

Senior Activity Center News

Nashua Senior Activity Center

70 Temple Street • Nashua, NH 03060 •

Tel.: 603.889.6155

www.nashuaseniorcenter.org

ISSUE #289

JULY/AUG 2015

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City of Nashua Mayoral Candidates' Forum

Thursday, August 20, 2015

2:00-4:00pm

Multi-purpose Room

As a nonprofit, nonpartisan organization, the Nashua Senior Activity Center is excited to host and invites the public to attend a Mayoral Candidates' Forum. The forum is intended to inform and educate voters of Nashua on the mayoral candidates views and policy positions regarding issues affecting seniors in our community. This is a great opportunity for the senior community to learn about their options for election day and for the candidates to get to know the senior electorate. The forum will be moderated by Ed Lecius, a 25-year former radio news reporter for WSMN and WMVU. Today Ed serves as the Community Policing Coordinator for the Nashua Police Department. In addition, he has been involved in local, state, and the federal government in various positions during his career. There will be a question and answer segment for the general public at the conclusion of the forum, as well as an opportunity to speak with the candidates. Pre-registration is recommended. Contact the Front Desk at 603-889-6155 to register.

Annual Meeting

Wednesday, August 12, 2015

2:00-4:00pm

The Nashua Senior Activity Center Association invites all members to attend the annual meeting. This is a great opportunity to meet the members of the Board of Directors. They will report on the financial status (including membership fees), special events, and other relevant business. An open period will permit members to comment and ask questions. Indicate your planned attendance by registering at the Front Desk by August 7th.

Congratulations to the winners of our **Fire and Fusion Executive Chefs' Competition**: Danny Muser -**The Huntington**, Second Place Winner, Samantha Lavoie - **Nashua Crossings**, First Place Winner, and Rejean Sheehey - **Courville at Nashua**, People's Choice Award Winner, and to all those who participated in making this event a great success.



Nashua Senior Activity Center **Closings**

Friday, July 3, 2015 - Independence Day
Hours of Operation

Mon, Tues, Wed, & Fri: 9:00am-4:00pm
Thurs: 9:00am-7:00pm

Flea Market

at the Nashua Senior Center
Saturday, November 21, 2015
9:00am-2:00pm

Tables will be on sale for \$25 each beginning September 1, 2015. Contact Margo Bell at 603-816-2643 or email mbell@nashuaseniorcenter.org.

Holiday Craft Fair

at the Nashua Senior Center
Saturday, December 5, 2015
9:00am-3:00pm

Applications for vendors will be available after July 15, 2015. Contact Margo Bell at 603-816-2643 or email mbell@nashuaseniorcenter.org.

The River Card Room

Located in Milford NH, the River Card Room provides charitable gaming opportunities to benefit local nonprofits, and has been a source of revenue for the NSAC over the last few years. Please call Margo Bell at 603-816-2643 if you would like to help out with this great fund-raising opportunity.

George Russell hosts **Judy Porter, NSAC Development Manager** on Monday mornings from **7:00-8:00am** on his **"Nashua This Morning"** radio program on **WSMN 1590**. Learn about the latest activities, programs, and events at the NSAC.

Special occasion, birthday, anniversary..... Did you forget to remember?

We can help you and you can help the Nashua Senior Activity Center by honoring a birthday, anniversary, remembrance, or other special occasion with a contribution. We will forward an acknowledgement of your gift to the honoree. Contact Eileen Gormley at 603-816-2643 or email egormley@nashuaseniorcenter.org.

Round Again Shop

Our thrift shop is open to the public
Monday through Friday 9:00am-4:00pm
Special deals for NSAC members include:
Free Shopping Spree - Receive one free outfit on the **1st Monday** and **3rd Tuesday** of each month. Puzzles are half price on these days.
Fill a Bag for \$4 - All clothing, (leather, fur, and coats not included), on the **3rd Monday** and **4th Tuesday** of each month.
Friday Special - Buy one item of clothing and get a second like item free on the **2nd Friday of each month**.
Members must show current Senior Activity Center membership card for special deals.
We accept donations of clean, seasonal clothing, knick-knacks, glassware, and jewelry. All donations are greatly appreciated!

Designer Boutique

Our boutique is open to the public
Thursdays 10:00am-1:00pm
The Designer Boutique is located on the second floor (no rain dates). Items for sale are name brands (some new with tags), and include clothing, shoes, pocketbooks, jewelry and more. Everyone is welcome! Donations, including black, blue, and green plastic hangers, are appreciated.

Some of our many activities include:

Aerobics	Art Classes	Bridge
Canasta	Cribbage	Crocheting
Kick Boxing	Knitting	Line Dancing
Needlepoint	Pilates	Pinochle
Quilting	Tap Dancing	Tai Chi
Whist	Yoga	Zumba
	Weight Training	

For a full list of activities and class updates, please visit our website,
www.nashuaseniorcenter.org
or pick up a schedule at the Front Desk.

NOTES FROM DIRECTOR'S OFFICE, MARGO BELL

PLANT SALE (May) netted approximately \$2,100.00 Many thanks to our volunteers and customers for a successful event.

DESIGNER CORNER is a huge success, allowing us to close our e-Bay operation. The Designer Corner netted \$1,500.00 between January and May this year.

INFORMATION BOOKS outlining our SENIOR ACITIVITY CENTER and ADVISORY COUNCIL business are available in the library. This includes by-laws, meeting minutes, financial reports, and much more.

CRIBBAGE COUNTS – recent donation makes a two-year total of \$1,544.25. Thank you for your contribution.

FALL FLEA MARKET will be held on November 21, 2015.

HOLIDAY CRAFT FAIR will be held on December 5, 2015.

Thank you to the following local businesses for generously donating to our May Annual Plant Sale:

Countrybrook Farm - Hudson

Costco - Nashua

**Depot Farm Stand & Gift Shop -
Merrimack**

FrizzHome Gardens - Bedford

**Hannaford Supermarket -
Nashua**

Home Depot - Nashua North

Lowes - Nashua

**Market Basket Supermarket -
Nashua**

Morin's Landscaping - Hollis

Shaw's Supermarket - Nashua

Wilson Farm - Litchfield



Through the outstanding efforts of Elizabeth Cepaitis-Plant Sale Host, Fran Strack, and numerous volunteers, the event was both successful and profitable. Thank you! *Eileen Gormley*

RIVIER UNIVERSITY WELLNESS CLINICS

Rivier University Nurse Practitioner students, under the supervision of a Licensed Family Nurse Practitioner, provide the following confidential and free health screenings:

BMI	Pulmonary Function
Blood Pressure	Skin Cancer Checks
Lab Review	Medication Reconciliation
Glucose	Cholesterol

All clinics are walk-in and held from **9:00am to 2:00pm** in the Health and Education Rooms on the second floor:

Monday, September 28

Monday, October 5

Monday, November 2

Monday, December 7

DIABETIC SHOE CLINIC

Wednesday, September 9, 2015

1:00pm

If Medicare is your primary insurance, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you! Register for the clinic and pick up the necessary doctor's form at the Front Desk. Please contact Amy Baxter at 603-944-1311 with any questions.

UPDATES FROM THE ACTIVITIES DIRECTOR, CATHY BARRETT

Spring Fling

Thanks to all of you, the Spring Fling was a great success! This was a win-win for everyone. Many of you got the chance to invite friends or family to try classes that you might not have otherwise tried at no cost. Some of you surprised me by not only trying kickboxing but signing up and sticking with a six-week class. You are all a true inspiration to me and others. I would also like to give special thanks to all our instructors for donating their time to help make the Spring Fling a success. I look forward to offering future special promotions.

Pickleball

What a turnout this year for pickleball! If you haven't tried it, check it out at Fields Grove Park on Field Street in Nashua. For those of you that want to see if pickleball is for you, there will be some rackets at the court to borrow before deciding to purchase. Please note we have some new days and times added to the original schedule. You can now play pickleball on Tuesdays, Wednesdays, Thursdays & Saturdays at 9:00am and on Tuesdays and Thursdays at 3:00pm.

Kickboxing

Kickboxing class has a new day and time. Our 6-week class is now held on Wednesdays at 11:00am. Please see the activity schedule for the date of the next session.

Ice Cream Social

Monday, August 17, 2015 at 1:30 pm

Tickets are \$6.00 (**must be purchase by August 14th**)



Come and enjoy a nice ice cream sundae on a hot day while relaxing to live entertainment (to be determined). Tickets will be available at the Front Desk and must be purchased by August 14th. A flyer with more information will be available in the front reception area after June 26, 2015.

32nd Annual Variety Show

"A Red Carpet Event: Saluting the Academy Awards"

Sunday, October 25, 2015

Nashua High School South



Tickets go on sale at the Nashua Senior Activity Center on August 1, 2015 for \$12.00. Children ages ten and under are \$10.00. Tickets will also be available at the door for \$15.00.

MUSIC and ENTERTAINMENT

Jerry Jean & his Bluegrass Buddies - meets the third **Tuesday** of each month from **7:00-9:00pm** in the Dining Room. Come sing along, play along, or just listen and enjoy the music.

Harmonica Saints - meets on **Wednesdays** at **10:45am** in the Music Room under the direction of by Hildegard Gillette. New members always welcome. The Harmonica Saints are available to entertain at functions for a donation to the NSAC. Call Hildegard at 603-595-1832 for more information.

The Silver Lining Chorus - meets on **Wednesdays** at **9:15am** in the Music Room. The group is accompanied by pianist Hal Weisse and directed by Judy Hayward. We would love to have you join! For more information please call Cathy Barrett at 603-816-2647. The Silver Lining Chorus is also available to entertain at functions for a donation to the NSAC. Call Bill Sturgeon, Music Director, at 603-312-1706 for more information.

Friday Music Group - meets on **Fridays** at **9:00am** in the Music Room. Evelyn Quimby and the Gang invite all to come, sing, and have fun.

DAY TRIPS

Day trips are offered throughout the year and open to Nashua Senior Activity Center members and non-members. For more complete information contact the Senior Activity Center Trip Office at 603-816-2645, Monday-Friday, 9:00-11:30am, or Margo Bell at 603-889-6155 or via email at mbell@nashuaseniorcenter.org.

BOSTON WATERFRONT AND TALL SHIP VIEWING

Saturday, July 11, 2015

Cost: \$49.00 per person

Visit "Hermione", an exact replica of the ship that brought the Marquis de Lafayette from France to the U.S. to fight in the American Revolution. The trip includes lunch at the Medford Old County Buffet.

Departs: 10:30am - Park and Ride Exit 8

Returns: 5:00pm

THE WINNEPESAUKEE PLAYHOUSE PRESENTS "TABLE MANNERS"

Thursday, July 16, 2015

Cost: \$89.00 per person

"Table Manners" is a comedy about family and how they get along - or don't. Bring together three grown siblings and their significant others under one roof and see what happens. Lunch at the Cornerstone Inn is included.

Departs: 10:00am - Park and Ride Exit 8

Returns: TBA

LOBSTER BAKE AND SHOW "KILLJOY" AT THE NEWPORT PLAYHOUSE

Monday, July 20, 2015

Cost: \$109.00 per person

Travel to Newport, RI. Our day starts with a 1-1/4 lb. lobster and all of the fixings of a true New England Clambake. After lunch enjoy the play "Killjoy". Carol is being driven crazy by her charming monster of an ex-husband, Victor and his new wife, who try every trick in the book to end her alimony. When Carol has an affair with Victor's lawyer, they decide Victor has to die and the audience cheers in agreement.

Departs: 8:45am - Park and Ride Exit 8

Returns: 6:00-6:30pm

TANGLEWOOD BSO SATURDAY MORNING REHEARSAL *

Saturday, August 1, 2015

Cost: \$129.00 per person

Journey to Lenox, MA in the beautiful Berkshires and experience the Boston Symphony Orchestra for a 10:30am rehearsal of their Sunday program. The performance features special guests Yo-Yo Ma and Andris Nelsons conducting. A boxed lunch is included.

Departs: 6:30am - Park and Ride Exit 8

Returns: Approximately 5:00pm

**Please note, this trip may require some walking.*

"LOST IN YONKERS" AT THE WINNIPEAUKEE PLAYHOUSE

Monday, August 3, 2015

Cost: 89.00 per person

We will travel to the Lakes Region of NH and stop at the Cornerstone Inn for lunch. Afterwards, we will head to the playhouse for a matinee performance.

Departs: 10:00am Park and Ride Exit 8

Returns: TBA

"KINKY BOOTS" AT THE BOSTON OPERA HOUSE

Thursday, August 27, 2015

Cost: \$124.00 per person

The musical tells the story of Charlie Price who inherits a shoe factory from his father. To save the business, Charlie forms an unlikely partnership with cabaret performer and drag queen, Lola. With Lola's help, Charlie develops a plan to produce a line of high-heeled boots. He and Lola discover that they are not so different after all. Time on your own for lunch before the 1:00pm orchestra seating performance.

Departs: 9:30AM- Park and Ride Exit 8

Returns: 5:30pm

"SATURDAY NIGHT FEVER"

North Shore Music Theater

Wednesday, August 19, 2015

Cost: \$110.00 per person

You'll be dancing in your seats with Tony Manero as he hits the disco on Saturday nights. Follow Tony's story and enjoy great hits from the Bee Gee's soundtrack. The trip includes lunch at the Danversport Yacht Club.

Departs: 10:15am - Park and Ride Exit 8

Returns: 6:00pm

Collette Vacations offers a referral fee to benefit the Nashua Senior Activity Center. To book travel, call 1-800-437-0235 and mention promotions code U001-AX1-918 and the Nashua Senior Activity Center.



DAY TRIPS AND MULTI-DAY TOURS

FOXWOODS CASINO TRIPS

August 3, 2015 and September 14, 2015

Cost: \$32.00 per person

Enjoy a day at the casino. Round-trip transportation, a \$10 food or buffet voucher, and a \$10 Keno play are included (35-person minimum).

Departs: 7:15am - St. Philips Greek Church

Returns: 6:30-7:00pm



SUNDAY MORNING JAZZ CRUISE AND BRUNCH

Sunday, September 20, 2015

Cost: \$89.00 per person

We will travel to Gloucester and board the Beauport Princess for a 2 1/2 hour cruise. Entertainment will be a live jazz band and a buffet brunch will be served

Departs: 9:30am - Park and Ride Exit 8

Returns: TBA

BOURNE SCALLOP FESTIVAL

Friday, September 18, 2015

Cost: \$69.00 per person

The festival is held at the Cape Cod Fairgrounds in Falmouth, MA and includes something for everyone: craft booths, entertainment, and all kinds of great food. The trip includes lunch and time to enjoy the sights.

Departs: 7:15am - Park and Ride Exit 8

Returns: 4:00pm

WATERFIRE

Providence, RI

Saturday, September 26, 2015

Cost: \$89.00 per person

"Waterfire" is an experience that surrounds viewers on all sides and impacts all five senses: the crackling of flames; the scent of blazing cedar and pine; the flickering firelight on the arched bridges; the silhouettes of the fire tenders; the performers that travel in small torch lit boats around the river; and the extraordinary music from all over the world. The event starts off with creating your own meal at the Fire & Ice Grill at 5:00pm. Show begins at 6:30pm.

Departs: 3:00pm - Park and Ride Exit 8

Returns: TBA



**WATERFIRE
PROVIDENCE**

FALL FOLIAGE TURKEY DINNER TRAIN

Saturday, September 26, 2015

Cost: \$79.00 per person

Board the Winnepesaukee Scenic Railroad and enjoy a nostalgic excursion along the lake shores between Meredith and Lakeport. During this 2-hour ride, Hart's Turkey Farm will serve a turkey dinner at your table. Upon returning to the station, our coach will take us on nostalgic trip to the old fashioned Long View Country Store.

Departs: 9:00pm - Park and Ride Exit 8

Returns: TBA

TRAVEL SOCIAL will be held on **August 18, 2015** from **10:00am-11:30am**. Learn about some of our **multi-day tours** for 2016. Please call the Trip Office at 603-816-2645 to register for the social.

"SISTER ACT"

NORTH SHORE MUSIC THEATER

Wednesday, November 4, 2015

Cost: \$110.00 per person

Enjoy this matinee musical comedy about disco diva Deloris Van Cartier, a witness to a murder who is put into protective custody - in a convent. Deloris inspires the choir and breathes new life into the church and community.

Trip includes luncheon at the

Danversport Yacht Club.

Departs: 10:15am - Park and Ride Exit 8

Returns: 6:00pm



MULTIDAY TOURS

QUEBEC CITY - August 16-19, 2015

NEW ORLEANS - September 28-October 2, 2015

CANADA OKTOBERFEST - October 9-13, 2015

ERIE CANAL&TURNING STONE CASINO-
October 12-14, 2015

CANADIAN ROCKIES BY TRAIN - October
19-27, 2015

MYRTLE BEACH - November 30 - Dec.6, 2015

VENICE IN WINTER - March 12-18, 2016

SHADES OF IRELAND - March 12-21, 2016

MACKINAC ISLAND - June 4-11, 2016

RHINE AND MOSEL RIVER CRUISE -
October 8-16, 2016

CROATIA - April 23-May 4, 2016

SEMINARS and WORKSHOPS

All seminars are free for members and \$10 for non-members. Register by visiting or calling the Front Desk at 603-889-6155. Registration deadline is three days prior to the event. Visit our website <http://www.nashuaseniorcenter.org/newsfor> the latest semi-

VETERANS' COFFEE CLUB

Date: July 14, 2015

Time: 10:00am



Hosted by David Teed, Veteran Liaison from Compassionate Care Hospice. Come to the Coffeetalk Lounge to find out about VA benefits you may not know about and share memories of your time in the service. Feel free to bring photos to share. No registration required.

STRESS VS. FORGETFULNESS VS. DEMENTIA

Date: July 22, 2015

Time: 10:30-11:30am

It is difficult to know when a decrease in ability to organize thoughts and actions is a symptom of stress versus a more serious decline related to dementia. Dementia does not have to be scary. Being informed of things to look out for in yourself or a loved one is the first step to ensure quality of life is preserved. Join us as Patsy Wolber, PT, M.Ed., Chief Operations Officer for the Center for Physical Therapy, discusses completing a "My Way" form stating your preferences in all areas of self-care and other effective ways to promote functional independence, well-being, and safety.

Funded by a grant from Rotary West.

EXERCISE & BRAIN HEALTH

Date: September 23, 2015

Time: 10:30-11:30

Staying active and participating in low impact exercises are great ways to combat the typical signs of aging. Come join us as Patsy Wolber, PT M.Ed., Chief Operations Officer for the Center for Physical Therapy, discusses how physical therapists can teach you simple stretches and exercises to make you stronger and prevent injuries.

Funded by a grant from Rotary West.



AED TRAINING:

How to Use a Defibrillator

Date: July 21, 2015

11:00am - 12:00pm

American Medical Response will provide training on Automatic External Defibrillators (AED), a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm. Using an AED on a person who is in sudden cardiac arrest can be lifesaving.



HOW TO MAKE IMPRESSIVE APPETIZERS

Date: July 27, 2015

Time: 2:00pm

Join award-winning Chef Reggie Sheehey from Courville Healthcare as he presents a hands-on demonstration on making appetizers that will impress your family, friends, and guests.



STORYTELLING SERIES

Date: August 26, 2015

Time: 1:30pm

Simon Brooks, award winning British storyteller, will be visiting the NSAC. Simon is known for the extraordinary voices he uses in storytelling. You don't want to miss this event! Light refreshments will be served.

***Funded by a grant from the
Arthur Getz Trust.***

STROKE PREVENTION

Learn the basics, know your body, recognize the signs. Please join Courtney Ford, Physical Therapist from Northeast Rehabilitation, for a presentation and question/answer session on stroke prevention.

Date: July 29, 2015

Time: 10:00am

COMMUNITY PARTNERSHIP OFFERINGS

Health and Wellness

Hearing Screenings - held on the **3rd Tuesday** of each month. Please call 603-889-6155 to schedule an appointment. Screenings courtesy of **Hearing Solutions** (no fee).

Blood Pressure Screening & Education - held on **Mondays, 9:30am -12:30pm**. Provided by **St. Joseph Hospital Parish Nurse Program for Wellness** (no fee).

Foot Care Clinics - provided by **Home, Health, and Hospice Care**, held twice monthly in the Health Room. Call 603-882-2941 to schedule an appointment (fee for service).

Bone Builders Program - relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance, and bone density. Exercises are aimed at preventing falls and fractures. For more information call Kelly Noble at 603-921-1299 (no fee).

Sight Services for Independent Living (SSIL) - meets on the **4th Tuesday** of each month at **1:30 pm**. Nonprofit group that meets to promote independence of visually-impaired older adults living at home. Meetings are held in the Education Room on the second floor. Call 1-800-581-6881 for more information (no fee).

Reiki Clinics - provided by **The New England Reiki Center, Inc.** are held on the third **Friday** of each month between **1:00-3:00 pm**. Call 603-262-9366 to schedule an appointment (fee is \$20).

Nashua Seniors Count Initiative - Offers workshops on the second Monday of each month at the Nashua Senior Activity Center that are open to the public.

Monday, July 13, 2015 at 1:00pm "How to Best Use Facebook to Stay in Touch with Loved Ones" - Presented by Dr. Naomi Schoenfeld of Rivier University.



Monday, August 10, 2015 at 1:00pm

Workshop topic to be announced.

For more information, call Beth Todgham, Seniors Count-Nashua Facilitator at 603-889-3440, ext.132.

FUNDRAISING OPPORTUNITY

FIND THE MAGIC OF GIVING BACK!

Saturday, August 29, 2015

Macy's "Shop for a Cause" passes are now on sale at the Nashua Senior Activity Center. Each pass is \$5.00 to receive a 25 percent discount at Macy's stores on August 29th. The pass money is given directly to the Nashua Senior Activity Center.

See Judy Porter at the Senior Activity Center or call her at 603-816-2649 to purchase savings passes and give back to the Center.



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MEMBERSHIP & RENEWALS

Membership is open to anyone 50 years of age or older. Membership dues are \$35 per person or \$50 for two persons living in the same household. We offer a \$5 discount to all age eligible Veterans. The Membership Office is open Monday through Friday from 9:00-11:30am. We accept cash, checks and credit cards. Membership cards can be picked up at the Front Desk when the Membership Office is closed. If you would like to join or renew your membership by mail, please include a stamped, self-addressed envelope for your membership card to be returned. Members must present their membership card to receive member discounts.



Senior Activity Center
70 Temple Street
Nashua, NH 03060

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Our mission: *to promote healthy aging, independence and the well-being of older adults through health, wellness, educational, cultural, and recreational programs and services.*

Nashua Senior Activity Center

Room Rentals at Nashua Senior Activity Center

The Senior Activity Center offers classrooms and function rooms that can be rented when not in use by Senior Center Programs. The space is ideal for business meetings, workshops, clubs meetings, classes, support groups, celebrations, showers, and more. The facility is handicap accessible, air conditioned, provides ample parking, and is centrally located. Contact Margo Bell at 603-816-2643 or via e-mail mbell@nashuaseniorcenter.org for more information.

Members receive special rates!

BINGO - Afternoon Bingo is held on the **1st and 3rd Wednesday** of each month and open to the public (must be 18 years of age or older). Bring your friends! All proceeds benefit the **Nashua Senior Activity Center**. Doors open at **1:00pm** and games start at **1:30pm**. Door prizes, cash prizes, and winner take all! Join us on **July 1st, July 15th, August 5th and August 19th**.

Congregate Lunch - The meal is provided by **St. Joseph Community Services** in our dining room **Monday through Friday at 11:45am**. Lunch is offered to people ages 50-59 for a \$5 charge and a \$2 donation for age 60 and older. Reservations are required one week prior. Please call 603-882-2106 for more information.

Our newsletter is also available on our website at **<http://nashuaseniorcenter.org/news>**. Please check the website for the most current and up-to-date information regarding classes, seminars, events, activities, and trips.