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## Senior Citizen Center

*The Senior Citizen Center is a multipurpose community center for seniors of Portsmouth and the Seacoast area.*

*In addition to nutritious meals served daily to seniors 60 and over and/or disabled, the Senior Citizen Center offers transportation to medical appointments, the Center, and other necessary destinations.*

*Our Programs include the Fit 'N Well Program, leisure activities, support groups, various classes, and information and referral.*

*The Senior Citizen Center is sponsored by the PHA Housing Development LTD. Board and is complemented by the Senior Citizen Advisory Board who assist in program planning and fund raising to continue this successful program.*



### Services Available to Portsmouth Housing Authority Residents

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- *Congregate Meals Program*
- *Shaw's Market, Southgate Plaza sponsors a bus that comes to the PHA Developments every Thursday a.m.*

### Other Services Available at Parrott Avenue Place

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- *Compass Care*
- *NH Association for the Blind*
- *Seacoast Hospice*
- *ServiceLink*

Remember, for:

**POLICE, FIRE, & AMBULANCE  
DIAL 911**

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For AFTER-HOUR EMERGENCIES,

Call

The Portsmouth Housing Authority  
24 Hour Answering Service  
at 436-4310.



## Senior Citizen Center

**Where you find fun, food,  
good friends,  
and a ride!**



*Senior Citizen Center  
Parrott Avenue Place*

*127 Parrot Avenue*

*Portsmouth, NH 03801*

*(603) 431-8677*

*e-mail: portsmouthsrctr@rcn.com*

# PROGRAMS & SERVICES OFFERED:

## MEALS

*Nutritious meals prepared by Sodexho through Rockingham Nutrition Program  
Served daily @ 12:15 a.m.  
Suggested donation \$2*

## FIT N' WELL PROGRAM

### *Exercise Classes*

*Stretch Class on Monday @ 10:00 a.m.  
Strength Training Class —  
Beginners on Wednesday @ 9:45 a.m.  
Intermediate on Wednesday @ 10:45 a.m.  
Yoga Class - Tuesday @ 1:15 p.m.  
Tai Chi Class - Friday @ 10:00 a.m.*

## HEALTH EDUCATION

### *Diabetic Support Group*

*Every 3rd Monday from 1:00 - 2:00 p.m.*

### *Men's Discussions Group*

*Every 2nd & 4th Wednesday  
from 2:00 - 3:30 p.m.*

### *Members Meeting*

*Every 2nd Wednesday @ 11:30 a.m.*

### *Ladies Discussion Group*

*Every Thursday @ 1:00 p.m.*

## TRANSPORTATION PROGRAM

*Available 6:30 a.m.- 3:30 p.m. daily  
Need 24 hour advance registration  
Please call by 12:00 Noon*

*Accessible vehicles, equipped with hydraulic lift/wheelchair stations, available to all senior and/or disabled residents of Portsmouth.*

*Call 431-8677 the day before, between 8 a.m. and 12:00 Noon, to schedule your ride.*

*Bus passes need to be purchased at the Senior Center, \$2.00 per ride for twenty rides = \$40.00  
Questions?? Please talk with staff.*

### *Winter Schedule —*

*If the Portsmouth Schools are closed, the Senior Center and the Transportation are closed also.  
Listen to your radio.*

## ACTIVITIES

### *Arts & Craft Classes*

*Art Class - Tuesday & Thursday  
@ 10:00 a.m.*

*Craft Class - Wednesday @ 10:00 a.m.*

### *Dancing/Music*

*Tap Dancing - Tuesday @ 9:30 a.m.*

*Piano Music - Wednesday @ 11:30 a.m.*

*Line Dancing - Thursday @ 9:30 a.m.*

*Music Therapy - Friday @ 11:00 a.m.*

### *Bingo Games*

*Every Monday, Wednesday & Friday  
from 1:00 - 3:00 p.m.*

### *Bridge Group*

*Every Friday from 1:00 - 3:00 p.m.*

### *Outreach*

*Reminisce - Monday @ 10:45 a.m.*

*Journaling - Tuesday @ 1:15 p.m.*

### *Lending Library*

*Books and videos are available for loan.*

***CALL US FOR SPECIAL  
EVENTS AND PARTIES!***