

SENIOR ACTIVITY CENTER NEWS

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

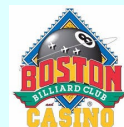
BOSTON BILLIARD CHARITABLE GAMING TO BENEFIT THE NASHUA SENIOR ACTIVITY CENTER

55 Northeastern Boulevard, Nashua NH

Dates: Monday, February 25 - Sunday, March 3, 2019

Time: 12:00pm-1:00am

Boston Billiard Club & Casino has graciously dedicated the above dates to benefit the Nashua Senior Activity Center. Many gaming options are available, including poker, black jack, roulette, craps, and more. The NSAC receives 35% of all gaming proceeds.



IRISH SOCIAL/ CORNED BEEF & CABBAGE DINNER

Date: Wednesday, March 13, 2019

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

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



FLEA MARKET/BOOK SALE

Date: Saturday, April 6, 2019

(Storm Date: Saturday, April 13)

Time: 9:00am - 2:00pm

The indoor flea market/book sale event directly benefits the NSAC. Tables for vendors are available for \$25. Raffle and treasure table donations for the raffle are always welcome. Volunteers are needed the day before as well as the day of. For table information, donations, or volunteer interest, contact Margo Bell via email at mbell@nashuaseniorcenter.org. or call 603-816-2643.

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 are \$45 each 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). To volunteer to assist with pre-event tasks, contact Development Director Judy Porter at 603-816-2649.

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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.

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:

March 18, 2019

April 8, 2019

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

NASHUA FIRE RESCUE COMMUNITY TALKS

Dates: Wednesday, March 6, 2019

Wednesday, April 3, 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 Coffee Talk Lounge.

HEARING CLINICS

Dates: Tuesday, March 19, 2019

Tuesday, April 16, 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**.

AARP "SMART DRIVER" COURSE

**Dates: Tuesday, March 26, 2019 &
Wednesday, March 27, 2019**

or

**Tuesday, April 16, 2019 &
Wednesday, April 17, 2019**

Time: 9:30am– 12:30pm

In this 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. The fee is \$15/AARP members \$20/non-AARP members. Payment by check is due at first class meeting. Register at the Front Desk for March course by Friday, March 22, 2019 and for the April course by Friday, April 12, 2019. Produced and taught by trained AARP volunteers.

A MATTER OF BALANCE

Dates: Fridays, March 8 - April 26, 2019

Time: 10:00 - 11:30am

This 8-week, award-winning program is designed to help you 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 exercise to increase strength and balance. The program is open to the public. The fee is \$15 made payable to by check to CPTe at the first class. Register at the Front Desk by Friday, March 1, 2019. Contact Fred Daniels at 603-880-0488 with any questions. Hosted by **Center for Physical Therapy & Exercise**.

VETERANS' COFFEE CLUB

Dates: Tuesdays, March 12

Tuesday April; 9, 2019

Time: *2:00pm (*new time)

Guest speakers present information of interest to military veterans. The March session will feature guest speaker **Beth Alves, Suicide Prevention Coordinator at the Manchester VA Medical Center**. 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**.

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesday, March 13, 2019

Wednesday, April 10, 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.

SEMINARS AND PROGRAMS

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. Taxpayers should come prepared with their social security card or statement, picture ID, and 2018 tax return if possible. They should be prepared to fill out a short questionnaire designed to assist the AARP volunteer in preparing the return. Volunteer tax return preparers are forbidden from accepting monetary compensation of any kind. Certain complicated tax returns are considered "out of scope" and cannot be prepared by the volunteers. **To schedule an appointment, call 211 or visit <https://nhtaxhelp.org>. Walk-ins accepted but will be slotted after appointments are handled.**

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

DIABETIC SHOE CLINIC

Date: Wednesday, April 10, 2019

Time: 12:00 - 2:00pm


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. Register and pick up the necessary form at the Front Desk by Wednesday, April 3, 2019.

Hosted by **Charron Medical Services**.

PROPERTY TAX RELIEF ASSISTANCE

Date: Friday, May 3, 2019

Time: 9:00am-2:00pm

AARP Tax volunteers will assist those who qualify to receive a refund from the State of NH on the 2018 property taxes they paid to their city or town. To qualify, the Adjustable Gross Income (AGI) must be \$20,000.00 or less for Single filers or \$40,000 or less for those filing as Married Filing Joint or Head of Household. AGI can be found on line 7 of your Form 1040 tax return. You must bring a copies of your property tax bill for 2018 and 2018 Federal Income Tax Return for each adult over 18 who owns or resides in the home. This is a free service, there is no age limit, and pre-registration is not required. 

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 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*.

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**.

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**.

CAPTION PHONES FOR HEARING LOSS SEMINAR

Date: Wednesday, March 13, 2019

Snow Date: Wednesday, March 20, 2019

Time: 10:30am

On captioned telephones, every word the caller says is displayed on the screen to read, similar to closed captioning for TV. There is no cost as the service is part of a federally-funded program regulated by the FCC. To qualify you must have high speed internet and home phone service. To register, visit or call the Front Desk by Friday, March 8, 2019. Hosted by Becky Bushey, **CapTel**.

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.

ALL LEVELS YOGA

Start Date: Thursday, March 7, 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, February 28, 2019.

EVENING AEROBICS

Start Date: Monday, April 8, 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, April 1, 2019.

SPRING FLOWERS CLASS

Start Date: Wednesday, April 10, 2019

Time: 5:30pm

This 3-week class will teach you how to make real flower arrangements, wreaths, and elegant bows for the spring to decorate your home or give as gifts. Supplies may be purchased through the instructor. You may bring your own vase for the floral arrangements or purchase one from the instructor. The fee is \$10/ members and \$20/non-members. Registration and payment are due at the Front Desk by Wednesday, April 3, 2019.

ACRYLICS PAINT CLASS

Start Date: Wednesday, April 17, 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, April 10, 2019.

BALLROOM DANCE

Start Date: Monday, April 22, 2019

Time: 5:30pm

Paul has taught Ballroom Dance at the Arthur Murray Studios. You will 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, April 15, 2019.

ADVANCED COOKING COURSE

Start Date: Wednesday, TBD

Time: 4:30-6:00pm

Prerequisite for this class is having taken the Beginner Cooking Class. The 6-week course will teach participants how to build upon the skills they learned in the first cooking course with Chef Reggie. At the end of the class participants will have more recipes to add to their personal cookbooks. The class is for members only, has limited space, and registration will be on a first-come, first-served basis. For full details, look for the flyer near the Front Desk. Registration and payment are due at the Front Desk one week prior to the start date.

EVENING INTEREST LISTS

Visit or contact the Front Desk at 603-889-6155 to add your name to an interest list on any of the following classes that are being considered:

DIET & EXERCISE, LOCAL AUTHOR TALKS , BELLY DANCING, PHOTOGRAPHY

ANNUAL SENIOR PICNIC

Alpine Grove, Hollis NH

Date: Thursday, June 20, 2019

Time: 9:30am-2:30pm

Save the date

All adults 50 and over are invited to the Annual Senior Picnic! Tickets are \$20 and go on sale beginning March 15, 2019 at the Front Desk. Note that tickets are non-refundable, required to attend, and must be purchased by June 13, 2019. Complete details will be in the May/June newsletter. Donations of new raffle items or gift cards for the picnic raffle are being collected. Volunteers are needed to serve on a planning committee and/or assist at the event. Contact Cathy Barrett at 603-816-2647 or via email at cbarrett@nashuaseniorcenter.org to donate or volunteer.

ACTIVITIES DIRECTOR CATHY BARRETT

DON'T MISS OUT ON EXCITING NEW CLASSES AND PROMOTIONS! **PICK UP FLYERS IN FRONT RECEPTION AREA FOR DETAILS ON:**

- **SPRING FLING**: includes FREE meet & greets and door prizes. (The more the merrier!)
 - **NEW CLASSES** including beginner's classes in Bridge and Mah Jong, and new aquatic classes.
- See Activities Schedule at Front Desk or NSAC website for details on all classes.**

GOLF LEAGUE **INFORMATIONAL MEETING**

Date: Monday, April 1, 2019
Time: 9:45 am

All members are welcome to join the 2019 golf league informational meeting. Golf games will begin on Monday, May 6, 2019 and played at the Whip-Poor-Will course in Hudson, NH. It is a mixed league with a quota system that makes everyone equal, even if your game is not up to par (no pun intended). The league fee is \$60, green fees and carts are additional costs. Register for the informational meeting by contacting the Front Desk by Friday, March 29, 2019. You must show your current membership card to join.

LOVE LETTER" (2 OFFERINGS)

Date: April 11, 2019 Date: April 18, 2019
Time: 1:00pm Time: 6:00pm

A Love Letter is a document designed to provide information during a time of grief or confusion so that your loved ones can live with the results of your planning. The love letter is a compilation of information that your family will need at the time of death or incapacitation. The class is free and space is limited. Register by visiting or calling the Front Desk by one week prior to class. Hosted by Denise Petrin, *Wells Fargo*



REAL ESTATE SERIES:

#1 TIPS TO HELP YOU GET YOUR HOUSE SOLD FAST

Date: Wednesday, April 10, 2019
Time: 1:00-2:00-pm

Thinking of selling your house? Attend this informative seminar. Light refreshments will be served. Register by visiting or contacting the Front Desk at (603) 889-6155 by Thursday, April 4, 2019.

#2 HOW DO I KNOW HOW MUCH MY HOUSE IS WORTH?

Date: Wednesday, April 24, 2019
Time: 1:00-2:00-pm

Register by visiting or contacting the Front Desk by Friday, April 19, 2019 Light refreshments will be served. Hosted by Ann-Marie Gallant REALTOR® Je parle francais/ *Keller Williams Realty*.

EAT TO LIVE HEALTHY **MEET & GREET**

Start Date: Monday, March 25, 2019
Time: 5:30pm

Attend the Meet & Greet to learn about the 4-week nutrition workshop sessions. Topics in the program include: Eat For Happiness, Live Longer-Live Healthier and Eat to Live - Live to Eat. The program will help you take back your health and put you on the path to living not only longer, but healthier and happier. Learn easy and simple ways to boost your health and reduce your risk of disease. Benefits of participating can include: increased energy, better sleep, weight loss, improved digestion and more. Sign up for the free Meet & Greet by visiting or contacting the Front Desk by Monday, March 18, 2019. Workshops begin on Monday, April 8, 2019. The fee is \$55/members and \$65/nonmembers. Registration and payment are due at the Front Desk by Monday, April 1, 2019. Hosted by Candice Trudel, *Nashua Family Chiropractic*.

2019 FALL VARIETY SHOW INFORMATION NIGHT MEET & GREET

Date: Monday, May 13, 2019
Time: 6:00pm

Has it been years since you've been out dancing *cheek to cheek*? When was the last time you cut a rug with your best guy or gal? Dust off your dance shoes and be a part of this year's variety show called, "Shall We Dance"! The show will highlight dances and songs-about-dances from the last 100 or so years. Auditions will be held in June, rehearsals are usually held on Thursday evenings from 6:00-8:00pm, and the show will be held on a Sunday afternoon in mid-October. Attend the information night and meet Director Kathy Lovering and Music Director Dick Leombruno to learn more about the show.

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 the show.

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

"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**

2019 DAY TRIP INTEREST LISTS

Contact the Trip Office if interested in:

NEWPORT PLAYHOUSE (Fall)

MARTHA'S VINEYARD

NANTUCKET

BOSTON HARBOR CRUISE

MT. WASHINGTON CRUISE

CHARLES RIVER TOUR

CASTLE IN THE CLOUDS

GLOUCESTER HARBOR CRUISE

BEHIND THE SCENES AT FENWAY PARK

"TEA AT FIVE"**Ogunquit Playhouse****Thursday, July 25, 2019****Cost: \$125 per person before May 25, 2019****\$135 per person after May 25, 2019**

Award-winning actress Faye Dunway takes the stage after an absence of over thirty five years to star in this production to play a fellow screen legend and iconic actress, Katharine Hepburn. Set at her estate in Connecticut, "Tea at Five" tells the intimate story of Hepburn's life in a monologue based on her memoir "Me: Stories of My Life". Audiences leave with a new memories of one of the most dearly-beloved ladies of an era. Trip includes lunch at Warren's Lobster House Restaurant in Kittery ME transportation, gratuities.

Departs: 10:00 am Exit 8 Park & Ride**Returns: 6:30-7:00pm****"SUNSET BOULEVARD"****North Shore Music Theatre****Wednesday, September 25, 2019****Cost: \$134 per person before July 15,,2019****\$139 per person after July15,, 2019**

Andrew Lloyd Webber's Tony-Award winning masterpiece is the story of dreams and desires in the early days of Hollywood. Norma Desmond lives in a fantasy world in her mansion on Sunset Boulevard. Impoverished screenwriter Joe Gillis stumbles into her reclusive domain and is persuaded to work on her film script that she believes will put her back in front of the camera. Dramatic consequences follow. Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities.

Departs: 10:15 am Exit 8 Park & Ride**Returns: 6:30pm****SURPRISE SHOW****Ogunquit Playhouse****Wednesday, October 2, 2019****Cost: \$125 before August 1, 2019****\$135 after August 1, 2019**

The Ogunquit Playhouse is offering a surprise spectacular and unforgettable show. Information will be available in the Trip Office when the announcement is made. Trip includes lunch at Warren's Lobster House in Kittery ME, transportation, and gratuities.

Departs: 10:00am Exit 8 Park & Ride**Returns: 6:30-7:00pm****"THE BODYGUARD"****North Shore Music Theatre****Wednesday, October 30, 2019****Cost: \$134 per person before August 15,2019****\$139 per person after August 15, 2019**

In this new musical, Former secret service agent Frank Farmer is hired to protect superstar Rachel Marron from an unknown stalker. Each expects to be in charge, but don't expect to fall in love. The romantic thriller features a host of Whitney Houston classics. Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities.

Departs: 10:15 am Exit 8 Park & Ride**Returns: 6:30pm****MULTI-DAY TOURS****MYRTLE BEACH**

May 4 - May 11, 2019

OTTAWA TULIP FESTIVAL

May 13 - May 16, 2019

ENGLAND, IRELAND,**SCOTLAND WALES**

May 25 - June 8, 2019

COAST OF MAINE

June 3-6, 2019

NOVA SCOTIA CAPE BRETON**ISLAND** June 26-July 2, 2019**WOODSTOCK ANNIVERSARY**

July 29-30, 2019

COLORADO ROCKIES

August 16 - 24, 2019

MONTREAL/QUEBEC

August 18-22, 2019

LAKE GEORGE

August 27-28, 2019

PURE MICHIGAN

September 5-13, 2019

COMMON MAN SPA

September 23-24, 2019

LONDON & PARIS

October 2 - 9, 2019

CAPE COD BOGS & WINE

October 8 9, 2019

MACY'S THANKSGIVING PARADE

November 27-28, 2019

PENNSYLVANIA DUTCH

December 3-5, 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

The NSAC will be closed on
Wednesday, May 1, 2019
for the Fire and Fusion fundraising event.

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

COFFEE TALK LOUNGE

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

WEDNESDAY BINGO

Afternoon Bingo is held on the **1st and 3rd Wednesday** of each month and open to the public (must be 18 years of age or older). Bring your friends! Doors open at **1:00pm** and games start at **1:30pm**. There are door prizes, cash prizes, and winner take all. Join us on **March 6th & 20th** and **April 3rd & 17th** for food, games, and fun! All

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.

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 handicap-accessible, air-conditioned, centrally located, and provides ample parking. Contact Margo Bell via email at mbell@nashuaseniorcenter.org or call 603-816-2643 for details.

Members receive special rates!

NSAC BUSINESS MEDIA SPONSORS



Breakfast Exchange
Club of Nashua



Silverstone Living

CLUB NATIONAL MEAT BINGO EVENT TO SUPPORT NSAC

Date: Saturday, March 9, 2019

Time: 7:00pm

Doors open at 6:00pm for Club National's Meat Bingo event that will benefit the Nashua Senior Activity Center. Attend the event for a fun night out and chances to win as well as assist the NSAC. Club National's support is greatly appreciated!

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 - meets on **Fridays** at **11:00am** in the Music Room under the direction of Judy Hayward, a professional music director. The chorus performs music from show tunes, classical, popular, 50's and 60's, and patriotic melodies. Those members who wish to do so travel to local healthcare facilities and retirement communities to entertain and are available to perform elsewhere for a donation to the Center. For more information, contact Activities Director Cathy Barrett at 603-816-2647 or SLC Coordinator, Frank Sullivan at 603-508-2898.

Friday Music Group - meets 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 \$32).

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**.



The Breakfast Exchange Club of Nashua is hosting its fifth annual **BAKED POTATOFEST** fundraising event on **Monday, April 29, 2019** from **4:30-6:30pm** at the NSAC. Enjoy baked potatoes with a variety of toppings, dessert and a beverage. Tickets are \$6 in advance, \$8 at the door, and \$6 for children under 12 years old. Advanced tickets are available: at the NSAC Front Desk; by mailing a check to: TBEC, PO Box 1488, Nashua NH 03061; or via email at BXCNashua@gmail.com.

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.

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