

SENIOR ACTIVITY CENTER NEWS

70 Temple Street
Nashua, NH 03060
Telephone 603.889.6155
JAN/FEB 2018
ISSUE #304
www.nashuaseniorcenter.org

FLEA MARKET/BOOK SALE EVENTS

Dates: Saturday, February 10, 2018 (Storm Date: Saturday, February 17, 2018)
Saturday, April 14, 2018 (Storm Date: Saturday, April 21, 2018)
Time: 9:00am-2:00pm

These two indoor flea market/book sale events directly benefit the Nashua Senior Activity Center. They feature 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 each 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 refund at the April 14, 2018 event.

NANETTE PERROTTE PRESENTS "THE DUKE"



Date: Wednesday, February 14, 2018
Storm Date: Wednesday, February 28, 2018
Time: 2:00pm



Jazz vocalist, jazz presenter, and Berklee College of Music graduate **Nannette Perrotte** returns to the NSAC with a presentation of **Duke Ellington**. Tickets are available at the Front Desk for \$6/members and \$10/nonmembers and must be purchased by Monday, February 12, 2018. *This event is grant funded by **The Getz Charitable Trust** and **Citizens Bank, NA Trustee**.*

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 eight executive chefs are challenged by four 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). Tickets are available by contacting Eileen Gormley at 603-816-2642 or via email at egormley@nashuaseniorcenter.org.

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HEALTH AND WELLNESS

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 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, 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.*

HEARING CLINICS

Dates: Tuesday, January 16, 2018

Tuesday, February 20, 2018

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*.

AQUATICS CLASSES FOR SENIORS

AQUA ARTHRITIS

Start Date: Tuesday, January 16, 2018

Time: 10:45-11:30am

CARDIO H2O

Start Date: Tuesday, January 16, 2018

Time: 10:00-10:45am

Ongoing six-week classes are available for NSAC members and nonmembers and 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**.*

BALANCE AND STABILITY: the key to mobility and independence

Date: Friday, March 2, 2018

Time: 1:00pm

As we age, we think more and more about our balance and the fear of falling. This session will discuss the causes of losing balance (it's more than weak muscles) and what we can do to improve this problem. Register by visiting or contacting the Front Desk at 603-889-6155. Hosted by *Center for Physical Therapy and Exercise*.

A MATTER OF BALANCE

Start Date: Friday, March 9, 2018

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. Learn to view falls as controllable, set goals for increasing activity, make changes to reduce risks of falling at home, and exercise to increase strength and balance. The fee for the program is \$15. Register by visiting or contacting the Front Desk at 603-889-6155. Contact Fred Daniels (CPTe) at 603-880-0488 with any questions.

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.

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesday, January 10, 2018
Wednesday, February 14, 2018
Time: 10:30-11:30am

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

VETERANS' COFFEE CLUB

Dates: Tuesday, January 9, 2018
Tuesday, February 13, 2018
Time: 10:30am

Guest speakers will present information of interest to military veterans. Michael Bichrest of the VA Outreach Program in Manchester will be the featured guest on January 9, 2018. Drop in the CoffeeTalk Lounge and join the group. Hosted by *Barney Barbera, Chairman, City of Nashua Mayor's Veterans' Council.*

PROPERTY TAX RELIEF SEMINAR

Date: Tuesday, January 16, 2018
Time: 1:00-3:00pm

Did you know that seniors may receive relief from property taxes? Representatives from the **City of Nashua Assessor's Office** will provide information and guidance regarding property tax relief programs that grant partial or complete exemptions from property taxes for qualified home owners. Exemptions are a reduction in the assessed value of a home by a specified amount and corresponding reductions in property taxes. Many exemption programs specify eligibility criteria, e.g., older adults, people with disabilities, widows, veterans and disabled veterans who have a permanent service-connected disability of a specified percent. In some cases, people who qualify must also meet income guidelines. In others, income is not a factor. Come to this informational session at the NSAC to learn more. This event is free and open to the public. Visit or contact the Front Desk at 603-889-6155 to register by Friday, January 12, 2018.

TRUSTS -

WHO NEEDS THEM ANYWAY?

Date: Thursday, January 18, 2018
Time: 6:30-7:30pm

Join Attorney Bob Bartis as he discusses the intricacies of trusts, the different types of trusts, and the appropriate uses of trusts. Register by visiting or contacting the Front Desk at 603-889-6155 by Tuesday, January 16, 2018. Hosted by *Bartis Law Office, PLLC.*

THE BASICS OF COMPUTER UPKEEP AND SAFETY

Date: Thursday, January 25, 2018
Time: 1:00-2:00pm

Learn how to keep your computer running well and safe at this free seminar. Space is limited. Register by visiting or contacting the Front Desk at 603-889-6155 by Tuesday, January 23, 2018. Hosted by *Right Computer Solutions.*

WINTER WELLNESS

Date: Wednesday, January 24, 2018
Snow Date: Wednesday, January 31, 2018
Time: 1:00pm

Learn how to utilize essential oils as a natural immune system boost, to ease your "cabin fever," to soothe achy joints, and more. Take home many useful tips on how to stay healthy this winter season. Class fee is \$5/members and \$7/non-members. Register by visiting or contacting the Front Desk at 603-889-6155. Hosted by *Nancy Hutchinson, DPT.*

DEMYSTIFYING INVESTING

Date: Wednesday, January 31, 2018
Time: 1:00pm

Attend this educational seminar for a discussion about the strategies and terminology used by financial advisors. With some basic knowledge you can feel more comfortable making decisions and more in control of your own financial destiny. This class is free and opened to the public. Space is limited. Register by visiting or contacting the Front Desk at 603-889-6155. Hosted by *Andy Whigham, Financial Advisor - Edward Jones.*

SEMINARS AND PROGRAMS

FREE AARP TAX RETURN PREPARATION

Dates: Thursdays, February 1 - April 12, 2018

Time: 9:00am-1:00pm

(must arrive by 12:00pm)

AARP Tax-Aide is a free program designed to promote tax return assistance to low- and moderate-income Americans of all ages with special attention given to seniors. The NSAC will offer this service in the dining hall on a first-come first-serve basis. Taxpayers should come prepared with their social security card or social security statement, picture ID, and 2017 tax return if possible. They should also be prepared to fill out a short questionnaire that is designed to assist the AARP volunteer in preparing your tax return. Please note: volunteer tax return preparers are forbidden from accepting monetary compensation of any kind. Certain complicated tax returns, such as rental property income and small business returns, are considered "out of scope" and cannot be prepared by the volunteers.



NATURAL SPRING CLEANING

Date: Thursday, March 8, 2018

Snow Date: Thursday, March 15, 2018

Time: 1:00pm

Learn about essential oils and how they can effectively clean your home naturally. Replace those harsh chemicals with products that are naturally good for you. This is a "make and take" class so you will leave the class with a natural, all-purpose cleaner. The fee is \$10/members and \$12/nonmembers. Register by visiting or contacting the Front Desk at 603-889-6155. Hosted by *Nancy Hutchinson, DPT*.

THE FAMILY LOVE LETTER AND BREAKFAST

Date: Thursday, April 5, 2018

Time: 9:30-11:30am

The "family love letter" is a document designed for your family during a time of grief. It gathers a compilation of all the information your family will need at the time of death or incapacity. The session will be followed by therapist-guided exercises and a free breakfast! This event is free and open to the public. Space is limited. Register by visiting or contacting the Front Desk at 889-6155 by Friday, March 30, 2017. Presented by *Brookhaven Hospice*.

CALM, COOL & INVESTED

Date: Thursday, February 8, 2018

Time: 6:00 pm

Will I outlive my money? What if I pick the wrong investments? What if I have no idea what I am doing? No matter where you are in life, the key is to have a financial plan. Investing your money properly will provide you with the income you need, when you need it. This class is free and opened to the public. Register by visiting or contacting the Front Desk at 603-889-6155. Hosted by *Andy Whigham, Financial Advisor - Edward Jones*.

"SMART DRIVER" COURSE

Dates: Tuesday, February 20, 2018 and

Wednesday, February 21, 2018

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 Friday, February 16, 2018. The fee for AARP members is \$15 and nonmembers \$20. Payment (by check) will be collected at the first class. Produced by AARP and taught by trained AARP volunteers.



LEGAL EDUCATION SEMINAR

Date: Tuesday, March 27, 2018

Time: 10:00am-12:00pm

Topics include protecting your home and life savings from sudden catastrophic illness; avoiding probate and planning for disability; thinking ahead for grandchildren; and important matters such as if after your death, your adult child divorces or dies, or what to do if your heirs have a drug dependency. Hosted by *Attorney Edward Beasley & Greg Gagne*.

MAKE YOUR HOME SAFE FOR AGING IN PLACE

Date: Tuesday, April 10, 2018

Time: 11:00am-12:00pm

Home safety is important! Learn the ways to make your home safe as you age. The event is free for members and open to the public. Register by visiting or contacting the Front Desk at 603-889-6155. Hosted by *Home Health and Hospice*.

NOTES FROM CATHY BARRETT, ACTIVITIES DIRECTOR

Happy New Year!



WISHING YOU ALL A HAPPY AND HEALTHY NEW YEAR!

Given the hectic, stressful lifestyles of millions of Americans, it is no wonder that "enjoying life more" has become a popular resolution in recent years. It's an important step to a happier and healthier you! Consider any of our exercise, dance, art or many other classes to bring balance to your body, mind and soul. Just get out and try something new! Maybe a day or multi-day trip that you always wanted to go on, or try your hand at learning something new.

What's on your wish list for 2018?

Check out our trips in this newsletter. Pick up an Activities Schedule at the center or available online.

BEGINNERS MAH JONG LESSON

Start Date: Friday, April 6, 2018

Time: 9:30am

For those who would like to play Mah Jong but don't know how, this is your chance to learn the basics. The fee for this four-week, two-hour session is \$24/members and \$34/nonmembers. There is a \$7 fee for score cards payable to the instructor at the first class. Space is limited to eight participants. Registration and payment is due no later than Friday, March 23, 2018.

POCKET BILLIARDS FOR BEGINNERS

Start Date: Tuesday, February 6, 2018

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



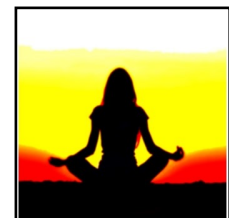
The fee is \$15/members and \$25/nonmembers. Registration and payment is due no later than Tuesday, January 30, 2018. Class size is limited to five participants. Preference will be given to NSAC members.

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.



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.

"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 is about an American soldier, a mysterious French girl, and an indomitable European city, each yearning for a new beginning in the aftermath of 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

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 today's rock-pop Celtic music. Everyone is Irish on St. Patrick's Day!

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

Returns: TBA

"MAME"

North Shore Music Theater

Wednesday, June 6, 2018

Cost: \$ 95 per person before March 6, 2018

\$100 per person after March 6, 2018

Life is a banquet! "Mame" follows the madcap adventures of everyone's favorite auntie, Mame Davis, and her adoring nephew. Surrounded by an exotic cast of characters, she celebrates the Roaring 20's, overcomes tragedy, and perseveres through life with humor and style and without missing a fad or dance step. Jerry Herman's delightful score is packed with musical favorites "Bosom Buddies," "We Need a Little Christmas," "Open a New Window," and many more. Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities.

Departs: 10:15am - Exit 8 Park & Ride

Returns: 6:00-6:30pm

"MAMA MIA"

North Shore Music Theater

Wednesday, August 8, 2018

Cost: \$129 per person before June 8, 2018

\$134 per person after June 8, 2018

Prepare to have the time of your life! Sophia, is a 20-year-old bride-to-be in search of her father. After reading her mother's diary, she discovers there are three potential suitors. Unbeknownst to her mother, Sophia invites each of them to meet in hopes of having one of them walk her down the aisle. As the big day draws near, surprises abound with old flames and old friends. The production is packed with ABBA hits including "Dancing Queen" and "Take a Chance on Me." Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities.

Departs: 10:15am - Exit 8 Park & Ride

Returns: 6:00-6:30pm

"EXIT LAUGHING"

Newport Playhouse

Thursday, April 19, 2018

Cost: \$129 per person before February 19, 2018; \$134 per person after February 19, 2018

When the highlight of your life for the past 30 years has been your weekly bridge night out with 'the girls,' what do you do when one of the foursome inconveniently dies? You "borrow" the ashes from the funeral home for one last card game and a whole new way of looking at all the fun you can have when you're truly living! Enjoy this 4-in-1 Newport Playhouse experience: 1) and extensive lunch buffet, 2) the play, 3) dessert and beverages after the play, and 4) a rollicking cabaret show.

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

Returns: 6:00-6:30pm

MULTI-DAY TOURS

MULTI-DAY TOURS

Contact the Trip Office at 603-816-2645 for information or to reserve space on multi-day trips including:

CALIFORNIA COAST

May 6-13, 2018

ALASKA - LAND & SEA

August 14-26, 2018

COWBOY COUNTRY

September 16-23, 2018

IRISH SPLENDOR

October 31-November 7, 2018

INTEREST LIST

Contact the Trip Office at 603-816-2645 to sign up on an interest list for the **"SOUND OF MUSIC"** at the Wang Theater in May. If there are enough participants, tickets will be reserved. The trip includes time for lunch on your own, transportation, and gratuities.

2018 ANNUAL APPEAL

Thank you to all that have contributed to our Annual Appeal. It is not too late to contribute! 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, and 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 received the Annual Appeal mailing in early November. If you are not a member or did 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.

THANK YOU FOR A SUCCESSFUL EVENT

The NSAC expresses deepest gratitude to those who made the Annual Breakfast with Santa and Gingerbread House Contest such a rousing success! Many **volunteers** from both the **Nashua Lions Club** and the **NSAC** worked tirelessly throughout the event. **Home Instead Senior Care** sponsored the gingerbread house portion of the event for the fourth year running. Hundreds enjoyed a French toast breakfast hosted by the Nashua Lions Club. **Ed Lecius** and his fellow Lions did an amazing job of keeping up with the crowd. **Mayor Jim Donchess**, as well as many members of the **Board of Alderman**, attended the event. **President of Local 789 IAFF John McAllister** encouraged every **Nashua Fire Station** to enter the Gingerbread House contest, with the Amherst Street Station building a gingerbread scale model of their Fire Station. Local radio station **WSMN 1590** broadcasted live from the event with a show featuring WSMN 1590 NASCAR Hosts **Bob Bianchi** and **Bob Bartis**. Their gingerbread house entry consisted of an entirely edible race car, and **Judy Porter's** entry of a gingerbread NH Motor Speedway were crowd favorites. **Matt Burdette**, Editor of **The Nashua Telegraph**, mingled, took pictures, and judged the event. Other judges included **George Russell**, from WSMN 1590, **Alderman June M. Caron**, and Nashua Senior Activity Center friend, **Cathy Fariz**. Through the generosity of Cathy Fariz and Alderman June M. Caron, many children were able to decorate and take home a free gingerbread house. Music was played throughout the event by **Dick Leombruno**, who generously volunteered his services. The next day, The Nashua Telegraph provided a wonderful article and editorial column about the event. The event raised more than \$2,400 for the Nashua Senior Activity Center.

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, January 1, 2018
New Year's Day (observed)

Monday, January 15, 2018
Martin Luther King Day

Monday, February 19, 2018
Presidents' Day

INCLEMENT WEATHER CLOSINGS

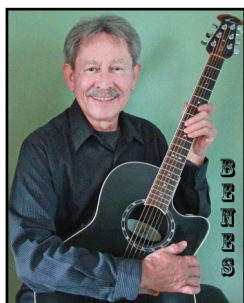
The Nashua Senior Activity Center follows the Nashua School District's determinations for cancellations, delayed openings, and early dismissals due to weather conditions. The Center will close, delay opening, or close early as directed by the school system announcements.

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.

50s & 60s MUSIC FEATURING

"BENES"



Days: Mondays and Thursdays
Time: 10:30am-2:00pm (with breaks)
CoffeeTalk Lounge - Second Floor

Call the Front Desk at 603-889-6155 or check the sign in the CoffeeTalk Lounge for any exceptions performance dates.

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 and fur items, 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 **January 3rd & 17th** and **February 7th & 21st** 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. This 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 - provides a **congregate lunch** as part of their Community Dining Program, 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 theElderly, Inc. on <http://www.smile.amazon.com> to donate.



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 and Renewal Fees (effective January 1, 2018): \$40/year for individuals; \$60/year for two individuals residing at the same address.

Membership 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.

Veteran's Discount: Eligible military service veterans receive a \$5 discount.

Membership Fee Exemption: Membership 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.