

# SENIOR ACTIVITY CENTER NEWS

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

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ISSUE #302

## BOARD OF DIRECTORS

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**Barney Barbera**  
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Representative

### Vice President

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### Jolie Whitten

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## STAFF

### Executive Director

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### Activities Director

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### Office Manager

**Eileen Gormley**  
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## **36th Annual Senior Variety Show: "FRIENDS FOREVER"**

**Date: Sunday, October 15, 2017**

**Time: 2:00pm**

**Location: Nashua High School South**

Director Kathy Lovering leads talented singers, dancers, and performers as they hit the stage with spectacular show numbers. Judy Hayward is this season's Music Director. Tickets can be purchased in advance for \$12 at the Front Desk. For children ages ten and under, the ticket price is \$10. Tickets will also be available the day of the show at the door for \$15. For more information about the variety show, contact Cathy Barrett at 603-816-2647 or via email at cbarrett@nashuaseniorcenter.org.



## **FLEA MARKET/ BOOK SALE EVENT**

**Date: Saturday, November 18, 2017**

**Time: 9:00am-2:00pm**

This indoor flea market/book sale benefits the Nashua Senior Activity Center. The event features more than thirty vendors, breakfast, lunch, and home-baked goods. Donations of new and used merchandise and baked items are gladly accepted. Tables for vendors are available for \$25 beginning September 1, 2017 by contacting Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

## **SENIOR VARIETY SHOW SPONSORS**

### **PRODUCERS**

Triangle Credit Union

### **DIRECTORS**

Breakfast Exchange Program of Nashua  
John P. Stabile II Family Foundation  
Santander Bank, N.A.

### **FRIENDS**

Martin H. Fabian, LUTCF  
Silver Touch Home Health Care

**Please note that the  
Nashua Senior Activity Center  
will be closed on  
Thursday, October 12, 2017.**

## **"DINNER AND MOVIE"**

**Date: Friday, November 3, 2017**

**Time: 2:00pm**

Our "Dinner and Movie" program will continue this fall. Check our website for information regarding the movie and meal selection.

## 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 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:

**Monday, September 25, 2017**

**Monday, October 30, 2017**

**Monday, November 13, 2017**

**Monday, December 11, 2017**

*The clinics are provided by grants from the **TD Charitable Foundation** and the **Unitarian Universalist Church of Nashua** to purchase the necessary test kits.*

### **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, water shoes or other appropriate foot attire, and any other swimming equipment you need. The fee for six-week classes is \$36/members and \$46/nonmembers. Class size is limited. Register at the Front Desk by Tuesday, September 12, 2017.

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

### **FLU SHOTS AND MORE**

**Dates: Monday, October 16, 2017**

**Wednesday, October 18, 2017**

**Time: 1:00-3:00pm**

The City of Nashua's Division of Public Health & Community Services will provide immunizations for adults and children. No one will be denied service if unable to pay. If you are covered by Medicare, please bring your Medicare card. Children's immunization are free of charge. Costs for adults are: \$15 for flu shot (free with Medicare card); \$10 for shingles immunization (must be over 60 years of age and wait 28 days after having an pneumonia vaccination); \$10 for pneumonia immunization; and \$10 for TDAP (tetanus, diphtheria, and pertussis). Register for immunizations by visiting or contacting the Front Desk at 603-89-6155.

### **DIABETIC SHOE CLINIC**

**Date: Monday, October 16, 2017**

**Time: 9:30am-12:00pm**

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 Wednesday, October 11, 2017. Hosted by *Charron Medical Services*.

### **HEARING CLINICS**

**Dates: Tuesday, September 19, 2017**

**Tuesday, October 17, 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 Centers*.

**A MATTER OF BALANCE****Start Date: Friday, October 6, 2017****Time: 1:00-2:30pm**

Many older adults restrict their activities due to concerns about falling. This 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. Please contact Fred Daniels (CPTE) at 603-880-0488 with any questions.

**BALANCE AND STABILITY:  
The Key to Mobility & Independence****Date: Monday, October 2, 2017****Time: 1:00pm**

As we age, we think more and more about our balance and the fear of falling. Statistics show that we are more likely to fall as we become older. This session will discuss the causes of losing balance (it's more than weak muscles) and what we can do to improve this problem. Hosted by *Center for Physical Therapy and Exercise*.

**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**

Take the first step towards understanding your joint pain as local orthopedic surgeon Dr. Kathleen Hogan answers your questions and discusses arthritis of the hip and knee and nonsurgical vs. surgical alternatives. This event is free and open to the public. Refreshments and giveaways will be available. Sponsored by *Stryker*.

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

**AARP "SMART DRIVER" CLASS****Dates: Monday, September 11, 2017****Tuesday, September 12, 2017****Time: 9:30am-12:30pm**

The Nashua Senior Activity Center will host an AARP safe driving program. Participants in this 6-hour course learn how issues ranging from medication to the newest auto technology can affect driving ability. This course is open to everyone and all ages; you do not need to be an AARP member to attend. The fee for the course is \$15 for AARP members and \$20 for nonmembers. Payment will be accepted at the time of the course. Note: certain insurance companies recognize that completion of this course may qualify their members for a reduction in their auto insurance premiums. Visit or call the Front Desk at 603-889-6155 to register by Friday, September 8, 2017.

**SAFELY STAY CONNECTED  
WITH FRIENDS & FAMILY USING  
SOCIAL MEDIA****Date: Thursday, September 21, 2017****Time: 1:00pm**

Technology is a great way to stay connected to friends and family. Find out how you can use social networking sites and video chat services to keep in touch. Presented by Jerry Leavitt. This event is free and open to the public. Hosted by *Humana Market Point*.

**VETERANS' COFFEE CLUB****Dates: Tuesday, September 12, 2017****Tuesday, October 10, 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*.

### **COOKING WITH AWARD-WINNING CHEFS**

**Dates:** Monday, September 11, 2017  
Monday, October 16, 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! The event is free for members and \$10/nonmembers. Register by visiting or contacting the Front Desk at 603-889-6155. Hosted by *The Courville Communities*.

### **THE FOUR KEY LEGAL DOCUMENTS YOU SHOULD NOT BE WITHOUT**

**Date:** Thursday, October 5, 2017

**Time:** 6:30-7:30pm

This interactive seminar will help individuals identify the 4 key legal documents that everyone should have; how to obtain these documents; and what to do if they need to be changed. This event is free and open to the public. Register by visiting or contacting the Front Desk at 603-889-6155. Sponsored by *Bartis Law Office*.

### **LET'S TAKE THE DRAMA OUT OF DOWNSIZING**

**Date:** Thursday, October 19, 2017

**Time:** 1:30-2:30pm

Putting the pieces of the puzzle together:

- Real estate secrets
- Let's get moving - without the stress... yes, really!
- What to do with all "the 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 Baldrige, Realtor, Senior Real Estate Specialist (SRES), Hillsborough County Representative for the State of NH Committee on Aging, and Lifetime Estate Liquidations, and Transitions Owner.

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

**Dates:** Wednesday, September 13, 2017

Wednesday, October 18, 2017

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

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

## **NOTES FROM CATHY BARRETT, ACTIVITIES DIRECTOR**

### ***FALL INTO SOME NEW CLASSES***

**New**

### **BEGINNERS MAH JONG LESSON**

**Start Date:** Friday, September 29, 2017

**Time:** 9:30am

For those who would like to play Mah Jong but don't know how, this is a chance to learn the basics. The fee for the four-week, two-hour sessions is \$24/members and \$34/nonmembers. The fee includes score cards. Space is limited to eight participants. Registration and payment is due no later than Friday, September 22, 2017.



**New**

### **POCKET BILLIARDS FOR BEGINNERS**

**Start Date:** Tuesday, September 26, 2017

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

Five-week instruction sessions will include:

- The basics: stance, balance, hand bridge, and stroke
- Shot alignment – physics class
- Rules of popular pocket billiards games and game etiquette
- Planning ahead
- Graduation at an off-site Nashua location

The fee is \$15/members and \$25/nonmembers. Registration and payment is due no later than Tuesday, September 19, 2017. Class size is limited to five participants. Preference will be given to NSAC members.





**New****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.

**New****EVENING AEROBICS CLASSES**

The Nashua Senior Activity Center is pleased to announce new Monday and Thursday evening Aerobics classes. All are invited to a FREE Meet & Greet on Thursday, September 21, 2017 at **6:15pm**. Meet our new instructor Janice and sample her very popular aerobics class. Following the Meet and Greet, 6-week classes will begin on Monday, September 25, 2017 and Thursday, September 28, 2017 at **6:15pm**. Registration and payment due no later than Thursday, September 21, 2017. The fee for each 6-week session is \$36/members and \$46/nonmembers.

**New****KICKBOXING FOR SENIORS****Start Date: Wednesday, October 4, 2017****Time: 11:15am**

This six-week class offers a great workout with a combination of cardio, boxing, and martial arts. It provides a total body workout to improve strength, aerobic fitness, speed, flexibility, coordination, and balance. Kick, jab, cross-hook, and upper-cut your way to a fitter you! Registration and payment is due no later than Wednesday, September 27, 2017. The fee is \$36/members and \$46/nonmembers.

**AWAKENING THE INNER HEALER WITH VALERIE****Start Date: Wednesday, September 27, 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, September 20, 2017. The fee is \$36/members and \$46/nonmembers.

**BEGINNER BRIDGE CLASSES**

We are taking names for those interested in beginner bridge classes. This 11-week course, instructed by Dee Bellis, starts Tuesday, September 26, 2017 from **9:30-11:30am**. Registration and a \$30 non-refundable deposit is due no later than Tuesday, September 19, 2017. Following registration, the fee per class is \$11/members and \$13/nonmembers.

**INTEREST LISTS**

We are now taking names of those interested in the following: **guitar lessons; keyboard lessons; and playing chess**. Visit or contact the Front Desk at 603-889-6155 to sign up.

**BODY SCULPTING**

Body Sculpting classes resume on Friday's at **1:00pm** in September. See the Activities Schedule at the Front Desk for more information.

**Please note: Effective October 1, 2017, the fee for card game participation will increase by \$1 for members and nonmembers.**

**DIABETES BOOT CAMP****Date: Friday, October 20, 2017****Time: 9:00am-1:00pm**

Learn how to manage diabetes, understand the complications, and recognize warning signs of depression resulting from diabetes. Lunch is provided. Presented by the *American Diabetes Association*.

## 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.**

### **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!*

### **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 luncheon served on-board. After the excursion, visit Brick Marketplace to shop or enjoy the Newport harborside. 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: \$130 per person**

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**

**LAST THEATER PERFORMANCE OF 2017!**

### **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**

### **"EVITA"**

**North Shore Music Theater**

**Wednesday, September 27, 2017**

**Cost: \$130 per person**

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**

### **"CIRQUE DU SOLEIL CRYSTAL"**

**DCU Center, Worcester MA**

**Sunday, December 10, 2017**

**Cost: \$140 per person**

Cirque du Soleil is performing on 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**

## DAY TRIPS AND MULTI-DAY TOURS

### **A SALEM CROSS CHRISTMAS**

**Tuesday, December 5, 2017**

**Cost: \$89 per person**

First, we travel to **St. Joseph's Abbey Gift Shop** where you can find unique items to add to your Christmas shopping list. Then, on to the renown and historical **Salem Cross Inn** for a delicious full course luncheon featuring an entree choice of chicken pot pie or maple salmon and a scrumptious dessert. Enjoy the holiday ambiance of the beautifully decorated Salem Cross Inn while listening to seasonal music. Next, we visit the **Yankee Candle Shop's Bavarian Christmas Village** in Deerfield. Our trip ends at **Forest Park Bright Nights Lights**, the Northeast's premier holiday lighting experience, featuring spectacular animated lighting displays. Don't miss this holiday extravaganza!

**Departs: 9:00am - Exit 8 Park & Ride**

**Returns: 6:30-7:00pm**

### **MULTI-DAY TOURS**

**CORNING & FINGERLAKES NY**

September 24-26, 2017

**TREASURES OF NO. CALIFORNIA**

September 27-October, 2017

**WILLIAMSBURG, PA**

October 25-30, 2017

**ICELAND NORTHERN LIGHTS**

November 4-10, 2017

**NEW ORLEANS/MEMPHIS/NASHVILLE**

November 5-12, 2017

**SORRENTO ITALY**

November 7-15, 2017

**BRANDYWINE PA**

November 27-30, 2017

**VERMONT CHRISTMAS**

December 8-9, 2017

**COSTA RICA**

February 24-March 4, 2018

Contact the Trip Office if you are interested in a trip to see the Tony-Award® winning musical "**AN AMERICAN IN PARIS**" at the **Providence Performing Arts Center** on **Saturday, March 17, 2018**.

## SPECIAL EVENTS

### **HILLMEMAN:**

#### **A Perilous Quest to Change the World's Children**

**Date: Wednesday, October 18, 2017**

**Time: 9:30-11:00am**

This documentary tells the inspiring story of Dr. Maurice Hilleman, a man with singular, unwavering focus to eliminate the diseases of children. From his poverty-stricken youth on the plains of Montana, he came to prevent pandemic flu, develop the measles-mumps-rubella (MMR) vaccine, and invent the first-ever vaccine against human cancer. Visit or contact the Front Desk at 603-889-6155 for more information.

### **GERALD CHARLES DICKENS**

**Date: Wednesday, November 29, 2017**

**Time: 12:30pm**

Gerald Charles Dickens returns to the Nashua Senior Activity Center for one show only. This year's performance theme and ticket price will be announced soon. Please check our website for updated information. Donations of unwrapped toys for The Telegraph Santa Fund will be accepted at this event.



## 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, September 4, 2017**

***Labor Day***

**Monday, October 9, 2017**

***Columbus Day***

**Thursday, October 12, 2017**

***City of Nashua Day***

### **NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP FEE**

Effective January 1, 2018, the annual membership fee will be \$40 for individuals and \$60 for two persons residing at the same mailing address. We offer a \$5 discount for military service veterans. The membership fee is waived for anyone age 90 or over.

### **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.

### **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 **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** - Fill a bag of clothing on the **3<sup>rd</sup> Monday** and **4<sup>th</sup> Tuesday** of each month (leather, fur, shoes, and coats excluded).

**Buy One - Get One** - Purchase one item of clothing and get a second like item free on the **2<sup>nd</sup> 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.

### **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!***

### **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 **September 6 & 20th** and **October 4th & 18th** for food, games, and fun! All proceeds benefit the Nashua Senior Activity Center.

### **RELAX AND ENJOY 50S AND 60S MUSIC FEATURING "BENES"**

**Days: Mondays and Thursdays**

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

**Coffee Talk Lounge - Second Floor**



## 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).

**Future In Sight (formerly NH Association for the Blind)** - offers a technology support group geared towards making a difference for those with low vision. A different technology topic will be addressed each month. Meetings will be held on the following Mondays: **September 11, October 16, November 13, and December 11** from **1:30-3:30pm**. Contact Stephanie Hurd, Community Relations Coordinator, at 603-545-4345 for more information (no fee).

**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**.

**Nashua Rotary West Club** will be hosting its **Annual Spaghetti City** at the Nashua Senior Activity Center on Tuesday, **October 24, 2017**. The public is invited to share a spaghetti dinner with family, friends, and the extended Nashua community. Doors open at **4:30pm** and a full course spaghetti dinner with dessert will be served. Tickets are \$5 and available at the door.

*The Rotary Club of Nashua West is a nonprofit group of local business people. The club participates in local fund raisers and donates ALL proceeds to local, regional, and international causes in its commitment to Rotary's Mission of "Service Above Self."*

### **"STEAKS FOR GOOD" FUNDRAISER TO BENEFIT THE NASHUA SENIOR ACTIVITY CENTER**

For a limited time, the Nashua Senior Activity Center is partnering with Omaha Steaks on a fundraiser that offers our supporters and their families delicious gourmet food and everyday selections at substantial discounts. Throughout this campaign, Omaha Steaks will forward 10% of the sales proceeds to the Nashua Senior Activity Center. Go to <http://www.steaksforgood.com/fundraising/charity/NashuaAssociationForElderly> to find family-loving combo packages and exciting choices for easy, delicious meals. Take advantage of discounts again and again with each order you place. You can choose Your favorite way to shop: on line, in one of their 85 retail locations, or by phone at 1-800-994-7455.

## **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 all seniors 90 years old and over.

**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.