

Senior Activity Center News

Nashua Senior Activity Center

70 Temple Street • Nashua, NH 03060

ISSUE 294

Telephone 603.889.6155

MAY/JUNE

www.nashuaseniorcenter.org

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Annual Plant Sale

Saturday, May 21 and Sunday, May 22, 2016

Time: 9:00am-3:00pm

16 Shakespeare Road, Nashua, NH



Many varieties of annuals, perennials, and houseplants at great prices. Get your plants for spring and Memorial Day in support of the Nashua Senior Activity Center! For more information or if you would like to donate plants for the sale, please contact Eileen Gormley at 603-816-2642 or via email at egormley.@nashuaseniorcenter.org.

Annual Senior Picnic

Thursday, June 16, 2016

Time: 9:30-2:30pm

Alpine Grove, Hollis, NH



All adults 50 and over are invited to the annual picnic where everyone can enjoy a great day indoors and outside. You can participate in a full day of activities, including music, miniature golf, line dancing, card games, entertainment, bingo, games, and more! All activities are included with the exception of bingo and raffles. The day would not be complete without the famous BBQ Chicken & Rib Dinner with all the fixings! Following lunch, the afternoon show features Marlena Phillips. She has 20 years of experience and is renowned for her beautiful voice and personality. Marlena's show is described as warm and enthusiastic. She is a true entertainer that interacts with the audience as she sings a blend of oldies, pop, Broadway, swing, and country music. Tickets are \$20 and available at the Front Desk. They must be purchased by June 8, 2016.

Nashua Senior Activity Center

Annual Meeting

Thursday, August 18, 2016

Time: 3:00-5:00pm

The Nashua Senior Activity Center invites all members to attend their annual meeting. This is a great opportunity to meet the members of the Board of Directors. They will report the financial status and other relevant business. An open period will allow members to comment and ask questions. Indicate your planned attendance by registering at the Front Desk or calling 603-889-6155.



2016 FIRE & FUSION

AN EXECUTIVE CHEF COMPETITION

Thank you to our Sponsors

Diamond Dish

BAE Systems ConvenientMD Demoulas Foundation Nashua Crossings Silverstone Living

Platinum Platter

Harvard Pilgrim Health Care The Courville Communities

Golden Grill

Arbors of Bedford Comcast Fairview Healthcare Vertical Spirits LLC

Silver Skillet

Beasley & Ferber Professional Assoc. Cambridge Trust Company Center for Physical Therapy & Exercise
 Eaton and Berube Insurance Enterprise Bank Healthy at Home
 Ledgewood Bay at Milford Living at Home SeniorCare Nashaway Woman's Club
 Breakfast Exchange Club of Nashua New Hampshire Orthopaedic Center Northeast Rehabilitation Hospital
 Santander Bank Kindred Transitional Care & Rehab-Greenbriar Visiting Angels

Pewter Spoon

Bridges by Epoch • Glenn & Paula Rowley • Home Instead Senior Care • Maynard and Lesieur, Inc.
 Lowell Five • Martin Fabian, LUTCF • Right at Home Senior Care • Stuart & Lyn Gelinas

Media Sponsors

The Nashua Telegraph • WSMN Radio 1590

In-Kind Sponsor

DJ Floral Designs

Paper Product Sponsor

New England Paper and Supply

Hors d'Oeuvres Sponsors

Arbors of Bedford Fairview Healthcare The Hunt Community
 Aynsley Place Ledgewood Bay at Milford The Huntington
 Courville at Nashua Nashua Crossings

Dessert Sponsor

Frederick's Pastries

Pantry Sponsor

Anonymous Donor

All proceeds benefit



A self-funded resource for the senior community of greater Nashua

MORE FUNDRAISING EVENTS



Fire & Fusion –An Executive Chef Competition

Alpine Grove, Hollis, NH

Date: Wednesday, May 4, 2016

A special thank you to the following: our Host, Mike Morin-WBIN; our Celebrity Judges: Chef Nicole Barriera-Great NH Restaurants; Kathleen Palmer–Nashua Telegraph; and George Russell-WSMN; the chefs, volunteers, participants, and committee members for all of their contributions resulting in a highly successful fundraising event.

Tag-Days Fundraiser

Dates: Friday, May 13, 2016 and Saturday, May 14, 2016

Time: 9:00am-9:00pm

Tag-days fund-raising events will be held on May 13 and 14, 2016 at the NH State Liquor Store on Coliseum Avenue in Nashua. Thank you to our volunteers for initiating and participating in this fund-raising effort.

Many thanks to the sponsors of the

Annual Senior Picnic

GOLD

BAE Systems - Silverstone Living

SILVER

American Medical Response - The Courville Communities

Harvard Pilgrim Health Care - Heaven Sent Home Care, LLC

Keene Medical - Kindred Transitional Care and Rehabilitation/Greenbriar

Triangle Credit Union

BRONZE

Breakfast Exchange Club of Nashua - Home Health and Hospice Care - Santander Bank

Note: sponsors as of April 15, 2016.



Auditions

for the

35th Annual Senior Variety Show:

"Celebrating the Seasons and Holidays"

Audition Date: Wednesday, May 25, 2016

Time: 6:00pm

Nashua Senior Activity Center



Audition for the fall show! Sheet music for vocal auditions is recommended. Bring 2-3 music selections that would be appropriate for the theme of the show. All acts and talent levels welcomed and encouraged. Contact Cathy Barrett at 603-816-2647 or via email at cbarrett@nashuaseniorcenter.org with any questions.

SEMINARS AND WORKSHOPS

All seminars are free for members and \$10 for nonmembers. 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.

PROPERTY TAX RELIEF ASSISTANCE

Date: Thursday, May 5, 2016

Time: 9:00am-1:30pm

AARP tax volunteers will be available to assist those who may qualify to receive a refund from the state of NH on the 2015 property taxes they paid to their city or town. To qualify for tax relief, the Adjustable Gross Income (AGI) for single filers must be \$20,000.00 or less, or \$40,000.00 or less for married or head of household filing status. AGI can be found on line 37 of Form 1040, line 21 of 1040-A or line 4 for 1040-EZ filers. This is a free service, and there is no age limit. You must bring a copy of your final property tax bill for 2015 and a copy of your 2015 federal income tax return for each adult over 18 who owns or resides in the home. No preregistration required.

ADDRESSING THE SIX AREAS OF CAPITAL ACCUMULATION & PROTECTION

Date: Tuesday, May 10, 2016

Time: 10:00am-12:00pm

This informational workshop is designed to specifically address the six key areas to accumulate and protect your capital effectively. A question and answer session will follow the presentation. Hosted by *New York Life Insurance Company*.

HYPNOSIS AND CHRONIC PAIN

Date: Tuesday, May 17, 2016

Time: 11:30am-12:30pm

Learn how integrative health approaches can be used to help treat chronic pain. Presented by Sue Nordemo, RN, Certified Hypnotist and Hypnotist Instructor. *Hosted by Monarch Health Coaching.*

CARFiT

Date: Friday, May 13, 2016

Time: 9:00am-12:00pm

CARFiT is a free, interactive, and educational program designed to improve older driver safety. Trained volunteers provide information to ensure the safest "fit" for older drivers and their vehicles.

MEMORY SCREENINGS

Date: Wednesday, May 18, 2016

Time: 10:15am-12:00pm

Free memory screenings for those who are concerned about or experiencing signs of memory loss or who are at risk of memory loss due to age or family history. For those with no current concerns, memory screenings can be used to measure memory now for future comparison. Individual appointments are 15 minutes. Hosted by *Natalie McGonagle, RN, CDP, All American Assisted Living.*

VETERANS' COFFEE CLUB

Date: Tuesday, June 14, 2016

Time: 1:00-2:00pm

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. Hosted by David Teed, Veteran Liaison from *Compassionate Care Hospice*. Free and open to the public! Coffee and donuts will be served.

DIABETES

SELF-MANAGEMENT PROGRAM

Dates: Wednesday, July 13-August 17, 2016

Time: 12:30-3:00pm

This program includes: basic information on diabetes; information on how to manage diabetes; planning healthy meals and reading food labels; weekly goal setting designed to promote successful completion of those goals; tools to help participants work collaboratively with their doctor or diabetes educator; an opportunity to meet new people with pre-diabetes or diabetes and share strategies that work; and exercises to help manage stress.

COMMUNICATION IS LIKE DRIVING

Date: Fridays, July 1, 8, 15, and 22, 2016

Time: 10:30am-12:00pm

Have you ever noticed that we are all required to learn the "rules of the road" to obtain a driver's license, but we are never taught the life skill of good communication? The good news is that the regrettable arguments, misunderstandings, and the damaged relationships we have all experienced are accidents that could have been avoided. In this four-session, interactive, and very practical class, you will learn many proven techniques for expressing your ideas, feelings, and opinions which will vastly improve your relationships. Fee is \$20/ members and \$30 nonmembers.

NOTES FROM THE ACTIVITIES DIRECTOR, CATHY BARRETT

Ballroom Dance Lessons

Come meet our new Ballroom Dance teacher, Paul, on **Monday, May 16, 2016** at **1:00pm**. Paul has taught Ballroom Dance lessons at the Arthur Murray Dance Studios. Following the free meet and greet, we will start a 5-week session starting on **Monday, May 23, 2016** at **1:00pm**. You will learn to dance the Fox Trot, Waltz, Jitterbug and Mambo. The fee for the 5-week class is \$30/members and \$40/nonmembers. Registration and payment is due no later than May 16, 2016. See flyer in the front reception area for more details.



Jewelry Making Course

Come join Laura for a free meet and greet on **Thursday, May 19, 2016** at **1:00pm** and see what you can create in the upcoming 4-week Jewelry Making course. We encourage you to bring your ideas. Classes begin on **Thursday, May 26, 2016** at **1:00pm**. Fee is \$30/members and \$40/nonmembers and includes materials for two projects. Registration and payment is by May 12, 2016.

Thursday Evening Zumba & Yoga Classes

A 6-week **Beginners Zumba Class** will be starting on **June 16, 2016** at **5:15pm**. Preregistration and payment is due by June 12, 2016. The fee for a 6-week session is \$35/members and \$45/nonmembers. Two 6-week **Yoga Classes** will be starting on **June 2, 2016** at **4:00pm** and **5:30pm**. Preregistration and payment is due by May 26, 2016. The fee for a 6-week session is \$35/members and \$45/nonmembers.



Great Exercise, Great Fun!

Join us in our new 6-week **Beginners Tap Class** starting **Monday, May 9, 2016** at **11:45am**. Fee: \$35/members and \$45/nonmembers. Preregistration and payment is due by May 2, 2016. For more information, contact Cathy Barrett at 603-816-2647 or via email at cbarrett@nashuaseniorcenter.org.

Interest lists are now being taken for the following:

Singles Club
Guitar Lessons
Evening Cribbage
Duplicate Bridge
(Thursday Afternoon)
Drawing Class
Jewelry Class
Retirement Planning
Creative Writing
Call the Front Desk at 603-889-6155 to add your name to a list.

"Love Letter"

Monday, June 6, 2016 at 10:30am

"Love Letter" is a document designed to provide information during a time of grief or confusion so that your loved ones can live with the results of your planning and not your failure to plan. The Love Letter gathers a compilation of information that your family will need in the time of death or incapacitation. A representative from the Nashua Police Department will be available to speak on Elder Abuse and Fraud. Although there is no fee for this class, you must preregister by June 1, 2016 (space is limited).

NOTE:

MORE THURSDAY EVENING CLASSES WILL BE SCHEDULED. I WOULD LIKE TO HEAR YOUR INTERESTS, IDEAS, AND INPUT ON WHAT YOU WOULD LIKE TO SEE OFFERED. Contact me at 603-816-2647 or via email at cbarett@nashuaseniorcenter.org

VISIT OUR WEBSITE, WWW.NASHUASENIORCENTER.ORG, OR PICK UP A FLYER AT THE FRONT DESK FOR A FULL LIST OF ACTIVITIES.

DAY TRIPS

Day trips are offered throughout the year and open to Nashua Senior Activity Center members and nonmembers. 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

May 9, 2016 June 6, 2016
August 8, 2016 September 12, 2016

Cost: \$35.00

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 (chicken included), a narrated cruise around Gloucester harbor and surrounding area. We then travel to scenic Rockport with time on your own to explore the seaside quaint shops.

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

"KURIOS—CABINET OF CURIOSITIES"

FROM CIRQUE DU SOLEIL

Grand Chapeau, Suffolk Downs

Friday, June 17, 2016

Cost: \$120.00 per person

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. Before the 4:30pm show, enjoy lunch on your own with time to explore Quincy Market.

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

CHARLES RIVER BOAT COMPANY

ARCHITECTURE CRUISE

Tuesday, June 21, 2016

Cost: \$89.00 per person

Enjoy an Italian lunch of lasagna, grilled chicken, or eggplant parmesan at Maggiano's in Boston before heading off to Cambridge for a Charles River tour. Today's spectacular, narrated 90-minute tour offers views of historic and contemporary architecture along Boston Harbor, the Charles River Locks, and Charles River Basin. Trip includes lunch, gratuity, and transportation.

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

Return: 6:00pm (approximately)

RUSSIAN ICON MUSEUM

Clinton, MA

Tuesday, July 26, 2016

Cost: \$74.00 per person

First we travel to Concord, MA for lunch at the historical Colonial Inn. From there, we are off to the Russian Icon Museum, featuring their current exhibit of seven glorious Tiffany stained-glass windows. This exhibit is entitled "Angels Representing Seven Churches" and depicts passages from the Bible's Book of Revelation. A docent will be available for a one-hour tour, and time to visit other exhibit, the Tea Room, or gift shop. Trip includes lunch, gratuity, and transportation.

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

PEABODY ESSEX MUSEUM

Peabody, MA

Tuesday, August 16, 2016

Cost: \$89.00 per person

Today's journey takes us to bewitching Salem, MA. We will first stop for lunch at the picturesque Victoria Station on Pickering Wharf. From there we travel to the Peabody Essex Museum to explore beautiful artworks on display. One of the featured exhibits is the traveling works of "American Impressionist Childe Hassam and the Isle of Shoals." Trip includes lunch, gratuity, and transportation.

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

Returns: 5:00pm

DAY TRIPS and MULTI-DAY TOURS

"MARY POPPINS"

North Shore Music Theater

Wednesday, July 13, 2016

Cost: \$125.00 per person

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

"SINGIN' IN THE RAIN"

North Shore Music Theater

Wednesday, August 24, 2016

Cost: \$125.00 per person

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

"WEST SIDE STORY"

North Shore Music Theater

Wednesday, November 2, 2016

Cost: \$125.00 per person

Shakespeare's two young lovers, Romeo and Juliet, are transported to modern day NYC and 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

"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. Enjoy 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

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. We then travel to scenic Rockport with time on your own to explore the seaside quaint shops

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

MULTI-DAY TOURS

NOVIA SCOTIA July 5-10, 2016

NEW YORK CITY May 14-15, 2016

COAST OF MAINE June 12-14, 2016

THE HAMPTONS September 18-19, 2016

MICHIGAN—MACKINAC ISLAND

September 25-October 2, 2016

LANCASTER GETTYSBURG Sept. 7-10, 2016

THE AZORES September 25 - October 2, 2016

POLAND October 27-November 6, 2016

TRAVEL SOCIAL

HIGHLIGHTING RIVER CRUISES

Tuesday: June 8, 2016

Time: 10:00am

Join Bryan Fowler as he discusses upcoming river cruises: "The Romantic Rhine" and "Danube Dreams." Call the Trip Office at 603-816-2645 to register for the travel social.

MORE DAY TRIPS BEING PLANNED

Ogunquit Playhouse - Museum of Science, Boston - Green Mountain Flyer - Museum of Fine Arts, Boston - Saint Guadens - and more. Check our website for further details.

Nashua Senior Activity Center**Hours of Operation**

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

Nashua Senior Activity Center**Will be closed on:**

Monday, May 30, 2016
Memorial Day Holiday

Volunteer Opportunities

Front Desk Attendant - to provide reception duties, answer phone lines, and register members for classes, seminars, and events on Tuesdays and Wednesdays from 12:00-4:00pm.

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.

Plant Sale Assistants - volunteers are needed the week of the Plant Sale, May 18-22, 2016, for set-up and sales. Contact Eileen Gormley at 603-816-2642 or via email at egormley@nashuasenior-center.org.

Meet and Greet**Personal Safety and Awareness**

Date: Wednesday, May 11, 2016
Time: 10:30am

Sensei Richard Hubbard will be conducting a 4-week workshop on personal safety and awareness for seniors. The focus of the workshop is to educate participants to use their minds so they will be less vulnerable to physical harm. Attend the meet and greet for more information. Classes will be held on **Wednesdays, May 25 and June 1, 8, and 15, 2016** from **1:00-2:30pm**. Cost of the workshop is \$45/members and \$50/nonmembers. Register for the meet and greet at the Front Desk by May 9, 2016. Hosted by *Prevail Martial Arts and Fitness Center*.

Don't forget our **FITNESS ROOM** is available to use on Thursday evenings. The fee is \$24 for the year and Nashua Senior Activity Center is required to join. Sign up for fitness room training 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 on the **3rd Monday** and **4th Tuesday** of each month (leather, fur, and coats excluded).

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 NSAC membership card for special deals.

We accept donations of clean, seasonal clothing, knick-knacks, glassware, and jewelry. All donations are greatly appreciated! Tax receipts available upon request.

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, pocketbooks, jewelry, and more. We have a collection of evening-wear for any formal occasion. You will find some great deals! Everyone is welcome. Donations to the boutique are greatly appreciated.

Wednesday 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 **May 4th and 18th** and **June 1st and 15th**.

Membership Office

Regular Office Hours

Monday – Friday

9:00am - 11:30am

Extended Hours for May and June

Thursdays

4:00pm - 6:30pm

COMMUNITY PARTNERSHIP OFFERINGS

Health and Wellness Community Offerings


Foot Care Clinics - provided by **Home, Health, and Hospice Care** are held twice monthly. Call 603-689-2931 to schedule an appointment (fee is \$26).

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 **1:30pm**. SSIL is a 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 **3rd Friday** of each month between **1:00-3:00pm**. Call 603-262-9366 to schedule an appointment (fee is \$20).

FUNDRAISING NIGHT!



Nashua Senior
Activity Center
Tuesday, June 28th
3PM - 10PM
10% Donation Night

Support this cause by
presenting this invitation to
the listed Texas Roadhouse®
location and Texas Roadhouse®
will donate 10% of your total food
purchases to the fundraiser!

Call AHEAD
SEATING

(603) 595-7293
580 Amherst St, Nashua, NH

Congregate Lunch - As part of 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 866-634-9412 or 603-598-4709. The office is located on the second floor of the Nashua Senior Activity Center. Walk-ins are welcome **Monday through Friday** between **9:00am-4:00pm**.

Senior education workshops, presented by **Southern NH Services**, are offered on the **second Monday** of each month at **1:00pm** at the Nashua Senior Activity Center. They are free and open to the public.

Monday, May 9, 2016

"Eating Well as You Grow Older"

Monday, June 13, 2016

Topic to be determined.

Upcoming workshop themes currently being planned are: Dental Care, Sleep Issues, Personal Safety, Seniors and Money, and Emergency Preparedness. Do you have an idea for a workshop topic? Contact Beth Todgham, Nashua Community Coordinator, Southern NH Services Seniors Count at 603-889-3440, ext. 132, or via email at btodgham@snhs.org.

The Nashua Senior Activity Center will receive a donation every time you shop on Amazon. Create a log-in and simply chose Nashua Association for the Elderly, Inc. when you shop on <http://www.smile.amazon.com>. Amazon donates .5% to the charitable organization of your choice.

amazon smile
You Shop. Amazon Gives.

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

Non Profit Org
US Postage
PAID
Nashua, NH
Permit # 103

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**, and in May and June on **Thursdays** from **4:00-6:30pm**. 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 (no photo) to be returned. Members must present their membership card to receive discounted rates.

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 email mbell@nashuaseniorcenter.org for more information.