

# SENIOR ACTIVITY CENTER *News*

ISSUE #298

70 Temple Street  
Nashua, NH 03060  
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[www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)

JAN/FEB 2017

## Meet Mayor Jim Donchess at the NSAC

Date: Wednesday, January 25, 2017

Time: 10:15am

Nashua Mayor Jim Donchess will host a town hall meeting at the Nashua Senior Activity Center as a part of a series of ward town hall meetings aimed at seeking out citizens' feedback and ideas concerning issues within the city. They will also have a special focus on Economic Development. Tim Cummings, the City of Nashua's Director of Economic Development, will accompany Mayor Donchess for the events. "These meetings provide a fantastic opportunity to share ideas and information with the public about Nashua's bright future, as well as receive feedback and new ideas how to further positive development for the city," said Cummings. "I look forward to joining Mayor Donchess in these discussions with concerned and interested citizens." Please contact the Front Desk at 603-889-6155 to sign up to attend. This event is open to the public.



## **Boston Billiard & Casino Charitable Support**

Boston Billiards Club and Casino, through the NH Charitable Gaming Commission, graciously dedicated the dates of November 11 - 17, 2016 to benefit the Nashua Senior Activity Center. They presented a check for \$16,872.10 to the NSAC in support of our efforts. Pictured (L-R) are Susan Mathias, Boston Billiards Business Manager, David Nugent, NSAC Volunteer, Margo Bell, NSAC Executive Director, Kurt Mathias, Boston Billiards President, Judy Porter, NSAC Development Director, and Elizabeth Cepaitis, NSAC Treasurer. Boston Billiard's support is greatly appreciated.

## **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 are available for \$25. Contact Margo Bell at 603-816-2643 or via email at [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org) to reserve a table or for more information.

## **Fire and Fusion** **Wednesday, May 3, 2017**

Save this date for an evening of food, fun, and competition at our largest fund-raising event. See page 4 for details.



## **BOARD OF DIRECTORS**

### **President**

**Barney Barbera**  
Advisory Council  
Representative

### **Vice President**

**Jocelyn Sharp-Henning**  
Living at Home  
SeniorCare

### **Treasurer**

**Elizabeth Cepaitis**  
Controller - Retired

### **David Alcaide**

Advisory Council  
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### **Michael Broderick**

Merrimack Valley  
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### **Victoria Cookson**

Health Care  
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### **June Caron**

Alderman - Ward 7  
City of Nashua

### **Patricia Francis**

Advisory Council  
Representative

### **David Fredette**

Treasurer/  
Tax Collector  
City of Nashua

## **STAFF**

### **Executive**

### **Director/**

### **Project Director**

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[nashuaseniorcenter.org](http://nashuaseniorcenter.org)

### **Activities Director**

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[nashuaseniorcenter.org](http://nashuaseniorcenter.org)

### **Development**

### **Director**

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### **Office**

### **Manager**

**Eileen Gormley**

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[egormley@](mailto:egormley@nashuaseniorcenter.org)

[nashuaseniorcenter.org](http://nashuaseniorcenter.org)

## NOTES FROM THE ACTIVITIES DIRECTOR, CATHY BARRETT

### **HAPPY NEW YEAR!!!**

Welcome back everyone. I hope you all had an awesome holiday! I look forward to hearing what your interests, input, and ideas are for 2017 activities and evening programs. Contact me at 603-816-2647 or via email at [cbarrett@nashuaseniorcenter.org](mailto:cbarrett@nashuaseniorcenter.org).

### **2016 Annual Variety Show Update!**

Congratulations to everyone that help make our 2016 show a huge success! Thanks to your hard work, support, dedication, and team work, we made a whopping \$8,265.00!!!!

### **Texas Roadhouse Fresh Baked Roll Fundraiser Update!**

I'm happy to announce that we raised \$160 for our fresh baked roll fundraiser - not bad for our first rodeo. With your help, I think we can beat that total on our next roll fundraiser. Thanks, Texas Roadhouse!

### **Ukulele Group**

We are excited to announce the success of our new ukulele group and that the participants are really enjoying the class. Thanks to Sofia Fahsifor for offering to teach a free 10-week ukulele class. She is currently working on her Gold Award, a Girl Scout service project. It took her six months to get this project off the ground. This included applying for grants which she used to purchase ukuleles, stands tuners, and the music. At the end of the class, Sofia will create a DVD for those who want to learn more or need a refresher. All the equipment is being donated to the Nashua Senior Activity Center so the group can continue. Thanks again Sofia for an outstanding job! A few members of the group are pictured with Sofia below.



### **THURSDAY EVENING ZUMBA & YOGA CLASSES**

**Beginners Zumba** starts on Thursday, February 23, 2017, at 5:30pm. Preregistration and payment is due by **February 16, 2017**. The fee for 6-week sessions is \$35/members and \$45/nonmembers.

**Yoga** classes start on Thursday, March 2, 2017, at 4:00pm and 5:30pm. Preregistration and payment is due by **February 23, 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. Visit the Front Desk or call 603-889-6155 with the name of the card game you would like to play.

### **MUSIC and ENTERTAINMENT**

**Harmonica Saints** - meet on Wednesdays at 10:45am in the Music Room under the direction of Hildegard Gillette. New members are 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 chorus 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 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 invited to come sing along and have fun.

## EVENTS



**An Evening of Food, Fun and Competition  
As 8 Chefs Compete  
To Benefit the Nashua Senior Activity Center**

*Wednesday May 3, 2017*

*6:00pm - Hors D'oeuvres*

*7:00pm - Competition*

*Alpine Grove*

*19 S. Depot Road, Hollis, NH*

*Host Mike Morin*

*Local Celebrity Judges*

*Chef Nicole Barreira, Corporate Chef, Great NH Restaurants*

*Kathleen Palmer, Features Editor, Nashua Telegraph*

*Helen Ryba, Host of "The Chef's Plate-A Taste of New England", WBIN*

**Individual Tickets: \$40 per person**

**Reserved Table for 10: \$360 per table**

*Both include appetizers, dessert, coffee, and event admission*

**VIP Tickets: \$55 per person**

**Reserved Table for 10: \$500 per table**

*Include the above, PLUS early admission, glass of wine*

**Tickets may be purchased at the Nashua Senior Activity Center**

**70 Temple St, Nashua; or call 816-2642**

**Online at Eventbrite.com**



### **The Farmers Dinner Presents: VINTAGE**

**at the Nashua Senior Activity Center**

**Date: Saturday, January 28, 2017**

**Time: 4:30pm - 8:00pm**

**Cost: \$79 per person\***

The Farmers Dinner is excited to partner with the Nashua Senior Activity Center to present an evening of vintage cuisine celebrating traditional recipes we learned from our parents and grandparents. Join Chefs Keith Sarasin of The Farmers Dinner and Chris Viaud & Aurelien Blick of Cabonnay as they prepare a multi-course meal honoring these traditional dishes. The Nashua Senior Center receives a portion of the proceeds. \*Ticket prices include tax and gratuity. To purchase tickets, please visit [www.thefarmersdinner.com](http://www.thefarmersdinner.com). Don't delay, tickets are limited! For more information, contact Keith Sarasin via email at [info@thefarmersdinner.com](mailto:info@thefarmersdinner.com).

*The Farmers Dinner brings together farmers, chefs, and diners in beautiful settings to educate, inspire, and enjoy really good food. Since 2012 The Farmers Dinner has partnered with local farms and farmers to showcase local produce and give back over \$35,000 to local agriculture.*



## HEALTH AND WELLNESS

### RIVIER UNIVERSITY WELLNESS CLINICS

We are proud to partner with Rivier University to offer Wellness Clinics to the Nashua community. Rivier University Nurse Practitioner students, under the supervision of a Licensed Family Nurse Practitioner, provide the following clinic health screenings at the Nashua Senior Activity Center:

**BMI**  
**Blood Pressure**  
**Cholesterol**  
**Glucose - A1C**

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

All clinics are FREE, CONFIDENTIAL and OPEN TO THE PUBLIC. They will be held from **9:00am** to **2:00pm** on the second floor of the Nashua Senior Activity Center on the following dates:

**Friday, January 13, 2017**

**Friday, February 10, 2017**

**Friday, March 17, 2017**

**Friday, April 7, 2017**

*The clinics are held thanks to the **TD Charitable Foundation** \$5,000 grant to purchase the necessary test kits.*

### FITNESS CENTER


The NSAC's Fitness Center features treadmills, elliptical machines, stationary bicycles, weight-training machines, and more. It is open **Monday-Friday** from **9:00-4:00pm** and stays open on **Thursdays** until **7:00pm**. Fitness equipment training is provided on the first and third Thursday of each month at 9:00am. Please contact the Front Desk at 603-889-6155 to register for training. In an effort to keep our fitness equipment updated and maintained, the fee for one year of fitness center use will increase to \$30 per year effective January 1, 2017.

### MONTHLY HEARING CLINICS

**Dates: Tuesday, January 17, 2017**

**Tuesday, February 21, 2017**

**Time: 10:00am-12:00pm**

Free hearing screenings and hearing aid checks are offered on a monthly basis. Sign up for a 15-minute screening by contacting the Front Desk or calling 603-889-6155. Hosted by **Avada**  **Avada**  
Hearing Care Centers.

### NEW AQUATICS PROGRAM BEING DEVELOPED

We are pleased to announce the receipt of two grants to fund the introduction of an Aquatic Exercise Program at the Nashua Senior Activity Center. The **Ann DeNicola Trust, Citizens Bank, N.A., Trustee** and the **Ella F. Anderson Trust, BNY Mellon, N. A., Trustee** have both funded the program with grants for \$4,000 and \$7,500 respectively. Thanks to these two grants, we continue to expand our programming to meet the needs of an ever-changing demographic. The definition of a "senior" and their needs continues to change. We continue to add programming that appeals to younger seniors as well as provide more traditional programs for the older seniors. A swimming program offers health benefits that appeal to both the traditional and "baby boomer" seniors. Swimming is an exercise that is often recommended to seniors because it does not put stress on joints, strengthens muscles, and for those with osteoarthritis, it is an activity that they can participate in without experiencing pain. Details regarding the aquatics program will be provided as they become available.

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

### **COFFEE TIME WITH JANE CONSTANT**

**Dates:** Wednesdays, January 11 and February 8, 2017

**Time:** 10:30-11:30am

Jane Constant, Nashua Police Department's Senior Relations Officer, is available to answer questions or address any concerns of seniors or any other concerns of seniors.

### **VETERANS' COFFEE CLUB**

**Date:** Tuesday, February 7, 2017

**Time:** 10:30am

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*.

### **EXERCISE AND BRAIN HEALTH**

**Date:** Monday, February 6, 2017

**Times:** 10:30-11:30am

See flyer at the Front Desk for seminar description. Hosted by *Center for Physical Therapy and Exercise*.

### **COOKING WITH THE AWARD-WINNING COURVILLE COMMUNITIES CHEFS**

**Dates:** Monday, January 9, 2017

Monday, February 13, 2017

**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.

### **A MATTER OF BALANCE**

**Dates:** Wednesdays, March 1 through April 19, 2017

**Time:** 10:00am-12:00pm

Many older adults restrict their activities due to concerns about falling. *A Matter of Balance* is an 8-week, award-winning program designed to manage falls and increase activity levels. In this 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. Contact Fred Daniels (CPTE) at 603-880-0488 for information.

### **VITAMINS AND SUPPLEMENTS**

**Date:** March 6, 2017

**Times:** 10:30-11:30am

See flyer at the Front Desk for seminar description. Hosted by *Center for Physical Therapy and Exercise*.

### **BETTER LIVING WITH OSTEOPOROSIS**

**Date:** Thursday, April 6, 2017

**Times:** 1:00pm

Learn simple tips for better living with osteoporosis. Hosted by *Northeast Rehabilitation Hospital Network*.

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



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

### **BOOK CLUB**

**Days:** 1st and 3rd Friday of each month

**Time:** 10:00-11:30am & 12:00-1:30pm

Join our book club! Contact Pat Goodman at 603-921-4337 for more information.

## 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.

**Southern NH Services** - provides senior education workshops at the Nashua Senior Activity Center monthly. They are free and open to the public. The next workshop will be held on **Monday, February 13, 2017**, at **1:00pm**. Stephanie Wolf-Rosenblum, M.D. will present "**Sleeping Well As You Age.**" To register for the workshop or if 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](mailto:btodgham@snhs.org).

**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**.

**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>.

 [amazon.com](http://www.amazon.com)

## **WEDNESDAY BINGO**

Afternoon Bingo is held on the **1<sup>st</sup>** and **3<sup>rd</sup> Wednesday** of each month and open to the public (must be 18 years of age or older). Bring your friends! Doors open at **1:00pm** and games start at **1:30pm**. Door prizes, cash prizes, and winner take all. Join us on **January 4th** and **18th** and **February 1st** and **15th** for food, games and fun!

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

## 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.

### **"THE LION KING"**

#### **Providence**

#### **Performing Arts Center**

**Saturday, March 18, 2017**

**Cost: \$130 per person before Jan. 18, 2017  
\$135 per person after Jan. 18, 2017**

Experience the phenomenon. Visually stunning, technically astounding, and with a musical score by Elton John and Tim Rice including "Can You Feel the Love Tonight" and "Circle of Life." Giraffes strut, birds swoop, gazelles leap, and the entire savannah is brought to life by a cast of more than forty actors. Lunch on your own at the Providence Place Mall prior to the matinee performance.

**Departs: 9:30am - Exit 8 Park & Ride  
Returns: 6:30-7:00pm**

### **"RIVERDANCE"**

#### **Providence**

#### **Performing Arts Center**

**Saturday, June 3, 2017**

**Cost: \$115 per person before March 1, 2017  
\$120 per person after March 1, 2017**

A celebration of Irish music, song, and dance, this show focuses on the evolution of Irish dance and its similar influences on other cultures. The phenomenon of Riverdance draws on Irish tradition and combines the richness of the music with the magic and sensuality of the dance. This extraordinarily unique show, which features an international company, has touched the hearts of millions around the world. Lunch on your own at the Providence Place Mall prior to the matinee performance.

**Departs: 9:30am - Exit 8 Park & Ride  
Returns: 6:30-7:00pm**

### **SUNDAY MORNING BRUNCH**

#### **CRUISE**

#### **Gloucester, MA**

**Sunday, August 20, 2017**

**Cost: \$85.00 per person**

Board the Beauport Princess for a 2-1/2 hour brunch buffet cruise that includes eggs Benedict, French toast, carved ham, and more. Upon returning to the dock, we will make a stop in nearby seaside Rockport for shopping and enjoying the scenic views.

**Departs: 9:30am - Exit 8 Park & Ride  
Returns: 5:30pm**

### **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. After the cruise, 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. Trip includes lunch, transportation, and gratuities. A \$30 per person nonrefundable 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 - Exit 8 Park & Ride  
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 aboard a ship and the other with lunch on your own. Please check back with the Trip Office for more details.

### **LOBSTER BAKE CRUISE**

#### **Gloucester, MA**

**Sunday, June 18, 2017**

**Cost: \$89.00 per person**

Celebrate Fathers' Day aboard the luxurious Beauport Princess for a traditional New England Lobster Bake Buffet. The full-course buffet includes chicken. Enjoy the sights on this 2-1/2 hour cruise around Gloucester Harbor and the surrounding area. Once ashore, we will make a stop in nearby seaside Rockport, perfect for shopping and the scenic views.

**Departs: 9:30am - Exit 8 Park & Ride  
Returns: 5:30pm**

## DAY TRIPS and MULTI-DAY TOURS

### **"EVITA"**

#### **North Shore Music Theater**

**Wednesday, September 27, 2017**

**Cost: \$125.00 per person before Aug. 1, 2017  
\$130.00 per person after Aug. 1, 2017**

This 1980 Tony Award-winner is a pop opera about a passionate woman who goes from the streets of Argentina to show business stardom, to the highest levels of influence in Buenos Aires. At once both a saint and a villain, Eva Peron's dynamic, meteoric rise from poverty to prosperity is a ground-breaking, heartbreaking depiction of populism, politics, and celebrity. Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities.

**Departs: 10:15am - Exit 8 Park & Ride**

**Returns: 7:00pm**

### **"42nd STREET"**

#### **North Shore Music Theater**

**Wednesday, November 1, 2017**

**Cost: \$125.00 per person before Sept. 1, 2017  
\$130.00 per person after Sept. 1, 2017**

Come and meet those dancing feet in this glorious, Tony Award-Winning, 1930's music spectacular. The stakes are high when a young chorus girl is given a once-in-a-lifetime chance to become a star. This production recalls both the classic days of Broadway and the golden age of movie musicals. Show-stopping tunes include "Lullaby of Broadway," "Shuffle Off to Buffalo," "I Only Have Eyes for You," "We're in the Money," and "42nd Street." Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities.

**Departs: 10:15am - Exit 8 Park & Ride**

**Returns: 7:00pm**

### **MULTI-DAY TOURS**

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

**CANYON COUNTRY** - May 15-23, 2017

**BAR HARBOR & CAMPOBELLO** - June 19-21, 2017

**EASTERN TOWNSHIPS & QUEBEC** - July 19-22, 2017

**TREASURES OF NORTHERN CALIFORNIA** - Sept. 27-Oct. 5, 2017

**ICELAND MAGICAL NORTHERN LIGHTS** - Nov. 4-10, 2017

**NEW ORLEANS, MEMPHIS, & NASHVILLE** - Nov. 5-12, 2017

**WASHINGTON, D.C.** - Sept. 7-11, 2017

Dates available soon on the following trips:

**LAKE GEORGE / SARATOGA / FINGER LAKES, NY**  
and **SORRENTO, ITALY**

### **2017 UPCOMING EVENT** **INTEREST LIST**

Events are being considered for 2017. Based on the number of people interested, the event will be scheduled. 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.

**Chicago** (May)  
**Charles River Cruise** (summer)



## 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:**

**Monday, January 2, 2017**  
***New Years Day Holiday (Observed)***

**Monday, January 16, 2017**  
***Martin Luther King Day Holiday***

**Monday, February 20, 2017**  
***Presidents' Day 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.

### **Free AARP Tax Return Preparation**

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

**Dates: Thursdays, Feb. 9 - April 13, 2017**

**Time: 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 2016 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.



### **Round Again Shop**

Our thrift shop is open to the public

**Monday through Friday 9:00am-4:00pm**

Special deals for NSAC members include:

**Free Shopping Spree** - Receive one free outfit on the **1<sup>st</sup> Monday** and **3<sup>rd</sup> Tuesday** of each month. Puzzles are half-price on these days.

**Fill a Bag for \$4** - On all clothing on the **3<sup>rd</sup> Monday** and **4<sup>th</sup> 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.

### **Volunteer Opportunities**

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

**Flea Market Assistants** - for February 11, 2017 and April 1, 2017.

**Library Attendants** - to assist members in loaning and purchasing books on Mondays from 1:00-3:00pm.

**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.

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

## **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 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](mailto:mbell@nashuaseniorcenter.org) for more information.

***Members receive special rates!***