

Alternative Program Plan for Portsmouth Seniors

Start Date: July 1, 2021

Location: Leonard Brown House, 121 Linden Lane

Days: Monday – Friday

Time: 8:30am-4:30pm

The Town Administration is pleased to offer an alternative plan for senior programs and activities. Beginning July 1st senior programming will be offered at the Leonard Brown House.

Activities can be scheduled through **Portsmouthri.recdesk.com** on the Senior activities tab or through the Senior staff at: _____

The following schedule is designed to serve 320 reservations weekly.

Proposed Schedule

Participant may schedule 1 time slot daily. Reservations are first come, first served.

Room 1/Entry Room

Max Capacity: 4

Room 2/Conference Room

Max Capacity: 12

Schedule

Time	Activity	Room
8:30-10:15	Coffee talk Morning stretch and walk on Glen Farm Chair Exercise	Conference room
8:30-10:15	Coffee and Crochet Puzzles, Board Games	Entry room
10:30-12:15	Lunch and Movie	Conference Room
10:30-12:15	Lunch and Arts and Crafts	Entry room
12:30 -2:15	Bingo Afternoon Refreshments	
12:30 -2:15	Board Games Card Games Afternoon Refreshments	Entry room
2:30-4:15	Stretch and walk Linden Lane Chair Exercise, Lawn Games, Afternoon Refreshments	Conference Room
2:30-4:15	Name that tune Arts and Crafts Afternoon Refreshments	Entry room