

SENIOR ACTIVITY CENTER NEWS

ISSUE #310

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

JAN/FEB 2019

FIRE & FUSION: AN EXECUTIVE CHEF COMPETITION

Alpine Grove, Hollis NH

Date: Wednesday, May 1, 2019

Time: 6:00pm Hors d'oeuvres

7:00pm Competition



Mix, mingle, and enjoy hundreds of appetizers with a Southern flavor as "Fire & Fusion: an Executive Chef Competition" celebrates the "Taste of the Kentucky Derby". Vote your favorite appetizer for the "People's Choice," then watch as 8 chefs are challenged by 4 mystery ingredients in a timed competition to become the "Top Chef" at the NSAC's largest fundraising event. Local celebrity, author, and media personality Mike Morin will serve as Event Host. Special guest Judge is Sean McDonald, WMUR TV Celebrity. Desserts will be provided by Frederick's Pastries. Tickets go on sale January 2, 2019 for \$45 and a reserved table of 10 is \$390 (both include appetizers, dessert, coffee, and event admission). VIP early admission tickets are \$60 and a reserved VIP table of 10 is \$550 (includes the above plus exclusive early admission and a special "Winner's Circle" ticket). *Pre-event volunteers are needed. Contact Judy Porter at 603-816-2649 to assist.*

FLEA MARKET/ BOOK SALE EVENTS

Dates: Saturday, February 9, 2019 (Storm Date: Saturday, February 16)

Saturday, April 6, 2019 (Storm Date: Saturday, April 13)

Time: 9:00am - 2:00pm

The indoor flea market/book sale events directly benefit the NSAC. Tables for vendors are available for \$25. Donations for the raffle and treasure tables are always welcome and volunteers are needed for set up and preparation the day before as well at the events. For a table information, donations, or volunteer interest, contact Margo Bell at 603-816-2643 or via email: mbell@nashuaseniorcenter.org.

2019 ANNUAL APPEAL

Many ask why they should donate to the Nashua Senior Center's Annual Appeal. The fact is that the 100% self-funded Nashua Senior Activity Center depends on donations to keep operating. Every day the Center is open (250 days a year), it costs \$1,602 but only \$170 is generated from membership dues. The remaining \$1,432 for each of the 250 days must be generated by rentals, class fees, retail sales, trips, fundraising events, and donations. Each and every donation makes a difference to the Nashua Senior Center's mission as a resource in the Greater Nashua area. If you wish to contribute to the Annual Appeal, contact Judy Porter at 603-816-2649 or jporter@nashuaseniorcenter.org.

BOARD OF DIRECTORS

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Barney Barbera
Dir. Financial Mgt.
Retired USAF

VICE PRESIDENT

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Living at Home
SeniorCare

TREASURER

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Patricia Francis

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Treasurer/Tax
Collector
City of Nashua

Joy Peterson

At Home by Hunt

Michelle Runyan
Hunt Community

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SEMINARS AND PROGRAMS

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:

January 28, 2019

February 11, 2019

March 18, 2019

April 8, 2019

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

NASHUA FIRE RESCUE **COMMITTED TO YOU AND OUR** **COMMUNITY**

Dates: Wednesday, January 2, 2019

Wednesday, February 6, 2019

Time: 10:30am

Join representatives from Nashua Fire Rescue and learn more about the department and fire safety in these free and open to the public monthly talks in the CoffeeTalk Lounge.

COFFEE TIME WITH **JANE CONSTANT**

Dates: Wednesday, January 9, 2019

Wednesday, February 13, 2019

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, January 8, 2019

Tuesday February 12, 2019

Time: 2:00pm (*new time)

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.**

PROBATE AVOIDANCE

Date: Monday, February 25, 2019

Time: 5:30-6:30pm

Learn how to avoid probate in this overview of estate administration. The event is free and open to the public. Register by visiting or contacting the Front Desk by Monday, February 18, 2019. Hosted by **Morneau Law Office.**

CITY OF NASHUA **PROPERTY TAX RELIEF SEMINAR**

Date: Monday, January 14, 2019

Time: 1:30-3:30pm

Did you know that seniors may receive relief from property taxes? Representatives from the **City of Nashua Assessor's Office** will provide information and guidance regarding property tax relief programs that grant partial or complete exemptions from property taxes for qualified home owners. Exemptions are a reduction in the assessed value of a home by a specified amount and corresponding reductions in property taxes. Many exemption programs specify eligibility criteria, such as: older adults, people with disabilities, widows, veterans and disabled veterans who have a permanent service-connected disability of a specified percent. In some cases, income guidelines must be met. In others, income is not a factor. The event is free and open to the public. To register, visit or contact the Front Desk at 603-889-6155 by Thursday, January 10, 2019.

HEARING CLINICS

Dates: Tuesday, January 15, 2019

Tuesday, February 19, 2019

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.**

PLANNING FOR YOUR LOVED ONES

Date: Monday, March 25, 2019

Time: 5:30-6:30pm

Learn what documents to have in place to make your death and estate easier for your loved ones. The event is free and open to the public. To register, visit or contact the Front Desk by Monday, March 18, 2019. Hosted by **Morneau Law Office.**

SEMINARS AND PROGRAMS

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

FREE AARP TAX RETURN PREPARATION

Dates: Thursdays, February 7 - April 11, 2019*

Time: 9:00am-1:00pm

(must arrive by 12:00pm)

AARP Tax-Aide is a free program designed to promote tax return assistance to low- and moderate-income Americans of all ages with special attention given to seniors. The NSAC will offer this service in the dining hall on a first-come first-serve basis. Taxpayers should come prepared with their social security card or social security statement, picture ID, and 2018 tax return if possible. They should also be prepared to fill out a short questionnaire that is designed to assist the AARP volunteer in preparing your tax return.

Please note: volunteer tax return preparers are forbidden from accepting monetary compensation of any kind. Certain complicated tax returns, such as rental property income and small business returns, are considered "out of scope" and cannot be prepared by the volunteers.

****The NSAC follows the Nashua School District's determination's for inclement weather closings, delays and dismissals. The tax preparation sessions will not be held or rescheduled if the NSAC is closed due to weather conditions.***

CAPTION PHONES FOR HEARING LOSS

Date: Wednesday, March 13, 2019

Snow Date: Wednesday, March 20, 2019

Time: 10:30am

Join Becky Bushey, Outreach Educator, on behalf of CapTel Captioned phones for this important seminar. CapTel is short for captioned telephone, with an important addition: every word your caller says is displayed on the CapTel screen to read, similar to closed captioning for TV. Best of all, there is no cost to the user! CapTel service is part of a federally-funded program regulated by the FCC and available to registered users with hearing loss. To qualify you must have: high speed internet and home phone service. To register, visit or call the Front Desk at 603- 889-6155 by Friday, March 8, 2019.

A MATTER OF BALANCE

Dates: Fridays, March 8 - April 26, 2019

Time: 10:00 - 11:30am

Do you have concerns about falling? A Matter of Balance can help. In this 8-week, award-winning program designed to manage falls and increase activity levels, you will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. The program is open to the public and is \$15. Checks made payable to CPTC at the first class. Register at the Front Desk by Friday, March 3, 2019. Contact Fred Daniels at 603-880-0488 with any questions. Hosted by **Center for Physical Therapy**.

LEGAL EDUCATION SEMINAR

Date: Wednesday, March 27, 2019

Time: 1:00-3:00pm

Topics include protecting your home and life savings from sudden catastrophic illness; avoiding probate and planning for disability; thinking ahead for grandchildren; and important matters such as if after your death, your adult child divorces or dies, or what to do if your heirs have a drug dependency. Seminar is free and open to the public. Sign up by visiting or contacting the Front Desk at 603-889-6155 by Friday, March 22, 2019. Hosted by **Attorneys Edward Beasley & Greg Gagne**.

SOCIAL SECURITY - THE FIVE THINGS YOU NEED TO KNOW

Date: Thursday March 21, 2019

Snow Date: Thursday, March 28, 2019

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, March 15, 2019. Presented by **Andy Whigham, Financial Advisor - Edward Jones**.

EVENING PROGRAMS

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

ACRYLICS PAINT CLASS

Start Date: Wednesday, January 9, 2019

Time: 5:30pm

This 6-week acrylics paint class will be fun for people of all experience levels. Instructor Julie Marie has been teaching for many years and is passionate about art. The class fee is \$45/ members and \$55/non-members. Registration and payment are due at the Front Desk by Monday, January 7, 2019.

BASIC COMPUTER SKILLS

Start Date: Monday, January 14, 2019

Time: 6:00pm

This class will teach participants basic computer skills such as confidence while using their computer, safety, understanding "the cloud", using email, browsing the internet, and more. The class will be teaching both Apple® and pc products. This is a great class to bring any tech questions you may have. The class is a 4-week session and the fee is \$24/members and \$34/non-members. Registration and payment are due at the Front Desk for the class by January 9, 2019.

EVENING INTEREST LISTS

The following classes are being considered:

DIET & EXERCISE

LOCAL AUTHOR TALKS

BELLY DANCING

PHOTOGRAPHY

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

GET FIT & STRONG!

Start Date: Wednesday, January 16, 2019

Time: 5:30pm

Exercising daily can help give you more energy to be active and will have you moving and feeling better! This 4-week group fitness class is designed to meet *your* exercise needs. Class member's experience a non-intimidating class environment, supportive professional coaching, fun and variety, a program tailored to needs of class. Group classes have a special emphasis on core stability and mobility training, strength training, and a total body workout. Participants must bring dumbbells (1 - 2 pairs of 5 - 12 lb. dumbbells), an exercise mat, water bottle, towel if needed, and dress in comfortable workout clothes. Class is \$30/members and \$40/non-members. Registration and payment are due at the Front Desk by Wednesday, January 9, 2019.

EVENING AEROBICS

Start Date: Monday, February 11, 2019

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, February 4, 2019.

ALL LEVELS YOGA

Start Date: Thursday, January 10, 2019

Time: 5:30pm

A gentle, flow yoga on the mat class for all levels. The fee for the 6-week session is \$36/members and \$46/non-members. Registration and payment are due at the Front Desk by Thursday, January 3, 2019.



IRISH SOCIAL CORNED BEEF AND CABBAGE DINNER

Date: Wednesday, March 13, 2019

Time: 3:00pm (doors open at 2:30pm)

Celebrate St. Patrick's Day with live entertainment by "Shennachie and the McGongagle School of Dance Irish step-dancers and a dinner of corned beef and cabbage. Tickets will be available at the Front Desk beginning Tuesday, January 15, 2019 for \$10/ members and \$15 nonmembers and must be purchased by Wednesday, March 6, 2019.

ACTIVITIES DIRECTOR CATHY BARRETT

CHECK OUT ALL THE DIFFERENT YOGA CLASSES

There is something for everyone!

Congratulations to Yoga Instructor Valerie Ford-Galvin on her recent retirement. She is wished well on her new adventures and will be missed.

We are excited to announce Yoga instructor Jessica Marie, 200 CYT is teaching 2 yoga on the mat classes each week. Evening yoga classes are also offered. See page 5.



YOGA ON THE MAT WITH JESSICA

MORNINGS:

Start Date: Tuesday, January 8, 2019
Time: 10:15am

OR

AFTERNOONS

Start Date: Thursday, January 10, 2019
Time: 4:00pm

A gentle hatha yoga practice on the mat for those who move fairly well (from lying on your back, to sitting and standing up). This practice will combine beginner yoga postures, movement within the posture, mindfulness and simple breathing techniques. Gently strengthen and stretch the whole body improving the quality of posture, muscle tone and revitalize the mind. The practice of yoga also promotes functional mobility and even self-discovery while enhancing the flow of energy in the body. Leave class with an increased sense of mental peace and wholeness as a result of this gentle practice. Suggestions on items to bring to class: yoga mat (thicker mat if you need extra cushion for your knees), one yoga block (optional) and a small blanket (optional). Fee for each 6-week session is \$36/members and \$46 non-members. Register at the Front Desk for the Tuesday morning class by Wednesday, January 2, 2019 and for the afternoon class by Thursday, January 3, 2019.

GENTLE CHAIR YOGA WITH HEIDI

Start Date: Thursday, January 10, 2019
Time: 10:15 -11:15 am

Relax - have fun - increase strength, flexibility and balance with the options of using a chair, standing or light mat work. The fee for the 6-week session is \$36/members and \$46 nonmembers. Register at the Front Desk by Thursday, January 3, 2019.

GENTLE YOGA

YOGA EXERCISES TO IMPROVE YOUR BALANCE WITH JANICE

Start Date: Tuesday, January 8, 2019
Time 11:30 am

Want to exercise to improve your balance, flexibility, bone health and reduce stress? Using chairs, participants will sit and stand exercising using props such as yoga blocks and straps. If you have difficulty getting up and down from the floor and want to learn ways to add strength, flexibility and balance to your life, then this is the perfect choice! The fee for the 6-week session is \$36/members and \$46 non-members. Register at the Front Desk by Wednesday, January 2, 2019

Look for Yoga Instructors Jessica and Eileen soon to be on our Facebook page with a few short intro to mat yoga clips!



NEW 8-WEEK AQUATICS CLASS FOR SENIORS

Start Date: Monday, February 18, 2019

The 8-week swim and fitness class will be held at Somerset Swim & Fitness Center, located at the Double Tree by Hilton on Somerset Parkway in Nashua. Space is limited to 12 participants (first come-first serve) and includes: indoor heated pool and hot tub; water exercise classes for all levels; complete guest privileges; access to physical therapy care; access to massage therapy; full locker room amenities including saunas; facility access from 5:00am-10:00pm M-F and 6:00am -10:00pm Saturday and Sunday (with the exception of class times). A required orientation will be held on Thursday, February 14, 2019. Cost is \$48 and must be a NSAC member. Registration and payment are due at the Front Desk by Monday, February 11, 2019. After registration, participants will be contacted with full details.

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. Please ask about cancellation policy.

ST. PATRICK'S DAY PARTY

Regale Music Theatre of Greater Boston
Saturday, March 16, 2019

Cost: \$115 per person before January 20, 2019
\$125 per person after January 20, 2019

Join us for one of New England's largest St. Patrick's Day celebrations. The party features Irish tenors, step dancing, a glimpse into a Celtic pub, the charms of an Irish band, and the lift of laughter with a master Irish comic. Enjoy a little bit of Ireland as we await the return of Spring!. Trip includes dinner after the 2:00pm show at the Chateau Restaurant (with a choice of corned beef cabbage or chicken parmigiana), transportation and gratuities.



Departs: 12:30 pm Exit 8 Park & Ride
Returns: Approximately 7:30pm

"LES MISERABLES"

The Opera House, Boston

Date: Sunday, April 28, 2019

Cost: \$160 before March 1, 2019
\$170 after March 1, 2019

Based on Victor Hugo's classic novel, "Les Misérables" is an epic and uplifting story about survival of the human spirit that has won over 100 major awards including Oliver's, Tony's, and Grammy's. Two years after the Revolution of 1830, France is on the brink of violence once again. Dismayed that one king has been replaced by another, a group of rebels are plotting to overthrow the monarchy and lay claim to the throne for the common people. Trip includes 1:00pm matinee tickets, transportation, gratuities, and lunch on your own at Prudential Center (The Cheesecake Factory or Eataly Restaurants) before the show.



Departs: 9:00 am Exit 8 Park & Ride
Returns: Approximately 5:30pm

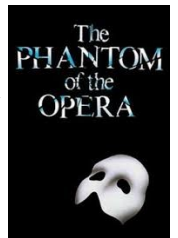
"PHANTOM OF THE OPERA"

Providence Performing Arts Center

Saturday: March 30, 2019

Cost: \$125 before January 25, 2019
\$135 after January 25, 2019

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's "Phantom of the Opera" returns to Providence as part of its North American tour. Critics are raving that this breathtaking production is bigger and better than ever before! Brilliant new scenic design, award winning original costume design, and many exciting special effects including the show's legendary chandelier. Trip includes transportation, 2:00pm matinee, orchestra seating, and time on your own for lunch at the Providence Place Mall prior to show.



Departs: 9:30 am Exit 8 Park & Ride
Returns: 6:30-7:00pm

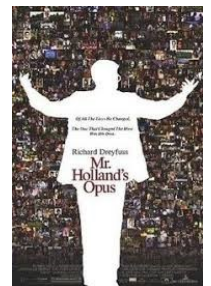
"MR. HOLLAND'S OPUS"

Ogunquit Playhouse

Thursday, July 25, 2019

Cost: \$125 per person before May 25, 2019
\$135 per person after May 25, 2019

Composer Glenn Holland believes that he'll eventually write a transcendent piece of music, but in the meantime, he has taken a job at an Oregon high school. Though the job frustrates him and his unconventional methods often draw the ire of a straight-laced vice principal, Mr. Holland grows to love his students as the "temporary" position stretches into a decades-long career; and in the end, they reveal just how much they love him back. Trip includes transportation, gratuities, lunch at Warren's Lobster House Restaurant in Kittery, ME with a choice of six entrees.



Departs: 10:00 am Exit 8 Park & Ride
Returns: 6:30-7:00pm

DAY TRIPS continued

"42nd STREET"

Ogunquit Playhouse

Wednesday, June 19, 2019

Cost: \$125 before April 15, 2019

\$135 after April 15, 2019

When revered Broadway director Julian Marsh falls on hard times with both his health and his finances, he helms an ambitious musical as a final production before his retirement. His lead actress, Dorothy Brock is torn between two loves: the show's wealthy backer, Abner Dillon and the earnest but penniless actor Pat Denning while aspiring young performer Peggy Sawyer waits in the wings, hoping for her big break. Trip includes show ticket, lunch at Warren's Lobster House in Kittery, ME, transportation, and gratuities.



Departs: 10:00am Exit 8 Park and Ride

Returns: 6:30-7:00pm

SURPRISE SHOW

Ogunquit Playhouse

Wednesday, October 2, 2019

Cost: \$125 before August 1, 2019

\$135 after August 1, 2019

Information to be released in March. Trip includes lunch at Warren's Lobster House ;n Kittery, ME, transportation, and gratuities,

Departs: 10:00am Exit 8 Park & Ride

Returns: 6:30-7:00pm

2019 DAY TRIP INTEREST LISTS

Contact the Trip Office with interested in:

NEWPORT PLAYHOUSE (Fall)

NORTH SHORE MUSIC THEATER

MARTHA'S VINEYARD

BOSTON HARBOR CRUISE

HELLO DOLLY" WITH BETTY BUCKLEY

SUGARING TOUR

MT. WASHINGTON CRUISE

CHARLES RIVER TOUR

CASTLE IN THE CLOUDS

NANTUCKET

MULTI-DAY TOURS

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

MYRTLE BEACH

OTTAWA TULIP FESTIVAL

ENGLAND, IRELAND, SCOTLAND, WALES

COAST OF MAINE

NOVA SCOTIA - CAPE BRETON ISLAND

COLORADO ROCKIES

PURE MICHIGAN

LONDON & PARIS

May 4 - May 11, 2019

May 13 - May 16, 2019

May 17 - May 31, 2019

June 3-6, 2019

June 26-July 2, 2019

August 16 - 24, 2019

September 5-13, 2019

October 2 - 9, 2019

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, January 1, 2019

New Year's Day Holiday

Monday, January 21, 2019

Birthday of Martin Luther King Holiday

Monday, February 18, 2019

Presidents' Day Holiday

INCLEMENT WEATHER CLOSINGS

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



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.

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 **January 2nd & 16th** and **February 6th & 20th** for food, games, and fun! All proceeds benefit the NSAC.

VOLUNTEER OPPORTUNITY

Jerry Jean Music Program Assistant - on the third Tuesday of each month from 6:30 - 9:45pm. Assistant duties include making/cleaning up coffee, selling 50/50 chances, and close-up. Contact Margo Bell at 603-816-2643 or via email mbell@nashuaseniorcenter.org for information.

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** in the months of April, June, August and October 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).

St. Joseph Community Services - provides a **congregate lunch** as part of their Community Dining Program, in the Nashua Senior Activity Center dining room **Monday through Friday** at **11:45am**. Lunch is offered to people ages 50-59 for a \$5 charge and a \$2 donation for ages 60 and older. Reservations are required one week prior. For information on the congregate lunch or **Meals on Wheels** program, call 603-882-2106 for more information.



Service Link Resource Center - provides assistance connecting to services such as: Medicare/Medicaid, prescription assistance, caregiver support, housing options, transportation, and more. Service Link can be contacted at 603-598-4709. They are located on the second floor of the Nashua Senior Activity Center. Walk-ins are welcome **Monday through Friday** between **9:00am - 4:00pm**.

Shop Amazon - The Nashua Senior Activity Center receives a donation every time you shop on Amazon.com. Create a log-in account and choose Nashua Association for the Elderly, Inc. on <http://www.smile.amazon.com> to donate.



NASHUA SENIOR ACTIVITY CENTER

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



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

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Nashua, 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.

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