

SENIOR ACTIVITY CENTER NEWS

ISSUE 295

70 Temple Street
Nashua, NH 03060
Telephone 603.889.6155
www.nashuaseniorcenter.org

JULY/AUG 2016

"Dinner and a Movie" Returns

Date: Friday, August 12, 2016

Time: 1:30pm

"Dinner and a Movie" will feature **"Bridges of Spies"** and a **Texas Roadhouse Restaurant** catered meal. Tom Hanks stars as the American attorney tasked with negotiating the release of a U-2 spy plane pilot that was shot down over Russia at the height of the Cold War in this historical drama. This entertaining film was produced by Steven Spielberg. Free for members and \$10 for nonmembers. A refundable \$6 deposit for members is required to reserve a seat. Seating is limited to the first 100 people who sign up at the Front Desk. *Funded by a generous grant from Cathy Fariz.*



Nashua Senior Activity Center Annual Meeting

Date: Thursday, August 18, 2016

Time: 3:00-5:00pm

All members are invited and encouraged to attend their annual meeting. The Board of Directors 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 calling the Front Desk at 603-889-6155.

Community Partnerships

The NSAC will partner with the Nursing Division at **Rivier University** to hold free monthly Wellness Clinics at the NSAC for the third year. Clinics will begin again in the fall. Thanks to a very generous \$5,000 grant from the **TD Charitable Foundation**, the charitable giving arm of TD Bank, America's Most Convenient Bank®, the Center will be able to purchase the necessary test kits and supplies for the monthly clinics. Free health screenings for diabetes, cholesterol, peripheral vascular disease, and other diseases will be available. Wellness clinics are free and open to the public.

Boomers & Beyond

A Telegraph 50+ Event

Sat., July 16, 2016

9am - 1pm

Nashua Senior Activity Center

70 Temple Street, Nashua, NH

This 50+ event features products and services designed specifically for seniors. Exhibitors include healthcare, financial planning, insurance, retirement communities, assisted living, consumer products and more!

Thank you to our sponsors!



Stop by the Boomer Café for a
FREE cup of coffee & pastry.

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FUNDRAISING EVENTS

TAG-DAYS FUNDRAISER

Many thanks to organizer Louise Burbank and the Senior Council member volunteers who represented the Nashua Senior Activity Center at this profitable fundraising event held on May 13 and 14, 2016. Your dedication, time, efforts, and contributions to the Nashua Senior Activity Center are greatly appreciated.

ANNUAL PLANT SALE

Thank you to our plant sale host and coordinator, Elizabeth Cepaitis, our volunteers, and the following business sponsors that contributed to the success of this fundraising effort on May 21 and 22, 2016:

Bay State Farm Direct Flowers - Bedford, NH
Bedford Fields/Ponemah Farms - Bedford, NH
Brookdale Farm - Hollis, NH
Collins Flowers, Inc. - Nashua, NH
Costco Wholesale - Nashua, NH
Depot Farm Stand - Merrimack, NH
Frizz Home Gardens - Bedford, NH
Home Depot - Nashua, NH
Jackson and Perkins.com
Mahoney's Garden Center - Chelmsford, MA
Merrimack Flower Shop & Greenhouse - Merrimack, NH
Morin's Garden Center - Hollis, NH
Spring Hill Nurseries.com



Save the date for the **35TH ANNUAL SENIOR VARIETY SHOW**

"Celebrating the Seasons and Holidays"

Date: Sunday, November 6, 2016

Time: 2:00pm

Place: Nashua High School South



Preparation is underway for our Annual Variety Show. Tickets can be purchased beginning Monday, **August 1, 2016** for \$12 at the Front Desk. Tickets for children ages ten and under are \$10. Tickets will also be available for purchase at the door for \$15. Contact Cathy Barrett at 603-816-2647 or via email at cbarrett@nashuaseniorcenter.org for more information.

MACY'S SHOP FOR A CAUSE

"Find the Magic of Giving Back"

Dates: Friday-August 26, Saturday-August 27, and Sunday-August 28, 2016

Shop for a Cause is an opportunity for you to support the Nashua Senior Activity Center. Purchase a \$5 Shopping Pass for exclusive savings at every Macy's store during this 3-day event and the Nashua Senior Activity Center keeps 100% of the proceeds. You will also be eligible to win a \$500 Macy's gift card. Passes can be purchased by contacting Eileen Gormley at 603-816-2642 or via email at egormley@nashuaseniorcenter.org.



SEMINARS AND WORKSHOPS

All seminars are free for members and \$10 for nonmembers unless otherwise noted. Register by visiting or calling the Front Desk at 603-889-6155. Registration deadline is three days prior to the event unless otherwise noted. Visit our website www.nashuaseniorcenter.org/news for the latest updates.

ASK THE PHARMACIST

Date: Wednesday, July 13, 2016

Time: 10:00am-12:00pm

Visit the Coffee Talk Lounge with any questions you may have regarding prescription and over-the-counter medications, side effects, potential drug interactions, or other concerns regarding the medications you use. Hosted by *Rite Aid Pharmacy*.

DIABETES

SELF-MANAGEMENT PROGRAM

Dates: Wednesdays, 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 these 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. Hosted by *NHCQUIS*.

MEET LOCAL AUTHOR - BOOK READING AND SIGNING

Date: Wednesday, August 3, 2016

Time: 10:15am

Nashua Senior Activity Center member Elma Vaidya, author of **25 Years in India: a Personal Story of Upheaval, Culture Shock, Survival, and Transformation** relates what happens when an American freshman meets an Asian-Indian graduate student on a blind date at Duke University in the 1960's. This memoir follows her physical and emotional journey from Durham, North Carolina to the majestic mountains of Himachal, India. Elma's journey contained many speed bumps and detours, but ultimately became a chance for her to create her own road. 25 Years in India is a book about transformation and an inspiring story of hope and survival.

CELEBRATING 65 AND THE POSSIBILITIES IT BRINGS

Date: Thursday, July 21, 2016

Time: 5:00pm

This program will highlight **Social Security**: what it is, benefits, how work affects filing, and the filing procedure; **Medicare**: what it is, what is covered, 2016 deductibles and coinsurance, and Medicare Beneficiary Guide; **Products**: Medicare supplements, advantage plans, prescription drug plans (Part D), and which plan is best for you; and ways to participate in a Celebrating 65 program. Call 603-656-9531 to register. Hosted by *Harvard Pilgrim HealthCare*.

CHRONIC PAIN MANAGEMENT WITH HYPNOSIS

Dates: Thursdays, July 21 and 28

August 4 and 11, 2016

Time: 11:00am to 12:00pm

Join us in a group setting for 4 classes hosted by Sue Nordemo RN, CHT. You will: learn how hypnosis works; receive handouts; experience hypnosis sessions for each class; learn self-hypnosis and a lot more; learn how it can help with medications or to decrease the amount you are taking (with permission from your MD). Fee for all 4 classes: \$50 for members and \$60 for nonmembers. Registration and payment is due no later than July 14, 2016. Hosted by *Monarch Health Coaching & Hypnosis Center*.

BALANCE ASSESSMENTS

Balance testing will be conducted using standardized tests. You will be provided with feedback on your results.

MOBILITY AND INDEPENDENCE

Learn the numerous causes of poor balance and what you can do to prevent falls and maintain mobility at this one-hour lecture.

Check flyers at NSAC or our website for dates and times. Hosted by *Center for Physical Therapy*.

SEMINARS AND WORKSHOPS

MEMORY SCREENING

Date: Thursday, July 28, 2016

Time: 9:00am-12:00pm

Have you ever asked yourself any of the following questions: "Do I have trouble concentrating?, Do I have trouble recalling names in conversation?, Do I sometimes forget where I am or where I am going?, Have family or friends told me that I am repeating questions?, Am I misplacing things often?" If so, have your memory tested at this free event. Hosted by *The Arbors of Bedford*.

VETERANS' COFFEE CLUB

Date: Tuesday, August 23, 2016

Time: 10:00-11:00am

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. Hosted by David Teed, Veteran Liaison from *Compassionate Care Hospice*.

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesdays, July 13 & August 10, 2016

Time: 10:00-11:00am

Ask Jane Constant, Nashua Police Department's Senior Relations Officer, questions or join in the discussion about her articles or any other concerns of seniors.

FINANCES 50+

Dates: Thursdays, September 22, 29 & October 6, 2016

Time: 6:00-7:30 pm

This program is a series of three straightforward, interrelated workshops designed to improve your financial situation, learn where you stand financially, and how to make measurable progress toward your financial goals. Sessions include: Budgeting & Goal Setting; Debt Reduction & Credit Repair; and Asset Building & Protection. Open to the public. Preregistration is required. Classes and materials provided free of charge. *Sponsored and developed by AARP Foundation in collaboration with the Charles Schwab Foundation.*

HEALTHY LIVING FOR YOUR BRAIN AND BODY

Date: Tuesday, August 16, 2016

Time: 10:30am

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. To help people age well, the Alzheimer's Association® is offering the Healthy Living for Your Brain and Body program. This workshop covers four areas of lifestyle habits that are associated with healthy aging: cognitive activity; physical health and exercise; diet and nutrition; and social engagement. In each area, we will discuss what we know, drawing on current research, as well as what we can do and the steps to take now to improve or maintain overall health in each area. Hosted by the *Alzheimer's Association® MA/NH*.

WEIGHT MANAGEMENT HEALTH BENEFITS

Date: Monday, August 22, 2016

Time: 10:15-11:15am

This presentation will discuss which weight management strategies work and what the benefits are. Learn the practical ideas that fit your lifestyle. Sign up at the Front Desk by August 15, 2016. Hosted by *Center for Physical Therapy*.

WEIGHT MANAGEMENT PROGRAM

Dates: Mondays, September 12 - November 7, 2016

Time: 10:15-11:15am

This practical 8-week program will include exercises and lectures to help you start adding weight management to your life. Topics include: the value of physical activity, nutrition guidelines, healthy recipes, vitamins/supplements, and more. Fee for program is \$25 for members and \$35 for non-members. Checks made payable to CPTE. Register and pay at the Front Desk by September 2, 2016. Hosted by *Center for Physical Therapy*.

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

FOXWOODS CASINO TRIPS

August 8, 2016 and September 12, 2016

Cost: \$35.00 per person

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

Returns: 6:30-7:00pm

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 exhibits, the Tea Room, or gift shop. Trip includes lunch, transportation, and gratuities.

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

Returns: 5:30pm

CHARLES RIVER BOAT COMPANY ARCHITECTURE CRUISE

Saturday, August 6, 2016

Cost: \$89.00 per person

Enjoy an Italian lunch at Maggiano's Restaurant in Boston before heading off to Cambridge for a Charles River tour. Today's spectacular, narrated 90-minute boat ride offers views of historic and contemporary architecture along Boston Harbor, the Charles River Locks, and Charles River Basin. Trip includes lunch, transportation, and gratuities.

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

Returns: 4:30 - 5:00pm

PEABODY ESSEX MUSEUM

Peabody, MA

Tuesday, August 16, 2016

Cost: \$89.00 per person

Today's journey takes us to bewitching Salem, MA where we begin with lunch at the picturesque Victoria Station on Pickering Wharf. We will then travel to the Peabody Essex Museum to explore beautiful artworks on display. One of the featured exhibits is the Rodin exhibit entitled "Rodin Transforming Sculptures" which captures the artist in all of his carnal and tormenting greatness. This show was organized by the Montreal Museum of Fine Arts in collaboration with Muses Rodin. Trip includes lunch, transportation, and gratuities.

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

Returns: 5:00pm

"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, transportation, and gratuities.

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 quaint seaside shops.

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

Returns: 4:30-5:00pm

DAY TRIPS and MULTI-DAY TOURS

CABBAGE ISLAND CLAMBAKE

Boothbay Harbor, ME

Thursday, September 1, 2016

Cost: \$109.00 per person

Your Down east adventure begins with a scenic tour of Boothbay Harbor aboard the "Bennie Alice" for a cruise along Maine's quaint and picturesque coastline to Cabbage Island. Upon arrival, your authentic Down east clambake begins with clam chowder, followed by two lobsters, steamed clams, and all of the traditional fixings, and followed by their famous blueberry cake dessert. Trip includes lunch, transportation, and gratuities.

Departs: 7:30am - Park and Ride, Exit 8

Returns: TBA

"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, transportation, and gratuities.

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

Returns: 6:00-6:30pm

MULTI-DAY TOURS - 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-Oct0ober 2, 2016

NEW YORK CITY - October 26-28, 2016

POLAND - October 27-November 6, 2016

AUSTRIA & GERMANY MAGICAL

CHRISTMAS MARKETS - Nov. 26-Dec. 2, 2016

"SPAMALOT"

North Shore Music Theater

Wednesday, September 28, 2016

Cost: \$125.00 per person

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, transportation, and gratuities.

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

Returns: 6:00-6:30pm

"WICKED"

Providence Performing Arts Center

Saturday, October 1, 2016

Cost: \$125.00 per person by August 1, 2016

\$135.00 per person after August 1, 2016

Back by popular demand, this award-winning musical takes audiences to a time before Dorothy lands in Oz. Two small girls meet in Oz. One, born with emerald green skin, is smart, fiery, and misunderstood. The other is blonde, beautiful, ambitious and popular. How these two girls grow to become Elphaba "The Wicked Witch of the West" and Glenda "The Good Witch of the East" makes for a truly memorable story that has thrilled generations for many years. Trip includes lunch on your own at Providence Place before the 2:00pm show. Transportation and gratuity is included.

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

Returns: 6:00-6:30pm

MULTI-DAY TOURS - 2017

HAWAII - March 10-19, 2017

CANYON COUNTRY - May 15-23, 2017

NEW ORLEANS, MEMPHIS, & NASHVILLE -
November 5-12, 2017

(as of June 2016)

NOTES FROM THE ACTIVITIES DIRECTOR, CATHY BARRETT

ANNUAL SENIOR PICNIC



MANY THANKS TO OUR SPONSORS

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PLAY PICKLEBALL IN NASHUA!



Come play America's fastest growing sport... Pickleball

At the Fields Grove Park

Pickleball Courts

Most Mornings at 9:00

And Afternoons at 3:00

FIELDS STREET

(Two streets south of Main & Alds)

Beginners are welcome.
Introductory lessons are available.
No equipment is required to start.

Play a sport that will keep you active and healthy



**Contact Doug Price at
603-882-2161 for more
information.**

Ballroom Dance Lessons

Learn to dance the Fox Trot, Waltz, Jitterbug, and Mambo. Our next ballroom dance session begins this fall. Check flyers in the reception area or visit our website for updated information.

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

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, July 4, 2016
Independence Day Holiday

Volunteer Opportunities

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.

Membership Committee Members - under the leadership of Board member June Caron, the Membership Committee seeks ways to increase and retain membership at the NSAC. The committee is composed of board members, staff members, and engaged volunteers. We are seeking 2 more volunteers to join the committee. Meetings are held on the fourth Thursday of each month from 11:30am-12:30pm, with the exceptions of July, August, and December. Volunteers should have a willingness to occasionally represent the Nashua Senior Activity Center at various community events. If you are interested in joining this important committee, please send a letter of interest via email to egormley@nashuasenior-center.org.

Senior Council Members - the Senior Council assists members with concerns and presents new ideas to the NSAC staff. The council meets on the third Thursday of each month from 12:00-1:00pm. If you are interested in joining the Senior Council, please send a letter of interest via email to mbell@nashuaseniorcenter.org.

New Suggestion Box

In an effort to best serve the needs of our membership, a suggestion box has been placed in the reception area. Please fill out a suggestion form with any input, ideas, or feedback you may have regarding your experience at the NSAC. We appreciate your comments.

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.

SUMMER SPECIAL:

Monday-Friday, July 1-15, 2016
Every day is fill-a-bag for \$4.00

Designer Boutique

Our boutique is open to the public

Wednesdays: 10:00am-1:00pm

The Designer Boutique is located on the second floor. 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.

Coffee Lounge Live Music

Mondays at 12:00pm

Join "Benes" as he entertains folks playing the guitar and singing old favorites of the 1940s 50s and 60s. Stop by and enjoy the live music!

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 **July 6th and 20th** and **August 3rd and 17th**.

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).



We serve creative cuisine. And worthy causes.

Nashua Senior Center

Present this certificate to your server and your cause will receive
15% of your total purchase* Tuesday, August 2nd, 9th, 16th, 23rd, 30th

Valid: August 2016

*Excludes Alcohol, Tax and Gratuity



221 Daniel Webster Hwy • Nashua • 603.318.7777

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**.

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.

Senior education workshops, presented by **Southern NH Services**, are offered on the **2nd Monday** of each month at **1:00pm** at the Nashua Senior Activity Center. They are free and open to the public.

Monday, July 11, 2016

"Seniors and Sleep"

Monday, August 8, 2016

"Protecting Your Nest Egg"

Do you have an idea for a workshop? Contact Beth Todgham, Nashua Community Coordinator, Southern NH Services Seniors Count at 603- 889-3440, ext. 132, or via email at btodgham@snhs.org with suggestions or for further information.

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You Shop. Amazon Gives.

The Nashua Senior Activity Center receives a donation every time you shop on Amazon.com if you create a log-in account and choose Nashua Association for the Elderly, Inc. when you shop on <http://www.smile.amazon.com>. This is an easy way for anyone to contribute to the financial success of the NSAC.

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 dollars (\$35) 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.

Members receive special rates!