

SENIOR ACTIVITY CENTER NEWS

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

ISSUE #305

MAR/APR 2018

**THE NASHUA SENIOR ACTIVITY CENTER
IS CELEBRATING ITS 40TH ANNIVERSARY OF SERVICE
TO THE COMMUNITY** See page 3 for details.

BOSTON BILLIARD CHARITABLE GAMING TO BENEFIT THE NASHUA SENIOR ACTIVITY CENTER

55 Northeastern Boulevard, Nashua NH

Dates: Monday, February 26 - Sunday, March 4, 2018

Boston Billiard Club and Casino, through the NH Charitable Gaming Commission, has graciously dedicated the above dates to benefit the Nashua Senior Activity Center. Charitable gaming options include 16 poker tables alongside pit games such as Roulette, Blackjack, Mississippi Stud, Spanish 21, 3-Card Poker and Crazy 4 Poker.

FLEA MARKET/BOOK SALE EVENT

Date: Saturday, April 14, 2018 (Storm Date: Saturday, April 21, 2018)

Time: 9:00am-2:00pm

This indoor flea market/book sale event directly benefits the Nashua Senior Activity Center. It 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 each by contacting Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

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 OF THE YEAR**. 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 "Spiced Up"; and Susan Laughlin, Food Editor of "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.

BOARD OF DIRECTORS

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1978-2018: NASHUA SENIOR ACTIVITY CENTER CELEBRATES ITS 40TH ANNIVERSARY

In 1978, we were listening to the number one song of the year, "Shadow Dancing" by the late Andy Gibb, and going to theaters to watch the movie "Grease" on the big screen. On the small TV screen at home, we tuned in to "Happy Days" and "Little House on the Prairie". Gas was only 63 cents per gallon and a new home could be built for \$55,000. And the Nashua Senior Activity Center opened its doors for the first time.

Four decades of staying in business is an accomplishment worth celebrating! From humble beginnings on Main Street to our current beautiful location at 70 Temple Street, we have been continuously available to our adult population throughout our community.

We take this opportunity to thank our former and current members for helping us succeed. We also could not have come this far without the loyal support and hard work of previous and present staff and Board of Directors.

Nashua Senior Activity Center members launched the yearlong celebration by creating a 40th anniversary cookbook celebrating delicious old family recipes. A special get-together is being planned for members to celebrate this milestone.

The Nashua Senior Activity Center is a great place to join, make new friends, and attend fun and educational classes. Join us in looking forward to the next 40 years!

Save the date

ANNUAL SENIOR PICNIC

Alpine Grove, Hollis NH

Date: Thursday, June 21, 2018

Time: 9:30am-2:30pm



All adults 50 and over are invited to the NSAC's Annual Senior Picnic! Tickets are \$20 and go on sale beginning March 15, 2018 at the Front Desk. Note that there are no refunds and a ticket is required to attend. They must be purchased by June 13, 2018. Details will follow in the May/June newsletter.

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 CHOLESTEROL LAB REVIEW PULMONARY FUNCTION BLOOD PRESSURE
GLUCOSE AC1 MEDICATION RECONCILIATION 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, March 26, 2018

Monday, April 9, 2018

*The clinics are funded by a grant from the **Unitarian Universalist Church of Nashua** to purchase the necessary test kits.*

HEARING CLINICS

Dates: Tuesday, March 20, 2018 and Tuesday, April 17, 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*.

A MATTER OF BALANCE

Start Date: Friday, March 9, 2018

Time: 1:00-2:30pm

This is an 8-week program designed to manage falls and increase activity levels. Register by visiting or contacting the Front Desk at 603-889-6155. The fee for the program is \$15. 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.

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 Multi-purpose Room 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 the 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 AARP volunteers. 

UNTIL HELP ARRIVES... YOU ARE THE HELP

Date: Thursday, April 5, 2018

Time: 6:00-9:00pm

Course topics include: 1.) You Make a Difference; 2.) Call 9-1-1; 3.) Stay Safe; 4.) Stop the Bleeding; 5.) Position the Injured; 6.) Provide Comfort. This program is free and open to the public. Register by visiting www.nashua.gov/UHA or visiting or contacting the Front Desk at 603-889-6155. Hosted by *City of Nashua Public Health Department*.

NATURAL SPA PRODUCT CLASS: MAKE AND TAKE

Date: Wednesday, April 11, 2018

Time: 1:00pm

Learn about the importance of incorporating essential oils into your health and beauty routine and natural options to reduce the amount of chemicals you are using. Make and take home an all natural sugar scrub of your choice! The fee is \$10/members and \$12/nonmembers. Register by at the Front Desk at by Wednesday, April 4, 2018. Hosted by *Nancy Hutchinson, DPT*.

COFFEE AND CONVERSATION ABOUT COLON CANCER

Date: Tuesday, March 27, 2018

Time: 10:00-11:00am

Did you know that March is colon cancer awareness month and that 90% of people with colon cancer are over the age of 50? Learn about the behind the scenes of a colonoscopy, why the test is important, and what to expect before, during, and after a colonoscopy procedure. Refreshments will be served. To register, call 603-577-2255. Hosted by *Southern NH Health Endoscopy Department Nurses*.

LEGAL EDUCATION SEMINAR

Date: Tuesday, March 27, 2018

Time: 10:00am-12:00pm

At this seminar, Elder Law Attorney Edward "Ted" Beasley will discuss how to protect your house and lifetime of savings from a prolonged nursing-home stay, how to avoid probate, and strategies for passing assets safely and efficiently. Learn how to protect your children's inheritance from divorce or drug dependency. This seminar will time for questions. Receive a copy of the book and guide, "How to Protect Your Children's Inheritance from Loss to Divorce, Creditors, Addictions, Death and other Unforeseen Life Events." Co-Author Greg Gagne will also present. The seminar is free and open to the public. Register by visiting or contacting the Front Desk at 603-889-6155 by Thursday, March 22, 2018. Hosted by *Beasley & Ferber*.

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 is a compilation of all the information needed at the time of a death or incapacitation. The session will be followed by therapist-guided exercises and a complimentary breakfast. The event is free and open to the public. Register by visiting or contacting the Front Desk at 889-6155 by Friday, March 30, 2018. Presented by *Brookhaven Hospice*.

SEMINARS AND PROGRAMS

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 and open to the public. Register by visiting or contacting the Front Desk at 603-889-6155 by Tuesday, April 3, 2018. Hosted by *Home Health & Hospice*.

MAKING YOUR MONEY LAST

Date: Thursday, April 26, 2018

Time: 6:00pm

Proper preparation for retirement is necessary to ensure you can live the lifestyle you envisioned. Topics include ways to combat inflation, health-care expenses and market volatility as well as ways to prepare for the unexpected. Light refreshments will be served. The session is free and open to the public. Register by visiting or contacting the Front Desk at 603-889-6155 by Thursday, April 19, 2018. Hosted by *Andy Whigham, Financial Advisor, Edward Jones*.

THE HEALTHFUL HOME SERIES

Author, Feng Shui Consultant, and Life-style Coach Lisa Law will host the following fun and informative sessions. The fee is \$6/members and \$10/nonmembers for each class. Register by visiting the Front Desk one week prior to class date.

LET'S DECLUTTER

Date: Monday, May 7, 2018

Time: 6:00pm

Are you feeling overwhelmed by too much stuff? Would you enjoy being more organized? Come get the tools and inspiration to get your spaces into shape.

DOWNSIZING STRATEGIES

Date: Thursday, May 10, 2018

Time: 1:00pm

Ready to downsize and need some advise? Lisa will share useful tips on what to keep and what to let go of. She will also offer generational perspectives about belongings.

WHY FENG SHUI

Date: Monday, May 14, 2018

Time: 6:00pm

Learn about the ancient art of placement and how feng shui can help your spaces feel, function, and flow better. You will learn how to make simple, meaningful changes.

PROPERTY TAX RELIEF ASSISTANCE

Date: Friday, May 4, 2018

Time: 9:30am-2:30pm

AARP tax volunteers will be in the Mutli-purpose Room to assist those who may qualify to receive a refund from the State of NH on 2017 property taxes paid to their city or town. To qualify for tax relief, the adjustable gross income (AGI) for single filers must be \$20,000 or less or \$40,000 for married or head of household status. AGI can be found on line 37 of Form 1040, line 21 of 1040A, and line 4 of 1040-EZ. You must bring a copy of your final 2017 property tax bill and a copy of your 2017 federal income tax return for each adult over the age of 18 who owns or resides in the home. This is a free service, open to the public and there is no age limit.



NASHUA MUSIC SCHOOL COLLABORATIONS

SENIOR PIANO CLASS

Meet & Greet Date: Friday, March 23, 2018

Time: 11:00am

Start Date: Friday, April 20, 2018

Time: 10:30-11:15am

This new 8-week class introduces the fundamentals of music by exploring the many sights and sounds of the keyboard. In this series, music lovers develop the keyboard skills necessary to play solo or as an ensemble. This collaborative focus is ideal for seniors looking to experience the value of musical interaction while learning creative skills alongside new friends. The fee is \$100/members and \$120/non-members. Preregistration and payment is due at the Front Desk by Friday, April 6, 2018.

SENIOR GUITAR CLASS

Meet & Greet Date: Monday, March 19, 2018

Time: 1:00pm

Start Date: Monday, April 16, 2018

Time: 1:00-1:45pm

This new 10-week class introduces the fundamentals of the guitar. Each class adapts to the musical level of the group and strives to build the necessary musical skills to play freely in a like-minded group. The fee is \$80/members and \$100/non-members. Preregistration and payment is due at the Front Desk by Friday, April 6, 2018.

NOTES FROM CATHY BARRETT, ACTIVITIES DIRECTOR

DON'T MISS OUT ON EXCITING NEW CLASSES SPECIAL PROMOTIONS!

PICK UP FLYERS IN FRONT RECEPTION AREA FOR FULL DETAILS ON:

- **SPRING FLING**: includes free meet and greets, door prizes, a Fitbit® raffle, and more.
- **NEW EVENING AND DAY CLASSES**



IRISH SOCIAL FEATURING "SHANACHIE"

Date: Wednesday, March 14, 2018 (Snow Date: Monday, March 19, 2018)

Time: 1:30pm

Back by popular demand, Shanachie will perform St. Patrick's day favorites. Sing-along, stomp your feet, clap your hands and have some fun! Tickets are available for \$6 at the Front Desk and must be purchased by Monday, March 12, 2018.

NASHUA SENIOR ACTIVITY CENTER GOLF LEAGUE

Meeting Date: Monday, March 26, 2018

Time: 9:45 am

All members are welcome to join the 2018 golf league informational meeting. Golf games will begin on Monday, April 23, 2018 and played at the Whip-Poor-Will course in Hudson, NH. It is a mixed league with a quota system that makes everyone equal, even if your game is not up to par (no pun intended). The league fee is \$60; green fees and cart are additional costs. Register for the informational meeting by visiting the Front Desk by Tuesday, March 20, 2018. You must show your membership card to join.

UKULELE LESSONS

Meet and Greet Date: Thursday, April 12, 2018

Time: 1:00pm

Class Start Date: Thursday, April 19, 2018

Time: 1:00pm

Join Mike Loce, Ukulele Music Director for information about learning to play the ukulele. The fee is \$60/members and \$80/nonmembers. Register at the Front Desk by Thursday, April 12, 2018.

BALLROOM DANCE LESSONS

Meet and Greet Date: Monday, April 16, 2018

Time: 5:30pm

Class Start Date: Monday, April 23, 2018

Time: 5:30pm

Learn to dance the fox trot, waltz, jitter bug and mambo in this 6-week course taught by Paul, a former Arthur Murray Studio dance instructor. All ages are welcome and it is not necessary to have a partner. Join the meet and greet for more information. The fee is \$36/members and \$46/nonmembers. Register at the Front Desk by Tuesday, April 17, 2018.

BRIDGE LESSONS

Date: Tuesday, April 17, 2018

Time: 9:30-11:30am

Dee Bellis will be instructing a 10-week bridge lesson course. Preregistration and a \$30 nonrefundable deposit is due at the Front Desk by Tuesday, April 10, 2018. Following registration, the fee for each class is \$10/members and \$12/nonmembers.

INTEREST LISTS

Visit or contact the Front Desk at 603-889-6155 to add your name to an interest list for any of the following potential future offerings: **Evening Diet and Exercise, Spanish Classes, Square Dancing, Evening Bridge, Evening Cribbage, Evening Cooking Classes, Car Buying 101, Cultural Classes, Sign Language, Massage, Evening Art Classes, Genealogy, and Evening Tai Chi.**

DAY TRIPS and MULTI-DAY TOURS

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: \$130 per person

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 time for lunch on your own at the Providence Place Mall, transportation, and gratuities.

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

Returns: 6:00-6:30pm

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: \$129 per person before March 6, 2018

\$134 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

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	COWBOY COUNTRY	Sept. 16-23, 2018
CANADIAN COAST	July 4-11, 2018	ANNAPOLIS & BALTIMORE	Sept. 23-26, 2018
QUEBEC CITY	July 13-17, 2018	MADIERA	Oct. 3-11, 23-26, 2018
PENNSYLVANIA TOUR	Sept. 3-5, 2018	PROVINCETOWN	Oct. 12-13, 2018
BOOTH BAY	Sept. 7-8, 2018	SLEEPY HOLLOW	Oct. 25-27, 2018
WASHINGTON, DC	Sept. 13-17, 2018	IRISH SPLENDOR	Oct. 31-Nov. 7, 2018

DAY TRIPS

"EXIT LAUGHING" **Newport Playhouse**

Thursday, April 19, 2018

Cost: \$100 per person

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.) an 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

LOBSTER BAKE CRUISE **Gloucester, MA**

Sunday, May 27, 2018

Cost: \$89 per person

Celebrate Memorial Day aboard the luxurious Beauport Princess for a traditional New England Lobster Bake buffet (includes chicken). Enjoy the sights on this 2-1/2 hour cruise around Gloucester Harbor and the surrounding area. Once ashore, we make a stop in nearby picturesque Rockport, perfect for shopping and viewing the seascapes. Trip includes lunch, transportation, and gratuities.

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

Returns: 5:30pm

"LUZIA: BY CIRQUE DE SOLEIL" **Suffolk Downs**

Sunday, July 22, 2018

Cost: \$125 per person before May 15, 2018

\$130 per person after May 15, 2018

"Luzia" takes you to an imaginary Mexico, like in a waking dream, where light ("luz" in Spanish) quenches the spirit and rain ("luvia") soothes the soul. With a surrealistic series of grand visual surprises and breathtaking acrobatic performances, "Luzia" cleverly brings to the stage multiple places, faces and sounds of Mexico taken from both tradition and modernity. Trip includes time on your own for lunch at the Prudential Center, transportation, and gratuities.

Departs: 10:00am - Exit 8 Park & Ride

Returns: 6:00-6:30pm

INTEREST LIST

Contact the Trip Office at 603-816-2645 to sign up on an interest list for the **"JERSEY BOYS"** this fall. If there are enough participants, tickets will be reserved. The trip will include time for lunch, transportation, and gratuities.

Collette Vacations offers a referral fee to benefit the Nashua Senior Activity Center. To book travel, call 1-800-437-0235 and mention promotions code U001-AX1-918 and the Nashua Senior Activity Center.



MONTHLY COFFEETALK LOUNGE MEETINGS

VETERANS' COFFEE CLUB

Dates: Tuesday, March 13, 2018

Tuesday, April 10, 2018

Time: 10:30am

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

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesday, March 14, 2018

Wednesday, April 11, 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.

NSAC INFORMATION

NASHUA SENIOR ACTIVITY CENTER HOURS OF OPERATION

Mon, Tues, Wed, & Fri: 9:00am-4:00pm
Thurs: 9:00am-7:00pm

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

50s & 60s MUSIC FEATURING "BENES"



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

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

NASHUA SENIOR ACTIVITY CENTER ADVISORY COUNCIL

The Advisory Council meets on the **3rd Thursday** of each month at **12:00pm** at the NSAC. If you have a question or would like to see how the council functions, you are welcome to attend a meeting.

NASHUA SENIOR ACTIVITY CENTER COOKBOOK

Our 40th anniversary "History on a Plate" cookbook sales kicked off on a positive note in November. We have heard reports of folks cooking and baking our nostalgic recipes and having fun 'eating' their way through memory lane. The cookbooks will be sold at the Front Desk and at events throughout the year. Please join the fun for only \$10 a copy and help us with this memorable fundraiser. Thank you for your support!

The Cookbook Committee

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 are 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 and appreciate donations of clean seasonal clothing, knick-knacks, glassware, and jewelry. 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 **March 7th & 21st** and **April 4th & 18th** for food, games, and fun! All proceeds benefit the NSAC.

VOLUNTEER OPPORTUNITIES

Trip Office - sign up, answer questions, and provide trip booking information (Tuesdays: 9:00-11:30am).
Trip Escort - serve as a guide on various day trips.
Volunteer applications are available at the Front Desk.

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 Will Landry, Coordinator, at 603-888-0435 or Hildegard Gillette at 603-595-1832 for more information.

The Silver Lining Chorus - meet on Fridays at 11:00am 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 Frank Sullivan, Coordinator, at 603-508-2898 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.

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).

"SMART DRIVER" COURSE

Dates: Monday April 23, 2018 and Tuesday, April 24, 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, April 20, 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.



Shop Amazon - The Nashua Senior Activity Center can receive 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 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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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.

Discounts on classes, entrance to social and special events, participation in other activities, and more are privileges of membership. Therefore, membership cards must be presented at time of registration.