

February 2025

PORTSMOUTH SENIOR ACTIVITY CENTER



PORTSMOUTH SENIOR NEWS

Programs & Activities for Ages 50+



A Celebration of Love Concert

FRIDAY, FEBRUARY 14, 2:30PM

AT THE SENIOR ACTIVITY CENTER



A favorite duo returns. Award-winning songwriter Curt Bessette and vocalist Jenn Kurtz return for a feel-good Valentines themed concert inclusive to all. From "Put a Little Love In Your Heart" to "Love Stinks!" Songs of the past and present. Come celebrate the love of life, friends, family and places. The Senior Activity Center has a couple surprise treats for this fun show. FREE. Just Show Up.



St. Patrick's Senior Luncheon

TUESDAY, MARCH 11

AT COMMUNITY CAMPUS

100 CAMPUS DRIVE, PORTSMOUTH

- 11:00am Coffee & Seating
- 11:30am Corned Beef Luncheon
- 12-2pm Concert & Dancing

Pay at the Door:

\$10 Resident

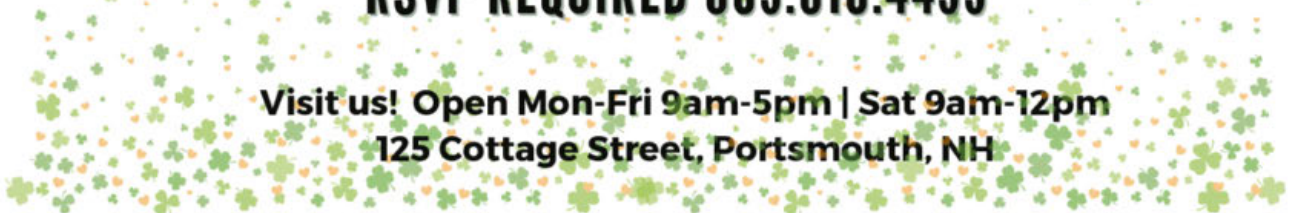
\$15 Nonresident

Featuring the Northeast's Premiere Roots Band EJ Ouellette & Crazy Maggy

RSVP REQUIRED 603.610.4433

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

125 Cottage Street, Portsmouth, NH





LUNCH BUNCH - WED, FEB 19

Paddy's American Grill

27 International Drive, Portsmouth

Wed, Feb 19, 2025 at 12:00PM



Meet at the restaurant. Enjoy lunch together at a favorite local restaurant. Pay on your own. RSVP required. 603-610-4433

GRAB & GO --OR-- GRAB & STAY LUNCH

Grab & Go Meals on Tuesdays & Thursdays managed by our friends at Meals on Wheels, Patti & Joel. Your choice - hot or cold meal choices each month. If new, please complete Meals on Wheels registration form. Pick up a menu at any time in kitchen.

Please call 603-766-4448.

Voluntary \$3.00 suggested donation.

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



MONDAY SOUP AFTERNOONS

WITH MARCIA

AT SENIOR ACTIVITY CENTER



Mondays - Drop in between 11am-12:45pm

Hot soup and conversation - a perfect blend to start your week! Two choices of soup along with either crackers or bread. Soup options posted 1-week before. Just show up!

Donations accepted, but not necessary.



SENIOR MOBILE FOOD MARKET - FREE

MONDAY, Feb 3 ONLY this month 2:00-3:00PM

At Portsmouth Senior Activity Center - Closed Feb 17



A farmer's-market-style food distribution program from **Gather**.

Free produce and other perishable items available for pick up.

No reservations needed, just show up.

NEW: GATHER NOW HAS A REGISTRATION FORM TO BE COMPLETED IN ORDER TO SHOP THE MARKET. PLEASE SEE FRONT DESK FOR APPLICATION.

SPECIAL FEBRUARY PROGRAMS

CUPID CAPER COMMUNITY DINNER

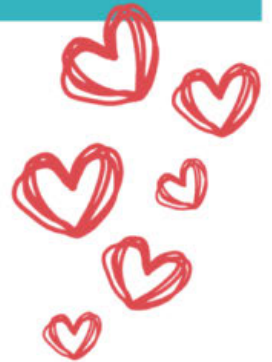
at Great Bay Community College

320 Corporate Dr., Portsmouth

Tuesday, February 11, 4:00-6:00PM

FREE; RSVP REQUIRED SEATS LIMITED

603.610.4433



3-course seated meal to celebrate the season of love with your friends. Provided by Gather's Cooking 4 Community Program. Featuring a performance by The Sweetgrass Quartet. This is not a Senior Activity Center event. Drive on your own. RSVP REQUIRED - nmfinitsis@cityofportsmouth.com

AARP Tax Aide - By Appointment Only VOLUNTEER TAX PREPARERS



Scheduled appointments only: February 2 - April 13

What to do:

- Call 2-1-1 to schedule appointment. No walk ins.
 - Pick up tax packet under front canopy at Senior Activity Center. Available 24/7. 125 Cottage Street.
 - Return completed tax packet to tax counselor at appt
 - Questions: Call Tax Aide Volunteer at 1-202-630-6071.
- Appointment call: 2-1-1

WALK WITH EASE: an Arthritis Foundation Program

Thursdays; Starting Feb 20 going thru March 27, 10AM-11AM

Community Campus, 100 Campus Dr, Portsmouth, Walking Trails

Designed to encourage people to start walking and staying active. During the 6-weeks you learn how to safely make physical activity a part of your daily life. Proven to reduce pain and discomfort of arthritis, increase balance, strength and walking pace.

Participants will:

- Receive a FREE guidebook & Online resources
- Walk at your own pace 3 times per week for 6 weeks
- Benefit from the support of your peers and walking together

The class and walking will take place on the property of the Community Campus, and you will be walking flat trails or inside the gym in bad weather. **FREE.** RSVP to 603.610.4433. After you register, a Walk with Ease volunteer will reach out to complete their additional paperwork.

PROGRAMS FOR FEBRUARY 3-7



Let's Draw I: Shape, Shade and Shadow

Monday, Feb 3, 10:30AM-12PM | Facilitator: Chong Scott, Artist

Turn geometric shape into a three-dimensional picture by adding shading and shadows to your subject matter. Step-by-step instructions and follow along. These classes are designed to go at your pace and if you already took Draw I, you can return to this class and keep adding to your portfolio. FREE. RSVP 603.610.4433

Let's Draw II: Vases, Jars, Glasses

Monday, Feb 24, 10:30AM-12PM | Facilitator: Chong Scott, Artist

Find an easy way to draw, decorate and even add some flowers to simple vase, jar, and glass drawings. This class and Draw I can be repeated and are go at your own pace. They are meant to have fun and add to your portfolio. FREE. RSVP to 603.610.4433

Declutter & Downsizing: Senior Move Management Wednesday, February 5, 1PM



Rachel Carlino-Dangora of Make Peace with Organizing will be sharing her expertise on senior move management. With a compassionate approach and practical tips, Make Peace with Organizing assists seniors and their families navigate the complexities of downsizing and transitioning to a new chapter. **FREE. RSVP to 603.610.4433**



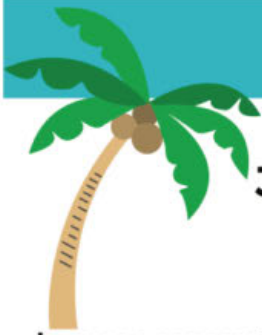
Carol Coronis Concert Friday, February 7, 2:30PM



Carol Coronis has been firing up audiences in the seacoast for two decades and is known for her exuberant performances in the area. Armed with her guitar and cittern, a 10-string "mandolin-on-steroids," Featuring music in several genres from American roots & rock music to traditional and contemporary Greek and Celtic music. There will be a couple of stories to share but mostly music & lots of good energy to warm hearts and souls.

FREE. Just Show Up.

PROGRAMS FOR FEBRUARY 11-12



Senior Noodle Float Party
Join Us at the Portsmouth Rec Indoor Pool
48 Andrew Jarvis Drive, Portsmouth
Tuesday, February 11, 2PM-3PM



Leave your troubles at the door, and come inside the cozy warm heated indoor pool for a fun noodle float party with other seniors! Tropical music and relaxing the afternoon away on pool noodles.

FREE event. RSVP required. 603-610-4433



TRIP TALK 2025 - ICE CREAM SOCIAL
Wednesday, February 12, 2PM



2025 Day Trips announced and Ice Cream Social. This is NOT a sign-up session, this is a "Save the Date" for trips that spark your interest. Some Senior Activity Center special trips, Royal Tours and Collette Tours will be announced. **RSVP to 603.610.4433**

TECH TIPS: 1 ON 1 SESSIONS

Wednesday, Feb 12, 12PM-2PM - MUST SIGN UP FOR TIME SLOT
Facilitator: Deb Weil O'Day, Owner of Personalized Technology Training & Retired Techie

Our Technology teacher Deb will be on-site to provide 1:1 personalized technology help. Deb's strength is iPhone and iPad, however she can help with simple Android questions as well. Her expertise on all things tech support is wide and varied. \$25 for private fifteen-minute session paid to instructor. RSVP to 603.610.4433

UNH Health and Wellness OT Students Return

Wednesdays, Feb 12 - April 23, 10AM-12PM

Led by: Occupational Health Students

Supervised by: John Wilcox, Clinical Associate Professor



University of
New Hampshire

UNH Occupational Health students teach a class that involve information on 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. Program is FREE. Participants are invited at the end of each class to enjoy lunch from Meals on Wheels with the students. Lunch is \$3 suggested donation. RSVP Required: 603-610-4433.



NEW

PROGRAMS FOR FEB 18-25



CARDIO DRUMMING

at Senior Activity Center

Tuesdays starting February 18, 2:30PM-3:15PM

\$5 Per Person Paid at Class

Instructor: Gail Eaton

Cardio Drumming is low impact but high energy and can be done sitting or standing. You will be moving the entire 45-minutes. Movements include standing, curls, knee lifts, arm work and squats. This is a **FUN** active exercise program with great familiar tunes to move your body to.

We will 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 home with you. Wear comfortable clothes and sneakers. One complete set available on-site for you to try out.

RSVP 603.610.4433



Beginner Marimba Class (Evening Class) **Thursdays, 6PM-7PM**

Instructor: Tchukki Andersen

Cost: \$20 Per Class Session paid to instructor



The small but mighty Marimba class would love to see some more players. Experience the joy of learning Zimbabwean-style marimbas in a fun, group setting—no musical experience is required,

Marimba is a percussion instrument that produces notes by striking wooden tone plates with mallets. Don't miss out on the rhythm and camaraderie. Tchukki is excited to share the infectious music these instruments provide. RSVP to 603.610.4433

SELF CARE

Tuesday, Feb 25, 1PM

Facilitator: Meredith Kolodze, DSW, LICSW, NAMI NH

Meredith will be on-site from National Alliance on Mental Illness (NAMI) NH to cover Self Care inclusive of real-life situations, interactive exercises, handouts and discussion in a relaxed learning atmosphere. Vital information is presented with a focus on practical "what would you do?" situations. FREE RSVP to 603.610.4433

 **NAMI** New Hampshire

National Alliance on Mental Illness

SENIOR ACTIVITY CENTER

PORTSMOUTH

FITNESS ENRICHMENT SOCIAL RESOURCES ENTERTAINMENT

AFTERNOON PAINT PARTY!

MONDAY, FEBRUARY 24TH 1:00 - 3:00PM

HOSTED BY:

**SEACOAST
PAINT PARTY**

PAINT THESE
YOURSELF!

STEP BY STEP INSTRUCTIONS.
DESIGNED FOR BEGINNERS.
NO EXPERIENCE NECESSARY.
ALL SUPPLIES INCLUDED!

COST: \$15
RSVP TO (603) 610-4433

**\$15 Per Person
Paid at the Door.**

**Snacks provided
by the Senior
Activity Center!**

TECH TIPS: FAVORITE APPS - FACEBOOK & AMAZON SHOPPING

Wednesday, Feb 26, 1PM

**Facilitator: Deb Weil O'Day, Owner of Personalized Technology
Training & Retired Techie**

February Tech Tips will be around the subjects of apps - Facebook and Amazon Shopping primarily. If you could use some help navigating these apps, this class is for you. **FREE.** RSVP to 603.610.4433

NICK TURILLO CONCERT FRIDAY, FEBRUARY 28, 2:30PM

Nick is a singer guitarist from East Rochester who specializes in playing tunes in the genres of soft rock, folk, pop and country. He is an active musician for both the Rochester Senior Activity Center and Wolfeboro Senior Center. We look forward to having him. **FREE.** Just Show Up.



KAREN ROSANIA OLIVETEAL ARTS CLASSES

Wet Felted Wool Clutch

Wednesday, March 19, 12:45PM-4:15PM

Instructor: Karen Rosania, Owner OliveTeal Arts

**Karen's
Studio Class
this month**

Come join the fun in creating your very own Wet Felted Wool Clutch Bag. You can choose your own color palette using hand-dyed wool, trim and beautiful wood buttons. This class will take place at Karen's studio here in Portsmouth. Transportation will be provided and shuttle will leave the Senior Activity Center at 12:45PM and return for 4:15PM. Class limited to 6 people. Cost is \$20 per person paid to instructor and includes all materials. RSVP to 603.610.4433



Karen's lovely studio.

This is Karen's home studio, just a stone's throw away from the Senior Activity Center. When you see this picture above, the class being offered will be in her cozy studio. We shuttle you to and from her home address.

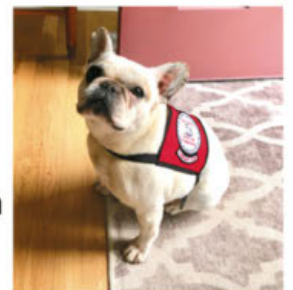
It's a mini field trip and art class in one!

NILLA THE THERAPY DOG

Fridays; Friday Feb 7 and Thurs Feb 27, 12PM

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. Nilla is the fur baby of Karen Rosania. Stop by to meet her. No reservation needed.



SUPPORT GROUPS & RESOURCES



DEMENTIA SUPPORT GROUP

Thurs, February 13, 2PM (Second Thursday of the Month)

2:00-3:30pm at Senior Activity Center

Free support group open to any caregivers looking to share experiences and find support in a safe and inclusive environment. Group facilitator: Dick Chamberlain. This group is only for caregivers. Free. No RSVP needed.

NEW BEGINNINGS GRIEF GROUP - EVENINGS

Tues, February 11 (Second Tuesday of the month)

6:00pm-7:30pm at Senior Activity Center

If you are a widow or widower and would like to attend a meeting, contact Shirley at samcann@yahoo.com or leave a voicemail at 207-602-9710. Free. No RSVP needed.



**“Landscapes Real & Imagined” ON DISPLAY
thru April 16
DROP BY ANYTIME**

**SATURDAY 9AM-12PM
SENIOR ACTIVITY CENTER
HOURS
MON-FRI 9AM-5PM
SAT 9AM-12PM**



“Landscapes Real and Imagined”
Now through April 16th



The Art Committee’s Next Show, “Patterns in Nature”, will be taking place in April.
All mediums are accepted, why not consider being a contributor!!!

For More Details Contact:
Diane (dianestrading@gmail.com) or
Mo (maureenolcary2@gmail.com)



MOVIE MATINEE FRIDAYS



FREE MOVIES & POPCORN SERVED

Every Friday at 12:30pm - Free

Popcorn served &/or bring your own lunch



Feb 7: The Notebook (2004, PG 13, 2 hr 1 min.) The romantic comedy is based on the novel by Nicholas Sparks and follows a young couple in love in the 1940's. Their story is read from a notebook in the present day by an elderly man, telling the tale to a fellow nursing home resident. Starring Ryan Gosling, Rachel McAdams, James Garner. **A concert follows today's movie!**

Feb 14: Pretty Woman (1990 R, 2hr 5 min) A prostitute and a wealthy businessman fall for one another in Los Angeles. After Edward hires Vivian to stay with him for the weekend, they realize there are significant hurdles to overcome as they try to bridge the gap between their very different worlds. Starring Julia Roberts, Richard Gere. **A concert follows today's movie!**

Feb 21: Tortilla Soup (2001, PG13, 1 hr 43 min) Three grown sisters try to cope while living with their father, Martin, a veteran chef who is slowly losing his sense of taste. Martin has only one simple rule - be home for Sunday dinner. Starring Hector Elizondo, Tamara Mello, Elizabeth Pena and Jacqueline Obradors.

Feb 28: Mary Poppins (1964, NR, 2 hr 19 min) "Practically Perfect in Every Way" - A timeless classic about a sensible English nanny with magical powers. Enjoy the magic and music once again as Mary takes the Banks children, Jane and Michael, on a series of adventures. Starring Julie Andrews, Dick Van Dyke, Ed Wynn, Glynis Johns, Matthew Garber and Karen Dotrice. **A concert follows today's movie!**

March 7: Super/Man: The Christopher Reeve Story (2024, PG 13, 1 hr 44 min) In this documentary, Reeves rise to becoming a film star follows with a near-fatal horse riding accident in 1995 that left him paralyzed from the neck down. After, he becomes an activist for spinal cord injury treatments and disability rights. Starring Christopher Reeve, Will Reeve and Peter Etedgui.

On some months a special program follows the afternoon movie. Stick around and join us for entertainment and snacks before you head home!

SENIOR ACTIVITY CENTER TRIPS



Discount Shopping Trip: Mardens, Reny's
Monday, February 10
Leaving the Center at 9:30AM, return approximately 3PM
Cost: \$5 Resident/\$10 Nonresident

Discount shopping lovers trip. Starting out to the largest Marden's store in Scarborough, then onto Reny's in Portland before ending at the Maine Mall in S. Portland to grab a bite to eat or walk the mall. RSVP 603.610.4433

**DRIVE ON OWN
&
MEET US THERE!**

Firefly Pottery
Wednesday, February 19
1PM-3PM; Meet us at Firefly Pottery up the street, 72 Mirona Rd. Cost: \$25 - Choose Your Own Pottery to Paint

We will have a wide variety of pottery choices to choose from. Pick your favorite and paint to take home. Enjoy a relaxing afternoon at Firefly and meet up with friends or meet new ones. RSVP 603.610.4433

Let's Move & Sages Entertainment, Fox Run Mall Trip
Tuesday, Feb 25
Leaving the Center at 9:45AM return approximately 1PM or earlier
Cost: \$35 Resident/\$40 Nonresident - Two experiences in one visit!

Join us for an exciting field trip to the Mall at Fox Run in Newington! First, we'll spend an hour at Let's Move, NH's first motion-controlled gaming arena, featuring over 40 games across 4 gaming stations - a fun and active way to play! Then, relax and be amazed as Sages Entertainment welcomes us into their event space for a spectacular magic show, followed by an interactive magic lesson. Don't miss this unique opportunity for laughter, learning, and connection. Try it out; and maybe you will bring your grandkids back! RSVP 603.610.4433.

TITANIC ARTIFACT EXHIBITION: BOSTON

Wednesday, April 23
Leaving the Center at 9:30AM return approximately 5:30PM
Cost: \$75 Resident/\$80 Nonresident; includes exhibit ticket, Coach bus transportation and driver gratuities.



Experience the wonder and tragedy of the world's most famous ocean-liner, Titanic. Each guest receives a replica boarding pass, assumes the role of the passenger, and follows a chronological journey through the life of the Titanic. Over 250 artifacts and full-scale room recreations. Following the exhibit, we will take the coach bus to Faneuil Hall Marketplace for lunch and shopping on own. **PLEASE NOTE: HEAVY walking trip.** Walking exhibit with very little seating and Faneuil Hall is mostly cobblestone. RSVP 603.610.4433

ROYAL TOURS TRIPS



ROYAL TOURS & THE SENIOR ACTIVITY CENTER PRESENT

**St. Patrick's Day at Danversport Yacht Club with
O'McMurphy Brothers & Fabulous Fiona Finely**



Friday, March 14, 2025

Leaving the center at 10:30AM, Return approximately 4PM

Cost: \$131 Resident, \$141 Nonresident, inclusive of all gratuities

Enjoy a traditional Corned Beef and Cabbage Dinner or Boneless Chicken with homemade stuffing, potatoes, vegetable, dessert with coffee & tea. The next best thing if you can't make it to Dublin this year - hearing and tapping your toes to the live show of the O'McMurphy Brothers & Fabulous Fiona Finely. Sure to have you in the mood for all things Irish on this fun trip. **RSVP 603.610.4433**



**Charming 3-Day, 2 Nights Getaway: Boothbay Harbor Maine
Sunday, June 29- Tuesday, July 1, 2025**

**Cost Per Person: \$999 Resident, \$1,009 Nonresident (SINGLE)
\$819 Resident, \$829 Nonresident (DOUBLE)**

3-day Trip to Boothbay Harbor, Maine.

Experience the sights, sounds and tastes that Maine has to offer! Visit Portland Headlight, Ocean Point and the Coastal Maine Botanical Gardens. Enjoy a boat ride to Cabbage Island for a delicious Double Lobster Bake. Complete flyer at senior center.

Included: A delectable dinner, 2-buffet breakfasts, baggage handling, a boxed lunch, welcome weception, driver's gratuity, travel insurance, transportation, taxes, and waitstaff gratuities.

Departure: Senior Activity Center at 9:15AM Sunday.

Return: 4:30PM Tuesday.

Deposit: \$100 Deposit due upon signing up. \$250.00 due by March 30, 2025. Final payment due May 15.

Checks payable to the City of Portsmouth.



RSVP to save your seat for this adventure 603.610.4433

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

WEEKLY ONGOING PROGRAMS

MONDAYS

YOGA STRETCH *

Mondays 11:30am

Instructor: Diane Stradling

Must be able to go from standing to sitting and back up unassisted.

No chairs. All yoga levels

welcome; including beginners.



SCRABBLE *

Mondays 1:00pm

(We always have the boards...bring a friend and play anytime.) FREE

GUIDED MEDITATION W/JEAN & WENDY

Mondays; 10am

Instructor: Jean Roalsvig

Come participate in a guided meditation to strengthen your awareness of your own inner light, wisdom & knowledge. Participants sitting comfortably in chairs for guided meditation. No experience necessary although an open mind is required. FREE **NO CLASS Feb 24.**

MAH JONGG *

• Mondays 1:00pm - American

• Tuesdays 1:00pm - Chinese

Games provided. FREE



TUESDAYS

CHAIR YOGA *

Tuesdays 10:15am

Instructor: Tina Trevino

Join anytime. FREE



TUESDAYS (CONT.)

POETRY GROUP

1st and 3rd Tuesdays; 10am-11am

Tues Feb 4 and Feb 18

Facilitator: Judy Mazel

If you have a passion for poetry, this group is for you. Biweekly meetings will cover reading, writing and discussion of poetry. Experience not necessary. All welcome. FREE.

EASE OF MOVEMENT

"ALEXANDER TECHNIQUE"

Tuesdays; 11am

Instructor: Anita Freeman

Unconscious habits holding ourselves with tension can cause imbalances in muscles that can lead to pain and make movement stiff or tiring. Sit or stand, wear comfortable clothing. \$5 suggested donation to facilitator.

WEDNESDAYS

VETERANS COFFEE

Wednesdays 1:00pm

All veterans welcome to this social activity to meet other veterans. Coffee provided. Guest speakers at times. Treats sponsored by Service Credit Union and made by Gather. FREE

MEXICAN TRAIN DOMINOS *

Wednesdays 1pm - all levels.

Beginners welcome. Join the fun!

Games provided. Drop ins

welcome. FREE

WEEKLY ONGOING PROGRAMS

THURSDAYS

QIGONG *

Thursdays 11:00am FREE
Instructor: Jeanne DeFlorio
Improve your health by integrating posture, movement, breathing, and focused intent to activate your flow of energy. Chairs are available

BOOK CLUB *

Every other Thursday, 3PM - **Feb 13 and Feb 27.**

Facilitator: Larry Lariviere
Come to share a favorite book, or to hear about others. FREE

KNITTERS (YARN WORKS) *

Thursdays 12:30-2:30pm
Bring your knitting, crocheting, etc. This is a social based program, not a teaching program. FREE

DROP IN ART & COLORING *

Thursdays 12:30pm
We provide the canvas, paint, adult coloring books, colored pens. FREE

WINTER INDOOR WALKING

Thursdays, 8:30AM-11AM
Indoor Walking at the Community Campus Gym - 100 Campus Dr., Portsmouth. 11 laps = 1 mile. FREE

NEW!

FRIDAYS

BALANCE YOURSELF WITH JEAN & WENDY

Instructor: Jean Roalsvig
Fridays 11AM
Gentle movements, breathing exercises, and soothing sounds. Mindfulness and stress relief practices. No experience necessary, just an open mind. Drop-ins welcome. FREE.

Friday Game Afternoon!!

CRIBBAGE

Fridays 1pm
Small group cribbage. Drop ins welcome. FREE



CANASTA

Fridays 1:00pm-3:00pm
Join us to learn Canasta. All abilities welcome. Drop ins welcome. FREE



PITCH

Fridays 1:00pm-3:00pm
Join us to learn Pitch - a Hi-Low Jack Game. Same room as Canasta for all the card fun! All abilities welcome. Drop ins welcome. FREE

NEW!

SATURDAYS

ZUMBA GOLD

Saturdays 9:00am **IN PERSON**
Plus 2 other Zoom sessions each week. RSVP to email list for times. FREE

COFFEE HOUR

Every Saturday 9:00am-Noon
Lounge open on Saturdays for drop-in coffee, free Wi-Fi and social time...and snacks! FREE

MONTHLY PROGRAMS

Reiki Circle - Second & Fourth Tuesdays (LARGE GROUP)

Tuesday, February 11 and February 25

Facilitator: Mary Schwoerer, Reiki Master Teacher

- 1-1:20PM - Reiki Practitioners Meet
- **1:30PM to 2:30PM- Reiki attendees come to receive Reiki**



Join skilled practitioners for an hour of gentle energy healing and breath exercises. Reiki is non-invasive and powerful. On a physical level it can help relieve pain such as migraine, arthritis, or sciatica. It also helps reduce stress. NO RSVP. Just show up!

REIKI 1:1 TABLE SESSIONS IS AIMING TO RESUME IN MARCH.



BARBER CUTS RETURN

NOW LAST WEDNESDAY OF MONTH



Wednesday, February 26, 12-2PM at Senior Activity Center

***DROP-IN, WAIT FOR CUT*. Free hair trim on-site at the center.**

Please note, this is a barber and not a hair stylist. Please arrive with clean hair. Plan to sign-in when you arrive. FREE.

Donations accepted.



EARLY MARCH PROGRAMS

Early March brings two programs that are of special note.

Week of March 3-March 7 - St. Thomas Aquinas Students On-Site for their Community Service Week.

Be on the lookout soon for a flyer listing special programming by these students FREE to you to enjoy!

WHO IS WILD ABOUT RAPTORS?

Friday, March 7, 2:30PM

Linda Noon and her team from Tailwinds: Raptor Education & Conservation returns with three species for you to learn about. FREE. Just Show Up.



ANNOUNCEMENTS



SENIOR CENTER CLOSURES:

Monday February 17 - Presidents' Day

NEW SOFTWARE REGISTRATION:

Thank you to everyone who has been updating their information in our new software. Please keep it up!
Stop by the desk to create your new account or visit portsmouthnh.myrec.com and click "New Account."

WINTER WEATHER INFO:

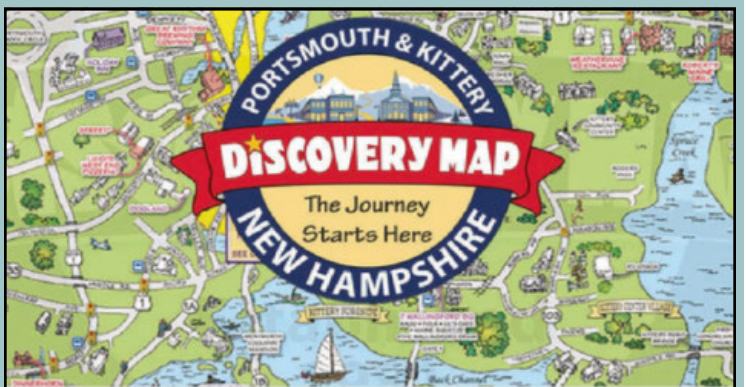
The Senior Activity Center would like to remind everyone we follow Portsmouth School Department's delays & cancellations - if the schools are closed, programs are closed. The Senior Activity Center will remain open for Drop-In Lounge only. In the event of severe weather, we would list on WMUR.

When in doubt, call the Center, or check social media.



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603.431.2530 · www.cedar-hc.com

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CYSTIC FIBROSIS FOUNDATION

HELP MAKE CF STAND FOR CURE FOUND

Cystic fibrosis is a genetic disorder that affects close to 40,000 people in the U.S. The Cystic Fibrosis Foundation is the world's leader in the search for a cure for CF, and supports a broad range of research initiatives to tackle the disease from all angles.

DONATE TODAY

WWW.CFF.ORG

WE ARE IN A RELENTLESS PURSUIT OF A CURE

HELLO RV AND CAMPING COMMUNITY!



792 Mayhew Turnpike Bridgewater NH, 03222

CAMP AT NEWFOUND LAKE IS NOW ACCEPTING SEASONAL AND ALL OTHER RESERVATIONS FOR THE 2024 SEASON.

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Check us out at:
www.camp-nh.com



Or call us at:
603-744-3344

Elisa "Lisa" Hietala

Medicare Sales Specialist

elisa.hietala@wellsense.org

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Multiple Myeloma

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



Please donate today

donate.cancer.org

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Give us a call today.



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