

PORTSMOUTH MULTI-PURPOSE SENIOR CENTER—FEBRUARY 2025 ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:00 AM.....BILLIARDS 9:00 AM.....VIDEO EXERCISE 9:30 AM.....CHAIR YOGA 10:00 AM-1:00PM....THRIFT SHOP 10:30 AM.....ALZHEIMERS 10:30 AM.....LINE DANCE 12:30 PM.....ADULT COLORING	4 9:00 AM.....BILLIARDS 10:00 AM-1:00 PM.....THRIFT SHOP 11:00 AM.....STRENGTH & BALANCE	5 9:00 AM.....BILLIARDS 9:00 AM.....VIDEO EXERCISE 9:45 AM.....WALKING CLUB 10:00 AM-1:00 PM.....THRIFT SHOP 12:30 PM.....COUNTRY JAMMIN'	6 9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 10:00 AM-1:00 PM...THRIFT SHOP 11:00 AM.....ZUMBA GOLD 12:30 PM...PITCH HIGH LOW JACK 9:15-12:45 FREE TAX PREPARATION	7 9:00 AM.....BILLIARDS 9:00 AM.....VIDEO EXERCISE 9:45 AM.....WALKING CLUB 10:00 AM-1:00 PM..THRIFT SHOP 10:30 AM.....MAH JONG
10 9:00 AM.....BILLIARDS 9:00 AM.....VIDEO EXERCISE 9:30 AM.....CHAIR YOGA 10:00 AM-1:00PM....THRIFT SHOP 10:30 AM.....ALZHEIMERS 10:30 AM.....LINE DANCE 12:30 PM.....ADULT COLORING	11 9:00 AM.....BILLIARDS 10:00 AM-1:00 PM.....THRIFT SHOP 11:00 AM.....STRENGTH & BALANCE	12 9:00 AM.....BILLIARDS 9:00 AM.....VIDEO EXERCISE 9:45 AM.....WALKING CLUB 10:00 AM-1:00 PM.....THRIFT SHOP 12:30 PM.....COUNTRY JAMMIN'	13 9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 10:00 AM-1:00 PM...THRIFT SHOP 11:00 AM.....ZUMBA GOLD 12:30 PM...PITCH HIGH LOW JACK 9:15-12:45 FREE TAX PREPARATION	14 9:00 AM.....BILLIARDS 9:00 AM.....VIDEO EXERCISE 9:45 AM.....WALKING CLUB 10:00 AM-1:00 PM..THRIFT SHOP 10:30 AM.....MAH JONG 9:15-12:45 FREE TAX PREPARATION
 17 CENTER CLOSED	18 9:00 AM.....BILLIARDS 10:00 AM-1:00 PM.....THRIFT SHOP 11:00 AM.....STRENGTH & BALANCE	19 9:00 AM.....BILLIARDS 9:00 AM.....VIDEO EXERCISE 9:45 AM.....WALKING CLUB 10:00 AM-1:00 PM.....THRIFT SHOP 12:30 PM.....COUNTRY JAMMIN'	20 9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 10:00 AM-1:00 PM...THRIFT SHOP 11:00 AM.....ZUMBA GOLD 12:30 PM PITCH HIGH LOW JACK <u>1:15 PM.....BOARD MEETING</u> 9:15-12:45 FREE TAX PREPARATION	21 9:00 AM.....BILLIARDS 9:00 AM.....VIDEO EXERCISE 9:45 AM.....WALKING CLUB 10:00 AM-1:00 PM..THRIFT SHOP 10:30 AM.....MAH JONG 9:15-12:45 FREE TAX PREPARATION
24 9:00 AM.....BILLIARDS 9:00 AM.....VIDEO EXERCISE 9:30 AM.....CHAIR YOGA 10:00 AM-1:00PM....THRIFT SHOP 10:30 AM.....ALZHEIMERS 10:30 AM.....LINE DANCE 12:30 PM.....ADULT COLORING	25 9:00 AM.....BILLIARDS 10:00 AM-1:00 PM.....THRIFT SHOP 11:00 AM.....STRENGTH & BALANCE	26 9:00 AM.....BILLIARDS 9:00 AM.....VIDEO EXERCISE 9:45 AM.....WALKING CLUB 10:00 AM-1:00 PM.....THRIFT SHOP 12:30 PM.....COUNTRY JAMMIN' VNS Blood Pressure 11:00 a.m—12:00 p.m.	27 9:00 AM.....BILLIARDS 9:30 AM.....CHORUS 10:00 AM-1:00 PM...THRIFT SHOP 11:00 AM.....ZUMBA GOLD 12:30 PM... PITCH HIGH LOW JACK 9:15-12:45 FREE TAX PREPARATION	28 9:00 AM.....BILLIARDS 9:00 AM.....VIDEO EXERCISE 9:45 AM.....WALKING CLUB 10:00 AM-1:00 PM..THRIFT SHOP 10:30 AM.....MAH JONG 9:15-12:45 FREE TAX PREPARATION
THRIFT SHOP  OPENS FEBRUARY 3RD	 Encore Casino Tuesday, March 11, 2025 See insert for more information!	 Portuguese Festival Friday, June 27, 2025 See insert for more information!	 Groundhog Day	 Happy Valentine's Day!