November 2026

PORTSMOUTH SENIOR ACTIVITY CENTER

PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50 +

THANKSGIVING LUNCHEON & CRAFT FAIR

THURSDAY, NOVEMBER 19

CRAFT FAIR 9:30AM-1:30PM I 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 - Pay at door

Craft Fair Admission is Free to All

RSVP 603.610.4433

(Have a dietary need? - Let us know)

HOLIDAY LUNCHEON

At the Community Campus, 100 Campus Drive, Portsmouth

Thursday, December 17

Seating & Coffee at 11am

Warm Holiday Ham Lunch Serving at 11:30am

(Have a dietary need? - Let us know)

$10 Residents/$15 Nonresidents - Pay at Door

POTLUCK DESSERT TABLE - BRING A DESSERT TO SHARE!

Charlie Jennison & Johanna Landis Playing Background Music

Seacoast Community School Kiddos Performing

RSVP 603.610.4433

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

125 Cottage Street, Portsmouth, NH

LUNCH BUNCH - WED, NOV 18 AT 12PM

Ninety-Nine Portsmouth, 2454 Lafayette Rd, Portsmouth

Wednesday, NOVEMBER 18 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





SENIOR MOBILE FOOD MARKET - FREE

gather
For a Hunger-free Community

Mondays; Nov 9 & 23 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.

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



SOUP MONDAYS WITH MARCIA

Senior Activity Center

Monday November 2, 9, 16, 23, 30 (OFF in DEC)

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

Hot soup & conversation. A delicious choice of two soups along with crackers or bread. Soups made by our own Chef Michael. Just show up! Donations welcome but not required.

PROGRAMS FOR NOVEMBER 2-6

BASIC DRAWING CLASSES WITH CHONG SCOTT

Drawing classes designed to go at your pace and you can choose to float between classes and keep adding to your portfolio.
JUST SHOW UP. FREE.

Monday, Nov 2 & Nov 16; 1st and 3rd Mondays

- **10:00am-11am (Beginners) Shape, Shade & Shadow**

Turn geometric shape into a three-dimensional picture by adding shading and shadows to your subject matter. Step-by-step instructions and follow along.

- **11am-12pm (Returning Artists)**

Basic sketching skills while applying the shape, shade & shadow fundamentals.

REMINDER: Closed Tuesday Nov 3
Voting Day

PROGRAMS FOR NOVEMBER 4-13

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. RSVP 603.610.4433

MITCH SHULDMAN CLASSICAL GUITARIST



Friday, November 6, 3pm-4pm

Mitch has performed in master classes with Jason Vieaux, David Russell, Rene Izquierdo, Zoran Dukic, Margaritta Esacarpa, Lukasz Kuropaczewski, Petra Polackova and Colin Davin. He is the founder and curator of Guitar Sundays in Portsmouth, NH, now entering its 10th season. He is a talented guitarist we are excited to have! **FREE.** RSVP as Mitch will be performing in Room 1 and not the large hall - 603.610.4433.

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

Cara - Celtic & Traditional Music
Friday, November 13, 3pm
at Senior Activity Center

Cara is a multi instrumentalist band playing traditional Celtic tunes, along with some creations of their own.



All proceeds support The PMAC Shaw Brothers Memorial Scholarship Fund.

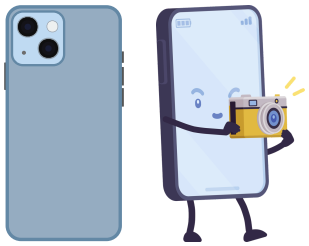
Light refreshments courtesy of the Edgewood Center
Any donation welcome at the door. Just Show Up

PROGRAMS FOR NOVEMBER 16-17

STAY SAFE - AARP SAFE DRIVER COURSE
Mon, Nov 16 AND Wed, Nov 18, 1-4PM
MUST ATTEND BOTH SESSIONS TO COMPLETE COURSE

The AARP Smart Driver course teaches valuable defensive driving strategies and refreshes the rules of the road. Since 1979, the course has helped more than 20 million drivers learn research-based tips to adapt their driving to compensate for physical and cognitive changes that may occur with aging. The course has also been recently updated with new content, so you will have the most up-to-date information for your state. You may qualify for a multi-year automobile insurance discount by completing the course (check with your auto insurance agent for details). **Please arrive 15 min early first day to pay.** AARP Smart Driver course **costs $20 for AARP members and $25 for non-members. Pay AARP instructor.** Space is limited, RSVP to 603.610.4433.

IPHONE PHOTOGRAPHY CLASS
Tuesday, November 17, 1pm
Facilitator: Ken "KenPhotoGeek" Goldman



The best camera is the one that you have with you, and most of us always have our iPhones with us.

Did you know that more photos are now taken with phones each day than used to be taken with traditional cameras in a year?! For people who want to learn how to better use the camera in their iPhone, and how to improve their photos. We will talk about setting up your iPhone's camera, features of the iPhone's camera and hints on doing photography with your iPhone. Plus, tips on composing your photos and basic photo editing. Please bring your iPhone, and your questions to the class. AND ensure that you are running the latest of version of iOS on your iPhone, currently iOS 27. FREE. RSVP 603.610.4433.

HOLIDAY CARDS WITH BECKY



Tuesday, November 17, 10am-12pm
Facilitator: Becky Crawshaw, Volunteer

We're making holiday themed cards for you to give to someone special. Supplies and instruction provided. Small supply fee $10/per person paid to instructor. Class limited to 8. RSVP 603.610.4433

PROGRAMS FOR NOV TO NOV 18-DEC 4

DOODLE & TANGLE WITH JOYCE AMEND, CZT



Third Wed of the Month: Wed NOV 18, 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



IPHONE/IPAD TIPS & TRICKS AD HOC Q&A

Wednesday, Nov 18, 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

A SPEECH THERAPIST DOES THAT

Tuesday, December 1, 1pm
Facilitator: Lillie Hodgkins, Speech-Language Pathologist, Northeast Rehab

Lillie will touch on normal versus not normal aging when it comes to your speech. Review of different disorders a speech therapist treats and rehabilitation therapy such as cognition (memory, attention, executive functioning), language (forgetting words, it's on the tip of my tongue feeling), speech production, swallowing, and voice changes will be covered. FREE. RSVP 603.610.4433.

JOSEF NOCERA CONCERT



Friday, Dec 4 at 2pm (Note earlier show time!)

Holiday hit songs by popular artists like Sinatra, Elvis Presley, Dean Martin, Bing Crosby, Johnny Mathis and more. Free. Just show up.



OLIVETEAL ART CLASS WITH KAREN ROSANIA

VINTAGE HOLIDAY SHELL ORNAMENT
Wednesday, December 2, 1PM to 3PM
Instructor: Karen Rosania, Owner Oliveteal Arts
Cost: $10 Resident/$15 Non-Resident Paid to instructor day of

NEW!

Come join the fun and create a beautiful ornament using oyster shells from local beaches. You will have a choice of different vintage holiday scenes (and non-holiday prints) to decoupage onto your ornament. You will adorn your ornaments with vibrant metallic edging and pretty beads. Makes a wonderful gift or keep for yourself! Limit 20 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!**

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



Think holiday shopping!
Many artwork pieces adorning our walls are for sale.

They make perfect special holiday gifts!

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

Questions about the Art Show? You can contact the Art Committee Directly.
Art Show Committee Contacts:

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

SUPPORT GROUPS & RESOURCES

DEMENTIA SUPPORT GROUP (TWO DAYS OF THE MONTH)

FREE. JUST SHOW UP.

- **Thurs, Nov 12, 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, Nov 19, 2PM - 3:30pm (NOTE DATE CHANGE FOR HOLIDAY)**

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, November 12 (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, NOVEMBER 12, 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



NILLA THE THERAPY DOG

Friday November 13, 11:40am-12:20pm
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!

Nov 6 - The Witches of Eastwick (1987) R,1 hr 58 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. **A concert follows this movie today.**

Nov 13 - Little Miss Sunshine (2006) R, 1 hr 41 min. The eccentric Hoover family embarks on a chaotic road trip in a creaky VW van to support Olive's dream of competing in a beauty pageant. The journey blends crazy mishaps, heartfelt moments and sharp humor. Starring: Steve Carell, Toni Collette and Greg Kinnear. **PMAC Fundraiser Concert Series follows this movie today.**

Nov 20 - NO MOVIE TODAY

Dec 4 - The World's Fastest Indian (2005) PG-13, 2 hrs 6 min. This is the story of New Zealander Burt Munro, who spent years rebuilding a 1920 Indian motorcycle. He then took it to Utah's Bonneville Salt Flats in 1967 and set the Land Speed World Record. Starring: Anthony Hopkins and Diane Ladd. **A concert follows this movie today.**

Dec 11 - Home Alone (1990) PG, 1 hr 43 min. In this family holiday classic, eight-year-old Kevin McCallister is accidentally left behind when his large family flies to Paris for a Christmas vacation. Starring: Macaulay Culkin, Joe Pesci, Daniel Stern, Catherine O'Hara and John Hearn. **PMAC Fundraiser Concert Series follows this movie today.**

SENIOR ACTIVITY CENTER CLOSED FOR THE FOLLOWING DATES





Tues November 3 - Voting Day
Wed Nov 11 - Veterans Day



Thurs Nov 26 & Fri Nov 27 - Thanksgiving Holiday

SENIOR CENTER TRIPS

MINIMAL WALKING AVERAGE WALKING FREQUENT WALKING

FOREST SOCIETY MODERATE HIKERS TRIP: REMARKABLE TREES AT DOTTIE BEAN FOREST



Rec van

Tuesday, November 17
Leaving center 9:30am, return apx 1:30pm
Fee: $20 Resident/$30 NonResident
Sign-ups: Residents Nov 2; Nonresidents Nov 9

When you hear stick season, no need to mourn the end of fall colors, and no need to stay indoors just yet! Instead, take the opportunity for a clearer view of a classic New England scene: Farms at the base of a mountain, huge ponds, and little towns clustered along the road through a valley. To see it, join us on a moderate hike up Chesley Mountain, through Dottie Bean Forest. This forest was carefully cultivated to support local towns and wildlife through outstanding sustainable forestry and conservation and has a beautiful loop trail. One of the best views in the region!

- Just over 2 miles; will include some incline & decline. There is plenty of time to take rest breaks and time spent at the summit.
- What to bring: Dress in layers for November weather.
- Bag lunch will be provided. No picnic tables or public restrooms.

NORTH CONWAY SHOPPING TRIP



Rec van

Tuesday, December 1
Leaving center 9:30AM, return approximately 5PM
Cost: $10 Resident | $20 NonResident
Sign-ups: Residents Nov 2; Nonresidents Nov 9

All things North Conway shopping. First stop, Settlers Green outlets, then Christmas Loft and ending in the downtown village to shop small shops and get lunch on your own before heading home. RSVP 603-610-4433

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

SENIOR CENTER TRIPS

MINIMAL WALKING | AVERAGE WALKING | FREQUENT WALKING

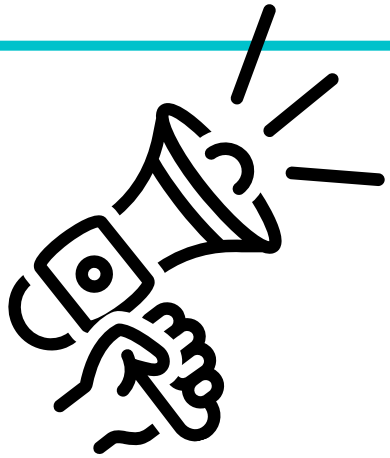
CHRISTMAS DOVE & CALEF'S COUNTRY STORE

Rec van

Wednesday, December 9
Leaving center for 12:15PM return approximately 4PM
Cost: $5 Resident | $15 NonResident
Sign-ups: Residents Nov 2; Nonresidents Nov 9

A fun afternoon visiting New England's largest Christmas store, featuring two stories and over thirty intricately themed rooms, followed by shopping at Calef's Country Store. RSVP to 603-610-4433





Nicole wants to hear from you.

Where do you want to go in 2027 and beyond??

Give us all the ideas!

Travel Survey box by flyer table in foyer. Stop by Mon-Fri 9am-5pm Sat 9am-12pm

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

Mondays

Scrabble - 1pm - Drop In - FREE

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 - **This month; THURSDAY Nov 5 (due to Voting Day) and Nov 17 -** 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.

Indoor Walking
at the Community Campus Gym, 100 Campus Drive

Tuesdays, 8am-10am
November 3, 10, 17, 24
December 1, 8, 15

Walk the indoor gymnasium this fall without having to worry about the weather. Just Show Up.
FREE



WEEKLY ONGOING PROGRAMS

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



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

Thursdays

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

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. Every other week. Call for next date.

Community Conversations - 11am - Drop-in - FREE

Come chat with your fellow seniors about life, weather, anything except religion and politics.Everyone is welcome

Fridays

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

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

Saturdays

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

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

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

Book Club - 3pm - Drop-in

Fridays

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

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

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

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GRANDPARENT/GRANDCHILD GINGERBREAD HOUSES



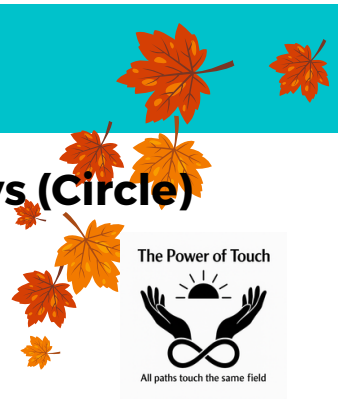
Wednesday, December 2 at 4:30PM
At Senior Activity Center
$10 per family



Calling all little engineers and creative grandparents, parents, and grandfriends alike!
A festive evening decorating gingerbread houses. Kits provided to each family with all candy accessories. Beverages and cookies will be provided for snacking.

ALL ages welcome - older grandkids, too!
RSVP 603.610.4433

MONTHLY PROGRAMS



The Power of Touch = Reiki Second & Fourth Tuesdays (Circle)
Tuesdays; November 10 & 24

- 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.

Sound Bath with Julie - Shining Star Support
Saturday November 21, 10:30am
Cost: $10 Per Person - pay day of



New Sound Bath experience with Julie! Meditative experience designed to help you unwind, reconnect, and embrace your life with renewed peace and a sprinkle of stardust.✨ Meditation bowls + relaxing music played. Bring what you need to be comfortable & cozy (blankets, pillows, eye masks, etc.) Dress warmly/comfortably. Bring a yoga mat if you have one, but chairs and yoga mats also available. Eye pillows available, as well. RSVP 603.610.4433.

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

Quilts of Valor Sewing Day
Wed, November 18, 9AM-2PM (Date Change this 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





Tues, November 3 - Voting Day
Wed, Nov 11 - Veterans Day



Thurs, Nov 26 & Fri, Nov 27 - Thanksgiving Holiday



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- Source: Net Promoter Score



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www.findNHmoney.gov

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