

SENIOR ACTIVITY CENTER NEWS

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

NOV/DEC 2017

ISSUE #303

GERALD CHARLES DICKENS PRESENTS **"A CHILD'S JOURNEY WITH DICKENS"**

Date: Wednesday, November 29, 2017

Time: 12:30pm

Gerald Charles Dickens, the great-great grandson of Charles Dickens, returns to the Nashua Senior Activity Center for a one-man, one-show production. The story, written by Kate Douglas Smith Wiggins, is about a 12-year old girl's memory of a chance meeting with her literary hero on a train journey from Portland, ME to Boston, MA, and Dickens' fascination with both her boldness and innocence. It is an enchanting tale for all ages! Advanced tickets are available at the Front Desk, Fortin Gage Flowers & Gifts, and fortingage.com for \$15. A limited number of tickets will be sold at the door for \$20. Donations of unwrapped toys for The Telegraph Santa Fund will be accepted at this event.



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 by contacting Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

HOLIDAY SOCIAL

The Nashua Senior Activity Center is currently planning a December holiday social. Enjoy an afternoon of entertainment, light refreshments, and chances on a 50/50 raffle! Check our flyers or website for the date and details. Tickets will be available at the Front Desk.



HAPPY HOLIDAYS

THREE HOLIDAY EVENTS: **BREAKFAST WITH SANTA, FESTIVE HOLIDAY COOKIE WALK, & 4TH ANNUAL GINGERBREAD HOUSE CONTEST**

Date: Saturday, December 2, 2017

Time: 8:00-11:00am

Join us in a celebration of the holiday season! See page 3 for details.

ANNUAL APPEAL

The Nashua Senior Activity Center's 2017 Annual Appeal is underway. See page 5 for information regarding this important fundraising effort.

BOARD OF DIRECTORS

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Barney Barbera
Advisory Council
Representative

Vice President **Jocelyn Sharp-Henning**

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SeniorCare

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Controller - Retired

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Victoria Cookson
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Patricia Francis
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David Fredette
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Tax Collector
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Jolie Whitten
Director of Business
Development
Benchmark Sr. Living

STAFF

Executive Director

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Office Manager

Eileen Gormley
603-816-2642
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3 Holiday Events

Saturday December 2
Senior Activity Center
70 Temple St, Nashua
Breakfast with Santa
8am-11am \$6.00pp



children 4 and under free;

ages 5-12 \$4.00

Free vision screening for children

Sponsored by Nashua Lions Club



Festive Holiday Cookie Walk

*Purchase festive cookies for all
your holiday needs.*

Cookie trays start at \$6.00

4th Annual Gingerbread House Contest
8am-11am Free admission
House judging at 11am

Celebrity judges- George Russell, WSMN 1590,
Matt Burdette, Nashua Telegraph

June Caron, City of Nashua Alderman

Cathy Fariz -NSAC Friend

- "Best in Show"
- "Most Elegant"
- "Most Scrumptious"
- "Most Festive"
- "Best in Show -Child Entry"
- "Best Fire Station Entry"

Sponsored by

Home Instead
SENIOR CARE
to us, it's personal.



Nashua Fire Dept's
2015 winner of
Most Scrumptious

New toys will
be collected for
Nashua PAL.

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

SENIOR VARIETY SHOW

Thanks to Director Kathy Lovering, Silver Lining Chorus Director Judy Hayward, the talented singers, dancers and performers, volunteers, and the following sponsors for the success of the 36th Annual Senior Variety Show, that was held on October 15, 2017:

PRODUCERS

Demoulas Foundation
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



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:

**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, November 13, 2017

Monday, December 11, 2017

Monday, January 29, 2018

Monday, February 12, 2018

Monday, March 26, 2018

Monday, April 9, 2018

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

AQUATICS CLASSES FOR SENIORS



CARDIO H2O

Dates: Tuesday, November 7-December 12, 2017

Time: 10:00-10:45am

AQUA ARTHRITIS

Dates: Tuesday, November 7-December 12, 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 prior to start date.

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

HEARING CLINIC

Dates: Tuesday, November 21, 2017

Tuesday, December 19, 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*.

DONATE TO THE 2018 ANNUAL APPEAL

Many members ask why they should donate to the Nashua Senior Activity Center's Annual Appeal since they already pay a membership fee and for classes. The fact is that the Nashua Senior Activity Center depends on your donations to keep operating. Every day the Nashua Senior Activity Center is open (250 days a year) it costs \$1,456, but only \$161.17 is generated from membership dues. The remaining \$1,125 for each of the 250 days must be generated by rentals, class fees, retail sales, trips, fundraising events. Each and every donation makes a difference to the Nashua Senior Activity Center's ability to fulfill its mission as a resource in the Greater Nashua area for seniors. All members will receive our Annual Appeal mailing in early November. If you are not a member or do not receive the mailing and wish to contribute to the Annual Appeal, please contact Judy Porter, Development Director, at 603-816-2649 or via email at jporter@nashuaseniorcenter.org.

SEMINARS AND PROGRAMS

All seminars are free for members and \$10 for nonmembers unless otherwise noted. Visit our website: www.nashuaseniorcenter.org/news for the latest updates and information.

MEDICARE OPEN ENROLLMENT EDUCATIONAL SEMINAR

Date: Wednesday, November 8, 2017

Time: 1:00-3:00pm

A health insurance specialist will help you better understand your Medicare choices for 2018. You will be given a tour of the Medicare Find-A-Plan website, a tool that helps seniors investigate and compare Part D RX and Medicare Advantage plans. Topics covered include:

- Medicare open enrollment
- the differences between Medicare Supplement and Medicare Advantage plans
- Medicare.gov/find-a-plan website
- resources for seniors

This is an educational meeting so there will be no sales or enrollment conducted. If you would like more information, please call Steve Donohue at 603-882-2909. The seminar is free and open to the public. Register by visiting or contacting the Front Desk at 603-889-6155. Sponsored by *Atlantic Insurance & Benefit Company*.

VETERANS' COFFEE CLUB

Dates: Tuesday, November 14, 2017

Tuesday, December 12, 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, November 13, 2017

Monday, December 11, 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*.

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesday, November 8, 2017

Wednesday, December 13, 2017

Time: 10:30-11:30am

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

PROBATE AND TRUSTS

Date: Thursday, November 16, 2017

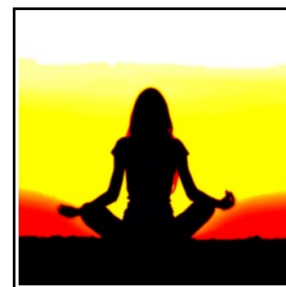
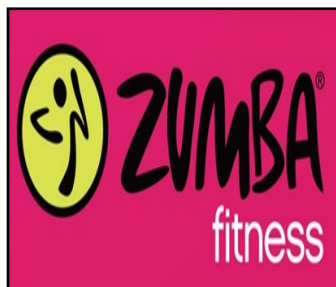
Time: 6:30-7:30pm

Join Attorney Bob Bartis as he teaches appropriate uses of trusts and how to navigate probate during this interactive seminar. The event is free and open to the public. Reserve a seat by visiting or contacting the Front Desk at 603-889-6155. Hosted by *Bartis Law Offices, PLLC*.

NOTES FROM CATHY BARRETT, ACTIVITIES DIRECTOR

NEW EVENING PROGRAMS

All ages welcome!



We are currently offering evening Zumba, aerobics, and yoga classes, with more to come!

For more information, contact Cathy Barrett at 603-816-2647.

EXERCISE CLASS TO IMPROVE YOUR BALANCE

Start Date: See Activities Schedule

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. The fee is \$36/members and \$46/nonmembers.

AWAKENING THE INNER HEALER WITH VALERIE

Start Date: See Activities Schedule

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. The fee is \$36/members and \$46/nonmembers.

BODY SCULPTING

Body Sculpting classes are now being held on **Thursdays** at **10:30am**. See the Activities Schedule at the Front Desk for more information.

NEW MUSIC CLASSES

The Nashua Senior Activity Center is scheduling **guitar lessons** and **keyboard lessons**. Visit or contact the Front Desk at 603-889-6155 to register.

MUSIC and ENTERTAINMENT

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.

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.

Friday Music Friends - meet on **Fridays** at **9:30am** in the Music Room. All are invited to come sing along and have fun.

Jerry Jean & His Bluegrass Buddies - meet the third **Tuesday** of each month from **7:00-9:00pm** in the Dining Room. Come sing along, play along, or just listen and enjoy the music.

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.

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

ST. PATRICK'S LUNCH & SHOW

Tuesday, March 20, 2018

Cost: \$94 per person

Depart for an afternoon of great cuisine and delightful entertainment at the famous Aqua Turf Club in Southington CT. A welcome reception will be followed by a delicious family style luncheon that includes traditional corned beef and cabbage as well as pasta, baked scrod, and a complimentary glass of wine or beer. The St. Patrick's show features Padraig Allen & the Mclean Avenue Band. They have their own unique sound and play old Irish folklore and rock pop Celtic music of today. Everyone is Irish on St. Patrick's Day!

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

Returns: TBA

TRAVEL SOCIAL

Tuesday, November 14, 2017 at 10:30am

Contact the Trip Office at 603-816-2645 to reserve a seat at this travel social where the following multi-day trips will be highlighted:

Mid-Atlantic Historic Hotels May 11-18, 2018
California Coast May 6-13, 2018
Alaska - Land & Sea August 14-16, 2018
Cowboy Country September 16-23, 2018
Irish Splendor October 31-November 7, 2018

"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 Grille & Tavern, transportation, and gratuities.

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

Returns: 5:00pm

"AN AMERICAN IN PARIS"

Providence Performing Arts Center

Saturday, March 17, 2018

Cost: \$120 per person before Feb. 1, 2018

\$130 per person after Feb. 1, 2018

This Tony Award®-winning production about an American soldier, a mysterious French girl, and an indomitable European city, each yearning for a new beginning in the aftermath of the war. The magic and romance of Paris is brought into perfect harmony with unforgettable songs from George and Ira Gershwin. Trip includes lunch on your own at the Providence Place Mall, transportation, and gratuities.

Departs: 9:45am - Exit 8 Park & Ride

Returns: 6:30-7:00pm

INTEREST LISTS

Contact the Trip Office at 603-816-2645 to sign up on interest lists for the following Wednesday matinee performances at the North Shore Music Theater. If we have enough participants, tickets will be reserved. All trips include lunch at the Danversport Yacht Club, transportation, and gratuities.

"MAME"

June 6 or 13, 2018

"MAMA MIA"

August 8 or 15, 2018

"JECKYL & HYDE"

September 26 or October 3, 2018

"HAIRSPRAY"

October 31 or November 7, 2018

SAVE THE DATES

FLEA MARKET/BOOK SALE EVENTS

Date: Saturday, February 10, 2018

(Storm Date: Saturday, February 17, 2018)

Date: Saturday, April 14, 2018

(Storm Date: Saturday, April 21, 2018)

Time: 9:00am-2:00pm

These two indoor flea market/book sales directly benefit the Nashua Senior Activity Center. Tables for vendors are available for \$25 by contacting Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org. Sign up for tables at both Flea Market/Book Sales and receive a \$5 discount at the April 14, 2018 event.

NANETTE PERROTTE PRESENTS

"THE DUKE"

Date: Wednesday, February 14, 2018

Time: 2:00pm



Jazz vocalist, jazz presenter, and Berklee College of Music graduate **Nannette Perrott** will return to the Nashua Senior Activity Center with a presentation of **Duke Ellington**. Details will be provided in the January/February 2018 newsletter.

Funded by a grant from the *Arthur Getz Trust*.



FIRE AND FUSION: AN EXECUTIVE CHEF COMPETITION

Alpine Grove, Hollis NH

Date: Wednesday, May 2, 2018

Time: 6:00pm Hors d'oeuvres

7:00pm competition

Mix, mingle, and enjoy hundreds of tropical-themed appetizers. Watch as 8 executive chefs are challenged by 4 local "Farm to Table" mystery ingredients in a timed competition to become "Top Chef" at the Nashua Senior Activity Center's largest fundraising event. Local celebrity, author, and media personality Mike Morin will serve as the Event Host. Celebrity Judges include: Corporate Chef Nicole Barreira, Great NH Restaurants; Helen Ryba, owner of "Greater Manchester Dining & Entertainment Guide"; and Susan Laughlin, Food Editor, NH Magazine. Tickets are \$45 each/and a reserved table of ten is \$390 (both include appetizers, dessert, coffee, and event admission). VIP early admission tickets are \$60 each and a reserved VIP table of 10 is \$550 (includes the above plus exclusive early admission and a floral lei).

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:

Friday, November 10, 2017
Veterans Day (observed)

Thursday, November 23 and
Friday, November 24, 2017
Thanksgiving Holiday

Monday, December 25, 2017
Christmas Day

INCLEMENT WEATHER CLOSINGS

The Nashua Senior Activity Center follows the Nashua School District's determinations for cancellations, delayed openings, and early dismissals due to weather conditions. The Center will close, delay opening, or close early as directed by the school system announcements.

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.

NASHUA SENIOR ACTIVITY CENTER ADVISORY COUNCIL

Get to know your Advisory Council. If you have a question, problem, or just want to see how the council functions, attend a meeting. The Advisory Council usually meets on the **3rd Thursday** of each month at **12:00pm** at the NSAC. We look forward to seeing you at a meeting.

RELAX AND ENJOY 50s & 60s MUSIC FEATURING "BENES"

Days: Mondays and Thursdays
Times: 10:30am-2:00pm
 (with breaks)

Coffee Talk Lounge - Second Floor



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).
Buy One - Get One - Purchase 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.

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 **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**. There are door prizes, cash prizes, and winner take all. Join us on **November 1st & 15th** and **December 6th & 20th** for food, games, and fun! All proceeds benefit the Nashua Senior Activity Center.

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.

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 or text 603-493-0086 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 **2nd Monday** of each month from **1:30-3:30pm**. Contact Stephanie Hurd, Community Relations Coordinator, at 603-545-4345 for more information (no fee).

St. Joseph Community Services - as part of their Community Dining Program, provides **congregate 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. For information on the congregate lunch or **Meals on Wheels** program, 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 second floor of the Nashua Senior Activity Center. Walk-ins are welcome **Monday through Friday** between **9:00am-4:00pm**.



"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.

Shop Amazon - The Nashua Senior Activity Center receives a donation every time you shop on Amazon.com. Create a log-in account and choose Nashua Association for the Elderly, Inc. on <http://www.smile.amazon.com> to donate.



Nashua Police Athletic League - The Nashua Senior Activity Center is proud to support the Nashua Police Athletic League as a drop off location for donations of toys for their Christmas toy drive. All donations go to children in the Nashua community.



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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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.