave, Portsmouth

Tuesday, October 27, 3:30pm-5:30pm

FREE; RSVP REQUIRED to Nicole

A complimentary, seated three-course dinner prepared with love by Gather's Cooking 4 Community team. Hosted by our friends at Gather (not a Senior Activity Center event). Drive on your own. SEATING LIMITED.

RSVP Required: 603.610.4433 / nmfinitsis@portsmouthnh.gov

FALL LUNCHEON SPECIAL: HALLOWEEN THEMED

Thursday, October 22 at the Senior Activity Center

Seating starts at 11am, serving 11:30am

A harvest meal with a Halloween spin!

Roast Pork with Apples

Mashed Butternut Squash

Roasted Brussel Sprouts

Pumpkin Baked Good & Additional Surprise Dessert



Come dressed in costume OR festive Halloween/autumn attire.
Prizes for the winners of the costume/outfit contest.

Thanks to Rockingham Nutrition for providing lunch.
Voluntary \$3.00 suggested donation. Pay at the door.

RSVP required by Tuesday, Oct 13: 603.610.4433.

PROGRAMS FOR OCTOBER 5-14



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. 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

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

UNDERSTANDING SWELLING: CAUSES, PREVENTION & TREATMENT

Wednesday, October 7, 1pm

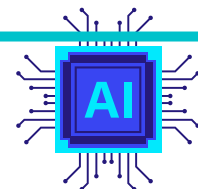
Facilitator: Jennifer Williams, PT, DPT Northeast Rehab at Pease

Have you noticed swelling in your legs, arms, or other areas of your body? Better understand why swelling happens, common causes such as vein problems, cancer treatment, injury, surgery, or lymphedema, and when it may be a sign that specialized care is needed. Learn how gentle hands-on techniques, compression garments, exercise and self-management strategies can help reduce swelling, improve comfort and support your daily activities. FREE. RSVP 603.610.4433

AI FOR REAL LIFE: EXPANDED EDITION

Wednesday, October 14, 2PM

Facilitator: Michael Berman



Expanded, interactive presentation on Artificial Intelligence for everyday living. Topics: staying secure online, recognizing scams and fake AI photos, and understanding the ethics and data systems behind the technology. Whether you attended the first class or are completely new to AI, bring your smartphone and your questions. FREE. RSVP 603.610.4433

PROGRAMS FOR OCTOBER 18-21



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

The Stairwells
Sunday, October 18, 3pm
at Senior Activity Center

Acapella (feel good!) Music
headed by Ben Baldwin

All proceeds support The PMAC Shaw Brothers Memorial Scholarship Fund.



Light refreshments courtesy of the Edgewood Center
Any donation welcome at the door. Just Show Up

THE WARNER HOUSE: THREE CENTURIES OF STORIES

Wednesday, October 21, 1pm
Facilitator: Stephanie Hewson, Site Manager

On the corner of Daniel and Chapel St, built between 1716-1718 was home to merchants, sea captains, military officers, and businessmen, as well as the longest-serving Colonial Governor of NH, Benning Wentworth. One of the best examples of early-period architecture in the country, the house remained in the same family for 5 generations and was altered very little over the centuries. A museum since 1932, learn the stories of the families who lived in the house. FREE. RSVP 603.610.4433



DOODLE & TANGLE WITH JOYCE AMEND, CZT
Third Wed of the Month: Wed OCT 21, 10AM-12PM
Class Fee: \$12 Per Student Paid to Instructor Day of



Ready to unwind, get creative, and have fun? Zentangle is an easy, playful art method that turns simple lines into stunning designs. Anyone can do it—no art background required.

Bring your materials if you've tangled before. New to it? Grab a starter pen and supplies from Joyce for just \$5. RSVP 603.610.4433

PROGRAMS FOR OCT 27-NOV 4

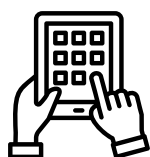
WORLD STROKE DAY EVENT

THINK FAST. ACT FAST. SAVE A LIFE. EVERY MINUTE COUNTS

Tuesday, Oct 27, 1pm

Facilitator: Joanne Morello, PT, DPT Northeast Rehab

Could you recognize a stroke if it happened right in front of you? Join us for this World Stroke Day event, where we'll learn how to identify stroke warning signs and the importance of acting fast. Topics: stroke facts vs fiction, test your stroke-spotting skills, stroke BINGO, and a stroke prevention checklist to take home. FREE. RSVP 603.610.4433



IPHONE/IPAD TIPS & TRICKS AD HOC Q&A

Wednesday, Oct 28, 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

THE FAMILY HODES WITH KENT ALLYN CONCERT

Friday, October 30, 3pm-4:30pm

Peggo & Paul Hodes are joined by their daughter, singer-songwriter Ariana Hodes, with long-time musical colleague Kent Allyn. Light-hearted and heartfelt original folk songs sure to be enjoyed! Just Show Up. Free.



FOOTBALL: AN AMERICAN SUNDAY TRADITION

Wednesday, Nov 4, 1pm

Facilitator: Michael Lane, UNH Grad and Sports Lover



Michael returns this time with a football focus - as requested by you! Crisp fall Sunday afternoons, the smell of brats and football. Learn about how American traditions have evolved over the last 50 years! FREE. Just drop in. 603.610.4433

NEW ART CLASS & UPCOMING ART SHOW

WOOD WORKING BASICS: BIRD SUET FEEDER AT THE SENIOR ACTIVITY CENTER

REGISTER NOW

Thursdays; Starting Oct 15 - Oct 29 (3 Weeks)

Time: 9:30am-11:30am

Facilitator: Philip Schwartz, Volunteer

Cost: \$40 per person paid ahead of class

Make a pine suet bird feeder. Kit will contain instructions, precut wood pieces, screws, hard cloth, and rope to make the bird feeder. You will receive a suet block for their bird feeder. Will attract Red-Headed Woodpeckers, Northern Flickers, American Crows, Black Capped Chickadees, and White Breasted Nuthatches.

Instructor: Philip Schwartz, is a life-long wood worker. He is retired from a technology career and currently does woodworking for the Parker River Refuge, the Great Bay Refuge and for paying customers. RSVP Required. Seats Limited. 603.610.4433



NEW SHOW: OCT 15-JAN 14, 2027 'ART FOR THE HOLIDAYS'

Current Show:

"THROUGH OUR EYES" ON DISPLAY thru OCT 10
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



UPCOMING ART CLASSES



FELTED POINSETTIA WREATH

Monday, November 23, 1:30PM to 4:30pm

Instructor: Karen Rosania, Owner Oliveteal Arts

Cost: \$30 Resident/\$35 Non-Resident Paid to instructor day of

Get into the holiday spirit! Learn the art of wet felting and needle felting to create a beautiful poinsettia wreath. Your hand-felted poinsettia flowers will be surrounded by realistic-looking evergreen sprigs and mounted on a grapevine wreath. Choose your own color palette using gorgeous, hand-dyed wools and burlap ribbons. Wreaths measure apx 14-16 inches in diameter and can be reused for future holiday seasons. All materials included.

No experience necessary. Limit 8 people. RSVP 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!**



TINY WINTER VILLAGE HOUSES

Wednesday, November 4, 12PM-2PM

Instructor: Molly Meng, Creative Workshop Teacher

Molly will introduce you to the late 18th Century tradition of making tiny houses to decorate one's home during the holidays, ushering in the winter season. Sometimes referred to as Putz Houses, evolved from the German word 'putzen' meaning to clean or decorate.



You'll begin with a template and learn the techniques to building a sweet home with all the tiny details you might like to add: windows, roof, chimney, etc. Molly will also show you how to turn your tiny winter home into an ornament or put a light inside as a welcoming beacon. Creating this tiny world is somewhat habit-forming and you might find yourself showing them off all year long! ***This holiday project begins with only a template: THERE IS TRACING, CUTTING, AND GLUING involved in making each and every house***

\$10 per person paid to instructor. RSVP to 603.610.4433

SUPPORT GROUPS & RESOURCES

DEMENTIA SUPPORT GROUP (TWO DAYS OF THE MONTH) FREE. JUST SHOW UP.

- **Thurs, Oct 8, 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, Oct 22, 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, October 8 (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.

MONTHLY DEATH OVER COFFEE

THURSDAY, OCTOBER 8, 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

A FREE
community
event.

To talk about the
thing we all have
in common
over coffee!



SPONSORED BY:
Portsmouth
Senior Activity
Center

NILLA THE THERAPY DOG

Fridays; October 16 & 30, 11:45am 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.





MOVIE MATINEE FRIDAYS

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



Oct 2 - The Witches of Eastwick (1987) R, 1hr 53 min. This dark fantasy comedy follows three single women in a quaint New England town. When a mysterious and flamboyant man arrives; he promises to grant all of their wishes at an unexpected price. Starring: Jack Nicholson, Cher, Susan Sarandon and Michelle Pfeiffer.

Oct 9 - The Spiderwick Chronicles (2008) PG, 1hr 36 min. Twins Simon and Jared and their older sister Mallory move into Spiderwick Estates with their mother. They soon discover many secrets including a brownie named Thimbletack, who has lived in the house for years and is not happy with its new occupants. Starring: Freddie Highmore, Sarah Bolger and David Strathairn.

Oct 16 - Arsenic and Old Lace (1944) PG 1hr 58 min. Mortimer Brewster is a newlywed on his way to his honeymoon. He stops by his sweet maiden aunts' Brooklyn home only to uncover a macabre secret that plunges him into a whirlwind of eccentric relatives and suspicious visitors. Starring: Cary Grant, Priscilla Lane and Ray Massey.

Oct 23 - Singing in the Rain (1952) G 1hr. 43min. Classic Hollywood musical follows a charismatic film star, his comedic sidekick and an aspiring actress as they navigate romance and egos. Starring: Gene Kelly, Donald O'Connor and Debbie Reynolds. **(Special Opening Intro)**

Oct 30 - Dracula Dead & Loving It (1995) PG13, 1hr. 30 min. A slapstick comedy where the hapless Count charms his way from Transylvania to London, pursued by Professor Van Helsing. Starring: Leslie Nielsen, Mel Brooks and Peter MacNicol.

**Singin' in the Rain Friday Movie
with Special Host Jeannie MacDonald**

Friday, October 23, 12:30PM



Something a little different before our Friday movie. Classic film historian Jeannie MacDonald will kick off the movie with a brief intro of fun facts and trivia. She will then wrap up the movie with a Q&A.

First come, first served. Free. No RSVP needed.

SENIOR CENTER TRIPS



MINIMAL WALKING



AVERAGE WALKING



FREQUENT WALKING

BIRDING WALK ALONG LAMPREY RIVER WITH THE FOREST SOCIETY

Monday, October 19

Leaving center 9:45am, return apx 1pm

Fee: \$20 Resident/\$30 NonResident

Sign-ups: Residents Oct 3; Nonresidents Oct 10



Rec van

Happy migration season to all! Our snowbirds are still hanging around for foliage season and our local birds are heading out early. Let's take a walk along their flyways to explore their travels, behaviors, and collaboration with the forest. Plus learn about how conservation professionals create habitat to support their journey. No birding experience is required!

Just over 2 miles; will include some incline & decline.

What to bring: Bug spray is encouraged for this hike, as it tends to be a bit buggy along the water. Binoculars, scopes, and recording devices are also welcome on this hike.

Bag lunch will be provided. No picnic tables or public restrooms.

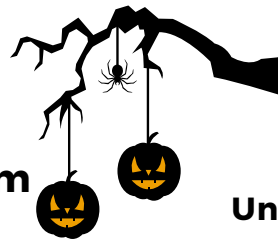
HAUNTED OVERLOAD DAY WALK AT DEMERITT HILL FARM, LEE NH

Thursday, October 22

Leaving center 1:30pm, return apx 4pm

Fee: \$15 Resident/\$25 NonResident

OPEN TO SIGN UP NOW



Rec van



Uneven terrain, walking
on wood chips

Step into the mesmerizing world of Haunted Overload at DeMeritt Hill Farm in Lee, NH without the actors and scares. Admire the incredible artistry that goes into these elaborate spooky scenes. Shop the farmstand, and check out the property after your self-guided spooky 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.**

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

AUTUMN FOLIAGE WALK AT POWDER MAJOR FOREST

Wednesday, October 28

Leaving center 9:45am, return apx 1pm

Fee: \$20 Resident/\$30 NonResident

Sign-ups: Residents Oct 3; Nonresidents Oct 10



Rec van

Foliage, foliage, foliage! Fall in New England is a special time, and it is shown no better than in one of our most diverse forests: Powder Major of Madbury. Learn the story behind the color, including the storage of energy, the activities of local wildlife, and the movement of Oyster River tributaries.

Just over 2 miles. No steep incline or decline, paths are well maintained. May be wet/muddy or narrow in some sections as well as some tripping hazards, such as stones and roots.

Trekking poles are recommended for support. Bag lunch will be provided. No picnic tables or public restrooms. **RSVP 603.610.4433**

NEW YORK CITY DAY TRIP

Saturday, November 14

Traveling to: New York City

Leaving the Center at 5:30am, depart NYC at 7:30pm (Arrive in Portsmouth around midnight)

Cost: \$100 Resident | \$110 Nonresident



Coach Bus

Arrive in midtown Manhattan late morning giving you time to shop, sight-see, take in a show, visit a museum, or just enjoy the city. Travel in style via coach bus, with WiFi, power at every seat, and restroom on board. Cost includes round trip transportation and driver gratuities. Drop off location in New York: Behind St. Patrick's Cathedral, at Madison & 50th St. Usual arrival time in New York is 10:30/11:00am. Pick up location is the same as drop off. Bus is not handicap accessible. **RSVP Required 603.610.4433**

BOSTON POPS HOLIDAY CONCERT TRIP

Saturday, December 12, 1pm

Traveling to: Boston, MA

Leaving the Center at 1PM for a 3PM Show | Return about 7PM

Cost: \$115 Resident | \$125 Nonresident



Coach Bus

Enjoy the magic of the season with Keith Lockhart, The Pops Orchestra and The Tanglewood Chorus. The Pops bring sparkle and joy to your festive season as they play the old classics and new favorites. Please note: stairs in & out of the venue and depending on where the group is dropped off by the driver, you might need to walk a bit. **RSVP 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; **Oct 6 & 20** - 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.

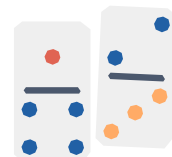


Wednesdays

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.

Book Club - 3pm - Drop-in

MODERN SQUARE DANCING RETURNS FOR FALL

TRY IT FOR FREE: Thursday Oct 8 or 15, 1PM-2:30PM

After these dates, \$6 per class

Dance Leader: Al Rouff, Callerlab Trained



This beginner's level modern square-dancing class kicks off again with new dancers Thursday Oct 8 & 15. No partner needed; no experience necessary. Learn modern square dancing & dance in teams of 8 to modern music. Regular (but not perfect) attendance required. RSVP to 603.610.4433.

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



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

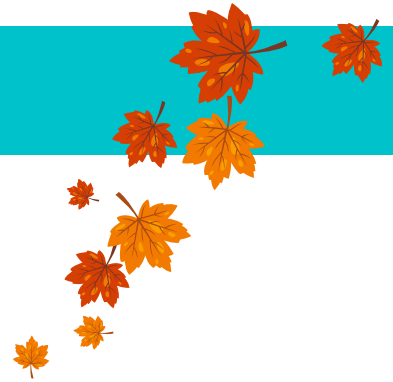
MONTHLY PROGRAMS



Sound Bath with Bloom

By Healing & Pawsitive Vibes Healing

Saturday, Oct 3 at 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; October 13 & 27

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.

The Power of Touch



All paths touch the same field

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



Quilts of Valor Sewing Day

Wed, October 28, 9AM-3PM (Last Wed of each month)

Join Quilts of Valor! Help make beautiful quilts that honor veterans and active-duty military members. Whether you're an experienced sewer or quilter or have little to no sewing experience, you're welcome! Fabric, patterns, and guidance are provided, so all you need to bring is your willingness to help. Enjoy fellowship, learn new skills, and make a meaningful difference—one quilt at a time.

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

Thurs, Oct 1 & Fri, Oct 2: Carpet Replacement; Reopen Oct 3
Monday, Oct 12: Columbus Day

**NEW
ASSISTED
LIVING
NOW
OPEN**



Benchmark at Rye

**WARM. WELCOMING.
WHERE YOU
WANT TO LIVE.**

At Benchmark at Rye, meaningful relationships are at the heart of our award-winning care and experiences. By truly knowing each resident, our dedicated associates provide 24/7 personalized care and engaging programs that foster connection, confidence and purpose.

Now, with our newly opened Assisted Living neighborhood joining our secure Memory Care, loved ones with different needs can remain together while each receives the support they need.

Residents enjoy:

- Wellness support and on-site nursing
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- Lively social programs and shared amenities



Call 603.691.2122 to schedule a tour!
295 Lafayette Road | Rye
BenchmarkAtRye.com

  Assisted Living • Mind & Memory Care



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- ▶ 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.



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Portsmouth Senior Activity Center, Portsmouth, NH

06-5447



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