

SENIOR ACTIVITY CENTER NEWS

ISSUE #299

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

MAR/APR 2017

Fire & Fusion - an Executive Chef Competition

Alpine Grove, Hollis NH

Date: Wednesday, May 3, 2017

Time: 6:00-9:00pm



Enjoy an evening of food, fun, and competition at the fifth annual event as eight executive chefs have their culinary creativity challenged by four secret ingredients. The evening kicks off with hundreds of unique appetizers prepared by the chefs competing for the People's Choice Award, which will be voted on by the attendees. This year's theme for the People's Choice Award is "Flavors of the World." The fun begins as the chefs competing in this timed competition learn the secret ingredients and the competition gets underway. Local celebrity, author, and media personality Mike Morin serves as the Event Host and circulates among the chefs with a "play-by-play" description of the culinary action. The rivalry will be broadcast on two large screens placed at each end of the facility to enhance viewing. Finally, each chef is called to present their creation to the judges. This year's judges include: Nicole Barreira, Corporate Chef and Marketing Manager for Great NH Restaurants; Kathleen Palmer, Features Editor for The Nashua Telegraph; and Helen Ryba, Host of WBIN TV's "The Chef's Plate-A-Taste of New England." Tickets are \$40 each and a reserved table of 10 is \$360. Ticket price includes event admission, appetizers, coffee, and dessert. A limited number of VIP tickets will be sold for \$55 and a reserved VIP table of 10 for \$500. VIP tickets include early event admission and a complimentary glass of wine. They can be purchased by contacting Eileen Gormley at 603-816-2642 or visiting Eventbrite.com. Sponsorship opportunities are available by contacting Judy Porter at 603-816-2649 or via email at jporter@nashuaseniorcenter.org.

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ST. PATTY'S DAY IRISH SOCIAL

A Little Bit of Ireland!

Date: Friday, March 17, 2017 (storm date: March 24, 2017)

Time: 1:45pm

John O's dreamy tenor voice takes you on a trip to the "Isle of Green." Join John O as he sings and plays those most enjoyable Irish melodies. You will be delighted in this happy, interactive, foot-tapping musical show. Light refreshments will be served. Tickets available at the Front Desk for \$6 and must be purchased by March 15, 2017.



Flea Market/Book Sale

Date: Saturday,

April 1, 2017

Time: 9:00am-2:00pm

See page 4 for details.

Dinner & Movie

returns on **Friday, May 19, 2017**. Contact the Front Desk at 603-889-6155 or pick up a flyer for details.

NOTES FROM CATHY BARRETT, ACTIVITIES DIRECTOR

JERRY JEAN AND HIS BLUEGRASS BUDDIES

Date: Tuesday, March 21, 2017

Time: 7:00-9:00pm

Come enjoy a free evening of country and bluegrass music. Bring all your friends. You are sure to have a great evening of entertainment!

NASHUA SENIOR ACTIVITY CENTER GOLF LEAGUE

The 2017 golf league meeting will be held on **Monday, April 3, 2017** at **9:30am** in the multi-purpose room. Everyone is welcome to join. It's a mixed league with a quota system that makes everyone equal even if your game is not up to PAR (no pun intended). The league fee is \$55 - green fees and cart are additional costs. You must be a member of NSAC to participate. Please preregister at the Front Desk before **April 3, 2017**.

***NEW* EVENING BALLROOM DANCE CLASS**

Dates: Mondays, April 17 - May 22, 2017

Time: 5:30pm

Master the basic skills of ballroom dancing in this 6-week class. The fee is \$36/members and \$46/non-members. Register at the Front Desk by **April 10, 2017**.

SONGS OF WORLD WAR II

Date: Monday, April 17, 2017

Time: 1:30pm

Bill Flynn will share some patriotic songs like "Remember Pearl Harbor," "Accentuate the Positive," "Over There," and a songfest of love and wartime themes. Tickets are \$2 and include light refreshments. Purchase tickets at the Front Desk by **April 12, 2017**. For more information, see the flyer in front reception area.

The Silver Lining Chorus is made up of members of the Nashua Senior Activity Center and is unique because very few senior centers have their own choral group. The chorus performs and brings joy and happiness to residents at assisted living and healthcare facilities, and many other venues. Be a part of this wonderful experience and have the opportunity to meet new people! The chorus sings music familiar to everyone including show tunes, classical, popular, and country and western. The group meets on Wednesdays from **9:30-10:30am**. Call Frank Sullivan at 603-508-2898 for more information.

THE SILVER LINING CHORUS IS SEEKING NEW MEMBERS



SPRING FLING-GET READY, GET SET, LET'S GO AND HAVE SOME FUN!

Every spring we try to get everyone up and out with some free classes and special events. You will have a great opportunity to sample some classes that you might not have otherwise tried such as tai chi, yoga, qi gong, kickboxing, Zumba, tap dancing, and more. You will also have the chance to win some free raffles for additional free classes and prizes. Please pick up a flyer at the Front Desk for the Spring Fling schedule and details on how to increase your chances of winning!

Please note: The current fee of \$35/members and \$45/nonmembers for 6-week classes will increase to \$36/members and \$46/nonmembers beginning in April. In the event that any class is canceled due to weather conditions, it will be made up at the end of the session.

EVENTS

FLEA MARKET/BOOK SALE

Date: Saturday, April 1, 2017 (storm date April 8, 2017)

Time: 9:00am-2:00pm

This indoor flea market/book sale event is held to benefit the Nashua Senior Activity Center. It features 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 to reserve a table or for more information.

ANNUAL PLANT SALE

16 Shakespeare Road, Nashua NH

Date: Saturday, May 20, 2017

Time: 9:00am-3:00pm

Sneak Preview on Friday, May 19, 2017, 5:00-8:00pm

Many varieties of annuals, perennials, and houseplants at great prices. For more information or if you would like to donate plants, please contact Eileen Gormley at 603-816-2642 or via email at egormley@nashuaseniorcenter.org.

BOSTON BILLIARD CHARITABLE GAMING TO BENEFIT NSAC

55 Northeastern Boulevard, Nashua NH

Dates: May 22-28, 2017

Boston Billiard 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.

ANNUAL SENIOR PICNIC

Alpine Grove, Hollis NH

Date: Thursday, June 15, 2017

Time: 9:30am-2:30pm

All adults 50 and over are invited to the annual NSAC picnic. Enjoy a great day of indoor and outdoor activities including music, miniature golf, line dancing, card games, entertainment, bingo, and more! All activities are included with the exception of bingo and raffles. The day would not be complete without their famous barbecued chicken dinner with all the fixings! Tickets are \$20 and go on sale starting March 15, 2017 at the Front Desk. They must be purchased by June 8, 2017. More information will follow in the May/June newsletter.

TAG-DAYS EVENT

Dates: Friday, June 30, 2017, Friday, July 28 and Saturday, July 29, 2017

Time: 9:00am-9:00pm

Tag-days fundraising events will be held at the NH State Liquor Store on Coliseum Avenue in Nashua on the above dates. Thank you to our volunteers for initiating and participating in this fundraising effort.

NASHUA LIONS CLUB FRENCH TOAST BREAKFAST UPDATE

The Nashua Lions Club donated \$750 to the Nashua Senior Activity Center, representing the proceeds from the French Toast Breakfast with Santa held on December 3, 2016. We greatly appreciate their generosity, time, and support of our efforts.

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.

VETERANS' COFFEE CLUB

Dates: Tuesday, March 7, 2017
Tuesday, April 4, 2017

Time: 10:30am

Learn about VA benefits you may not know about and share memories of your time in the service. Free and open to the public. Hosted by *Barney Barbera, Chairman of City of Nashua Mayor's Veterans' Council*.

LEGAL EDUCATION SEMINAR

Date: Wednesday, March 29, 2017

Time: 1:00-3:00pm

Topics include creating a trust to shelter assets; planning for end-of-life decisions; how putting assets into children's names can be catastrophic; possible defects in your existing revocable trust; how existing powers of attorney and trusts can make your children personally liable for your nursing home care. Hosted by *Beasley & Ferber*.

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesday, March 8, 2017
Wednesday, April 12, 2017

Time: 10:30-11:30am

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

BREATHING AND SLEEPING WELL AS YOU AGE

Date: Thursday, April 6, 2017

Time: 9:30-10:30am

A good night's sleep is important to your physical and mental health. Sleep deprivation contributes to many health problems. Learn how sleep disorders interfere with the quality of sleep and COPD. Presented by Lorna Marshall, Licensed Respiratory Therapist. Hosted by *Kindred Healthcare - Greenbriar*.

COOKING WITH AWARD-WINNING CHEFS

Dates: Monday, March 27, 2017

Monday, April 10, 2017

Monday, May 8, 2017

Time: 2:00-3:30pm

Join award-winning chefs Rejean Sheehy and Dennis Hickey as they demonstrate and lead an interactive cooking class. Taste the wonderful creations at the end of the class! Hosted by *The Courville Communities*.

ADVANCED DIRECTIVES PANEL DISCUSSION

Date: Tuesday, April 4, 2017

Time: 1:00-2:00pm

You can make the decisions for your care before an emergency or critical illness occurs. Topics covered include advanced directives such as living wills, durable powers of attorney, and surrogate decision makers. Information will be available on how to discuss and document plans so that your care team and family can know and support your personal preferences for treatment options if you are no longer able to make decisions for yourself. Hosted by *Southern New Hampshire Medical*.

BETTER LIVING WITH OSTEOPOROSIS

Date: Thursday, April 6, 2017

Time: 1:00pm

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

MEMORY SCREENINGS

Date: Thursday, April 6, 2017

Time: 4:00-7:00pm

Free, private memory screenings are open to the public. Registration is required. Visit or contact the Front Desk at 603-889-6155 to register.

PROPERTY TAX RELIEF SEMINAR**Date: Monday, March 6, 2017****Time: 1:30-3:30pm**

Did you know that seniors may receive relief from property taxes? Representatives from the City of Nashua Assessment Office will provide information and guidance regarding property tax relief programs that grant partial or complete exemptions from property taxes for qualified home owners. Exemptions are a reduction in the assessed value of a home by a specified amount and corresponding reductions in property taxes. Many exemption programs specify eligibility criteria, e.g., older adults, people with disabilities, widows, veterans and disabled veterans who have a permanent service-connected disability of a specified percent. In some cases, people who qualify must also meet income guidelines. In others, income is not a factor. Come to this informational session at the NSAC to learn more. This event is free and open to the public. Visit or contact the Front Desk at 603-889-6155 to register.

FREE AARP TAX RETURN PREPARATION AT THE NSAC**Dates: Thursdays, Feb. 9 thru 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 first floor multi-purpose room 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 your 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 excluded to be prepared by the volunteers.

HEALTH AND WELLNESS**RIVIER UNIVERSITY WELLNESS CLINICS**

Rivier University Nurse Practitioner students, under the supervision of a Licensed Family Nurse Practitioner, provide clinic health screenings on the second floor at the NSAC.

Dates: Friday, March 17, 2017**Friday, April 7, 2017****Times: 9:00am-2:00pm**Screenings include: **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. Thanks to the **TD Charitable Foundation** for the \$5,000 grant to purchase the necessary test kits.

MONTHLY HEARING CLINICS**Dates: Tuesday, March 21, 2017****Tuesday, April 18, 2017****Time: 10:00am-12:00pm**

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

DIABETIC SHOE CLINIC**Date: Wednesday, April 12, 2017****Time: 12:00-3:00pm**

If you are a diabetic and Medicare is your primary insurance, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you! Register and pick up the necessary forms at the Front Desk by April 8, 2017. Hosted by *Charron Medical Services*.

COMMUNITY PARTNERSHIPS

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).

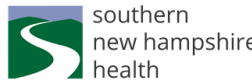
Bone Builders Program - relies upon weight-training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance, and bone density. The program is aimed at preventing falls and fractures. The offering is courtesy of **Southern NH Services**. For more 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 for 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).

SENIOR SUPPERS ARE BACK!

Southern NH Health is kicking off their new series of **Senior Suppers** at the NSAC on **Monday, March 13, 2017 at 4:00pm**. The topic is: **Taking the Fear Out of Testing for Colorectal Cancer: everything you need to know about colorectal cancer screening**. Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer. If everyone age 50 and older were screened regularly, 6 out of 10 deaths from colorectal cancer could be prevented. Join Registered Nurses Carol Kahn and Bethany St. Onge of Southern NH Health's Endoscopy Department for an informative discussion about the screening options and procedure as well as an opportunity to view some of the equipment. A \$10 registration fee includes a nutritious meal. Preregistration and payment is due by **March 8, 2017**. Register by visiting snhhealth.org/classes or calling 603-577-2255, Option 2.



The Breakfast Exchange Club of Nashua is hosting its third annual **BAKED POTATOFEST** fundraising event on **Thursday, April 20, 2017** from **4:30-6:30pm** at the Nashua Senior Activity Center. Enjoy baked potatoes with your choice of a wide variety of toppings. Dessert and a beverage are included. Potatoes can be packaged to take home. The event will also feature a white elephant raffle. Tickets are \$5 in advance, \$7 at the door, and \$5 for children under 12 years old. Advanced tickets are available at the NSAC Front Desk or can be purchased by mailing a check to: The Breakfast Exchange Club, PO Box 1488, Nashua NH 03061. Tickets can also be ordered via email at BXCNashua@gmail.com. The Breakfast Exchange Club provides programs to support Nashua area seniors.

Southern NH Services - provides senior education workshops at the Nashua Senior Activity Center monthly. They are free and open to the public. The following are being held:

Monday, March 13, 2017 at 1:00pm - Making Your Medical Wishes Known: Learn how advance-care planning allows your voice to be heard when you are no longer able to speak for yourself. Presented by Terri Desrochers, RN, Program Coordinator for Honoring Caring Decisions/Dartmouth Hitchcock.

Monday, April 10, 2017 at 1:00pm - topic to be announced.

To register 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.

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PRESENT THIS TO YOUR SERVER

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

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. 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

A celebration of music, song, and dance, this show focuses on the evolution of Irish dance and its similar influences on other cultures. The marvel of Riverdance draws on Irish tradition and combines the richness of the music with the magic and sensuality of the dance. This 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

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 (includes chicken). Enjoy the sights on this 2-1/2 hour cruise around Gloucester Harbor and the surrounding area. Once ashore, we make a stop in nearby picturesque Rockport, perfect for shopping and viewing the seascapes.

Departs: 9:30am - Exit 8 Park & Ride

Returns: 5:30pm

TALL SHIPS® VIEWING

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, enjoy your choice of a baked schrod or baked stuffed chicken breast 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

UPCOMING EVENTS

Dates for the following events are being confirmed. Check our next newsletter or our website for updates.

Stonewall Kitchen Cooking

Demonstration, York ME

"Mama Mia," Ogunquit Playhouse

DAY TRIPS and MULTI-DAY TOURS

TALL SHIPS® VIEWING ON THE SPIRIT OF BOSTON

Wednesday, June 21, 2017

Cost: \$120.00 per person

Don't miss this rare opportunity to have an up-close view of these incredible sailing vessels. Cruising on the Spirit of Boston is the best way to experience this truly unique tradition. A narrator will describe "The Parade of Tall Ships," and the sights and surroundings of the harbor. A buffet-style lunch will be served on board. Upon departing the ship, there will be time on your own. Trip includes lunch, transportation, and gratuities.

Departs: 7:45am - Exit 8 Park & Ride

Returns: 4:00-5:00pm

"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, 1930s 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: 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 a pastry assortment followed by Eggs Benedict, French toast, carved ham, chocolate mousse, and more. The captain will narrate the sights and views in Gloucester Harbor. Upon returning to the dock, we make a stop in nearby picturesque Rockport for shopping and enjoying the seascapes.

Departs: 9:30am - Exit 8 Park & Ride

Returns: 5:00-5:30pm

CHARLES RIVER SIGHTSEEING TOUR

Tuesday, July 11, 2017

Cost: \$89.00 per person

Enjoy a lunch at Boston's famous Maggiano's Restaurant of Caesar salad, lasagna, grilled chicken, eggplant parmesan, tiramisu, and fresh fruit. After lunch, go aboard for a fully narrated sightseeing cruise along the Charles River. The historic and cultural sights of Boston and Cambridge will be highlighted. Trip includes lunch, transportation, and gratuities.

Departs: 10:30am - Exit 8 Park & Ride

Returns: 5:00-5:30pm

"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: 6:30-7:00pm

2017 MULTI-DAY TOURS

HAWAII BY LAND & SEA - April 21-30

CANYON COUNTRY - May 15-23

NIAGRA FALLS AND TORONTO - June 11-15

BAR HARBOR & CAMPOBELLO - June 19-21

EASTERN TOWNSHIPS & QUEBEC - July 19-22

LAKE GEORGE/SARATOGA NY - August 6-8

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

CORNING AND FINGERLAKES NY - Sept. 24-26

TREASURES OF NORTHERN CALIFORNIA - Sept. 27-Oct. 5

ICELAND MAGICAL NORTHERN LIGHTS - Nov. 4-10

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

Dates available soon on the following trips:

SORRENTO, ITALY

BRANDYWINE, PA

WILLIAMSBURG, PA

NSAC INFORMATION

Nashua Senior Activity Center

Hours of Operation

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

Thurs: 9:00am-7:00pm

Inclement Weather Closings

The Nashua Senior Activity Center follows the Nashua School District's determinations for cancellations, delayed openings, and early dismissals.

Nashua Senior Activity Center will be closed on:

Wednesday, May 3, 2017

Fire and Fusion Event

Room Rentals at the Nashua Senior Activity Center

The Nashua Senior Activity Center offers classrooms and function rooms for rent 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!



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

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! Doors open at 1:00pm and games start at 1:30pm. Door prizes, cash prizes, and winner take all. Join us on March 1st and 15th and April 5th and 19th for food, games and fun! All proceeds benefit the Nashua Senior Activity Center.

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 - Fill a bag of 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.

Volunteer Opportunities

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

Flea Market Assistants - for 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

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NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

Membership Office Hours: Monday through Friday, 9:00am-11:30am

Eligibility: Membership is open to individuals who are 50 years of age and older.

New Membership Fees: \$40/year for individuals; \$60/year for two individuals residing at the same address.

Membership Renewal Fees:

1. 2017 renewals for members who joined in 2016: \$40/year for individuals; \$60/year for two individuals residing at the same address.
2. 2017 renewals for current members in good standing who joined in 2015 or earlier: \$35/year for individuals; \$50/year for two individuals residing at the same address. (NOTE: 2017 is the final year for "Grandfathering" at the old membership rates.)
3. Renewal 'Grace Period' - Two full months after membership expiration date.
4. Renewal by mail – Include a **self-addressed stamped envelope** if you want your membership card and receipt mailed to you; otherwise, pick up your card and receipt when you visit the center.

Veterans Discount: Military service veterans receive a \$5 discount.

Membership Fee Exemption: Fee is waived for seniors 90 years of age and older.

Payment: We accept cash, personal checks, credit cards, and debit cards.

Use of the Membership Card: Members must present their card to receive member discounts.