

SENIOR ACTIVITY CENTER NEWS

70 Temple Street
Nashua, NH 03060
ISSUE #312 Telephone 603.889.6155 MAY/JUNE 2019
www.nashuaseniorcenter.org

BOSTON BILLIARD CLUB & CASINO CHARITABLE GAMING BENEFITS THE NSAC

Boston Billiard Club & Casino graciously hosted another charitable gaming week to benefit the Nashua Senior Activity Center. The more than \$46,000 raised will support the Center's continued efforts to provide meaningful resources, services, and activities to seniors in the greater Nashua community.



Thank you, Boston Billiards!



Presentation of the check included: (l-r) NSAC Activities Director Cathy Barrett, NSAC Board Member David Fredette, NSAC Board of Director Treasurer Elizabeth Cepaitis, BBC Assistant General Manager Don Wilmot, BBC General Manager Gia Bonilla, and NSAC Volunteer David Nugent.

ANNUAL SENIOR PICNIC

Alpine Grove, Hollis NH

Date: Thursday, June 20, 2019

Time: 9:30am-2:30pm

All adults (50+) are invited to enjoy a great day indoors and outdoors. Participate in morning activities including musical entertainment by the Basement Boys' Duo, miniature golf, line dancing, card games, bingo, board games, and more. All activities are included in the cost with the exception of bingo and chances on raffle items. A buffet lunch will feature barbecued chicken with all the fixings! The afternoon entertainer is one brought back by popular demand. Unique DJ performer Brian McCarthy wowed us at the 2017 picnic and will again share his spectacular personality, music and performance. Prepare yourself for a day to remember with a perfect mix of music, food, and fun. Tickets are available at the Front Desk for \$20/members and \$25/non-members and must be purchased by June 13, 2019.

Thank you to the following Annual Senior Picnic Sponsors:

GOLD LEVEL

Dartmouth-Hitchcock

SILVER LEVEL:

**Alpha Home Care Solutions
American Medical Response
Anthem
Cap Tel Outreach
Greenbriar Healthcare**

**Harvard Pilgrim Healthcare
Home Health & Hospice Care
Humana
Ann-Marie Gallant / Keller Williams
Triangle Credit Union**

BRONZE LEVEL:

**Arbors of Bedford
Breakfast Exchange Club of Nashua**

Chick Beaulieu, Inc.

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FIRE & FUSION – AN EXECUTIVE CHEF COMPETITION

Date: Wednesday, May 1, 2019

Thank you to the following: Event Host, Mike Morin - Radio Host - Frank FM 106.3; Special Guest Judge Sean MacDonald - WMUR TV; Celebrity Judges: Chef Nicole Barreira - Great NH Restaurants, Susan Laughlin - "NH Magazine" Food Editor, and Chief Brian Rhodes - Nashua Fire Rescue; chefs, volunteers, participants, attendees, and committee members for all of their contributions to this highly successful fundraising event.



2019 FIRE & FUSION AN EXECUTIVE CHEF COMPETITION

A Taste of the Kentucky Derby Appetizer and Cooking Competition

Wed, May 1, 2019, 6pm-9pm

Alpine Grove Banquet Facility, Hollis, NH

THANK YOU TO OUR SPONSORS

SIGNATURE SPONSOR

BENCHMARK SENIOR LIVING

Diamond Dish

**Alpha Home Care Solutions • ConvenientMD • Harvard Pilgrim Health Care
The Courville Communities • Market Basket**

Platinum Platter

Bridges at Nashua • TD Bank • The Lenny Dobens Agency, LLC • Triangle Credit Union

Golden Grill

**Comcast • Ledgewood Bay at Milford • Bedford Nursing & Rehab Center • Greenbriar Healthcare
Andy Whigham, Financial Adv. with Edward Jones • Bentley Commons at Bedford • Enterprise Bank
Southern NH Health • St. Joseph Hospital • Tamposi Foundation • Nash Foundation • Morneau Law
Nashaway Woman's Club • Nashua Lions Club • Anctil-Rochette & Son Funeral Home • Visiting Angels
Center for Physical Therapy & Exercise • Villa Crest Nursing & Retirement Ctr. • Etchstone Properties
Nashua Firefighters Local 789**

Silver Skillet

**Armistead Senior Care • Beasley & Ferber, PA • Eaton & Berube Insurance • Gateways Community Services • ServiceLink
Barry & Honorow, Attorneys-at-Law • Breakfast Exchange Club of Nashua • Northeast Rehabilitation Hospital
Allen Mello Chrysler Jeep Dodge Ram • Jeanne D'Arc Credit Union • CGI Benefit Solutions • Harvey Construction Corp.**

Hors d'oeuvres Sponsors

**Arbors of Bedford • Aynsley Place • Bedford Nursing and Rehab Center • Bentley Commons at Bedford
Bridges at Nashua • Courville at Nashua • Ledgewood Bay at Milford • Nashua Crossings
Villa Crest Nursing & Retirement Center**

Dessert Sponsor

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Print Sponsor

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Right At Home Senior Care

Floral Sponsors

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Pantry Sponsors

**Bridges at Nashua • Lenny Dobens Agency
Lowell Five**

Paper Products Sponsor

New England Paper and Supply

Media Sponsor

**WSMN 1590 Nashua, NH
Bartis-Russell Broadcasting, LLC**

In-Kind Sponsor

Diane Siteman

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.

CHARLES RIVER CRUISE

Wednesday, June 12, 2019

Cost: \$99 per person

Enjoy a delightful voyage on the Charles River as the Captain provides a narration of the most historical sights of Boston and Cambridge. View the "New Boston", Rose Kennedy Greenway, Boston's Public Garden, Swan Boats, and other local attractions. Trip includes lunch at the Cheesecake Factory, transportation, and gratuities.

Departs: 8:30 am Exit 8 Park & Ride

Returns: 5:30pm (Approximately)

MARTHA'S VINEYARD

Wednesday, June 26, 2019

Cost: \$119 per person

Travel to Falmouth, MA to board the Island Queen ferry to arrive in Martha's Vineyard. Enjoy a sight-seeing bus tour across the island and some free time in Edgartown to enjoy the many sights, restaurants, and fine shops. Trip includes dinner at Bertucci's Restaurant, transportation, and gratuities.

Departs: 7:30 am Exit 8 Park & Ride

FENWAY PARK & BOSTON TOUR

Wednesday, July 17, 2019

Cost: \$99 per person

Arrive in Boston for a guided tour of Fenway Park, including a narrative of Fenway's history and present-day upgrades and amenities. Following the Fenway tour, enjoy a full-course lunch at the Venezia Restaurant overlooking Boston Harbor. The next stop is Sam Adams Brewery for a narrated tour and tasting. Trip includes lunch, tours, transportation, and gratuities.

Departs: 8:30 am Exit 8 Park & Ride

Returns: 5:00pm

"42nd STREET"

Ogunquit Playhouse

Wednesday, July 3, 2019

Cost: \$135 per person

When a revered Broadway director falls on hard times, he helms an ambitious musical as a final production before his retirement. His lead actress is torn between two loves: the show's wealthy backer and an earnest but penniless actor while an aspiring young performer 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

"CABARET"

Ogunquit Playhouse

Thursday, July 25, 2019

Cost: \$125 before May 25, 2019

\$135 after May 25, 2019

Decadent nightlife meets dangerous times at Berlin's alluring Kit Kat Klub in this iconic musical. Set in the cabaret underworld on the eve of Hitler's rise to power, the musical tells the story of a young American writer newly arrived in Berlin who falls in love with a cabaret singer. Their romance sizzles amid the back room culture of the cabaret and the tumultuous atmosphere of pre-Nazi Germany. Trip includes 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

"FUNNY MONEY"

Newport Playhouse

Wednesday, July 31, 2019

Cost: \$105 per person before June 30, 2019

\$115 per person after June 30, 2019

Henry picks up the wrong briefcase full of money and decides to keep it. Knowing the former owner must have his briefcase, he rushes home to book a one-way fare. One detective thinks Henry was soliciting. Another thinks Henry is dead; a man with his briefcase was found in the Thames. Henry's attempts to extricate himself from this impossible situation lead to increasingly hysterical situations. Enjoy a delicious buffet lunch in the dining room before entering the theater for the performance. After the show, return to the dining room for dessert and a fun-filled cabaret show. Trip includes lunch, shows, transportation, and gratuities.

Departs: 8:45am Exit 8 Park & Ride

Returns: 6:30pm

GLOUCESTER LOBSTER CRUISE**Saturday, August 3, 2019****Cost: \$109 per person**

Enjoy a brief drive-around tour of the quaint fishing village of Gloucester before boarding the luxurious Beauport Princess for a 2-1/2-hour cruise. A New England lobster bake buffet will be served as the Captain narrates the sights along the harbor and surrounding area. Return to the dock at 2:00pm for a short bus ride to Rockport to shop and enjoy scenic views. Trip includes lunch, transportation, and gratuities.

Departs: TBA Exit 8 Park & Ride**Returns: 5:30pm****LAKE WINNIPESAUKEE CRUISE****Saturday, August 17, 2019****Cost: \$109 per person**

Board the MS/Mount Washington for a delightful sail. Enjoy views of the White Mountains from the decks of this 230-foot vessel. Relax in comfortable deck chairs, delight in the magnificent full course luncheon buffet, and enjoy the narrated cruise. Trip includes lunch, transportation, and gratuities.

Departs: 8:30am Exit 8 Park & Ride**Returns: 5:30pm****SURPRISE SHOW****Ogunquit Playhouse****Wednesday, October 2, 2019****Cost: \$125 before August 1, 2019****\$135 after August 1, 2019**

A surprise spectacular and unforgettable show is being planned. 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**

A former secret service agent is hired to protect a superstar from an unknown stalker. Each expects to be in charge don't expect to fall in love. This 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****NANTUCKET BY FAST FERRY****Wednesday, August 7, 2019****Cost: \$159 per person**

Board the high speed ferry in Hyannis for a one hour cruise to Nantucket. Enjoy the historic town before a narrated bus tour at 1:00pm. Depart for Hyannis at 4:15pm for dinner at Bertucci's Restaurant. Trip includes dinner, transportation, and gratuities.

Departs: 6:45am Exit 8 Park & Ride**Returns: 8:30pm****"SUNSET BOULEVARD"****North Shore Music Theatre****Wednesday, September 25, 2019****Cost: \$134 per person before July 15, 2019****\$139 per person after July 15, 2019**

This is a Tony-Award winning story of dreams and desires in the early days of Hollywood. Norma lives in a fantasy world in her mansion on Sunset Boulevard. Impoverished screenwriter Joe 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****MULTI-DAY TOURS****COAST OF MAINE**

June 3-6, 2019

NOVA SCOTIA CAPE BRETON ISLAND

June 26-July 2, 2019

COLORADO ROCKIES

August 16 - 24, 2019

LAKE GEORGE & SARATOGA

August 27-29, 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

PENN. DUTCH CHRISTMAS

December 3-5, 2019

ACTIVITIES DIRECTOR CATHY BARRETT

CALLING ALL CARD & GAME PLAYERS

Opportunities for card and game players, held in the Card Room on the second floor, include:

WHIST: Mondays at 1:00 pm (arrive by 12:45) If you don't know how to play but would like to learn, contact Bob at 603-888-0079.

CRIBBAGE: Wednesdays at 1:00pm (arrive by 12:45). If you that would like to learn to play or just brush-up on your game, see Dean in the Card Room at 12:30pm.

MULE TRAIN/DOMINOS: Thursdays at 1:00pm

BRIDGE: Mondays and Tuesdays at 1:00pm and Thursday mornings at 9:30 am.

MAH JONG: Tuesdays at 1:00pm.

NEW "GAME DAY": Bob Accorsi is starting a game day that will be held on Thursdays at 1:00pm. There will be a variety of games to play. The afternoon is designed for fun and meeting people. The fee for this drop-in class is \$2/members and \$3/nonmembers.



We look forward to seeing you!

For full details on cards and other games offered, pick up an Activities Schedule at the front reception area, membership office, or on our website.



2019 ANNUAL 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. Rehearsals will be held on Thursday evenings from 6:00-8:00pm. The show will be held on a Sunday afternoon in mid-October; date to be announced. Attend the information night and meet Show Director Kathy Lovering and Music Director Dick Leombruno to learn more.

Auditions: "SHALL WE DANCE?"

Date: Monday, June 10, 2019

Time: 6:00pm

Whether you sing, waltz, fox-trot, square dance, twist, jitterbug or line dance, or other, come on down! We are looking for a variety of acts including musical numbers, dances, solos, duets, and skits. You do not have to be a NSAC member to participate. For more information, contact Cathy Barrett at 603 816-2647.



6-WEEK AQUATICS CLASS FOR SENIORS

Start Date: Monday, June 24, 2019

The 6-week swim and fitness class will be held at Somerset Swim & Fitness Center, located at the Double Tree by Hilton in Nashua. The program includes water exercise classes for all levels in an indoor heated pool, extended hours of pool use, and more. A required orientation will be held prior to date of first class session. The fee is \$36/members and \$46/non-members and space is limited to 12 participants (first come-first serve). Registration and payment are due at the Front Desk by Monday, June 17, 2019. After registration, participants will be contacted with full details.

ICE CREAM SUNDAE SOCIAL

Date: Thursday, August 1, 2019

Time: 2:00pm (doors open at 1:30pm)

Enjoy a summer afternoon with an ice cream sundae while listening to an entertaining jam session. Music will be provided by fellow seniors. For details, pick up flyer in front reception area.



SEMINARS AND PROGRAMS

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

PROPERTY TAX RELIEF ASSISTANCE

Date: Friday, May 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 copy 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.

VETERANS' COFFEE CLUB

Dates: Tuesday, May 14, 2019

Tuesday, June 11, 2019

Time: 2:00pm

Guest speakers 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.**

THE IMPORTANCE OF POSTURE FOR HEALTH AND MOBILITY

Introduction to Course:

Date: Monday, May 20, 2019

Time: 9:30am

6-week Posture Training

Start Date: Wednesday, May 22, 2019

Time: 2:00-2:30pm

Good posture improves your balance and stability, as well as positively affecting your health. Fred Daniels, MS, will explain the health benefits of good posture and help you achieve that through practice and exercises to stretch and strengthen the muscles associated with bad posture. The course is free and open to the public. Sign up by Wednesday, May 15, 2019. Hosted by **Center for Physical Therapy & Exercise.**

JUNE CARON HISTORIC PHOTOGRAPH IDENTIFICATION DAYS

Dates: Tuesday, May 7, 2019 and

Wednesday, June 12, 2019

Time: 10:00am-2:00pm

The Nashua Historical Society is holding June Caron Photograph Identification Days, which are hosted at the NSAC. These events are to assist June to identify people and places in the photos from her days at the Nashua Parks & Recreation Department, a Division of Public Works. Some of June's scrapbooks will be on display. To assist in the photograph identification, drop by the Education Room on the above dates and times.

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesday, May 8, 2019

Wednesday, June 12, 2019

Time: 10:30-11:30am

Nashua Police Department's Senior Relations Officer will answer questions and address concerns of seniors in the Coffee Talk Lounge. The talks are free and open to the public.

TRUSTS 101

Date: Monday, May 20, 2019

Time: 5:30 pm

Learn the basics of trusts in this informative legal education seminar. The event is free and open to the public. Register by visiting or contacting the Front Desk by Monday, May 13, 2019. Hosted by **Morneau Law.**

HEARING CLINICS

Dates: Tuesday, May 21, 2019

Tuesday, June 18, 2019

Time: 10:00am - 12:00pm

Free 15-minute hearing screenings and hearing-aid checks are offered monthly. Reserve a time by visiting or contacting the Front Desk at 603-889-6155 one week prior to the clinic date. Hosted by **Avada Hearing Care Centers.**

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.

EVENING AEROBICS

Start Date: Monday, May 20, 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, May 13, 2019.

ACRYLICS PAINT CLASS

Start Date: Wednesday, May 29, 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, May 22, 2019.

BETTER CHOICES, BETTER HEALTH

Start Date: Wednesday, June 5, 2019

Time: 5:30pm

This 6-week class, brought to you by Alpha Home Care, will introduce you to new ways to bring more joy, and wellness into your life. You will learn how to self-manage your chronic condition via living a healthy lifestyle, which will enhance your well-being. This class is free to members and non-member please sign up at the Front Desk by Wednesday, May 29, 2019.

TRASH TO TREASURE

Date: Wednesday, May 22, 2019

Time: 6:00pm

Have you ever wondered if stuff in your home is junk or worth money? Come to this workshop to learn how to figure out if your belongings have value. Instructor Denise has 10+ years in the antique business and has experience with both "trash" and "treasure". She will also offer a free evaluation of items at the end of the seminar if you would like to bring one item. Class is free to members and \$10 for non-members. Register by visiting or contacting the Front Desk by Wednesday, May 15, 2019.

UNTIL HELP ARRIVES

Class Start Date: TBD

"You Are the Help Until Help Arrives" is a new program dedicated to educating and empowering the public to take action in emergency situations and provide lifesaving care before professional help arrives. This training will occur over two evenings. For full details, pick up a flyer at the Front Desk.

OIL PAINTING CLASS

Start Date: Monday, June 10, 2019

Time: 5:30pm

Oil paint is an exciting and popular medium to work with. The 4-week class will help you better your understanding. All experience levels are welcome. The fee is \$30/ members and \$40/non-members. Register by visiting or contacting the Front Desk by Monday, June 3, 2019.

EVENING INTEREST LISTS

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

BELLY DANCING

DIET & EXERCISE

LOCAL AUTHOR TALKS

PHOTOGRAPHY

PHYSIC EVENTS/ READINGS

Lpi ads

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
Fire and Fusion fundraising event
Monday, May 28, 2018
Memorial Day Holiday

COFFEE TALK LOUNGE **ENTERTAINMENT**

50s, 60s & 70s MUSIC **FEATURING "BENES"**

Days: Mondays & Thursdays
Time: 10:45 - 11:45am
12:30 - 1:30pm



MUSIC WITH SUSIE

Days: First and third Fridays
Time: 12:30-3:30pm

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.

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.

WEDNESDAY BINGO

Afternoon Bingo is held on the **1st and 3rd Wednesday** of each month and open to the public (must be 18 years of age or older). Bring your friends! Doors open at **1:00pm** and games start at **1:30pm**. There are door prizes, cash prizes, and winner-take-all. Join us on **May 15th** and **June 5th & 19th** for food, games, and fun! All proceeds benefit the NSAC. ***Please note that BINGO will not be held on May 1, 2019.***

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 rooms 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**

Bartis-Russell Broadcasting



Breakfast Exchange Club of Nashua

Silverstone Living



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. This is done 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.



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 Senior Activity Center 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

Non Profit Org
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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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