

SENIOR ACTIVITY CENTER NEWS

70 Temple Street
Nashua, NH 03060
Telephone 603.889.6155 JULY/AUGUST 2017
ISSUE #301 www.nashuaseniorcenter.org

DESSERT AND A MOVIE: "LA LA LAND"

Date: Friday, July 14, 2017
Time: 1:30pm

Enjoy the award-winning movie "La La Land." "La La Land" is the story of Mia: an aspiring actress, who serves lattes to movie stars in between auditions, and Sebastian: a jazz musician who survives by playing cocktail party gigs in dingy bars. As their success mounts, they are faced with decisions that begin to fray the fragile fabric of their love affair as the dreams they worked so hard to maintain threaten to rip them apart. Cathy Barrett's famous strawberry shortcake will be served for dessert following the movie. Dessert provided in part by *Ledgewood Bay at Milford*. The event is free for members. A \$5 refundable deposit is required. Your current NSAC membership card is required to sign up and receive a refund at the event. The cost for nonmembers is \$10 and is nonrefundable. Doors open at 1:00pm. Sign up by Tuesday, July 11, 2017.



Funded by a grant from the Fariz family and friends.

SUMMER CONCERT SPECTACULAR AT NSAC

Date: Wednesday, August 9, 2017
Time: 2:00pm

Enjoy an afternoon performance featuring a mix of music and entertainment by Brian McCarthy. Brian has entertained at Fenway Park, Gillette Stadium, and The Wang Center. All of his performances are unique. You will be "tapping your toes" and "laughing out loud" at this show! Tickets are available at the Front Desk. The fee is \$6/member and \$10/non-member. They must be purchased by August 7, 2017. Light refreshments will be served.

Funded by a grant from
The Arthur Getz Trust.

NSAC ANNUAL MEETING

Date: Wednesday, August 23, 2017
Time: 3:00pm

All members are invited and encouraged to attend the Nashua Senior Center annual meeting. The Board of Directors will report the financial status and other relevant business. An open period will allow members to comment and ask questions. Indicate your planned attendance by visiting or calling the Front Desk at 603-889-6155.

Please note: the approved minutes of the Board of Directors and Senior Council monthly meetings are in our library for members review.

NSAC IS A SUMMER COOLING CENTER

The Nashua Senior Activity Center is a designated cooling center in the city of Nashua where people can seek relief from the summer heat. Drop in during our hours of operation (see page 9) to cool off.

BOARD OF DIRECTORS

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Barney Barbera
Advisory Council
Representative

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Living at Home
SeniorCare

Treasurer

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Patricia Francis

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Tax Collector
City of Nashua

STAFF

Executive

Director

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Office

Manager

Eileen Gormley

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egormley@

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

SEMINARS AND PROGRAMS

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. Visit our website www.nashuaseniorcenter.org/news for the latest updates.

AQUATICS CLASSES FOR SENIORS

AQUATIC AEROBICS

Dates: Tuesdays, September 19-October 24, 2017

Time: 10:00-10:45am

AQUATIC MOVEMENT FOR ARTHRITIS

Dates: Tuesdays, September 19-October 24, 2017

Time: 10:45-11:30am



Ongoing six-week classes are available for NSAC members and nonmembers and will take place at the Boys & Girls Club of Greater Nashua (located at One Positive Place). A lifeguard will be on duty during the classes. Please bring swim attire, flip flops, water shoes or other appropriate foot attire, and any other swimming equipment you require. The fee is for six-week classes is \$36/members and \$46/nonmembers. Class size is limited. Register at the Front Desk by September 12, 2017.

Start-up funding provided by grants from the Ann DeNicola Trust, Citizens Bank, NA, and Ella F. Anderson Trust, BNY Mellon, N.A., Trustee

HEARING CLINICS

Dates: Tuesday, July 18, 2017

Tuesday, August 22, 2017

Time: 10:00am-12:00pm

Sign up for a 15-minute free hearing screening or hearing-aid check by visiting or contacting the Front Desk at 603-889-6155. Hosted by *Avada Hearing Care*.

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesday, July 12, 2017

Wednesday, August 9, 2017

Time: 10:30-11:30am

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

CAN YOU SING YOUR PAIN AWAY?

Date: Tuesday, July 25, 2017

Time: 12:45pm

Pain comes in many forms, all culminating into a real and often detrimental feeling that one cannot escape. Scott Congdon, a Registered Nurse and Psychiatric Mental Health Nurse Practitioner candidate from Rivier University, will host this educational presentation on the benefits of "singing therapy." Come find out more and also enjoy some lemonade and dessert!

VETERANS' COFFEE CLUB

Dates: Tuesday, July 11, 2017

Tuesday, August 8, 2017

Time: 10:30am

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

SAFE DRIVING FOR SENIORS

Date: Thursday, July 27, 2017

Time: 1:30pm

Learn proper driving techniques and handy tips that promote safe driving. This seminar is free and open to the public. Sponsored by *Northeast Rehabilitation Hospital Network*.

PREVENTION, WARNING SIGNS, AND SYMPTOMS OF A STROKE

Date: Thursday, September 28, 2017

Time: 1:30pm

During a stroke, every minute counts! Fast treatment can lessen the brain damage that a stroke can cause. By knowing the signs and symptoms of stroke, you can take quick action and perhaps save a life. Free and open to the public. Sponsored by *Northeast Rehabilitation Hospital Network*.

TAKE CONTROL OF JOINT PAIN

Date: Thursday, October 5, 2017

Time: 12:30pm

Orthopedic surgeon Dr. Kathleen Hogan answers your questions about arthritis of the hip and knee or nonsurgical and surgical alternatives. Free and open to the public. Sponsored by *Stryker*.

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 Nashua 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.

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

"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

SUNDAY MORNING BRUNCH CRUISE

Gloucester MA

Sunday, August 20, 2017

Cost: \$85 per person

Board the Beauport Princess for a 2-1/2 hour cruise that begins with an extensive brunch buffet. 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 - Nashua Senior Activity Center

Returns: 5:00-5:30pm

NARRAGANSETT LIGHTHOUSE CRUISE

Narragansett RI

Wednesday, August 30, 2017

Cost: \$99 per person

First, arrive at the Quonset Point Officer's Club for a delicious, full-course lunch. Next, board the Millennium Ferry for a narrated Narragansett lighthouse tour that includes ten beautiful lighthouses and Newport Harbor. Then, cruise under breathtaking Jamestown and Newport Bridges. View the Newport "cottages," historical Fort Adams, and many other notable Rhode Island sights on this tour. Trip includes lunch, transportation, and gratuities.

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

Returns: 5:30pm

"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 burgeoning 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

FOXWOODS CASINO TRIP

Monday, September 11, 2017

Cost: \$35 per person

Enjoy a day of fun, food, and games at the casino (35-person minimum). Round-trip transportation, a \$10 food or buffet voucher, and a \$10 Keno play are included.

Departs: 7:15am - St. Philips Greek Church

Returns: 6:30-7:00pm

This is the last trip to Foxwoods for a year!

DAY TRIPS and MULTI-DAY TOURS

"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

NEWPORT SCENIC RAILROAD

Newport RI

Wednesday, October 11, 2017

Cost: \$99 per person

Tour spectacular Ocean Drive before boarding the Newport Scenic Railroad Dining Car for a 90-minute, 18-mile excursion along Narragansett Bay. Enjoy a delicious, full-course lunch served on-board. After the excursion, visit Brick Marketplace to shop or enjoy the Newport harborside ambience. Trip includes lunch, transportation, and gratuities.

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

Returns: 6:00pm

"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

INDIAN PRINCESS FOLIAGE

Webster MA

Tuesday, October 17, 2017

Cost: \$89 per person

Arrive at Foppema's Farm Stand in Northridge for fresh grown produce and local products. Next, visit the Point Breeze Restaurant on Webster Lake and enjoy panoramic views while you dine. After lunch, board the Indian Princess, a modern day replica of the 19th century grand paddle wheel riverboats. As the Indian Princess cruises, view the beautiful fall foliage. Trip includes lunch, transportation, and gratuities.

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

Returns: 5:00pm

"CIRQUE DU SOLEIL CRYSTAL"

DCU Center, Worcester MA

Sunday, December 10, 2017

Cost: \$140 per person

Cirque du Soleil is taking to the ice for the first time in the global entertainment company's history. This breakthrough ice experience features skating, sliding, and acrobatics. A young woman transcends reality and reaches "a surreal world filled with possibility." Trip includes buffet lunch at Peppercorn's, transportation, and gratuities.

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

Returns: 5:00pm

2017 MULTI-DAY TOURS

EASTERN TOWNSHIPS & QUEBEC - July 19-22

LAKE GEORGE/SARATOGA NY - August 6-8

WASHINGTON, DC - September 7-11

BILTMORE ESTATES & THE GREAT SMOKIES - Sept. 9-15

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

TRAVEL SOCIAL

Date: Wednesday, July 19, 2017

Time: 10:00am

Matthew, a Collette representative, will discuss travel destinations you may wish to explore. Costa Rica, Historic Hotels, and World Connect tours will be highlighted. Call the Trip Office at 603-889-6155 to reserve a space.

NOTES FROM CATHY BARRETT, ACTIVITIES DIRECTOR**FALL 2017 SENIOR VARIETY SHOW UPDATE**

We are pleased to announce that **Kathy Lovering** has signed on as the Director of our annual variety show! Kathy is a Life Member and Penny Award winner with the Actorsingers Community Theater. She has been a Set Designer, Director, Producer, Co-Writer, and served as the President of the Actorsingers' Board of Directors. We are grateful that she is directing our show again. The show's theme this year is "**Friends Forever.**" The date will be announced soon and tickets go on sale in August. They can be purchased at the Front Desk for \$12. Tickets will be available at the event for \$15.

**SPONSORSHIP OPPORTUNITIES**

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

AWAKENING THE INNER HEALER WITH VALERIE

Start Date: Wednesday, July 12, 2017

Time: 10:30am

Explore self-care techniques with yoga and Qigong to awaken your natural healing potential. Classic yoga postures promote strength and flexibility; Qigong moves harmonize body, mind, and breath. Self-massage strengthens immune system and balances energy. All exercises are performed sitting or standing and do not require a mat. Registration and payment for this six-week class is due no later than Wednesday, July 5, 2017. The fee is \$36/members and \$46/nonmembers.

EXERCISE CLASS TO IMPROVE YOUR BALANCE

Start Date: Tuesday, September 12, 2017

Time: 11:30am

This six-week class will help you improve your balance with exercises utilizing chairs, yoga blocks, and yoga straps. More information is available on a flyer in the reception area. Registration and payment is due no later than Wednesday, September 6, 2017. The fee is \$36/members and \$46/nonmembers.

KEYBOARD AND GUITAR LESSON INTEREST

The Nashua Senior Activity Center and Nashua Community Music School are collaborating to provide keyboard and guitar lessons. We are now taking names of those interested. Visit or contact the Front Desk at 603-889-6155.

**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 the group. 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.

FUNDRAISING EVENTS

TAG-DAYS EVENT

Dates: 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. Many kudos to the Senior Council and volunteers for this fundraising effort.

ANNUAL PLANT SALE

Thank you to our plant sale host and coordinator, Elizabeth Cepaitis, volunteers, and the following business sponsors that contributed to the success of this fundraising effort on May 19 and 20, 2017:

Bay State Farm Direct Flowers - Bedford, NH

Brookdale Farm - Hollis NH

Collins Flowers, Inc. - Nashua NH

Depot Farm Stand - Merrimack NH

Frizz Home Gardens - Bedford NH

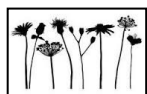
Jackson and Perkins.com

Lull Farm - Hollis NH

Mahoney's Garden Center - Chelmsford MA

Merrimack Flower Shop & Greenhouse - Merrimack NH

Morin's Garden Center - Hollis NH



ANNUAL SENIOR PICNIC

Thank you to the following sponsors for supporting our Annual Senior Picnic held on June 15, 2017 at Alpine Grove in Hollis NH:



SILVER

American Medical Response - Humana Market Point, Inc.

**Keene Medical Products - Kindred Transitional Care & Rehabilitation/Greenbriar
Triangle Credit Union**

BRONZE

Breakfast Exchange of Nashua - Center for Physical Therapy & Exercise

Harvard Pilgrim Health Care - Home Health & Hospice Care

Silver Touch Home Health Care

MEDIA

The Nashua Telegraph - WSMN1590 Nashua, NH Bartis-Russell Broadcasting, LLC

MACY'S "SHOP FOR A CAUSE"

"Find the Magic of Giving Back"



Join the Nashua Senior Activity Center as we partner with Macy's for the 4th year of "Shop for a Cause." Donate \$5 or more and receive an exclusive Macy's "Shop for a Cause" savings pass. The shopping pass is good from **Thursday, August 10 through Sunday, August 13, 2017**. The savings pass entitles you to an extra 25% off select regular-priced and sale clothing, jewelry, and accessories and an extra 20% off regular-priced and select sale home items. Exclusions and restrictions apply. To donate and receive your pass, go to <https://www.crowdrise.com/nashua-association-for-the-elderly-dba-nashua-senior-activity-center> and simply click on DONATE. You can also help the NSAC raise funds for this event by clicking FUNDRAISE FOR THIS CAMPAIGN button and have your own fundraising page as a part of our team. Donate and get your pass(es) beginning **July 11, 2017**.

GRILL THIS SUMMER TO SUPPORT SENIORS - OMAHA STEAKS

Go to <http://www.steaksforgood.com/fundraising/charity/NashuaAssociationForElderly> to sign up and the Nashua Senior Activity Center will receive 10% of your purchase price at Omaha Steaks. You can shop on line, in one of their 85 retail locations, or by phone at 1-800-994-7455.



NEWS

BOSTON BILLIARD & CASINO CHARITABLE SUPPORT

Boston Billiards Club & Casino, through the NH Charitable Gaming Commission, graciously dedicated the dates of May 22-28, 2017 to benefit the Nashua Senior Activity Center. They presented a check for \$28,326.73 to the NSAC in support of our efforts. Boston Billiard & Casino's generous support of our efforts is greatly appreciated.



COMMUNITY SERVICE RECOGNITION

The Nashua Senior Activity Center was presented with a **COMMUNITY LEADERSHIP CERTIFICATE OF APPRECIATION** by the **INTERNAL REVENUE SERVICE** in recognition of our efforts and contributions in building stronger workplaces and communities. The NSAC is proud to work with the AARP Tax Aide Program to bring such a great resource to the community.

VOLUNTEER RECOGNITION - BOOK OF GOLDEN DEEDS AWARD

Nashua Senior Activity Center member and volunteer **MARY-LOU POWERS** was nominated for The Breakfast Exchange Club of Nashua's **BOOK OF GOLDEN DEEDS AWARD**. These awards are given each year to honor a person, a group of persons, and an organization that unselfishly donates their time, talent and energy to help improve the quality of life for seniors in the Greater Nashua community. Mary-Lou is the epitome of a volunteer who freely offers to take part. She has been a dedicated volunteer since 2005. She escorts trips, which entails keeping track of both the group and tickets, and volunteers two days a week in the Trip Office. Mary-Lou even picks up people who can no longer drive so that they may still enjoy NSAC trips. She assists at and supports multiple fundraising events including three flea markets, the Fall Senior Variety Show, Annual Plant Sale, and Fire and Fusion event. She also edits and proofs each edition of the newsletter. She is a ready volunteer at a minute's notice and handles crisis calmly. The Nashua Senior Activity Center is very fortunate she is our volunteer and grateful for her time and dedication.

"HISTORY ON A PLATE" - NSAC'S 40TH ANNIVERSARY COOKBOOK

In celebration of NSAC's 40th anniversary in 2018 a cookbook entitled "History on a Plate" will be published. We are seeking submissions of your "tried and true" recipes that have been passed down through generations. Recipe collection sheets are located at the Front Desk. Please include only one recipe per form, printed legibly, and inserted it in the 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 recipes is Friday, July 14, 2017. One hundred percent of the proceeds of this fundraising effort benefits the Nashua Senior Activity Center.

Congratulations and thanks to Theresa Galipeau for naming the cookbook title!

GRANT FUNDING

The Nashua Senior Activity Center received grants from Nashua Rotary West and AHEPA to purchase a commercial refrigerator. Our commercial kitchen is used by many organizations. St. Joseph's Community Services rents the kitchen daily and frequently uses one of the Center's refrigerators for their overflow food. In addition, renters use the kitchen facility, including small start-up businesses that require the use of a commercial kitchen. The Nashua Senior Activity Center uses the refrigerator for social and fundraising events. We appreciate the funding provided by the Nashua Rotary West and AHEPA.

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: Tuesday, July 4, 2017 Independence Day

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. These spaces are ideal for business meetings, workshops, club meetings, classes, support groups, celebrations, bridal and baby showers, and more. The facility is handicapped accessible, air conditioned, centrally located, and provides ample parking. 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

Volunteer Opportunities

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

CLOSING! CLOSING!

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, pocket-books, jewelry, and more. We have a collection of evening-wear for any formal occasion. You will find some great offerings. Everyone is welcome.

This is the last chance to take advantage of "THE BOUTIQUE" before it closes permanently. Every Wednesday between June 21 and August 2, 2017, a special "fill a bag of clothing for \$5" is offered.

TAKE ADVANTAGE OF THIS SALE!

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 **July 5th & 19th** and **August 2nd & 16th** for food, games, and fun! All proceeds benefit the Nashua Senior Activity Center.

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 Donna Konop, Healthy Futures Program Coordinator, at 603-634-1169, ext. 12 (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).

Southern NH Services - is providing the following senior education workshop at the Nashua Senior Activity Center. It is free and open to the public.

Monday, July 10, 2017 at 1:00pm - "Sleep Well As You Age" presented by Stephanie Wolf-Rosenblum, MD, Vice President of Development & External Affairs, Southern NH Health. To register for this 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.

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.

Service Link Resource Center - provides assistance connecting to services such as: Medicare/Medicaid, prescription assistance, caregiver support, housing options, transportation, and more. Service Link can be contacted 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**.

RIVIER UNIVERSITY WELLNESS CLINICS

The Nashua Senior Activity Center is 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 clinic health screenings at the NSAC. Clinics are scheduled for:

September 25, 2017
October 30, 2017
November 13, 2017
December 11, 2017

Full details will be available in the Sept/Oct 2017 newsletter.

"STEP BACK IN TIME"



SummerFun 2017
at the Nashua Senior Activity Center

Saturday, July 29, 2017
10:00am-1:00pm
Free Admission

FEATURING:

- Happy Hour - Ladies' Quartet
- Gentlemens' Barbershop Quartet
- Musicians - Benes and Dick
- Antique Cars
- Concessions

EST. 1943

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Nashua Senior Center

DATE: July 13, 2017

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Please present this certificate at the time of payment to have up to 20% of your check's value, excluding tax and tip, donated to the organization above. Not to be used with other coupons or discounts. Tickets are not to be distributed in the restaurant or within the perimeter of the parking area. Valid only for the date listed above.

unodoughraisers.com

PRESENT THIS TO YOUR SERVER

Flows to September 2017

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 anyone in the greater Nashua area 50 years of age or 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.

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