

Senior Activity Center News

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

Tel.: 603.889.6155

www.nashuaseniorcenter.org

JAN/FEB 2016

ISSUE #292

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Project Director
Margo Bell

Activities Director
Cathy Barrett

Development Manager
Judy Porter

Office Manager
Eileen Gormley

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THE NASHUA SENIOR ACTIVITY CENTER WELCOMES MARGO BELL TO HER NEW ROLE AS EXECUTIVE DIRECTOR.

Margo has worked at the Nashua Senior Activity Center since 1983. She is responsible for all trips including day and multi-day as well as the thrift store, flea markets, building rentals, and volunteer management. In her new role, she is responsible for all operational and financial aspects regarding the management of the Nashua Senior Activity Center.



Save the date for our largest fundraiser, Fire & Fusion - an Executive Chef Competition:



Wednesday, May 4, 2016

Time: 6:00-9:00pm

Alpine Grove, Hollis, NH

The premier fundraising event for the Nashua Senior Activity Center gets better and better every year. Join us for our fourth annual Fire and Fusion on May 4, 2016 at the Alpine Grove as eight Executive Chefs compete for the title of "Top Chef." This event kicks off their 4th year with each chef preparing 400 appetizers for attendees. The chefs then learn the four secret ingredients and have 30 minutes to prepare a culinary masterpiece. See page 7 for ticket information.

Flea Market/

Book Sale Events

Saturday, February 13, 2016

(storm date February 20, 2016)

Saturday, March 26, 2016

(storm date April 2, 2016)

Time: 9:00am-2:00pm

Two indoor flea market/book sale events will be held on the above dates to benefit the NSAC. They will feature more than thirty vendors, breakfast, lunch, and home-baked goods. Donations of new or used merchandise and baked items are gladly accepted. Tables for vendors are available for \$25 by contacting Margo Bell at 603-816-2643 or via email at mbell@nashuasenior-center.org.

Irish Bash

featuring Shannachie
Tuesday, March 15, 2016

Time: 1:30pm

(storm date March 18, 2016)

Tickets: \$6.00

See page 7 for details



Nashua Senior Activity Center **Closings**

New Year's Day Holiday

Friday, January 1, 2016

Birthday of Martin Luther King, Jr. Holiday

Monday, January 18, 2016

President's Day Holiday

Monday, February 15, 2016

Hours of Operation

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

Thurs: 9:00am-7:00pm

Nashua Senior Activity Center **Inclement Weather** **Closings**

The Nashua Senior Activity Center follows the Nashua School District's determinations for cancellations, delayed openings, and early dismissals due to weather conditions. The Center will close, delay opening, or close early as directed by the school system announcements.

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 603-816-2642 or via email egormley@nashua-seniorcenter.org.

Volunteer **Opportunities**

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

Library Aide - needed in the library on Monday afternoons from 1:00pm-3:00pm.

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

Fundraising and Raffle Assistants - for various events on an as-needed basis. Hours are flexible. To volunteer, contact Margo Bell at 603-216-2643. Volunteer applications are available at the Front Desk.

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 - On all clothing (leather, fur, and coats excluded) 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

Wednesdays 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 are greatly appreciated.

**Please note change in day.
The boutique will now be
open on Wednesdays!**

Twelve-time Golden Mic Award-Winning Host, **George Russell** welcomes **Judy Porter**, Nashua Senior Activity Center Development Manager, every Monday morning from **7:00-8:00am** on "**Nashua**

This Morning." Tune in

to WSMN 1590 or wsmnradio.com to hear about events, activities, programs, and other news.



Wanted: Raffle items for 2016 Flea Markets.

The NSAC would be the happy recipient of repurposed Christmas gifts for our raffles. Please contact Margo Bell at 603-816-2642 or via email at mbell@nashuasenioractivitycenter for more information. Thank you!

SPECIAL EVENTS

Irish Bash
featuring Shannachie
"Songs, Stories and Shenanigans"



Tuesday, March 15, 2016

(Snow Date: Friday, March 18, 2016)

Time: 1:30pm

Shannachie, the duo of Patrick Keane and Pat Heffernan, have been entertaining audiences at various venues from Irish pubs to concert stages for nearly 16 years. They have been brought back to the NSAC by popular demand and will be here with authentic Irish music and instruments. In the grand tradition of Irish pubs, audience participation is a major part of any Shannachie performance. Wear your green and sing along, clap your hands, stomp your feet, and have some fun! Tickets are \$6 each and available for sale at the Front Desk starting on January 15, 2016. Enjoy some magically delicious treats, raffles, and door prizes and don't forget to wear green! For more information, contact Cathy Barrett at 603-889-6155 or via email at cbarrett@nashuaseniorcenter.org.



Fire & Fusion - an Executive Chef Competition

Wednesday, May 4, 2016

Time: 6:00-9:00pm

Alpine Grove, Hollis, NH

Three hundred and fifty tickets to this event were sold by the end of March last year! Regular tickets are once again \$35.00 each with a reserved table of ten for \$320.00. A limited number of VIP tickets will be sold for \$50.00. These tickets will allow early admission to the event and a complimentary glass of wine. Tickets are available starting on January 29, 2016. Please contact Judy Porter at 603-816-264 or via email at jporter@nashuaseniorcenter.org.

Meat Bingo

Saturday, February 20, 2016

Time: 7:00pm

Club National

127 Pine Street, Nashua, NH

Club National will be hosting a Meat Bingo to benefit the Nashua Senior Activity Center. Complimentary refreshments (sandwiches, chips, and beverages) will be served at intermission. Arrive early for a great seat!

NOTES FROM THE ACTIVITIES DIRECTOR, CATHY BARRETT



4-Week Thursday, Art Classes

Starts on January 21st from 9:30-11:30am

Instructor Mary Crump has a BA in Fine Arts and will show you how easy it is to create a masterpiece. This class is designed for all levels and you will have the option of learning to paint with oil or water color. Fee: \$55/members and \$65/non-members. Registration and payment is due no later than January 14, 2016.

Snowshoe Meet & Greet

Come see what snowshoeing is all about on **Tuesday, January 12, 2016** at **10:00am**. Tom Dwane from the Nashua Parks and Recreation department will be at the Nashua Senior Activity Center to give you all the details and answer any questions. The snowshoe group is designed for all levels. Snowshoeing is a great work out. We ask that you preregister so we know how many are attending. To register, visit or call the Front Desk at 603-889-6155.



6-Week Intermediate Duplicate Bridge Lessons

With Larry Cheetham

Classes will be 2½ hours starting **Thursday, January 14, 2016**, and held on the 2nd and 4th Thursdays at 1:00pm. Fee: \$50/members and \$60/non-members. Registration and payment is due no later than January 7, 2016. For more information, contact Larry at 603-867-0245.

"New" Book Club

Meets on the **1st and 3rd Friday** of each month. For full details call Ginny at 603-889-0752.

Interest list now being taken for those interested in the following:

Singles' Club

Drawing Classes

Jewelry Classes

Guitar Lessons

Adult Coloring Classes

Evening Classes



To add your name to an interest list, visit or call the Front Desk at 603-889-6155.

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. All are invite 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, visit our website, www.nashuaseniorcenter.org or pick up a schedule at the Front Desk.

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 for the latest updates.

YOUR LIFE WITH ARTHRITIS - LET'S MAKE IT EASIER

Date: January 19, 2016

Time: 11:30am-12:30pm

Often, inflamed joints limit those daily tasks that we enjoy doing. Arthritis brings challenges that can be resolved utilizing simple educational tips for joint protection and energy conservation. A myriad of assistive devices will enable you to manage those challenges without those challenges wearing your joints down. You can take control and achieve a healthier, more productive life. Let's explore together! Presented by Patty Hanley, COTA from *Northeast Rehabilitation*.

A MATTER OF BALANCE

Wednesdays, January 20 - March 9, 2016

Time: 10:00am-12:00pm

Do you have concerns about falling? A Matter of Balance can help. Many older adults have 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.

USING FACEBOOK TO CONNECT WITH FAMILY AND FRIENDS

Dates: Thursdays, February 4 - March 3, 2016

Time: 1:30-3:00pm

Facebook is one of the most popular social networking sites on the internet. Learn how to set up your own Facebook page and effectively use it to stay connected to family members and friends in this 5-week course.



Bring your own fully charged device. Course instructed by *Melanie Schoenfeld*. Class size is limited.

COFFEE TIME WITH JANE CONSTANT

Dates: January 13, 2016

February 10, 2016

March 9, 2016

Time: 10:30-11:30am

Jane Constant, Nashua Police Department's Senior Relations Officer, visits the Coffee Talk Lounge on the second Wednesday of each month to answer questions, provide advice, and address concerns of seniors.

PROPERTY TAX RELIEF INFORMATION SESSION

Date: January 21, 2016

Time: 1:00-3:00pm

Did you know that seniors may receive relief from property taxes? Representatives from the City of Nashua Assessment Office will provide information and guidance regarding property tax relief programs that grant partial or complete exemptions from property taxes for qualified home owners. Join us at this session to learn more. This session is free and open to the public. Sign up at the Front Desk by January 18, 2016.

SIMPLE STEPS TO PREVENT INFLUENZA

Date: February 22, 2016

Time: 10:15am

Join the Nashua Public Health Department for a discussion on staying healthy this winter. After the discussion, immunizations for pneumonia, shingles, and TDAP will be administered (while supplies last). The influenza vaccine is \$15 with a Medicare card and all other vaccines are \$10 each.

iPad BASICS COURSE: EVERYDAY APPS

Date: Thursdays, March 10 - April 7, 2016

Time: 1:30-3:00pm

Learn to use your iPad to search the web, read/write email, send messages, and take/share photos and videos in this 5-week, hands-on course. Bring your Apple iPad to each class with its battery fully-charged! Course instructed by *Melanie Schoenfeld*. Class size is limited.

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, 9:00am-11:30am, or Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

FOXWOODS CASINO TRIPS

April 4, 2016 May 9, 2016
June 6, 2016 August 8, 2016
September 12, 2016
Cost: \$35.00 (new)

Enjoy a Monday 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
Return: 6:30-7:00pm

LOBSTER CRUISE

Saturday, June 11, 2016
Cost: \$85.00 per person

Enjoy a lobster cruise aboard the Beauport Princess in Gloucester, MA. The day includes a New England lobster bake buffet, a narrated cruise around Gloucester harbor and surrounding area, and time on your own in Rockport, MA.

Departs: 9:00am - Park and Ride, Exit 8

SUNDAY MORNING BRUNCH CRUISE

Gloucester, MA

Sunday, August 28, 2016
Cost: \$85.00 per person

Relax aboard the Beauport Princess and enjoy a delicious brunch, entertainment, and the sights and sounds of beautiful Gloucester Harbor and more.

Departs: 9:00am - Park and Ride, Exit 8

"SINGIN' IN THE RAIN"

North Shore Music Theater

Wednesday, August 24, 2016
Cost: \$120.00 per person by May 1, 2016
\$125.00 per person after May 1, 2016

Experience the glitz and glamour of Hollywood's Golden Age. It's 1937 and you picture Gene Kelly splashing his way through this famous film. There will be dancing and singing and yes, it will really rain on stage. Trip includes lunch at the Danversport Yacht Club, gratuity, and transportation.

Departs: 10:15am - Park and Ride, Exit 8
Returns: 6:00-6:30pm

"JERSEY BOYS"

Providence Performing Arts Center

Saturday, April 30, 2016

Cost: \$125.00 per person by March 1, 2016
\$130.00 per person after March 1, 2016

"Jersey Boys" is the Tony, Grammy and Olivier Award-winning musical about Rock and Roll Hall of Famers, Frankie Valli and the Four Seasons. This is the true story of how four blue-collar kids became one of the greatest successes in pop history with songs like "Sherry," "Big Girls Don't Cry," and "Rag Doll." Time on your own for lunch.

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

"KURIOS—CABINET OF CURIOSITIES **FROM CIRQUE DU SOLEIL"**

Grand Chapeau, Suffolk Downs Boston

Friday, June 17, 2016

Cost: \$110.00 per person by March 15, 2016
\$120.00 per person after March 15, 2016

Step into the curio cabinet of an ambitious inventor who defies the laws of time, space, and dimension in order to reinvent everything around him. Suddenly, the visible becomes invisible, perspectives are transformed, and the world is literally turned upside down in a place that is as beautiful as it is mysterious.

Departs: 12:45pm - Park and Ride, Exit 8

"MARY POPPINS"

North Shore Music Theater

Wednesday, July 13, 2016

Cost: \$120.00 per person by April 1, 2016
\$125.00 per person after April 1, 2016

Get ready for Mary Poppins to fly over the rooftops of London! This family musical, winner of 44 major theater awards from around the globe, has captivated audiences for generations. Believe in the magic that anything can happen if you let it. Trip includes lunch at the Danversport Yacht Club, gratuity, and transportation.

Departs: 10:15am - Park and Ride, Exit 8
Returns: 6:00-6:30pm

DAY TRIPS and MULTI-DAY TOURS

"SPAMALOT"

North Shore Music Theater

Wednesday, September 28, 2016

Cost: \$120.00 per person by June 1, 2016

\$125.00 per person after June 1, 2016

Monty Python's outrageous musical comedy tells the story of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Come see show stopping musical numbers featuring flying cows, killer rabbits, and taunting Frenchmen. Trip includes lunch at the Danversport Yacht Club, gratuity, and transportation.

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

Returns: 6:00-6:30pm

"WEST SIDE STORY"

North Shore Music Theater

November 2, 2016

Cost: \$120.00 per person by August 1, 2016

\$125.00 per person after August 1, 2016

Shakespeare's Romeo and Juliet is transported to modern day NYC, as two young lovers find themselves between warring street gangs. Their struggle to survive in a world full of hate, violence, and prejudice is a relevant musical drama of our time. Trip includes lunch at the Danversport Yacht Club, gratuity, and transportation.

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

Returns: 6:00-6:30pm

MULTI-DAY TOURS

MACKINAC ISLAND

June 4-11, 2016

NOVIA SCOTIA

July 5-10 4-11, 2016

NEW YORK CITY

May 14-15, 2016

THE HAMPTONS

September 18-19, 2016

LANCASTER GETTYSBURG

September 5-10, 2016

THE AZORES

Fall 2016 - dates to be confirmed

POLAND (flyers are in)

October 26-November 6, 2016

AUSTRIA & GERMANY MAGICAL

CHRISTMAS MARKETS -

November 26-December 2, 2016

The Nashua Senior Activity Center is proud to partner with Rivier University to bring the following to the Nashua community:

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 Check

Lab Review

Medication Reconciliation

Glucose Level

Cholesterol Level

All clinics are walk-in and will be held on:

Thursday, January 28, 2016

Thursday, February 18, 2016

Monday, March 21, 2016

Monday, April 11, 2016

Time: 9:00am -2:00pm

in the Health and Education Rooms

All clinics are free of charge and open to the public.

The Silver Lining Chorus is seeking new members. The Silver Lining Chorus is a group made up of members of the NSAC. They perform at local healthcare facilities and for other groups. They also perform at the NSAC's Annual Variety Show. They are looking for people to join the group and share their talent. Be a part of this wonderful and meaningful group! Rehearsals are every **Wednesday** from **9:15am-10:30am** in the Music Room. For more information, please call Cathy Barrett at 603-816-2647 or Bill Sturgeon at 603-312-1706.

COMMUNITY PARTNERSHIP OFFERINGS


Health and Wellness Community Offerings

Foot Care Clinics - provided by **Home, Health, and Hospice Care**, are 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. Program is courtesy of **Southern NH Services**. 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**

Free Tax Return Preparation at the NSAC on Thursdays 
February 4 - April 14, 2016 from **9:00am-1:00pm**. AARP Tax-Aide

is a free program designed to promote tax return assistance to low and moderate income Americans of all ages, with special attention given to seniors. The NSAC will offer this service in the dining hall on a first come-first serve basis. Taxpayers should come prepared with their social security card or social security statement, picture ID and 2015 tax return if possible. They should also be prepared to fill out a short questionnaire that is designed to assist the volunteer preparer in the process of preparing the tax return. Please note: volunteer tax return preparers are forbidden from accepting monetary compensation of any kind. Certain complicated tax returns, such as rental property income and small business returns, are considered "out of scope" and cannot be prepared by the volunteers.

Nashua Seniors Count Initiative - Offers workshops on the **2nd Monday** of each month at **1:00pm** at the Nashua Senior Activity Center. They are open to the public.

Monday, January 11, 2016
"How to Beat the Winter Blues" presented by Bernie Cameron, Coordinator of Older Adult Programs, NAMI New Hampshire.

Monday, February 8, 2016
Topic to be determined. Contact Beth Todgham, Southern NH Services Seniors Count Nashua Facilitator, at 603-889-3440, ext.132, for workshop topics and more information.



Congregate Lunch - As part off their Community Dining Program, **St. Joseph Community Services** provides lunch in the Nashua Senior Activity Center 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 ages 60 and older. Reservations are required one week prior. Call 603-882-2106 for more information.

Service Link Resource Center - provides assistance connecting to services such as: Medicare/Medicaid, prescription assistance, caregiver support, housing options, transportation, and more. The staff is ready for your call at 1-866-634-9412 or locally at 603-598-4709. The office is located on the second floor of the Senior Activity Center. Walk-ins are welcome **Monday through Friday** between **9:00am-4:00pm**.

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.



Nashua Senior Activity Center
70 Temple Street
Nashua, NH 03060

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Membership

Membership is open to anyone 50 years of age or older. The fee for new members is forty dollars (\$40) per year for an individual member and sixty dollars (\$60) per year for two individuals residing at the same address. The membership fee for all current members in good standing is thirty-five (\$35) dollars per year for an individual and fifty dollars (\$50) 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. A discount of five dollars (\$5) is offered to eligible veterans. Seniors ninety years of age and older are exempt from membership fee. The Membership Office is open Monday through Friday from 9:00am-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 discounted 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 **January 6th and 20th and February 3rd and 17th**.

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, club 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.