

# Senior Activity Center News

Nashua Senior Activity Center  
70 Temple Street • Nashua, NH 03060 •  
Tel.: 603.889.6155

ISSUE #290

www.nashuaseniorcenter.org

SEPT/OCT 2015

Interim  
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Project Director  
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Activities Director  
**Cathy Barrett**

Development Manager  
**Judy Porter**

Office Manager  
**Eileen Gormley**

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Notre Dame Academy

## Nashua Senior Activity Center presents

### "A Red Carpet Event: Saluting the Academy Awards"

### 34th Annual Variety Show

**Sunday, October 25, 2015  
Nashua High School South**

Purchase tickets in advance at the  
Nashua Senior Activity Center  
Front Desk for \$12.00 or \$15.00 at  
the door. Children ages ten and  
under \$10.00.



## Nashua Senior Activity Center Membership Updates:

**Membership Fees:** The Board of Directors approved a change in the membership fee which will be effective January 1, 2016 - January 1, 2018. The rate for new members will be forty dollars (\$40) per year for an individual member and sixty dollars (\$60) per year for two individuals residing at the same address. A discount of five dollars (\$5) will continue to be offered to eligible veterans. Seniors ninety years of age and older will continue have the membership fee waived.

The membership fee for all current members in good standing will remain the same: thirty five dollars per year for an individual and fifty dollars per year for two individuals residing at the same address. If a current membership lapses, a sixty-day grace period for renewal will be granted. If a member does not renew within the sixty day grace period, the membership fee increase will be applied.

The membership fee includes: discounts on programs and classes, free special events including educational seminars, workshops and social events, eligibility for fitness center membership, use of member lounge with computers, and resource library with internet access, thrift shop deals and discounts, and other services.

**Membership Cards:** Thanks to a very generous donation from an anonymous supporter, we have an updated software system to process memberships as well as a new membership card system that allows us to issue photo ID cards. The new cards will be issued as membership renewals are due.

## **Nashua Senior Activity Center**

### **Closings**

#### **Labor Day**

Monday, September 7, 2015

#### **Columbus Day**

Monday, October 12, 2015

### **Hours of Operation**

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

**Thurs: 9:00am-7:00pm**

## **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 assist with this great fund-raising opportunity.

**George Russell** hosts **Judy Porter**, **Nashua Senior Activity Center 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, news, and events at the Nashua Senior Activity Center.

## **Volunteer Opportunities**

**Coffee Talk Lounge Attendant** - needed to make coffee and monitor lounge for 2 or 3 hour shifts.

**Membership Representatives** - to attend events throughout the community to promote and provide information on the Senior Activity Center.

**Front Desk Attendant** - to provide reception duties, answer phone lines, and register members for classes, seminars, and events.

**Bingo Assistants** - to work twice per month calling numbers and assisting with set up/breakdown.

**To volunteer, contact Margo Bell at 603-216-2643. Volunteer applications are available at the Front Desk.**

## **Tag Days Fundraiser**

The Tag Days Fundraiser, held on July 10-11, 2015 at the NH State Liquor Store on Coliseum Ave netted approximately \$750 for the Senior Activity Center. Through the outstanding efforts of the Senior Advisory Council members and many volunteers, the event was successful, profitable, and above all fun. The Senior Advisory Council is planning to schedule another Tag Day fundraiser this Fall.

## **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 **1<sup>st</sup> Monday** and **3<sup>rd</sup> Tuesday** of each month. Puzzles are half price on these days.

**Fill a Bag for \$4** - On all clothing, (leather, fur, and coats excluded), on the **3<sup>rd</sup> Monday** and **4<sup>th</sup> 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, pocket-books, jewelry, and more. You will find some great deals!

Everyone is welcome. Donations to the boutique, including black, blue, and green plastic hangers, are appreciated.



## NOTES FROM DIRECTOR'S OFFICE, MARGO BELL

- **CLEANING** - Have you noticed the shine on the floors, the revitalized carpeting, the sparkling fixtures and the smell of freshness? Thanks to the City of Nashua for providing the funding for a much needed clean-up. More to come, including upgrades to lighting and some ceiling fans.
- **TAG DAYS FUNDRAISER** - Many thanks to Louise Burbank, Senior Advisory Council members, and all volunteers who contributed to the success of this fundraising effort. (See page 2).
- **DESIGNER BOUTIQUE** - Looking for something new but not ready to splurge Check out our Designer Boutique. Invite family and friends to check it out. Great buys, helpful staff, negotiable pricing, and fun shopping. (See page 2 for further details).
- **MEMBERSHIP IDs** are replacing existing paper membership cards. Implementation is underway and will take about a year to complete.
- **INFORMATION BOOKS** outlining our Board of Directors and Senior Advisory Council business, including by-laws, financial reports, and meeting minutes, are updated monthly and are available in the library.

### FLU SHOT CLINIC

Influenza vaccines are a safe and effective way to help people stay healthy, prevent illness, and even save lives. The Center for Disease Control recommends that everyone receive an influenza vaccine annually. Our flu shot clinic will be held in conjunction with the Rivier University Wellness Clinic and Walgreen's Pharmacy. No appointment is necessary.



**Date: Monday, September 28, 2015**  
**Time: 9:00am - 2:00pm**

### FREE GLAUCOMA SCREENING

Glaucoma is a complicated disease in which damage to the optic nerve leads to progressive, irreversible vision loss. Because glaucoma is a disease with few symptoms before serious and permanent visual damage occurs, periodic screening is imperative. Screening is free, open to the public, and no appointment is necessary. Courtesy of *Nashua Eye Associates*.

**Date: Monday, September 21, 2015**  
**Time: 10:00-11:30am**

### 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 - 2:00pm** in the Health and Education Rooms:

**Monday, September 28**  
**Monday, October 5**  
**Monday, November 2**  
**Monday, December 7**

**A special thank you to**

**The Nash Foundation, Inc. and**

**Dr. & Mrs. Charles and Meri Goyette**

**for their recent generous donations to the Nashua Senior Activity Center. Your support of our mission is greatly appreciated.**

## NOTES FROM THE ACTIVITIES DIRECTOR, CATHY BARRETT

### Look what's new for the Fall!



#### **Book Club Meet & Greet**

We invite all expressed interest in participating in a Book Club to join us in our Library on **Thursday, October 1, 2015 at 10:00am**. This will give everyone an opportunity to discuss their interests and ideas.



#### **Widows Club Meet & Greet**

Many women have expressed an interest in forming a Widows Club at the Senior Activity Center. After consulting with different professionals, they thought it would be a great idea to hold a meeting for those interested in joining a Widows Club, to meet with each other and design what they would like their club to consist of. Join us on **Tuesday, October 6, 2015 at 11:00am**.

#### **Meet and Greet and Glass Painting Course with Karen**

Come meet Karen on **Wednesday, October 7, 2015** between 9:30-11:30am. She will have a table in the front lobby to display and sell some of her beautiful glass painted pieces including bird feeders, wine glasses, night lights, and more. Karen will offer a 5-week glass painting course beginning on **Wednesday, October 14, 2015** from **10:00am-12:00pm** to learn to make your own glass piece. Fee for 5-week session is \$40/members and \$50/non-members and includes all materials and supplies for your first project. Register at the Front Desk by October 7, 2015.

#### **Intermediate Contract Bridge Lessons with Dee**

Six week, two-hour sessions starting **Friday, October 9, 2015** from **9:30-11:30am**. The fee for lessons is \$10/class with a \$20 non-refundable deposit due at registration by October 2, 2015.

#### **Intermediate to Advanced Duplicate Bridge Lessons with Lawrence**

Eight week, two-hour sessions starting **Friday, September 25<sup>th</sup>** at **1:00-3:00pm**

Topics covered include: Playing the Hand as Declarer, Playing the Hand as Defender, Scoring, Bidding the Hand, and Duplicate Bridge. Additional topics, such as Playing on the Internet, will be included if there is class interest. The fee for lessons is \$50/members; \$55/non-members. Register no later than September 18, 2015.

## MUSIC and ENTERTAINMENT

**Jerry Jean & his Bluegrass Buddies** - meet 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** - meet on **Wednesdays** at **10:45am** in the Music Room under the direction of 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** - meet 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** - meet on **Fridays** at **9:00am** in the Music Room. Evelyn Quimby and the Gang invite all to come, sing, and have fun.

### **Some of our many activities include:**

Aerobics   Art Classes   Bridge   Canasta   Cribbage   Crocheting  
Kick Boxing   Knitting   Line Dancing   Mah Jong   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](http://www.nashuaseniorcenter.org) or pick up a schedule at the Front Desk.**

**NOTES FROM THE DEVELOPMENT MANAGER, JUDY PORTER****There are many opportunities to help and support the Nashua Senior Activity Center:**

- **Dine out** and support the Center at the various Dining for a Cause Events that are held every month at local restaurants such as Uno's, Not Your Average Joe's, and the 99 Restaurant. See page 10 for current vouchers.
- **Become a Star Supporter** of the 34<sup>th</sup> Annual Variety Show and purchase a Gold (\$20) or Silver Star (\$10) at the Front Desk.
- **Attend exciting fundraising events** such as "Let's Make a Deal" November 5, 2015 and "An Encore Performance of Gerald Charles Dickens" on November 30, 2015. Ticket proceeds from both events directly benefit the Nashua Senior Activity Center.
- **Attend the Gingerbread House Contest.** Last year's event was so successful at Nashua Crossings that an expanded event will be held during the Craft Fair on December 5, 2015. Admission is free. Sales of raffle tickets on the houses directly benefit the Nashua Senior Activity Center.
- **The Annual Appeal** for the Nashua Senior Activity Center will be mailed in early November. Please give generously and consider a donation to your 100% self-supporting organization. Thank you to all of those who have donated their time, talents, items or money throughout this year. We would not be able to continue our critical mission without your generosity.

**SPECIAL EVENTS****LET'S MAKE A DEAL - SENIOR CENTER EDITION!**

Hosted by George Russell from WSMN 1590

**Thursday, November 5, 2015 at 2:00pm**

\$6/members &amp; \$10/non-members

Dress in costume and have a chance to play "Let's Make a Deal" for cash, gift certificates, and other prizes. Light refreshments provided courtesy of *The Courville Communities*.

Tickets are available at the Front Desk and must be purchased by November 2, 2015.

**FLEA MARKET AND BOOK SALE****Saturday, November 21, 2015****9:00am-2:00pm**

An indoor flea market and book sale to benefit the Nashua Senior Activity Center will feature new and used merchandise and more than thirty vendors. Donations of new and used goods, raffle items, and baked goods are welcomed. Tables for vendors are available for twenty five dollars by contacting Margo Bell at 603-816-2643 or email [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org).

**HOLIDAY CRAFT FAIR and GINGERBREAD HOUSE CONTEST****Saturday, December 5, 2015**

**Craft Fair:** Applications are now being accepted for vendors with hand made craft items, vintage and unique jewelry, as well as food vendors with a license. Please include a photo of your sample items. No alcoholic beverages may be sold. Eight foot tables are available to rent with or without electricity for \$40 and \$35, respectively. Tables are rented on a first come, first serve basis. Contact Margo Bell at 603 816-2643 or email [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org) if you are interested or have questions. Deadline for applications is Wednesday, November 25, 2015.

**Ginger Bread House Contest:** Santa will be there will elves and children will be able to have their picture taken with Santa for free. Raffle tickets will be sold for the houses. Judges will include local celebrities. Houses will be judged in several categories. If you are individual or an organization that would like to enter a house, please call Judy Porter at 603-816-2649. *Home Instead* is once again partnering with us and will be providing kits to use if needed. Admission is free.



## 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 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

### FOXWOODS CASINO TRIP

Monday, 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). **LAST TRIP THIS YEAR!**

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

**Returns: 6:30-7:00pm**

### BOURNE SCALLOP FESTIVAL

Friday, September 18, 2015

**Cost: \$69.00 per person**

This late summer 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**

### 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 2.5 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**

### 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**

### WINNI BELLE AND WOLFEBORO INN

Thursday, October 8, 2015

**Cost: \$89.00 per person**

Enjoy a ninety minute lake cruise aboard the



Winnepesaukee Belle, a 65-foot replica turn-of-the-century paddle wheeled boat. The cruise will be followed by lunch at the Wolfboro

Inn, one of the only authentic New England pubs in the NH Lakes Region.

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

**Returns: TBA**

### FALL FOLIAGE TURKEY DINNER TRAIN

Sunday, October 11, 2015

**Cost: \$79.00 per person**

Board the Winnepesaukee Scenic Railroad and enjoy a nostalgic excursion along the lake shore. During this 2-hour ride, Hart's Turkey Farm will serve a turkey dinner at your table. Upon returning to the station,

we will visit the old fashioned Long View Country Store.

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

**Returns: TBA**



### SALEM CROSS INN

Wednesday, October 14, 2015

**Cost: \$89.00 per person**

Travel through the Berkshires to the meticulously restored Salem Cross Inn in West Brookfield, MA. A delicious lunch will be served and followed by entertainment. On our return home, we will visit the beautiful Brookfield Orchards, where each passenger will receive a 3-pound bag of fresh picked apples.

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

**Returns: TBA**



## DAY TRIPS AND MULTI-DAY TOURS

### **"SISTER ACT"** **NORTH SHORE MUSIC THEATER**

Wednesday, November 4, 2015

**Cost: \$110.00 per person**

Enjoy this feel-amazing musical comedy smash hit based on the hit 1992 film has audiences jumping to their feet. When disco diva Deloris Van Cartier witnesses a murder, she is put into protective custody - in a convent. Disguised as a nun, she finds herself at odds with both the rigid lifestyle and uptight Mother Superior. Using her unique talents, 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**

### **SLEIGH BELLS SWING**

Wednesday, December 2, 2015

**Cost: \$79.00 per person**

Enjoy lunch at Hart's Turkey Farm in Meredith NH and then head over to the Lake Winnepesaukee Playhouse for the award winning jazz vocalist Kristanthi Pappas and her band's presentation of *Sleigh Bells Swing*.



They will warm your spirits playing jazzy renditions of your holiday favorites such as "Winter Wonderland," "White Christmas," "Santa Baby," and many more.

**Departs: 9:15am** - Park and Ride Exit 8  
**Returns: TBA**

### **MULTI-DAY TOURS**

#### **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 - December 6, 2015

#### **VENICE IN WINTER**

March 12-18, 2016

#### **SHADES OF IRELAND**

March 12-21, 2016

#### **CROATIA**

April 23-May 4, 2016

#### **MACKINAC ISLAND**

June 4-11, 2016

#### **RHINE& MOSELLE RIVER CRUISE**

October 8-16, 2016

#### **AUSTRIA & GERMANY MAGICAL CHRISTMAS MARKETS** -

November 26-December 2, 2016

### **CHRISTMAS IN HAWAII**

Thursday, December 10, 2015

**Cost: \$99.00 per person**

The first stop is the HuKeLau Restaurant in Chicopee, MA for award winning Polynesian food and a great holiday floor show. The next stop is the Yankee Candle store in Springfield. The store features all available Yankee candles and a Bavarian Christmas Village. The final stop is at "Bright Nights at Forest Park," which is filled with over 650,000 lights and many holiday displays.



**Departs: 7:00am** - Park and Ride Exit 8  
**Returns: TBA**

### **NEWPORT MANSIONS AT CHRISTMAS TIME**

Tuesday, December 15, 2015

**Cost: \$89.00 per person**

The day begins with a drive to Newport RI, stopping first at the beautiful National Historic Landmark, The Breakers. The glitter of gold and the sparkle of silver dazzle you as you tour this magnificent mansion decked out in Yuletide finery. Following the tour, you will visit downtown Newport with time for lunch on your own, shopping, and strolling the historic district. The final stop of the day will be a visit to The Elms, another icon of the Gilded Age of America where you will marvel at the sight of poinsettias, fresh flowers, evergreens, and wreaths.



**Departs: 7:00am** - Park and Ride Exit 8

## 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: [www.nashuaseniorcenter.org/news](http://www.nashuaseniorcenter.org/news) for the latest updates.

### **DIABETIC SHOE CLINIC**

Wednesday, September 9, 2015  
1:00pm

If you are a diabetic and 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.

### **VETERANS' COFFEE CLUB**

Date: September 15, 2015  
Time: 10:00am

This event is hosted by David Teed, Veteran Liaison from Compassionate Care Hospice. Come to the Coffeetalk Lounge to learn about VA benefits you may not know about and share memories of your time in the service. Feel free to bring photos to share. Free and open to the public! Coffee and donuts will be served.



### **ASK THE PHARMACIST**

Date: September 15, 2015  
Time: 11:00am

Come to the Coffeetalk Lounge to ask Pharmacist Dan Osgood any questions you may have regarding prescription and over the counter medications, contra-indications, side effects, and more. No registration required. Hosted by *Rite Aid Pharmacy*.



### **STRESSED? FIVE NATURAL, EASY SECRETS TO CHANGE YOUR LIFE**

Date: September 18, 2015  
Time: 11:00am-12:00pm

More than 70% of Americans experience physical and/or psychological symptoms of stress in their lifetimes. Identify, understand, and change the stresses that are creating problems in your life. Know what "Quality of Life" means. Take care of yourself, and learn the five easy natural steps toward becoming the person that you want to be. Sponsored by *Gentle Approach Chiropractic*.

### **A MATTER OF BALANCE**

Wednesdays, September 9-October 28, 2015  
10:00am-12:00pm

Do you have concerns about falling? A Matter of Balance can help. Many older adults experience concerns about falling and so they start to restrict their activities. *Center for Physical Therapy and Exercise* will be offering this 8-week, award-winning program designed to manage falls and increase activity levels. In the Matter of Balance program, you will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. The fee for the program is \$15. Register at the Front Desk. Please contact Fred Daniels (CPTe) at 603-880-0488 with any questions.

### **LEARN MORE ABOUT WI-FI, APPS, AND TV CHOICES**

Date: Wednesday, October 14  
Time: 9:00am

Learn about how you can use your Xfinity services from Comcast to keep in touch with family and friends and get the most value out of your services. Comcast's product experts will talk about how easy it is to set up Wi-Fi in your house to help your smart phone, iPad and other devices to connect to the Internet, and use the free Xfinity apps to get even more value out of your services. Feel free to ask any questions you'd like! You just might learn something new that even your grandson or granddaughter doesn't know yet! Coffee and breakfast items will be served.

### **EXERCISE & BRAIN HEALTH**

Date: September 23, 2015  
Time: 10:30-11:30am

Staying active and participating in low impact exercises are great ways to combat the typical signs of aging. 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 *Nashua Rotary West*.



## SEMINARS AND WORKSHOPS continued

### **PROTECTING YOUR NEST EGG**

**Date: September 24, 2015**

**Time: 1:30-3:00pm**

This informational session will cover topics such as estate taxes, the probate process, managing retirement income, gifting, trusts, uses for life insurance, nursing home and Medicaid, and long-term care insurance. This seminar is free and open to the public. Contact the Front Desk to register. Sponsored by *New York Life Insurance Company*.

### **BREATHE EASY - COMMON RESPIRATORY PROBLEMS & TREATMENTS**

**Date: October 1, 2015**

**Time: 1:30pm**

Learn about COPD (Chronic Obstructive Pulmonary Disease), sleep apnea, and other illnesses as well as the proper use of respiratory equipment like your CPAP machine. Sponsored by *Kindred Healthcare & Rehabilitation—Greenbriar*.

### **iPad BASICS COURSE: EVERYDAY APPS**

**Date: Thursdays October 1-29, 2015**

**Time: 1:30-3:00pm**

Learn to use your iPad confidently and efficiently, whether you're searching the web, reading and writing email, sending messages, or taking and sharing photos and videos in this 5-week course. This is a hands-on course, so be sure to bring your Apple iPad to each class with its battery fully-charged! Course instructed by *Melanie Schoenfeld*.



### **COMMUNITY RESOURCES FOR SENIORS**

**Date: October 19, 2015**

**Time: 1:00-2:30pm**

Resources for seniors vary a great deal based on the need of the individual. Fortunately, there is a strong network of agencies intent on providing help for seniors, or at the very least, directing seniors to another resource or agency. Learn what resources are available in our community. Sponsored by *Home Health & Hospice*.

### **STORYTELLING WITH PAPA JOE**

**Date: September 30, 2015**

**Time: 1:30pm**

Papa Joe's living folktales have engaged over 6,000 audiences. He has a love of good stories with a passion for telling them. He is devoted to his audience. Join us for the next segment of the Storytelling Series! Light refreshments will be served. Funded by a grant from the *Arthur Getz Foundation*.

### **NATURAL SOLUTIONS TO DIGESTIVE PROBLEMS**

**Date: October 13, 2015**

**Time: 11:00am-12:00pm**

Digestive disorders affect over 61 million Americans each year. Many drugs used to treat digestive disorders have recently found to do more damage than good and many of them have been withdrawn from the market completely. With this presentation, you will be able to thoroughly educate yourself on what digestive issues are and how natural health care can help them. Sponsored by *Gentle Approach Chiropractic*.

### **MEDICARE OPEN ENROLLMENT EDUCATIONAL SEMINAR**

**Date: October 15, 2015**

**Time: 2:00- 4:00pm**

A health insurance specialist will be on hand, along with representatives from leading NH health insurers, to help you better understand your Medicare choices for 2016. Topics covered will include Medicare Open Enrollment and the differences between Medicare Supplement plans and Medicare Advantage plans. You will be given a tour of the Medicare Plan Finder website, which is a great tool to help seniors better understand their choices and select the most appropriate Part D RX coverage. This is an educational meeting so there will be no sales or enrollment conducted. If you would like more information, please call Steve Donohue at 603-882-2909. The seminar is free and open to the public. Sponsored by *Atlantic Benefit Company*.

### **STORYTELLING WITH JO RADNER**

**Date: October 28, 2015**

**Time: 1:30pm**

Don't miss this presentation in the Storytelling Series. Jo Radner tells tales of "Yankee Ingenuity." Light refreshments will be served. Funded by a grant from the *Arthur Getz Foundation*.

## COMMUNITY PARTNERSHIP OFFERINGS

### Health and Wellness Community Offerings

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

**Blood Pressure Screenings & Education** - held on **Mondays, 9:30am-12:30pm**. Provided by **St. Joseph Hospital Parish Nurse Program for Wellness**. Drop in (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 is \$20).

**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**. SSIL is a non-profit 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 **3rd Friday** of each month between **1:00-3:00pm**. Call 603-262-9366 to schedule an appointment (fee is \$20).

### Nashua Seniors Count

**Initiative** - Offers workshops on the 2nd Monday of each month at the Nashua Senior Activity Center that are open to the public.

**Monday, September 14, 2015 at 1:00pm** "Things You Can Do When Disaster Strikes"

- Presented by Justin Kates, Emergency Management Director, City of Nashua.

**Monday, October 19, 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.

**Nashua West Rotary Club** will be hosting its **Annual Spaghetti City** at the Nashua Senior Activity Center on **Tuesday, October 13, 2015**.

Doors open at 4:30pm and full course Spaghetti dinners will be served until 7:30pm. Tickets are \$5 and will be available at the door.



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serve creative  
cuisine. And wor-  
thy causes.

Nashua Senior  
Activity Center

Present this certificate to your server and your cause will receive 15% of your total purchase on Tuesday, October 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup>.

\*



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\*Excludes Alcohol, Tax and Gratuity

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## **MEMBERSHIP & RENEWALS (Effective until January 2016)**

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. If you would like to join or renew your membership by mail, please include a stamped, self-addressed envelope for your membership card (non-photo) to be returned. Members must present membership card to receive member discounts.



**Senior Activity Center**  
**70 Temple Street**  
**Nashua, NH 03060**

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### ***Nashua Senior Activity Center***

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

### **Room Rentals at Nashua Senior Activity Center**

The Nashua 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](mailto:mbell@nashuaseniorcenter.org) for more information.

***Members receive special rates!***

**BINGO** - Afternoon Bingo is held on the **1<sup>st</sup> and 3<sup>rd</sup> 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 **September 2nd and 16th and October 7th and 21st**.

**Congregate Lunch** - The meals are 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.