

# SENIOR ACTIVITY CENTER NEWS

70 Temple Street  
Nashua, NH 03060  
Telephone 603.889.6155  
JULY/AUG 2018  
ISSUE #307  
www.nashuaseniorcenter.org

## NASHUA SENIOR ACTIVITY CENTER'S 40TH ANNIVERSARY OPEN HOUSE

**All members are invited to attend a commemorative  
Open House**

**Date: Thursday, September 27, 2018**

**Time: 3:30-6:30pm**

**Entertainment - Refreshments -Tours**

**Presentation at 5:30pm**



Visit or contact the Front Desk at 603-886-6155 by September 14, 2018 to RSVP.

## DESSERT AND A MOVIE: "THE GREATEST SHOWMAN"

**Date: Wednesday, July 25, 2018**

**Time: 1:00pm**

Enjoy the award-winning movie "The Greatest Showman." Inspired by the story of PT Barnum, the film follows the visionary who rose from nothing to create the mesmerizing spectacle that was the Barnum & Bailey Circus. Strawberry shortcake will be offered and provided in part by *Ledgewood Bay at Milford*. The event is free for members. A \$5 refundable deposit is required. A current NSAC membership card is required to sign up and to receive a refund at the event. The cost for nonmembers is \$10 and is non-refund-able. Doors open at 12:30pm. Registration deadline is Friday, July 20, 2018. Limited to first 80 registrants.



*Funded by a grant from the Fariz family and friends.*

## THANK YOU TO THE 2018 ANNUAL SENIOR PICNIC

### SPONSORS:

#### Silver Level:

American Medical Response  
ClearCaptions  
Ann-Marie Gallant, Realtor  
Harvard Pilgrim HealthCare  
Humana MarketPOINT  
Greenbriar Healthcare  
Keene Medical  
Triangle Credit Union

**Bronze Level:** The Arbors of Bedford;  
Beasley & Ferber; Breakfast Exchange Club  
of Nashua; Center for Physical Therapy &  
Exercise; Service Link

## NSAC ANNUAL MEETING

**Date: Thursday, August 23, 2018**

**Time: 3:30pm**

All members are invited to attend the annual meeting. The Board of Directors will report the financial status and other relevant business. An open period will allow members to comment and ask questions. Indicate your planned attendance by visiting or calling the Front Desk at 603-889-6155.

**Note:** the approved minutes of the Board of Directors and Senior Council monthly meetings are in the library for members review.

## BOARD OF DIRECTORS

### PRESIDENT

**Barney Barbera**  
Dir. Financial Mgt.  
Retired USAF

### VICE PRESIDENT

**Jocelyn Sharp-Henning**  
Living at Home  
SeniorCare

### TREASURER

**Elizabeth Cepaitis**  
Controller - Retired

### SECRETARY

**Martha Ackerman**  
Parish of the  
Resurrection

**David Alcaide**  
Advisory Council  
Representative

**June Caron**  
Alderman - Ward 7  
City of Nashua

**Pamela Ford**  
Triangle Credit Union

**Patricia Francis**  
Advisory Council  
Representative

**David Fredette**  
Treasurer/Tax  
Collector  
City of Nashua

**Michelle Runyan**  
Hunt Community

**Jolie Whitten**  
Benchmark Sr. Living

## STAFF

### Executive Director

**Margo Bell**  
603-816-2643  
mbell@  
nashuaseniorcenter.org

### Activities Director

**Cathy Barrett**  
603-816-2647  
cbarrett@  
nashuaseniorcenter.org

### Development

**Director  
Judy Porter**  
603-816-2649  
jporter@  
nashuaseniorcenter.org

### Office

**Manager  
Eileen Gormley**  
603-816-2642  
egormley@  
nashuaseniorcenter.org

## AWARDS AND SUCCESSES

### **EXECUTIVE DIRECTOR MARGO BELL RECEIVES OUTSTANDING VOLUNTEER MANAGER OF THE YEAR AWARD**



Congratulations to Executive Director **MARGO BELL**, recipient of the 2018 **OUTSTANDING VOLUNTEER MANAGER OF THE YEAR AWARD** at the NH Governor's Conference on Volunteerism, held on May 23, 2018. The award, created by former Governor John Sununu, honors New Hampshire volunteer administrators and salutes their excellence in leadership. Former Governor John Sununu presented the award to Margo honoring her 35-year career of coordinating volunteers at the Nashua Senior Activity Center. Margo schedules and manages 200 volunteers.



### **NSAC RECEIVES PROGRAM OF EXCELLENCE AWARD**

The Nashua Senior Activity Center is the proud recipient of the **New Hampshire Association of Senior Centers'** first **PROGRAM OF EXCELLENCE AWARD** for the intergenerational health clinic program with **Rivier University's Nursing Division**. The program provides eight extensive health screening clinics each year at the NSAC. The NSAC is honored to receive this award in recognition of partnership with Rivier University in providing this important, no-cost service to Nashua community seniors. Founded in 1991, the New Hampshire Association of Senior Centers is dedicated to fostering the multipurpose nature of senior centers and promoting community relations with affiliated state and national associations.



### **VOLUNTEER RECOGNITION - BOOK OF GOLDEN DEEDS AWARD**

**ELIZABETH CEPAITIS** was awarded the **Breakfast Exchange Club of Nashua's BOOK OF GOLDEN DEEDS AWARD**. The award is given each year to honor a person, a group of persons, and an organization that unselfishly donates their time, talent and energy to help improve the quality of life for seniors in the Greater Nashua community. Elizabeth has served as the Treasurer of the Board of Directors and Chair of the Finance Committee for the past five years. She spearheaded the Center's Endowment Fund, led several plant sales, assists at fundraising events, volunteers in the trip office once a week, escorts trips, serves on the 40th Anniversary Committee, and sings in the Silver Lining Chorus.



Volunteer **DAVID NUGENT** was also nominated for the award. For the past several years he has volunteered in the membership office compiling reports and running database metrics, enabling us to better identify and address the needs of members. He serves on the membership committee, assists with new member orientation, membership events, and fundraisers including the Fire and Fusion event.

The NSAC is grateful for the invaluable time and dedication of the many volunteers.



### **ENTERPRISE BANK NON-PROFIT AWARD NOMINATION**

The NSAC was nominated by Enterprise Bank for the **NON-PROFIT OF THE YEAR AWARD** as part of their 2018 Celebration of Excellence. The nomination acknowledges nonprofit organizations that inspire through hard work, determination, and genuine passion to make a difference in the lives of those they serve. Thank you, Enterprise Bank for recognition of the NSAC's efforts in bettering the lives of seniors in the Nashua community. The award was presented to Executive Director Margo Bell by Enterprise Bank's Dan Snyder, Vice President / Branch Relationship Manager and Doreen Manetta, Senior Vice President / Regional Manager II.



### **AARP TAX-AIDE PROGRAM SUCCESS**

The AARP Tax-Aide Program provided tax return assistance to low- and moderate-income Nashua area residents of all ages, with special attention given to seniors at the NSAC every Thursday from February 1 to April 12, 2018. The AARP volunteers served 537 community members in preparing their returns and 80 percent served were seniors. Thank you, AARP volunteers for providing this meaningful service.

## NOTES FROM CATHY BARRETT, ACTIVITIES DIRECTOR

**VISIT OUR WEBSITE, [WWW.NASHUASENIORCENTER.ORG](http://WWW.NASHUASENIORCENTER.ORG) OR PICK UP A FLYER AT THE FRONT DESK FOR A FULL LIST OF ACTIVITIES.**

### **JOIN THE SILVER LINING CHORUS**

The Silver Lining Chorus is 26-member strong group that practices weekly and take their music into the community, using it to light up the hearts and minds of audiences at assisted living facilities, veteran programs, and other senior centers. A few members perform solos, but most just blend in and sound "so good!" The reward is the joy they bring to the audience as well as smiles, handshakes and memories. The Chorus would like to invite YOU to sit in on a practice session and hopefully consider joining. There is always room for one more. Contact Cathy Barrett, Activities Director at 603 816-2647 for more information.

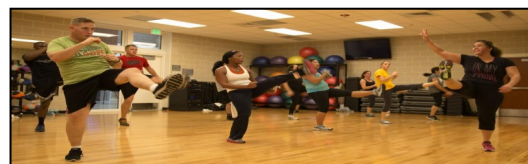


### **4-WEEK KICK BOXING CLASS**

**Start Date: Wednesday, August 1, 2018**

**Time: 11:15am**

Do you like a challenge? Then we have just the thing for you! The fee for the kick boxing class is \$24/members and \$34/non-members. Registration and payment is due at the Front Desk by July 25, 2018.



### **SAVE THE DATE FOR THE 37<sup>TH</sup> ANNUAL SENIOR VARIETY SHOW** **"THAT WAS THEN, THIS IS NOW"**

**Date: Sunday, October 21, 2018**

**Time: 2:00pm**

**Location: Nashua High School South**

In commemoration of the Nashua Senior Activity Center's 40<sup>th</sup> Anniversary, the 2018 show will celebrate music from 1978 to today. Director Kathy Lovering will lead talented singers, dancers, and performers as they hit the stage with spectacular show numbers. Tickets can be purchased in advance at the Front Desk for \$12. For children ages ten and under, the ticket price is \$10. Tickets will be available the day of the show at the door for \$15. Contact Cathy Barrett at 603-816-2647 or via email at [cbarrett@nashuaseniorcenter.org](mailto:cbarrett@nashuaseniorcenter.org) for more information.

### **SPONSORSHIP OPPORTUNITIES**

Sponsorship opportunities are available for our annual Senior Variety Show event. There are many sponsorship levels with a wide range of benefits ranging in price from \$125 to \$1,000. Contact Judy Porter, Development Director at 603-816-2649 or via email at [jporter@nashuaseniorcenter.org](mailto:jporter@nashuaseniorcenter.org) for more information.

### **MAH JONG UPDATE:**

We have two Mah Jong sets for those who want to play but don't have a set. They can be signed out at the Front Desk.

### **PART-TIME VOLUNTEER THEATER POSITION**

Ken Michaels from Nashua High School is looking for a volunteer to work flexible part-time hours. Ken will train you to build sets which includes painting, fabric and recycled material. For more information, contact Ken at 603-888-0805 or via email at [kenmnh@comcast.net](mailto:kenmnh@comcast.net).

### **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.**



## SEMINARS AND PROGRAMS

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

### RIVIER UNIVERSITY WELLNESS CLINICS

Rivier University's Nurse Practitioner students, under the supervision of Licensed Family Nurse Practitioners and Faculty, provide the following health screenings:

**BMI                      Cholesterol                      Lab Review                      Pulmonary Function                      Blood Pressure**  
**Medication Reconciliation                      Glucose - A1C                      Skin Cancer Check**

All clinics are FREE, CONFIDENTIAL, and OPEN TO THE PUBLIC. They will be held from **9:00am to 1:00pm** on the second floor of the Nashua Senior Activity Center on the following Mondays:

**September 24, 2018**

**November 5, 2018**

**October 22, 2018**

**November 26, 201**

*Grant funded by the Unitarian Universalist Church of Nashua, Nashua Rotary, and Nashua Rotary West.*

### VETERANS' COFFEE CLUB

**Dates: Tuesday, July 10, 2018**

**Tuesday, August 14, 2018**

**Time: 10:30am**

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

### FALL RISK PREVENTION

**Date: Tuesday, August 7, 2018**

**Time: 9:30am**

Jessica Aviles, Doctoral Candidate at Mass College of Pharmacy and Health Science will present information on medications, health conditions, and tips on how to prevent falls. The seminar is free and open to the public. Register by visiting or contacting the Front Desk by Tuesday, July 31, 2018.

### COFFEE TIME WITH JANE CONSTANT

**Date: Wednesday, July 11, 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 talks are free and open to the public.

### FREE ORAL HEALTH PROGRAM

**Date: Tuesday, September 11, 2018**

**Time: 9:30am**

The NH Department of Public Health Services Oral Health Program will offer free oral screenings and preventative dental treatment for seniors. A brief 30 -minute educational seminar will be held prior to the screenings. The program is free and open to the public. Register by visiting or contacting the Front Desk by September 6, 2018.

### NASHUA FIRE RESCUE - COMMITTED TO YOU AND OUR COMMUNITY

**Date: Thursday, August 23, 2018**

**Time: 2:30pm**

Join Assistant Fire Chief George Walker as he kicks off monthly community talks to seniors. Learn about Nashua Fire Rescue, the departments within the fire department, fire safety for seniors, and other pertinent topics. Talks will be held on the first Wednesday of each month at 10:30am in the CoffeeTalk Lounge beginning Wednesday, September 5, 2018. This presentation will feature Fire Chief Brian Rhodes answering your **"Questions for Your Fire Chief."** The talks are free and open to the public.



### "SMART DRIVER" COURSE

**Dates: Monday, September 24, 2018 and Tuesday, September 25, 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, September 21, 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.**

## 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.**

### **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 round-trip 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 for a one-hour ride. Trip includes lunch, transportation, and gratuities.

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

**Returns: 6:00pm**

### **"LUZIA: BY CIRQUE DU SOLEIL"**

**Suffolk Downs**

**Sunday, July 22, 2018**

**Cost: \$130 per person**

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**

### **MAJESTIC MAINE CRUISE**

**Wednesday, July 25, 2018**

**Cost: \$99 per person**

Travel to Portland ME to board a 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 lunch at the famous Cook's Lobster House Restaurant. Later, visit Freeport ME with time to shop. Trip includes lunch, transportation, and gratuities.

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

**Returns: 6:30pm**

### **"MAMA MIA" North Shore Music Theater**

**Wednesday, August 8, 2018**

**Cost: \$134 per person**

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. As the big day draws near, surprises abound with old flames and old friends. The production is packed with musical hits by ABBA. Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities.

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

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

### **THE FAMOUS BOSTON DUCK TOURS AND SIGHTS**

**Saturday, August 4, 2018**

**Cost: \$104 per person**

Head to Boston to tour the famous Boston Common and view the beautiful Public Gardens. Next, enjoy a full course lunch at the NoName Restaurant on Fish Pier. Next, take a narrated tour on one of the famous Boston Ducks. A narrator will point out all of the 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**

### **CAPE COD CANAL**

**Thursday, August 16, 2018**

**Cost: \$99 per person**

Arrive in Sandwich MA, the oldest town on the Cape and visit the Sandwich Glass Museum. A buffet lunch will follow at the Daniel Webster Inn. Next, a two-hour narrated cruise on 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**

### **TRAVEL INFORMATION SESSIONS**

**Dates: Tuesday, July 31, 2018 & Tuesday, September 11, 2018**

**Time: 10:00-11:30am**

Collette Travel will answer questions and provide information regarding new trips and destinations. The sessions are open to the public and preregistration is not required.

## DAY TIPS and MULTIDAY TOURS

### **FOXWOODS CASINO TRIP**

**Monday, September 10, 2018**

**Cost: \$42 per person**

Enjoy a day of fun, food, and games at the casino (40-person minimum). Round-trip transportation, a \$10 food or buffet voucher, and a \$10 Keno play are included.

**Departs: 7:15am - St. Philips Greek Church**

**Returns: 6:00pm**

### **QUABBIN FOLIAGE TOUR**

**Wednesday, October 17, 2018**

**Cost: \$89.00 per person**

Enjoy the scenic roads as you head to the Quabbin Reservoir area and West Brookfield's Salem Cross Inn for a full-course lunch. A native tour guide will then take you throughout the local villages and towns and explain how the towns were flooded so the reservoir could be constructed. Then, visit Brookfield Orchards, home of one of New England's largest apple growers. Trip includes lunch, transportation, and gratuities.

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

**Returns: 5:30pm**

### **"CHRISTMAS TIME"**

**Reagle Music Theater**

**Sunday, December 2, 2018**

**Cost: \$110 per person before October 25, 2018**

**\$120 per person after October 25, 2018**

Travel to Waltham MA for a presentation of "Christmas Time", an annual family yuletide extravaganza that will put you in the holiday spirit. Some of the offerings are Santa's Workshop, a Victorian Christmas, the Living Nativity, The Teddy Bear's Nutcracker, a sing-along, and the Parade of the Wooden Soldiers. Trip includes center orchestra seating, lunch at the Chateau Restaurant after the show, transportation, and gratuities.

**Departs: 10:45am - 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**

"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. 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**

### **LONGFELLOW'S WAYSIDE INN**

**October 9, 2018**

**Cost: \$89.00 per person**

Enjoy the foliage and a delightfully entertaining day in Sudbury MA at the historic Wayside Inn. The inn is over 300 years old and still operates as a flour mill. A tour of the mill will include the Mary Had a Little Lamb schoolhouse and a grist mill visit. Trip includes lunch at the Inn, transportation, and gratuities.

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

**Returns: 5:30pm**

### **PLYMOUTH WHALE WATCH**

**Wednesday, September 5, 2018**

**Cost: \$99.00 per person**

Experience an excursion across Cape Cod to Stellwagen Bank, feeding ground of the world's largest mammals. During a 4-hour cruise, you may see different species of whales, as well as dolphins, porpoises and seals. An onboard naturalist will provide information and answer questions. Trip includes lunch at the Hearth & Kettle Restaurant prior to the cruise, transportation, and gratuities.

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

**Returns: 6:30pm**

## **MULTI-DAY TOURS**

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

<b>QUEBEC CITY</b>	July 13-17, 2018	<b>LONDON &amp; PARIS</b>	Sept. 26-Oct. 3, 2018
<b>PRINCE EDWARD ISLAND</b>	Aug. 14-18, 2018	<b>ANNAPOLIS/BALTIMORE</b>	Sept. 23-26, 2018
<b>LANCASTER, GETTYSBURG</b>	Sept. 3-7, 2018	<b>MADEIRA PORTUGAL</b>	Oct. 3-11, 2018
<b>WASHINGTON, DC</b>	Sept. 13-17, 2018	<b>SLEEPY HOLLOW</b>	Oct. 25-27, 2018
<b>COWBOY COUNTRY</b>	Sept. 18-25, 2018	<b>IRISH SPLENDOR</b>	Oct.31-Nov. 7, 2018

## EVENING PROGRAMS

### **EVENING AEROBICS**

**Start Date: Monday, July 9, 2018**

**Time: 5:30pm**

Aerobics with instructor Sylvie is a fun way to get up and get active. The fee for this six-week class is \$36/members and \$46/non-members. Registration and payment are due at the Front Desk by Monday, July 2, 2018.

### **MEET THE AUTHOR**

**Date: Wednesday, July 11, 2018**

**Time: 6:30pm**

Gerard Doherty has written an autobiography about his life in politics called *They Were My Friends - Jack, Bob and Ted: My Life In and Out of Politics*. Hear his inside stories about the Kennedy brothers and other well-known political figures. The fee is \$3/members and \$5/non-members. Registration and payment are due at the Front Desk by Tuesday, July 3, 2018.



### **DEMENTIA TALKS**

**Dates: Thursday, August 16, 2018**

**Thursday, August 23, 2018**

**Time: 5:15pm**

A two-part talk on dementia will explain the signs to look for and options for people with dementia. The fee is \$5 for the series and they are open to the public. Light refreshments will be provided. Registration and payment are due at the Front Desk by Thursday, August 9, 2018.

### **INTERNET SAFETY CLASS**

**Start Date: Monday, September 10, 2018**

**Time: 6:00pm**

This class on internet safety will explore how to stay safe, spot the bad guys, etc., while living in today's technological world. The fee for the 6-week class is \$36/members and \$46/non-members. Registration and payment are due at the Front Desk by Tuesday, September 4, 2018.

### **PASTELS ART CLASS**

**Start Date: Monday, July 9, 2018**

**Time: 5:00pm**

All are welcome to this evening pastels art class with instructor Grace. For more information about the class and materials needed, see flyer located in the front reception area. The fee for the six-week class is \$75/members and \$85/non-members. Registration and payment are due at the Front Desk by Monday, July 2, 2018.

### **TECH TALK SERIES: NAVIGATING YOUR COMPUTER WITH WINDOWS**

**Date: Thursday, July 26, 2018**

**Time: 5:30**

Come learn how to use Windows 10 on your computer. The class will explain using the start menu, file manager, and applications on your computer.

### **INTERNET COMMUNICATION**

**Date: Thursday, August 16, 2018**

**Time: 5:30**

Learn how to use Google Hangouts, Skype, and Facebook.

The tech talks are free and open to the public. Register by visiting or contacting the Front Desk one week prior to class date. It is recommended to bring in your own computer or smart device if possible and any questions you may have. Hosted by Derek Pollitt, *Right Computer Solutions*.

### **SELF-DEFENSE CLASS**

**Date: Thursday, August 30, 2018**

**Time: 6:00pm**

The class will explore awareness, safety strategies, verbal confrontation skills, and physical techniques. Participants will be given the tools they need to prevent, resist, escape, and survive a violent attack. The fee is \$25/members and \$35/non-members. Registration and payment are due at the Front Desk by Thursday, August 23, 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, July 4, 2018**  
***Independence 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: 10:45-11:45am**  
**12:30-1:30pm**  
**CoffeeTalk Lounge**



*Contact the Front Desk at  
603-889-6155 for any possible changes  
to the performances.*

### **NASHUA SENIOR ACTIVITY CENTER** **COOKBOOK**

The 40th anniversary ***History on a Plate*** cookbooks are on sale for \$10 at the Front Desk and at events throughout the year. Help us with this memorable fundraiser by purchasing a cookbook. 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. All members are welcome to attend any meeting.

### **NSAC IS A SUMMER** **COOLING CENTER**

The Nashua Senior Activity Center is a designated cooling center location in the city of Nashua to seek relief from the summer heat. Drop in during our hours of operation to cool off.

### **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 **July 18th**, **August 1st** and **15th** 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.**



**TAG-DAYS EVENT****Dates: Friday, August 31, 2018****Saturday, September 1, 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 volunteers for this fundraising effort.

**DIABETIC SHOE CLINIC****Date: Monday, October 15, 2018****Time: 9:00 - 11:00am**

If you are diabetic and Medicare is your primary insurance, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you. Register and pick up the necessary form at the Front Desk by Tuesday, October 9, 2018. Hosted by Charron Medical Services.

**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.

**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** - 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).

**SENIOR COOKOUT AND KARAOKE EVENT**

Join **Mayor Donchess** on **August 4, 2018** from **1:00-4:00pm** for a fun gathering including a cookout, karaoke, and much more! The event will be held in North Common, located near Holman Stadium. While it is an event for seniors, **all ages are invited to attend**. The event planning committee is seeking individuals interested in volunteering to meet 2 - 3 times prior to assist with the planning the food, activities, and other aspects of the event. **Those interested in volunteering**, contact **Margo Bell** at 603-816-2643 or via email at mbell@nashuaseniorcenter.org. **Those with questions about the event**, contact the **Mayor's Office** at 603-589-3260 or via email nashuamayor@nashuanh.gov.

## **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.**