

SENIOR ACTIVITY CENTER NEWS

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

MAY/JUNE 2018

ISSUE #306

THE NASHUA SENIOR ACTIVITY CENTER IS CELEBRATING ITS 40TH ANNIVERSARY OF SERVICE TO THE COMMUNITY

Mark your calendar for a commemorative Open House:

Date: Thursday, September 27, 2018

Time: 3:30-6:30pm

BOSTON BILLIARDS CLUB & CASINO

Thanks to Boston Billiards & Casino for dedicating charitable gaming dates of February 26 - March 4, 2018 to the Nashua Senior Activity Center. Because of these reserved dates, Boston Billiards Club & Casino presented a check for \$37,442.30. The Nashua Senior Activity Center greatly appreciates the continued support.



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 annual picnic where everyone can enjoy a great day indoors and outside. Attendees can participate in a full day of activities, including morning musical entertainment by the Basement Boy's Trio of Jerry Arsenault, Dick Leombruno and Benes Konecny, miniature golf, line dancing, card games, bingo, games, and more! All activities are included with the exception of bingo and raffles. The day would not be complete without Alpine Grove's famous barbecued chicken meal with all the fixings! Following lunch, the afternoon live entertainment will feature Stan, Jr. He will perform by singing some tributes of super-legend favorites. Prepare yourself for an afternoon to remember with a perfect mix of music, food and fun! Tickets are available for \$20 at the Front Desk and must be purchased by June 14, 2018. If you would like to donate an item to the picnic raffle, please contact Cathy Barrett at 603-816-2647.

Thank you to the Annual Senior Picnic sponsors (as of mid-April):

Silver Level: ClearCaptions; Harvard Pilgrim HealthCare; Greenbriar Healthcare; Triangle Credit Union

Bronze Level: Beasley & Ferber; Breakfast Exchange Club of Nashua; Center for Physical Therapy & Exercise

**The Nashua Senior Activity Center will be closed on
Wednesday, May 2, 2018
for the Fire & Fusion fundraising event.**

BOARD OF DIRECTORS

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Manager

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FIRE & FUSION – AN EXECUTIVE CHEF COMPETITION**Date: Wednesday, May 2, 2018**

Thank you to the following: Event Host, Mike Morin - The Mike Morin Media Group, Celebrity Judges: Chef Nicole Barriera - Great NH Restaurants; Helen Ryba - Owner of "Spiced UP"; Susan Laughlin - Food Editor of "NH Magazine"; chefs, volunteers, participants, and committee members for all of their contributions to this highly successful fundraising event.

**NASHUA'S SELLOUT COOKING
COMPETITION 6 YRS RUNNING**

2018
FIRE & FUSION
AN EXECUTIVE CHEF COMPETITION

**TICKETS \$45/VIP \$60
CALL (603) 816-2642 FOR INFO**

MAY 2, 2018 6-9PM, ALPINE GROVE BANQUET FACILITY, HOLLIS, NH***THANK YOU TO OUR SPONSORS*****Signature Sponsor****BAE Systems****Venue Sponsor****Silverstone Living****Diamond Dish**

ConvenientMD

Market Basket

Nashua Crossing

The Courville Communities

Platinum Platter

The Lenny Dobens Agency, LLC

Bridges by Epoch

Southern NH Health

Golden Grill

Harvard Pilgrim Health Care Dartmouth-Hitchcock

Nashaway Woman's Club

Center for Physical Therapy & Exercise

Nashua Lions Club Bedford Nursing and Rehab. Ctr. Andy Whigham, Financial Advisor with Edward Jones

Comcast Ledgewood Bay at Milford Visiting Angels

Arbors of Bedford

Tamposi Foundation Enterprise Bank

Silver Skillet

Right Computer Solutions

Martin Fabian, LUCTF

Breakfast Exchange Club of Nashua

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Nashua Crossings

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**PROCEEDS BENEFIT THE***1978-2018 "Celebrating 40 years of service to the Nashua community"*70 Temple St, Nashua NH • 889-6155 • www.nashuaseniorcenter.org

Facebook.com/nashuasac • @nashuaseniors on Twitter

WELCOME, AIMEE RIVARD

Aimee joined that Nashua Senior Activity Center staff in February as the new **Evening Program Coordinator**. In her grant funded, part-time role, she will bring new programming to the NSAC. Aimee works on Monday and Wednesday evenings. We look forward to working with Aimee and the new evening programs that will be offered in the expanded NSAC hours.

TAG-DAYS EVENT

**Dates: Friday, June 29, 2018
Saturday, June 30, 2018**

Time: 9:00am-9:00pm

Tag-days fundraising events will be held at the NH State Liquor Store on Coliseum Avenue in Nashua on the above dates to benefit the NSAC. Thank you to our volunteers for this fundraising effort.

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.

PROPERTY TAX RELIEF ASSISTANCE

Date: Friday, May 4, 2018

Time: 9:30am-2:30pm

AARP tax volunteers will 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. 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. Preregistration is not required.

MEDICARE 101

Dates: Thursday, May 3, 2018

Thursday, June 7, 2018

Time: 5:30-7:00pm

If you are confused about the various NH health supplemental plans available, you are not alone. Information on choosing a plan will be provided. The events are free, open to the public and preregistration is not required. There are no age restrictions or sales involved. Hosted by *The Lenny Dobens Agency*.

COFFEE TIME WITH JANE CONSTANT

Date: Wednesday, June 13, 2018

Time: 10:30-11:30am

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

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 session.

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 discover how to make simple, meaningful changes.

VETERANS' COFFEE CLUB

Dates: Tuesday, May 8, 2018

Tuesday, June 12, 2018

Time: 10:30am

Guest speakers will present information of interest to military veterans. Join the group in the Coffee-Talk Lounge. Hosted by *Barney Barbera, Chairman, City of Nashua Mayor's Veterans' Council*.

SEMINARS AND PROGRAMS

NUTRITION COURSE

Date: Wednesday, May 9, 2018

Time: 1:00pm

POWERING UP FOR PREVENTION:

A Closer Look At Antioxidants

We all know the old saying "an ounce of prevention is worth a pound of cure". Learn how phytochemicals and antioxidants from plant-based foods can aid in warding off a variety of health disparities including heart disease and cancer.

BONE UP WITH GOOD NUTRITION

Contrary to popular belief, good bone health is more than just drinking milk and ensuring adequate calcium intake. Learn about other key nutrients and dietary habits that can aid you in having strong bones for a lifetime!

Registered Dietitian Katy Magoon-Fredette, RDN, LD, will offer this free, open to the public nutrition course. Space is limited. Register by visiting or contacting the Front Desk by Monday, May 7, 2018. Hosted by **Hannaford Supermarket**.

MAKING YOUR MONEY LAST

Date: Thursday, May 24, 2018

Time: 6:00pm

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, May 17, 2018. Hosted by **Andy Whigham, Financial Advisor, Edward Jones**.

THE FOUR KEY LEGAL DOCUMENTS YOU SHOULD NOT BE WITHOUT

Date: Thursday, June 14, 2018

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. Life events such as marriage, divorce, and the addition of grandchildren are reasons to update or create legal documents. This event is free and open to the public. Register by visiting or contacting the Front Desk at by Thursday, June 6, 2018. Sponsored by **Bartis Law Office**.

TRASH TO TREASURE

Date: Wednesday May 16, 2018

Time: 6:30pm

Have you ever wondered if the stuff in your house is junk or worth money? Attend this seminar to have an industry professional help you figure out if your belongings have value. There will also be a free evaluation of items at the end of the seminar if you would like to bring in one item. The fee is \$5/ members and \$10/nonmembers. Registration and payment is due at the Front Desk by Wednesday, May 9, 2018. Hosted by **Denise Monroe**.

COPD PATIENT EMPOWERMENT

Date: Wednesday, May 23, 2018

Time: 10:00am-2:30pm

Workshops will be offered for patients as well as caregivers on living with a chronic condition, medication management, nutrition, and more. The event is free, open to the public, and a light lunch will be served. Register by visiting SNHhealth.org/COPD, emailing COPD@breatheNH.org, or calling 603-669-2411 by Friday, May 18, 2018. Hosted by **Southern NH Health** and **Breathe NH**.

HOW TO GET THE MOST FROM A VISIT WITH YOUR DOCTOR

Date: Thursday, May 31, 2018

Time: 1:00-2:00pm

This presentation by Dr. Jonathan Thyng, Medical Director at Dartmouth-Hitchcock Nashua, will discuss how to prepare for and make the best use of time during your doctor visit. This event is free and open to the public. Register by visiting or contacting the Front Desk by Friday, May 25, 2018. Sponsored by **Dartmouth-Hitchcock Nashua**.

TRAVEL INFORMATION SESSIONS

Dates: Tuesday, May 8, 2018

Tuesday, July 31, 2018

Tuesday, September 11, 2018

Time: 10:00-11:30am

The NSAC offers a wide variety of day and multi-day trips. Have travel questions? Meet with Matthew from Collette Travel to learn about new trips, ask questions and plan your new destination! Pre-registration is not required.

A **new evening Spanish class** will be starting in June and **new evening cultural class** will be coming in the next couple of months. See flyers in the Front Desk area for details.

NOTES FROM CATHY BARRETT, ACTIVITIES DIRECTOR

VISIT OUR WEBSITE, WWW.NASHUASENIORCENTER.ORG OR PICK UP A FLYER AT THE FRONT DESK FOR A FULL LIST OF ACTIVITIES.

CULTURAL CLASSES
COUNTRY OF TURKEY: PART I

Date: Wednesday, May 16, 2018

Time: 1:00pm

Have you ever wondered about different cultures and what they are like? Yurdugul Ozcayir will share family traditions, food, what life was like growing up, and what life is like now in her home country of Turkey.

COUNTRY OF TURKEY: PART II

Date: Wednesday, May 23, 2018

Time: 1:00pm

Yurdugul Ozcayir will share some of her favorite Turkish dishes for you will to sample. The fee for the cultural classes is \$10/members and \$15/nonmembers. Register at the Front Desk by Wednesday, May 9, 2018.

CALLING ALL BRIDGE PLAYERS

Date: Monday, May 21, 2018

Time: 1:00pm

All bridge players are welcome to the play for free at this special session. Preregistration is not required.

MAHJONG LESSONS

Class Start Date: Friday, June 1, 2018

Time: 1:00-3:00pm

For those who would like to play Mahjong but don't know how, this is your chance to learn the basics. The fee for this four-week session is \$26/members and \$36/nonmembers. There is a \$8 fee for score-cards payable to the instructor at the first class. Space is limited to eight participants. Registration and payment are due at the Front Desk by Friday, May 25, 2018.

COOKING WITH ESSENTIAL OILS

Date: Wednesday, June 13, 2018

Time: 1:00pm

Join us for appetizers and desserts all made using food-grade essential oils! Learn about the health benefits of essential oils and how simple it is to use them in your dishes at home. This will be a fun and delicious time! The fee is \$18/members and \$20/nonmembers. Registration and payment is due at the Front Desk no later than Wednesday, June 6, 2018.

IT'S ALMOST SHOW TIME!

Auditions for the **37th Annual Variety Show** will be held in June. The show will take place in the fall and be directed by Kathy Lovering, a Life Member and Penny Award winner with Nashua's Actorsingers Community Theater. The theme of the show will correspond with the Nashua Senior Center's 40th anniversary celebration.



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.

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

BLOCK ISLAND TOUR

Tuesday, June 26, 2018

Cost: \$129 per person

The first destination is Point Judith RI to board your ferry for an invigorating one-hour ride to Block Island. While on Block Island, enjoy a 1-1/4 hour guided tour across the island by a native Block Island resident. Following the tour, a delicious lunch is provided at the National Hotel, a flagship Victorian hotel located in the center of downtown Old Harbor. Trip includes lunch, transportation, and gratuities.

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

Returns: 7:00pm

"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 ("lluvia") 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. 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

"MAME"

North Shore Music Theater

Wednesday, June 6, 2018

Cost: \$134 per person

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 20s, overcomes tragedy, and perseveres through life with humor and style and without missing a fad or dance step. "Mame" is packed with musical favorites "Bosom Buddies", "We Need a Little Christmas", "Open a New Window", and more. Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities.

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

Returns: 6:00-6:30pm

ESSEX STEAM TRAIN RIDE & RIVERBOAT CRUISE

Friday, July 13, 2018

Cost: \$109 per person

Enjoy a delicious luncheon at the Go Fish Restaurant before arriving in the Town of Essex CT for a scenic steam train ride. Enjoy the scenery of the Connecticut River Valley where you will meet up with your Riverboat crew and vessel to cruise the Connecticut River on a relaxing one-hour ride. Upon docking, meet the steam engine again to return to Essex. Trip includes lunch, transportation, and gratuities.

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

Returns: 6:00pm

MAJESTIC MAINE CRUISE

Wednesday, July 25, 2018

Cost: \$99 per person

Travel to Portland ME to board your ferry for a two-hour narrated cruise of Casco Bay, its many islands, and the beautiful Maine coast. The cruise destination is Bailey Island for a delicious lunch at the famous Cook's Lobster House. Later, visit Freeport ME with time to shop the many and varied outlet stores. Trip includes lunch, transportation, and gratuities.

Departs: 7:45am - Exit 8 Park & Ride

Returns: 6:30pm

DAY TRIPS and MULTIDAY TOURS

"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

CAPE COD CANAL

Thursday, August 16, 2018

Cost: \$99 per person

Arrive in Sandwich MA, the oldest town on the Cape that brims with history, age-old charm, scenic sights, and visit the Sandwich Glass Museum. View glass-blowing artisans creating world renowned pieces of art. Lunch will follow at the Daniel Webster Inn with a bountiful buffet. Next, a two-hour narrated cruise of the Cape Cod Canal to learn the history of this important resource and how it has boosted New England commerce since its inception. Trip includes lunch, transportation, and gratuities.

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

Returns: 6:00pm

THE FAMOUS BOSTON DUCKS

Saturday, August 4, 2018

Cost: \$104 per person

Head to Boston to tour the famous Boston Common and view the beautiful Public Gardens. Next, a full course lunch at Boston's famous "No Name" Restaurant located right on the Fish Pier. Then take a narrated tour on one of the famous Boston Ducks, amphibious vehicles formerly used by the US Army. The narrator will point out all of the Boston sights and you will actually take a plunge into the Charles River for a brief cruise. Trip includes lunch, transportation, and gratuities.

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

Returns: 5:30pm

"JERSEY BOYS"

Ogunquit Playhouse

Wednesday, September 26, 2018

Cost: \$130 per person before July 26, 2018

\$135 per person after July 26, 2018

It's just too good to be true! The multi-Tony Award-winning, international sensation that took Broadway by storm makes its Northeast premiere at the Ogunquit Playhouse. "Jersey Boys" takes audiences on an exhilarating journey behind the music of mega-stars Frankie Valli and The Four Seasons. Follow the incredible story of four guys bound by one dream, who worked their way from the streets of New Jersey to the heights of stardom. You're sure to leave exclaiming, "Oh, What a Night" Trip includes lunch at Warren's Lobster House in Kittery ME, transportation, and gratuities.

Departs: 10:00am - 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:

QUEBEC CITY	July 13-17, 2018	LONDON & PARIS	Sept. 26-Oct. 3, 2018
PRINCE EDWARD ISLAND	Aug. 14-18, 2018	ANNAPOLIS/BALTIMORE	Sept. 23-26, 2018
LANCASTER, GETTYSBURG	Sept. 3-7, 2018	MADIERA PORTUGAL	Oct. 3-11, 2018
BOOTHBAY HARBOR	Sept. 7-8, 2018	PROVINCETOWN	Oct. 12-13, 2018
WASHINGTON, DC	Sept. 13-17, 2018	SLEEPY HOLLOW	Oct. 25-27, 2018
COWBOY COUNTRY	Sept. 18-25, 2018	IRISH SPLENDOR	Oct.31-Nov. 7, 2018

NSAC INFORMATION

NASHUA SENIOR ACTIVITY CENTER **HOURS OF OPERATION**

Monday, Wednesday, and Thursday:
9:00am-7:00pm
Tuesday and Friday: 9:00am-4:00pm

Nashua Senior Activity Center **will be closed on:**

Wednesday, May 2, 2018
Fire and Fusion Event
Monday, May 28, 2018
Memorial Day Holiday

NASHUA SENIOR ACTIVITY CENTER **MEMBERSHIP FEE**

Effective January 1, 2018, the annual membership fee is \$40 for individuals and \$60 for two persons residing at the same mailing address. A \$5 discount for military service veterans is offered. The membership fee is waived for anyone age 90 or over. See details on the back cover.



50s, 60s & 70s 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 **COOKBOOK**

The 40th anniversary "History on a Plate" cookbook sales kicked off on a positive note. We have heard reports of folks cooking and baking our nostalgic recipes and having fun 'eating' their way through memory lane. The cookbooks are being 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*

NASHUA SENIOR ACTIVITY CENTER **ADVISORY COUNCIL**

The Advisory Council meets on the **3rd Thursday** of each month at **12:00pm** in the Education Room at the NSAC. Members are welcome to attend any meeting.

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 **May 6th & 18th** and **June 6th & 20th** for food, games, and fun! All proceeds benefit the NSAC.

VOLUNTEER OPPORTUNITIES

Front Desk Attendants- to provide reception duties, answer phone lines, and register members for classes, seminars, and events. Various 9:00am-12:00pm and 12:00-4:00pm shifts are available.

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 Hildegard Gillette at 603-595-1832 or Will Landry, Coordinator at 603-888-0435 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).

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. For information on the congregate lunch or **Meals on Wheels** program, call 603-882-2106.

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 NSAC. Walk-ins are welcome **Monday through Friday** between **9:00am-4:00pm**.

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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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.

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.