NASHUA

SENIOR ACTIVITY CENTER NEWS

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

ISSUE #300

MAY/JUNE 2017

DINNER & MOVIE: "HIDDEN FIGURES"

Date: Friday, May 19, 2017
Time: 2:00pm

The incredible untold story of three brilliant African American women working at NASA who served as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit. This stunning achievement restored the nation's confidence, turned around the space race, and galvanized the world. This visionary trio crossed all gender and race lines to inspire generations to dream big. Dinner following the movie includes American chop suey, salad, and dessert. The event is free for members (a $5 refundable deposit when you attend) and $10 (nonrefundable) for nonmembers. Sign up at the Front Desk.

Funded by a grant from the Fariz family and friends.

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 picnic where everyone can enjoy a great day indoors and outside. Attendees can participate in a full day of activities, including music, miniature golf, line dancing, card games, entertainment, bingo, games, and more! All activities are included with the exception of bingo and raffles. The day would not be complete without their famous barbecued chicken meal with all the fixings! Following lunch, the afternoon entertainment will feature Brian McCarthy from Gemini Music. Prepare yourself for an afternoon to remember with a perfect mix of music, food and fun! Tickets are available for $20 at the Front Desk and must be purchased by June 8, 2017.

Thank you to our Annual Senior Picnic sponsors *(as of mid-April):*

Silver Level: *Humana Market Point, Inc.; Kindred-Greenbriar; Triangle Credit Union*

Bronze Level: *Breakfast Exchange Club of Nashua; Harvard Pilgrim HealthCare; Home Health and Hospice Care; Silver Touch Home Health Care*

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.

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EVENTS

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.

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 this fundraising effort.

FIRE & FUSION – AN EXECUTIVE CHEF COMPETITION

Date: Wednesday, May 3, 2017

Thank you to the following: Event Host, Mike Morin - The Mike Morin Media Group; Celebrity Judges: Chef Nicole Barriera - Great NH Restaurants; Kathleen Palmer - Nashua Telegraph; Helen Ryba - Host of "The Chef's Plate - A Taste of New England"; chefs, volunteers, participants, and committee members for all of their contributions to this highly successful fundraising event.

2017 FIRE & FUSION
AN EXECUTIVE CHEF COMPETITION

Thank you to our Sponsors

Signature Sponsor

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Dessert Sponsor

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Pantry Sponsor

Anonymous Donor

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:

Wednesday, May 3, 2017
Fire and Fusion Event
Monday, May 29, 2017
Memorial Day Holiday

Room Rentals at the Nashua Senior Activity Center

The NSAC 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 at mbell@nashuaseniorcenter.org. for details.

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

Raffle Items Request

The NSAC is seeking donations of gift certificates and raffle items for our Annual Picnic fundraising event. Contact Cathy Barrett at 603-816-2647 to donate or for more information.

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.
Library Attendants - to assist members in loaning and purchasing books.
Volunteer applications are available at the Front Desk.

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 **May 3rd** & **17th** and **June 7th** & **21st** for food, games and fun! All proceeds benefit the Nashua Senior Activity Center.

NOTES FROM CATHY BARRETT, ACTIVITIES DIRECTOR

SILVER LINING CHORUS JAMBOREE

Date: Wednesday, May 24, 2017
Time: 1:30pm

The Silver Lining Chorus invites you to attend a performance at the Nashua Senior Activity Center. The chorus had over 30 performances throughout the Greater Nashua and Manchester area in 2016. They performed at healthcare and assisted-living facilities, and for other private groups. They would like to perform for you and hope you will attend. The Silver Lining Chorus Jamboree is free, but please preregister by visiting or contacting the Front Desk at 603-889-6155 no later than Monday, May 22, 2017.

ANNUAL SENIOR VARIETY SHOW AUDITIONS

We are currently taking names of those interested in auditioning for the 2017 Annual Senior Variety Show. Auditions will be held in June. Please visit or contact the Front Desk at 603-889-6155 to register.

HANNAFORD SUPERMARKET BOOK SALE

Coliseum Avenue, Nashua NH
Dates: May 7-20, 2017

All of the proceeds of this book sale at Hannaford Supermarket will benefit the Nashua Senior Activity Center. Thank you Hannaford!

THANK YOU TO THE "MAKE CRIBBAGE COUNT" GROUP

The Nashua Senior Activity Center would like to thank our cribbage group for their kind donations through the "Make the Cribbage Count" program. Since the group started in April 2013, they have raised **$3,132**, one quarter coin at a time, and donated it back to the their favorite home away from home: the NSAC. We are truly grateful for their generosity and support.

BEGINNERS BRIDGE LESSONS WITH DEE

10-Week Beginners Bridge lessons start on **Tuesday, May 16, 2017** at **9:30 am**. Preregistration and a $30 nonrefundable deposit is due no later than May 10, 2017. Following registration the fee is $10 per class.

WATER & OIL PAINTING CLASSES RETURN

Instructor Mary Crump is back! Water & Oil Painting 4-week classes will begin on **Thursday, May 25, 2017**. Classes are held at **9:30am** and **1:00pm**. The fee is $56/members and $66/nonmembers. Register and prepay at the Front Desk by Tuesday, May 18, 2017.

SPONSORSHIP OPPORTUNITIES

Sponsorship opportunities are available for our annual Senior Picnic and Senior Variety Show events. There are many sponsorship levels with a wide range of benefits ranging in price from $125 -$1,000. Contact Judy Porter at 603-816-2649 or via email at jporter@nashuaseniorcenter.org for more information.

THEATER DIRECTOR NEEDED

The Nashua Senior Activity Center is seeking qualified applicants for a Theatre Director position for our Fall Annual Variety Show. Applicants must have experience working with seniors and knowledge of all facets of productions. Contact Cathy Barrett at 603-816-2643 or via email at cbarrett@nashuaseniorcenter.org for more information or to apply.

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

Monday, May 8, 2017
Monday, September 11, 2017
Cost: $35 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

LOBSTER BAKE CRUISE Gloucester, MA

Sunday, June 18, 2017
Cost: $89 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. Trip includes lunch, transportation, and gratuities.

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

TALL SHIPS® VIEWING Boston/Rockport, MA

Monday, June 19, 2017
Cost: $106 per person

Go aboard for 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.

Departs: 8:00am - Exit 8 Park & Ride
Returns: 5:30pm

2017 TRIPS BEING PLANNED

July - Portsmouth Harbor Cruise with lunch at Warren's Restaurant, Kittery ME
December - "White Christmas"
Contact the Trip Office at 603-816-2645 for information.

"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

TALL SHIPS® VIEWING ON THE SPIRIT OF BOSTON

Wednesday, June 21, 2017
Cost: $120 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 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

CHARLES RIVER SIGHTSEEING TOUR

Tuesday, July 11, 2017
Cost: $89 per person

Enjoy a lunch of Caesar salad, lasagna, grilled chicken, eggplant parmesan, tiramisu, and fresh fruit at Boston's famous Maggiano's Italian restaurant. 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

DAY TRIPS and MULTI-DAY TOURS

"BAGGAGE"
Newport Playhouse & Cabaret Restaurant

Thursday, August 3, 2017
Cost: $95 per person

Phyllis and Bradley are two difficult, single people trying to heal from their respective disappointing relationships. They meet when their luggage gets mixed up at the airport. After a disagreeable first encounter, the two discover that while they may be too difficult for everyone else, they are perfect for each other. Enjoy this 4-in-1 Newport Playhouse experience: 1) an extensive luncheon buffet, 2) the play "Baggage," 3) a dessert buffet after the production, 4) a high-energy cabaret show. Trip includes lunch, transportation, and gratuities.

Departs: 8:30am - Exit 8 Park & Ride
Returns: approximately 7:00pm

"HEARTBREAK HOTEL"
Ogunquit Playhouse

Wednesday, September 6, 2017
Cost: $130 per person before July 6, 2017
$135 per person after July 6, 2017

This brand new tribute to the "King of Rock 'n' Roll" is the prequel to the Tony Award winning, record-setting, smash hit *Million Dollar Quartet.* The tender story follows Elvis Presley in the early years of his bourgeoning career as he and Sam Phillips create the music that will forever change their lives. This world premier musical features hit songs from the "King" himself, as well as the legends who influenced his iconic music. Trip includes lunch at Kittery's famous "Warren's" restaurant, transportation, and gratuities.

Departs: 10:15am - Exit 8 Park & Ride
Returns: 6:30pm

2017 MULTI-DAY TOURS

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, DC - September 7-11
CORNING & FINGERLAKES NY - September 24-26
TREASURES OF NO. CALIFORNIA - Sept. 27-Oct. 5
WILLIAMSBURG, PA - October 25-30
ICELAND NORTHERN LIGHTS - November 4-10
NEW ORLEANS/MEMPHIS/NASHVILLE - Nov. 5-12
SORRENTO, ITALY - November 7-15
BRANDYWINE, PA - November 27-30
VERMONT CHRISTMAS - December 8-9

SUNDAY MORNING BRUNCH CRUISE
Gloucester MA

Sunday, August 20, 2017
Cost: $85 per person

Board the Beauport Princess for a 2-1/2 hour brunch buffet that begins with beverages and 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. Trip includes brunch, transportation, and gratuities.

Departs: 9:30am - Exit 8 Park & Ride
Returns: 5:00-5:30pm

"EVITA"
North Shore Music Theater

Wednesday, September 27, 2017
Cost: $125 per person before Aug. 1, 2017
$130 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 and 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 groundbreaking, 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

"42nd STREET"
North Shore Music Theater

Wednesday, November 1, 2017
Cost: $125 per person before Sept. 1, 2017
$130 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

SEMINARS AND WORKSHOPS

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesday, May 10, 2017
Wednesday, June 14, 2017
Time: 10:30-11:30am

Jane Constant, Nashua Police Department's Senior Relations Officer, will answer questions and address concerns of seniors. Join her in the Coffeetalk lounge.

HEARING CLINICS

Dates: Tuesday, May, 16 2017
Tuesday, June 20, 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.*

KNOW THE TEN SIGNS: EARLY DETECTION MATTERS

Date: Monday June 12, 2017
Time: 10:00-11:30am

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies, and plan for the future. This interactive workshop features video clips of people with Alzheimer's disease. Visit or contact the Front Desk at 603-889-1655 to register by Wednesday, June 7, 2017. Sponsored by *The Alzheimer's Association.*

alzheimer's association

COOKING WITH AWARD-WINNING CHEFS

Date: 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.*

COMPRESSION-ONLY CPR TRAINING

Date: Wednesday, May 24, 2017
Time: 9:00am-3:00pm

Sudden cardiac arrest unexpectedly takes the lives of hundreds of thousands of Americans each year. Compression-only CPR is an effective and life-saving procedure. It is a simple task to perform to help to keep a patient alive until professional help arrives. This training is provided by American Medical Response professionals and only takes about 15 minutes. The training is free, open to the public, and no preregistration is required. Simply walk in and learn how to save a life.

AMR

"WE NEED TO TALK"

Date: Wednesday, May 24, 2017
Time: 10:00-11:30am

Talking with an older driver about stopping or altering driving can be a difficult and challenging conversation. This seminar offers easy-to-use practical information to help families advise their loved ones on whether it is time to limit or give up driving. The seminar will cover topics such as warning signs, conversation openers, how to construct a caring, effective conversation about driving, selecting the right messenger, and finding other forms of transportation so your loved ones can continue to be active and remain part of the community. The seminar is free and open to the public. Visit or contact the Front Desk at 603-889-1655 to register by Wednesday, May 17, 2017. Sponsored by *AARP.*

AARP

VETERANS' COFFEE CLUB

Dates: Tuesday, May 9, 2017
Tuesday, June 13, 2017
Time: 10:30am

Guest speakers will present information and discuss topics of interest to military veterans each month. Drop in and join the group at any time. Hosted by *Barney Barbera, Chairman of City of Nashua Mayor's Veterans' Council.*

SEMINARS AND WORKSHOPS

PROPERTY TAX RELIEF ASSISTANCE

Date: Thursday, May 4, 2017
Time: 9:00am-1:30pm

AARP tax volunteers will be available to assist those who may qualify to receive a refund from the State of NH on 2016 property taxes paid to their city or town. To qualify for tax relief, the adjustable gross income (AGI) for single filers must be $20,000 or less or $40,000 for married or head of household status. AGI can be found on line 37 of Form 1040, line 21 of 1040A, and line 4 of 1040-EZ. You must bring a copy of your final 2016 property tax bill and a copy of your 2016 federal income tax return for each adult over the age of 18 who owns or resides in the home. This is a free service and there is no age limit.
Preregistration is not required.

AQUATICS PROGRAM OPEN HOUSE

Boys & Girls Club of Greater Nashua
1 Positive Place
Date: Tuesday, May 16, 2017
Time: 10:00am-12:00pm

Join us for a preview of our new aquatics program at the Boys & Girls Club. Come tour the facility, try out the pool and check out the locker rooms. Instructors will be available to answer questions. The open house is free, but space is limited. Register by visiting or calling the Front Desk at 603-889-6155.

"SMART DRIVER" COURSE

Dates: Monday, May 22 and Tuesday, May 23, 2017
Time: 9:30am-12:30pm

This is a six-hour safe driving program course. Participants will learn how issues ranging from medication to the newest auto technology can affect driving ability. Certain insurance companies recognize that completion of this course may qualify their members for a reduction in auto insurance premiums. Register at the Front Desk by Monday, May 15, 2017. The fee for AARP members is $15 and nonmembers $20. Payment will be collected at the first class. Produced by *AARP* and taught by trained volunteers.

LET'S TAKE THE DRAMA OUT OF DOWNSIZING

Date: Thursday, May 18, 2017
Time: 12:30-1:30pm

Putting the pieces of the puzzle together:

- Real estate secrets
- Let's get moving - without the stress... yes, really!
- What to do with all this stuff

Refreshments will be served. Free and open to the public, but space is limited. Register by visiting or calling the Front Desk at 603-889-6155. Presented by Kathy Baldridge, Realtor, Senior Real Estate Specialist (SRES), Hillsborough County Representative for the State of NH Committee on Aging, Lifetime Estate Liquidations, and Transitions Owner.

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.

NASHUA SENIOR ACTIVITY CENTER COOKBOOK

The NSAC will be publishing a cookbook with some of the best recipes from the most talented cooks in town: YOU! This is our newest fundraising effort and 100% of the proceeds will go directly to the NSAC. The cookbook is part of our 40th anniversary celebration. Please submit your favorite "tried and true" family recipes. We especially seek recipes that have been passed down through generations. Recipe collection sheets are located at the Front Desk. Please include only one recipe per form and make sure to print legibly. Submit your completed forms in the decorated recipe collection box located near the Front Desk. Due to limited space, not all recipes will be included, but all will be considered. The deadline for submitting a recipe for the cookbook is Friday, July 14, 2017. Thank you for partici-pating in our newest fundraising effort.

COMMUNITY PARTNERSHIPS

Health and Wellness

Foot Care Clinics - provided by **Home, Health, and Hospice Care** are held twice monthly. Call 603-689-2931 to schedule an appointment (fee is $28).

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).

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 monthly senior education workshops at the NSAC. They are free and open to the public. The following are being held:

Monday, May 8, 2017 at **1:00pm** - **Practical Solutions for Your Personal Safety**. Presented by Jane Constant, Senior Relations Officer, Nashua Police Department.

Monday, June 12, 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.

Service Link Resource Center - provides assistance connecting to services such as: Medicare/ Medicaid, prescription assistance, caregiver support, housing options, transportation, and more. Call them at 603-598-4709. They are located on the 2nd floor of the NSAC. Walk-ins are welcome **Monday through Friday** between **9:00am-4:00pm**.

NOT YOUR AVERAGE CAUSE

We serve creative cuisine. And worthy causes.

Nashua Senior Center

Tuesday, June 6, 13, 20, & 27, 2017

*Present this certificate to your server on the above dates and the NASHUA SENIOR ACITIVITY CENTER will receive 15% of your total purchase**

**Excludes Alcohol, Tax and Gratuity*
Valid: Nashua location only

NOT YOUR AVERAGE JOE'S KITCHEN & BAR

221 Daniel Webster Hwy • Nashua • 603.318.7777

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

NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

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

Eligibility: Membership is open to individuals in the greater Nashua area 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" 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.