

SENIOR ACTIVITY CENTER *News*

ISSUE 297

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

NOV/DEC 2016

Gerald Charles Dickens performs the Dickens classic "The Signalman"

Date: Wednesday, November 30, 2016
Time: 12:30pm

The Nashua Senior Activity Center is pleased to announce the return engagement of Gerald Charles Dickens to perform "The Signalman" for one show only. "The



Signalman" tells the tale of a railroad signalman and his experience with ghostly apparitions that warn him of impending doom. In this thrilling one-man show, Gerald Charles Dickens, great-great-grandson of the great author himself, paints a masterly picture of his famous ancestor's work with words, gestures, and feelings. Tickets are \$12 in advance or \$15 at the door and may be purchased at the Front Desk, Fortin Gage Flowers and Gifts, or online at fortingage.com. This fundraising event for the Nashua Senior Activity Center is graciously sponsored by Byers' Choice Car-olers and Fortin Gage Flowers and Gifts. This event is an opportunity for attendees to donate unwrapped toys to The Telegraph Santa Fund.



Flea Market/Book Sale Event

Date: Saturday, November 19, 2016
Time: 9:00am-2:00pm

Our fall indoor flea market/book sale will feature more than thirty vendors, break-fast, 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 con-tacting Margo Bell at 603-816-2643 or via email mbell@nashuaseniorcenter.org.

Thank you, Enterprise Bank

Dan Snyder, Branch Relationship Manager at Enterprise Bank's Amherst Street branch, pre-sented Nashua Senior Activity Center Develop-ment Director Judy Porter and Executive Direc-tor Margo Bell with a \$1,000 check and lovely gift basket as a part of their "Spirit of Commu-nity" campaign in support of local nonprofit organizations.



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STAFF

**Executive
Director**
Project Director
Margo Bell
603-816-2643
mbell@nashuaseniorcenter.org

Activities Director
Cathy Barrett
603-816-2647
cbarrett@nashuaseniorcenter.org

**Development
Director**
Judy Porter
603-816-2649
jporter@nashuaseniorcenter.org

**Office
Manager**
Eileen Gormley
603-816-2642
egormley@nashuaseniorcenter.org

HOLIDAY EVENTS

3 Holiday Events 1 Day

Saturday December 3
Nashua Senior Activity Center
70 Temple St, Nashua

**Breakfast with
Santa**

7am-11am \$6.00pp

children 4 and under free;

ages 5-12 \$4.00

Free vision screening for children

Sponsored by Nashua Lions Club



Festive Holiday Craft Fair
**Over 20 vendors with hand-crafted
merchandise & vintage jewelry.**

Free Admission 9am-2pm

3rd Annual Gingerbread House Contest
7am-2pm Free admission
House judging at 1:30pm
Celebrity judges

- "Best in Show"
- "Most Elegant"
- "Most Scrumptious"
- "Most Charming"



Sponsored by

Home Instead
SENIOR CARE
to us, it's personal.

Nashua Fire Dept's
 2015 winner of
 Most Scrumptious

**All proceeds benefit the
Nashua Senior Activity Center**

French Toast Breakfast - tickets will be available at the Front Desk or at the door. For further information, contact Judy Porter at 603-816-2649 or via email at jporter@nashuaseniorcenter.org.

Gingerbread Contest - to enter a gingerbread house in the contest or for further information, contact Judy Porter at 603-816-2649 or via email at jporter@nashuaseniorcenter.org.

Holiday Craft Fair - to purchase a vendor table or for more information, contact Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

NEWS AND EVENTS

There are many reasons to donate to the Annual Appeal

Many members ask why they should donate to the Nashua Senior Activity Center's Annual Appeal since they already pay a membership fee and for classes. The simple fact is that the Senior Center depends on your donations to keep operating. Every day the Senior Center is open (250 days a year) it costs \$1,295, but only \$170 is generated from membership dues. The remaining \$1,125 for each of the 250 days must be generated by rentals, class fees, retail sales, trips, fund raising events, and DONATIONS. Every staff member, Board of Director's member, and Senior Advisory Council member donates to the Annual Appeal and we challenge every Nashua Senior Activity Center member to do the same. Each and every donation does make a difference to the Senior Center's ability to fulfill its mission of being a resource in the Greater Nashua area for seniors. All members will be receiving our Annual Appeal mailing in early November. If you are not a member or do not receive the mailing and wish to contribute to the Annual Appeal, please contact Judy Porter, Development Manager, at 603-816-2649 or via email jporter@nashuaseniorcenter.org.

Casino Days at Boston Billiard Club Casino

Dates: November 11-17, 2016

Location: 55 Northeastern Boulevard, Nashua
Boston Billiards Club and Casino, through the NH Charitable Gaming Commission, has graciously dedicated the above dates to benefit the Nashua Senior Activity Center. Why travel out of state when this Nashua location is available to enjoy many games of chance including poker, roulette, Black Jack, Let It Ride, Mississippi Mudd, and more. Good luck!



Club National Meat Bingo event

Thank you, Club National for holding the Meat Bingo event on September 17, 2016 to benefit the Nashua Senior Activity Center. We greatly appreciate your support of our efforts!

Tag-Days Event

Many thanks to organizer Louise Burbank, Senior Council members, and volunteers who represented the Nashua Senior Activity Center at this promotional and profitable event held on September 23 and 24, 2016. Your dedication, time, efforts, and contributions to the Nashua Senior Activity Center are greatly valued.

Holiday Dinner Roll Fundraiser

Order a batch of legendary Texas Roadhouse fresh baked rolls with honey cinnamon butter for your holiday gatherings for \$5 per dozen. Fifty percent of every sale will go directly to the Nashua Senior Activity Center.

For Thanksgiving: place your order at the Front Desk by November 14, 2016. Pick up your order on:



November 21 and 22, 2016 at
Texas Roadhouse Restaurant
580 Amherst Street, Nashua
3:00-6:00pm

For Christmas: we will begin taking orders on November 28, 2016. Place your order at the Front Desk by December 12, 2016. Pick up your order on:



December 19 and 20, 2016 at
Texas Roadhouse Restaurant
580 Amherst Street, Nashua
3:00-6:00pm

2017 Flea Market/Book Sale Events

Saturday, February 11, 2017

(storm date February 18, 2017)

Saturday, April 1, 2017

(storm date April 8, 2017)

Time: 9:00am-2:00pm

Two indoor flea market/book sale events will be held on the above dates to benefit the Nashua Senior Activity Center. They will feature more than thirty vendors, breakfast, lunch, and home-baked goods. Donations of new or used merchandise, raffle items, and baked items are gratefully accepted. Tables for vendors will be available to reserve on December 1, 2016 for \$25. Contact Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org to reserve a table or for more information.

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.

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesdays, November 9 and December 7, 2016

Time: 10:30-11:30am

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.

VETERANS' COFFEE CLUB

Date: Tuesday, December 13, 2016

Time: 2:00pm

Learn about VA benefits you may not know about and share memories of your time in the service. You are welcomed to bring photos to share. Free and open to the public! Coffee and donuts will be served. Hosted by David Teed, Veteran Liaison, *Compassionate Care Hospice*.

LOCAL AUTHOR BOOK PRESENTATION AND SIGNING

Date: Wednesday, November 30, 2016

Time: 10:15am

Join Nashua author and Senior Activity Center member Priscilla Hansen as she presents her new beautifully illustrated children's book "*Forever Friends*." It is a true story based upon the importance of friendship. The main character discovers five new lifelong friends along her journey. Just in time for holiday gifting, books will be available for purchase and personalized signing, and include a "*Forever Friends*" bookmark. Register at the Front Desk.

COOKING WITH THE AWARD-WINNING COURVILLE COMMUNITIES CHEFS

Date: Monday, November 14, 2016

Time: 2:00-3:30pm

Join award-winning Chefs Rejean Sheehy and Dennis Hickey from *The Courville Communities* as they demonstrate and lead an interactive cooking class. Taste the wonderful creations at the end of the class! Register at the Front Desk.



RELAX AND ENJOY MUSIC FROM THE 50s AND 60s FEATURING "BENES"



Days: Mondays and Fridays
Times: 10:00-11:30am & 12:00-1:30pm
Coffee Talk Lounge - Second Floor

CHOOSE YOUR RETIREMENT PATH

Date: Thursday, November 17, 2016

Time: 1:30-3:00pm

Headed towards retirement? Be sure you are traveling in the right direction. From financial concerns to sound solutions, this seminar will discuss the challenges faced when navigating the road to retirement. Hosted by Michael Eckler, *New York Life Insurance Company*. Register at the Front Desk.

TINSEL AND TEARS GROUP

Date: Tuesday, December 6, 2016

Time: 10:00am-12:00pm

Join Amanda Rearick, Volunteer/Bereavement Coordinator from *Compassionate Care Hospice* as she leads an interactive group to help manage grief through the holidays. Register at the Front Desk.

MONTHLY HEARING CLINICS

Date: Tuesday, November 15, 2016

Tuesday, December 20, 2016

Time: 10:00am-12:00pm

Free hearing screenings and hearing aid checks are offered on a monthly basis. Sign up for a 15-minute appointment by contacting the Front Desk. Hosted by *Avada Hearing Care Centers*.



DAY TRIPS and MULTI-DAY TOURS

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.

A CELEBRATION OF CHRISTMAS **Grappone Center, Concord, NH**

Tuesday, December 6, 2016

Cost: \$84 per person

Come together for a Celebration of Christmas. You will be entertained by Nashville recording artist Jenny Casey. Jenny has been entertaining audiences from Nashville to Europe with her beautiful voice. She will be performing your traditional favorite Christmas songs. This is a Christmas party that you won't soon forget! Trip includes lunch, transportation, and gratuities.

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

Returns: TBA

2017 UPCOMING SHOWS **INTEREST LISTS**

Musicals are being considered for 2017. Based on the number of people interested in the show, the production will be selected. Please stop by or call the Trip Office at 603-816-2645 to place your name on an interest list. You will be notified which trips are booked, date, time, and cost. If you confirm, payment is required and can be made via cash, check, or charge.

The Lion King (March)

Chicago (May)

Riverdance (June)

The Music Man (June)

Young Frankenstein (August)

Evita (Sept./Oct)

42nd Street (November)

Momma Mia

Kinky Boots

MULTI-DAY TOURS

HAWAII BY LAND & SEA - March 10-19, 2017

CANYON COUNTRY - May 15-23, 2017

TREASURES OF NORTHERN CALIFORNIA -

Sept. 27-Oct. 5, 2017

ICELAND MAGICAL NORTHERN LIGHTS -

November 4-10, 2017

NEW ORLEANS, MEMPHIS, & NASHVILLE -

November 5-12, 2017

CHRISTMAS IN THE BERKSHIRES **Red Lion Inn**

Wednesday & Thursday, Nov. 30-Dec. 1, 2016

Cost: \$279 per person double; \$357 single

Treat yourself to this magical getaway in the Berkshires. Take a break from the hustle and bustle of the season and enjoy the simple things in life. Our overnight accommodations are at the historic Red Lion Inn. Your trip includes dinner and breakfast in the Red Lion dining room, Holly Days at the Tower Hill Botanical Gardens, Bright Nights at Forest Park, special Parade of Trees at the Berkshires Museum, and a visit to the Norman Rockwell Museum.

Departs: TBA - Park and Ride, Exit 8

Returns: TBA

TALL SHIPS® TRIPS **Boston/Rockport, MA**

Monday, June 19, 2017

Cost: \$106 per person

Enjoy a narrated Boston Harbor cruise and sail among the majestic towering ladies of the sea. Afterwards, you will feast on a delicious lunch at the Gloucester House Restaurant located on the historic Seven Seas Wharf. End the day with time on your own for shopping and browsing in scenic Rockport, MA. Trip includes lunch, transportation, and gratuities. A \$30 per person non-refundable deposit is due by March 10, 2017, and balance by April 28, 2017. No refunds within 45 days of tour unless NSAC can resell your reservation.

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

Returns: 5:30pm

Boston, MA

Plans are being made for additional day trips to the Tall Ships®. One includes a narrated tour with buffet luncheon on a ship and the other with lunch on your own. Please check back with the Trip Office in January for more details.

Dates available soon on the following trips: **BAR HARBOR & CAMPOBELLO, EASTERN TOWNSHIPS & QUEBEC, LAKE GEORGE & SARATOGA, NY, FINGER LAKES, NY, and WASHINGTON, D.C.**

NOTES FROM THE ACTIVITIES DIRECTOR, CATHY BARRETT**HOLIDAY SOCIAL****Date: Monday, December 19, 2016****Time: 1:30pm**

Enjoy a nice afternoon of entertainment, light refreshments, and chances on 50/50 and other raffles! Entertainment will be provided by The New England Youth Singers, who have been singing together for 2-1/2 years. The group is made up of youth ages 6-18 from Hudson, Amherst, Merrimack, Nashua, NH, and Pepperell, MA. They have performed at a variety of venues and events, including church luncheons, the State House in Concord, the Holiday Stroll in Nashua, local area healthcare facilities. They sing a variety of music and have lots of FUN, which will inspire you to have FUN too! Tickets are available at the Front Desk for \$6.00 and must be purchased by December 15, 2016.

**THURSDAY EVENING ZUMBA & YOGA CLASSES**

Beginners Zumba starts on **Thursday, January 5, 2017**, at **5:30pm**. Preregistration and payment is due by **December 29, 2016**. The fee for 4-week sessions is \$24/members and \$34/nonmembers.

Yoga classes start on **Thursday, January 12, 2017**, at **4:00pm** and **5:30pm**. Preregistration and payment is due by January 5, 2017. The fee for 6-week sessions is \$35/members and \$45/nonmembers.

THURSDAY EVENING CARD GROUPS

We are taking names of those interested in playing card games on Thursday evenings. Contact the Front Desk or call 603-889-6155 with the name of the card game you would like to play.

ART CLASSES

New four-week oil painting and water color classes (all levels) begin on **Thursday, November 10, 2016**. Classes are offered at **9:30am** and **1:00pm**. The fee is \$55/members and \$65/nonmembers. Preregistration and payment due by November 7, 2016 at the Front Desk.

Many thanks to **Hannaford Supermarket, Hudson** for hosting an in-store book sale to benefit the Nashua Senior Activity Center. We appreciate your support!

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. They 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.

NSAC INFORMATION

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:

Friday, November 11, 2016
Veterans' Day Holiday

Thursday, November 24, 2016

Friday, November 25, 2016
Thanksgiving Day Holiday

Monday, December 26, 2016
Christmas Holiday

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.

Volunteer Opportunities

Fundraising and Raffle Assistants - for various events on an as-needed basis. Hours are flexible.

Flea Market Assistants - for November 19, 2016, February 11, 2017, and April 1, 2017.

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 on the **3rd Monday** and **4th Tuesday** of each month (leather, fur, shoes, 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 are 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. 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. Tax receipts are available upon request.

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. The program is aimed at preventing falls and fractures. The offering 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).

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.

Shop Amazon - 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. on <http://www.smile.amazon.com>.

Senior education workshops, presented by **Southern NH Services**, are offered at the Nashua Senior Activity Center monthly. They are free and open to the public.

Monday, November 14, 2016, at 1:00pm

"Healthy Mouth/Healthy Body" presented by Anthony Storace, DMD.

Monday, December 12, 2016, at 1:00pm

"Sleeping Well As You Age" presented by Stephanie Wolf-Rosenblum, MD.

Contact Beth Todgham, Nashua Community Coordinator, Southern NH Services Seniors Count at 603-889-3440, ext. 132, or via email at btodgham@snhs.org for further 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 2nd floor of the Nashua Senior Activity Center. Walk-ins are welcome Monday through Friday between 9:00am-4:00pm.

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 November 2nd and 16th and December 7th and 21st.

FREE WELLNESS CLINICS AND SEMINARS

“Feel Good Fridays”

Rivier University Wellness Clinics

All clinics are FREE and CONFIDENTIAL and brought to you by Rivier University Nurse Practitioner students.

November 4, 2016

December 2, 2016

All clinics are held from 9:00am to 2:00pm on the second floor of the Nashua Senior Activity Center. The following checks are available:

**BMI
Blood Pressure
Cholesterol
Glucose - A1C**

**Lab Review
Medication Reconciliation
Pulmonary Function
Skin Cancer Check**

Thanks to the TD Charitable Foundation for a \$5000 grant to purchase the necessary test kits.

Friday, November 4, 2016 **Offerings**

9:00am-10:00am

**What You Need to Know If You
Have Been Hospitalized ***

Learn from a social worker how to navigate the confusing maze of healthcare.

The Courville Communities

9:00am-12:00pm

Learn Compression CPR

American Medical Response

10:00am-12:00pm

Ask the Pharmacist

Rite Aid Pharmacy

9:00am-10:00am

How Does Acupuncture Treat Chronic Pain *

Learn the process of how acupuncture works.

Acupuncture and Everything Wellness

11:00am-12:00pm

Healthy Eating Over 50 *

Learn tips on how to add beneficial foods to your diet.

Silverstone Living

1:00pm-2:00pm

99 Problems Hypnosis Can Help *

Monarch Health Coaching

Friday, December 2, 2016 **Offerings**

9:00am-12:00pm

Learn Compression CPR

American Medical Response

10:00am-12:00pm

Ask the Pharmacist

Rite Aid Pharmacy

9:00am-10:00am

Using Mindfulness to Eliminate Anxiety *

Cope with stress and anxiety better by learning these simple techniques.

Acupuncture and Everything Wellness

11:00am-12:00pm

Risk Factors for Stroke *

Learn key factors that increase your risk of having a stroke.

Northeast Rehabilitation

**ALL “FEEL GOOD FRIDAY” PROGRAMS
ARE FREE AND OPEN TO THE PUBLIC**

*** For sessions indicated, please register at the Front Desk at the Nashua Senior Activity Center or by calling (603) 889-6155.**

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
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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 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 **9:00-11:30am**. 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 (no photo) to be returned. Members must present their membership card to receive discounted rates.

ROOM RENTALS AT THE NASHUA SENIOR ACTIVITY CENTER

The Nashua Senior Activity Center offers classrooms and function rooms that can be rented when not in use by NSAC programs. The space is ideal for business meetings, workshops, club meetings, classes, support groups, celebrations, bridal and baby showers, and more. The facility is handicapped 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!