

SENIOR ACTIVITY CENTER NEWS

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

SEPT/OCT 2018

ISSUE #308

NASHUA SENIOR ACTIVITY CENTER'S 40TH ANNIVERSARY OPEN HOUSE

**The public is 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 603-889-6155 by September 14, 2018 to RSVP.



37TH 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 40th 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 for more information.

VARIETY SHOW SPONSORS:

PRODUCERS The DeMoulas Foundation · Triangle Credit Union

DIRECTOR Breakfast Exchange Program of Nashua

FRIENDS Arbors of Bedford · The Village Network

Sponsorship opportunities are still available. Contact Judy Porter, Development Director at 603-816-2649 or via email at jporter@nashuaseniorcenter.org for information.

FLEA MARKET/BOOK SALE EVENT

Date: Saturday, November 17, 2018

Time: 9:00am-2:00pm

This indoor flea market/book sale event features more than thirty vendors, breakfast, lunch, and home-baked goods. Donations of new and used merchandise and baked items are gladly accepted. Tables for vendors are available for \$25 beginning Tuesday, September 4, 2018 by contacting Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

GERALD CHARLES DICKENS

returns on Tuesday, November 27, 2018.
Details to follow in the next newsletter.

**The Nashua Senior Activity Center
will be closed on
Wednesday, October 24, 2018.**

BOARD OF DIRECTORS

PRESIDENT

Barney Barbera
Dir. Financial Mgt.
Retired USAF

VICE PRESIDENT

Jocelyn Sharp-Henning
Living at Home
SeniorCare

TREASURER

Elizabeth Cepaitis
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Parish of the
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Advisory Council
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Pamela Ford

Triangle Credit Union

Patricia Francis

Advisory Council
Representative

David Fredette

Treasurer/Tax
Collector
City of Nashua

Michelle Runyan

Hunt Community

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HEALTH and WELLNESS

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, 2018

* Flu shots from Rite Aid available

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

THE IMPORTANCE OF POSTURE

Date: Friday, September 7, 2018

Time: 1:00-2:00pm

Good posture is often taken for granted. Poor posture can lead to physical and medical issues including increasing the risk of falling. The free seminar will explain the importance of health and how to improve and maintain good posture. Register for the free seminar at the Front Desk. Hosted by *Center for Physical Therapy & Exercise*.

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.

A MATTER OF BALANCE

Start Date: Friday, September 14, 2018

Time: 1:00-2:30pm

This is an 8-week program designed to manage falls and increase activity levels. Learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercises to increase strength and balance. The fee is \$15 and payable to CPTe at the first class. Register at the Front Desk. Hosted by *Center for Physical Therapy & Exercise*.

FLU SHOTS AND MORE

Date: Friday, September 28, 2018

Time: 1:00-2:30pm

Date: Wednesday, October 17, 2018

Time: 9:30-11:00am

The City of Nashua's Division of Public Health & Community Services will provide immunizations for adults and children. No one will be denied service due to the inability to pay. If you are covered by Medicare, please bring your Medicare card. Children's immunization are free of charge. Costs for adults are: \$15 for flu shot (free with Medicare card), \$10 for shingles immunization (must be over 60 years of age) and \$10 for pneumonia immunization. Register by visiting or contacting the Front Desk at 603-889-6155 one week prior.

HEARING CLINICS

Dates: Tuesday, September 18, 2018

Tuesday, October 16, 2018

Time: 10:00am-12:00pm

Sign up for a free 15-minute hearing screening or hearing-aid check by visiting or contacting the Front Desk at 603-889-6155. Hosted by *Avada Hearing Care Centers*.

CLEAR CAPTION PHONES

Date: Tuesday, October 2, 2018

Time: 10:00am

Can't hear on the phone? Get information on a FREE Caption Phone. See flyer for details.

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*.

AQUATICS CLASSES FOR SENIORS

A new NSAC program at Somerset Swim & Fitness includes nine aquatic classes to choose from and free pool time. Space is limited to 12 participants. For more information, pick up flyer in reception area.

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.

MEET & GREETs FOR MUSIC CLASSES

Date Monday, September 17, 2018

Time: 1:00-3:00pm

In collaboration with the Nashua Community Music School, classes will be offered starting the first week in October on **How to Read Music**, **Play the Guitar**, and **Play the Keyboard**. See flyers in reception area for class meet and greet times and more information.

FREE HYPNOSIS PRESENTATION

Date: Tuesday, September 18, 2018

Time: 1:00pm

Hypnotherapist Irwin Bluestein will answer the following questions: what is hypnosis; how does it work; does the hypnotist take control of your mind; and can everyone be hypnotized? You will learn how hypnosis can help with such topics as weight, smoking, anger, stress, memory and so much more! The week following the free presentation we will be offering classes on weight management and quitting smoking. For full details, pick up a flyer in reception area. Register at the Front Desk by Friday, September 14, 2018. Space is limited.

DECLUTTERING STRATEGIES

Date: Thursday, October 4, 2018

Time: 1:00pm

Lisa Law presents another informative decluttering program. This class will focus on: types of clutter; decluttering challenges and how to overcome them; ways to simplify and downsize your spaces; and more. The fee is \$6/members and \$10/nonmembers. Registration and payment are due at the Front Desk by Thursday, September 27, 2018.

HOME IMPROVEMENTS: GET THE BEST BANG FOR YOUR BUCK

Date: Thursday, October 18, 2018

Time: 10:00-11:00am

Light refreshments will be served. The fee is \$6/members and \$10/nonmembers. Registration and payment is at the Front Desk by Thursday, October 11, 2018. Presented by **Ann-Marie Gallant, REALTOR - Keller Williams**.

POCKET BILLIARDS FOR BEGINNERS

Start Date: Tuesday, October 2, 2018

Time: 10:30-11:30am

Five-week instruction sessions will include: the basics: stance, balance, hand bridge, and stroke; shot alignment – physics class; rules of popular pocket billiards games and game etiquette; planning ahead; and graduation at an off-site Nashua location. The fee is \$20/members and \$30/nonmembers. Registration and payment is due by Tuesday, September 23, 2018. Class size is limited to 4 participants and preference will be given to NSAC members.

SOCIAL SECURITY - THE FIVE THINGS YOU NEED TO KNOW

Date: Thursday, October 11, 2018

Time: 6:00pm

Social Security is the foundation for a sustainable retirement income plan and many make uninformed choices when claiming retirement benefits. Choosing when to take benefits often has a dramatic impact on the success or failure of retirement plans. Learn how Social Security works and how making informed choices can help address longevity, inflation and market volatility risks. Register at the Front Desk by Friday, October 5, 2018. Presented by **Andy Whigham, Financial Advisor - Edward Jones**.

Water & Oil Painting Class

Art classes with Mary Crump will return on Thursdays this fall. See flyer in reception area for details.

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.

NASHUA FIRE RESCUE - COMMITTED TO YOU AND OUR COMMUNITY

Dates: Wednesday, September 5, 2018

Wednesday, October 3, 2018

Time: 10:30am

Learn about Nashua Fire Rescue, the departments within the fire department, fire safety for seniors, and other pertinent topics at the monthly talks. The September 5, 2018 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

In 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**.



REVERSE MORTGAGES

Date: Thursday, September 27, 2018

Time: 10:00am

Are reverse mortgages something to consider and can they actually help save money? Learn more at this seminar. Register at the Front Desk by Thursday, September 20, 2018. Sponsored by **Ann-Marie Gallant REALTOR, Keller Williams**.

POETRY & THE ART OF AGING

Start Date: Wednesday, September 26, 2018

Time: 10:30am

Let the conversation begin! Fee for the 4-week class is \$24/members & \$34/nonmembers. Registration and payment is due at the Front Desk by Wednesday, September 19, 2018.

MEDICARE 101

Dates: Thursday, September 6, 2018

Thursday, October 4, 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

Dates: Wednesday, September 12, 2018

Wednesday, October 10, 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.

VETERANS' COFFEE CLUB

Dates: Tuesday, September 11, 2018

Tuesday, October 9, 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**.

MEDICARE OPEN ENROLLMENT EDUCATIONAL SEMINARS

Dates: Wednesday, October 10, 2018

Monday, November 5, 2018

Time: 1:00-3:00pm

A health insurance specialist will help you better understand your Medicare choices for 2019. You will be given a tour of the Medicare Find-A-Plan website, a tool that helps seniors investigate and compare Part D RX and Medicare Advantage plans. These are educational meetings so there will be no sales or enrollment conducted. The seminars are free and open to the public. Register by visiting or contacting the Front Desk at 603-889-6155 one week prior to the seminar. Sponsored by **Atlantic Insurance & Benefit Company**.

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.

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

"JERSEY BOYS" (2 trips) **Ogunquit Playhouse**

Wednesday, September 26, 2018 (wait list only)

Wednesday, October 24, 2018

Cost: \$135 per person

Tony, Grammy, and Olivier award-winning best musical "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 before the performance, transportation, and gratuities.

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

Returns: 6:00-6:30pm

"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

FOXWOODS CASINO

Monday, September 10, 2018

Cost: \$42 per person

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

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

Returns: 6:00-6:30pm

LONGFELLOW'S WAYSIDE INN

Tuesday, 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: 8:30am - Exit 8 Park & Ride

Returns: 5:30pm

QUABBIN FOLIAGE TOUR

Wednesday, October 17, 2018

Cost: \$89.00 per person

Head to the scenic Quabbin Reservoir area and West Brookfield's Salem Cross Inn for 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

BOSTON POPS

Wednesday, December 12, 2018

Cost: \$149.00 per person

Arrive for lunch at the Venezia Restaurant overlooking Boston Harbor. Then, a drive along Boston Common to view the Christmas lights before arriving at the historic Symphony Hall where Keith Lockhart will be conducting the 4:00pm matinee performance. Seating is in the first balcony. Trip includes lunch, transportation, and gratuities.

Departs: 10:30am - Exit 8 Park & Ride

Returns: 7:00pm

MULTI-DAY TOURS

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

WASHINGTON, DC

September 13-17, 2018

NEW YORK CITY

October 30-November 1, 2018

ANNAPOLIS/BALTIMORE

September 23-26, 2018

IRISH SPLENDOR

October 31-November 7, 2018

ENGLAND, IRELAND, SCOTLAND, WALES

May 17-May 31, 2019

COLORADO ROCKIES

August 16-24, 2019

LONDON & PARIS

October 2-9, 2019

TRAVEL INFORMATION SESSION

Date: 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.

TRAVEL POLICIES

Information pertaining to travel policies regarding registration, cancellations, deposits, etc. are available by visiting or contacting the Trip Office at 603-816-2645

2019 ANNUAL APPEAL

All members will receive our Annual Appeal mailing in early November. Each and every donation makes a difference to the Nashua Senior Activity Center's ability to fulfill its mission as a resource in the Greater Nashua area for seniors. If you are not a member or do not receive the mailing and wish to contribute to the Annual Appeal, please contact Judy Porter, Development Director, at 603-816-2649 or via email at jporter@nashuaseniorcenter.org.

FUNDRAISING OPPORTUNITY

NASHUA SENIOR ACTIVITY CENTER

GAS CARD RAFFLE

\$800.00 in Gas Card Prizes

\$5 FOR ONE TICKET/ \$20 FOR FIVE TICKETS

Drawing will be held on Sunday, October 21, 2018 at the 37th Annual Senior Variety Show. Do not have to be present to win. All proceeds directly benefit the Nashua Senior Activity Center.

Tickets can be purchased at the Front Desk or by filling out the form below and sending it with payment to:

1ST PRIZE

\$500

2ND PRIZE

\$200

3RD PRIZE

\$100

Nashua Senior Activity Center
70 Temple Street
Nashua, NH 03060

GAS CARD RAFFLE	
NAME	
ADDRESS	
PHONE NUMBER	
EMAIL ADDRESS	

EVENING PROGRAMS

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 5-week class is \$30/members and \$40/non-members. Registration and payment are due at the Front Desk by Tuesday, September 4, 2018.

LIVING YOUR HEALTHIEST LIFE

Start Date: Wednesday, September 12, 2018

Time: 3:00pm

Instructor JenniLee will be address topics such as food groups, exercise, portions, and helpful health tips. The fee for the 6-week class is \$36/members and \$46/non-members. Registration and payment are due at the Front Desk by Wednesday, September 5, 2018.

CONVERSATIONAL SPANISH

Start Date: Monday, September 17, 2018

Time: 7:00pm

Instructor Sandra is from Brazil and is fluent in Spanish. This 6-week class will give participants an introduction to conversational Spanish. Please bring a notebook, pen, and a smile to class! The fee for the class is \$36/members and \$46/non-members. Registration and payment are due at the Front Desk by Monday, September 10, 2018.

BALLROOM DANCE

Start Date: Monday, September 24, 2018

Time: 5:30pm

Instructor Paul has taught Ballroom Dance at the Arthur Murray Studios. Learn to dance to the Fox Trot, Waltz, Jitterbug and Mambo. The fee for the 6-week session is \$36/members and \$46/non-members. Registration and payment are due at the Front Desk by Monday, September 17, 2018.

ZUMBA

Start Date: Monday, September 24, 2018

Time: 6:30pm

Do you like to have fun? Do you like to dance? Then, you'll love Zumba! Bring a change of shoes, plenty of water, and dress comfy! This 6-week class is taught by instructor Ann-Marie and is a fun way to workout. Fee for the class is \$36/members and \$46/non-members. Registration and payment is due at the Front Desk by Monday, September

EVENING AEROBICS

Start Date: Monday, October 15, 2018

Time: 5:30pm

Aerobics is a great way to get up and get active. Instructor Sylvie is fun and energetic and will help you get moving. The fee for the 6-week session is \$36/members and \$46/non-members. Registration and payment are due at the Front Desk by Monday, October 8, 2018.

EVENING INTEREST LISTS

The following classes are being considered be if there is interest:

DANCE2FIT

Dance2Fit is a combination of dance and fitness moves using popular Hip Hop and Pop music to create an aggressive but fun full-body workout.

BELLY DANCING **PHOTOGRAPHY**

Visit or contact the Front Desk at 603-889-6155 to add your name to an interest list.

Contact Aimee Rivard, Evening Program Coordinator via email at arivard@nashuaseniorcenter.org with any questions regarding the above offerings, or for information regarding evening classes and scheduling.

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:**

Monday, September 3, 2018
Labor Day Holiday

Monday, October 8, 2018
Columbus Day Holiday

Wednesday, October 24, 2018
City Day

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.

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.

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 \$30).

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).

RED CROSS BLOOD DRIVE

Date: Saturday, October 6, 2018

Time: 9:00am-2:00pm



The Nashua Senior Activity Center has partnered with **New England Voices in Harmony** and **The Nashua Granite Statesmen** to host an American Red Cross community blood drive at the Nashua Senior Activity Center. The American Red Cross reports that donors of all blood types are needed and the short amount of time it takes to donate blood can mean a lifetime to a patient with a serious medical condition. Join us in this selfless act of donating blood. Music will fill the air as both choruses will entertain on site. You will leave humming a tune! For more information contact Joyce Desjardins (NE Voices in Harmony) via email at joycedesjardins@hotmail.com or David Martinez (The Nashua Granite Statesmen) via email at david.martinez1966@gmail.com. Register to donate by visiting www.redcrossblood.org. When asked for zip or sponsor code enter: SINGERS.

Nashua Rotary West Club will be hosting its **Annual Spaghetti City** at the Nashua Senior Activity Center on Tuesday, **October 9, 2018**. The public is invited to share a spaghetti dinner with family, friends, and the extended Nashua community. Doors open at **4:30pm** and a full course spaghetti dinner with dessert will be served. Tickets are \$5 and will be available at the door.

NASHUA SENIOR ACTIVITY CENTER

OUR MISSION: to promote healthy aging, independence, and the well-being of older adults through health, wellness, educational, cultural, and recreational programs and services.



**Nashua Senior Activity Center
70 Temple Street
Nashua, NH 03060**

Non Profit Org
US Postage
PAID
Nashua, NH
Permit # 103

NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

Membership Office Hours: Monday through Friday, 9:00am-11:30am.

Eligibility: Membership is open to anyone in the greater Nashua area 50 years of age or older.

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

Membership Renewal by Mail: Include a ***self-addressed stamped envelope*** if you want your membership card and receipt mailed to you; otherwise, pick up your card and receipt when you visit the Center.

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

Membership Fee Exemption: Membership Fee is waived for all seniors 90 years old and over.

Payment: We accept cash, personal checks, credit cards, and debit cards.

Use of the Membership Card: Members must present their card to receive member discounts.

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.