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SENIOR ACTIVITY CENTER NEWS

ISSUE #313

70 Temple Street
Nashua, NH 03060
Telephone 603.889.6155 JULY/AUG 2019
www.nashuaseniorcenter.org

NASHUA

ICE CREAM SOCIAL

FEATURING ENTERTAINMENT BY NSAC MUSIC GROUPS

Date: Friday, July 19, 2019

Time: 1:30pm

Enjoy a no-cost summer afternoon with an ice cream sundae while being entertained by NSAC music groups. Tickets are available at the Front Desk until Friday, July 12, 2019. A \$3 deposit is required that will be reimbursed at the event.

NSAC ANNUAL MEETING

Date: Thursday, August 8, 2019

Time: 3:00pm

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

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

NEW

DESIGNER HANDBAG BINGO

Date: Monday, September 9, 2019

Time: 6:30pm (doors open at 5:30pm)

Enjoy a night out and chances to win one of ten designer handbags (valued at over \$3,000), gift certificates, and a door prize of a wine basket that includes a vineyard tour for twenty guests and 2 bottles of wine. Tickets are limited to 100 guests and include a light meal and cash bar. Additional bingo chances for each handbag will be available as well. Tickets are available at the Front Desk beginning Monday, July 1, 2019 for \$40 and, if available, will be sold at the door for \$50.



2019 ANNUAL FALL VARIETY SHOW

"SHALL WE DANCE?"

Date: Sunday, October 20, 2019

Time: 2:00pm

Location: Nashua High School South

This year's show celebrates dances from the last 100 or so years. Director Kathy Lovering, Music Director Dick Leomburo, and Producer Cathy Barrett will lead talented dancers and singers as they hit the stage with spectacular performances. Tickets can be purchased at the Front Desk for \$12 beginning Thursday, August 1, 2019. For children ages ten and under, the ticket price is \$10. Tickets will be available the day of the show at the door for \$15. Contact Cathy Barrett at 603-816-2647 or by email cbarrett@nashuaseniorcenter.org for more information.

NSAC NEWS

SHELL GAS GIFT CARD RAFFLE

\$1,000.00 in Gas Card Prizes \$5 for 1 ticket/ \$20 for 5 tickets

Thanks to donations from four generous supporters, a second annual Shell Gas Station Gift Card Raffle will be held. There are four chances to win! The drawing will be held on Sunday, October 20, 2019, at the 38th Annual Senior Variety Show. Presence is not required to win. Tickets can be purchased at the Front Desk beginning Thursday, August 1, 2019.

FIRST PRIZE	SECOND PRIZE	THIRD PRIZE	FOURTH PRIZE
\$500	\$250	\$150	\$100



VOLUNTEER RECOGNITION

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

BOOK OF GOLDEN DEEDS AWARD

VOLUNTEER BARBARA LABRECQUE was nominated for the **Breakfast Exchange Club of Nashua's BOOK OF GOLDEN DEEDS AWARD**. The award is given each year to honor a person, a group of persons, and an organization that unselfishly donates their time, talent and energy to help improve the quality of life for seniors in the Greater Nashua community. Barbara came to the NSAC as a newly retired BAE employee. She volunteers several days a week working on databases and spreadsheets in the Membership Office where she interacts with individuals interested in becoming members or renewing their membership. It is a volunteer position where accuracy and detail are imperative. She volunteers her time and talents to key fundraising and social events as well. Since Barbara participates in yoga classes at the Center, she is able to personally tell new members about the availability of classes to meet every need. She also serves on its Membership Committee and is a strong advocate of the Center. Committed and caring, Barbara excels as a volunteer that the NSAC is fortunate to have.

MYRA KRAFT COMMUNITY MVP AWARD

Long-time member and supporter **VOLUNTEER HANK BERNADINI** was nominated for the **New England Patriots' Foundation CELEBRATE VOLUNTEER AWARD** for his dedication in organizing and managing the Nashua Senior Activity Center's Golf League. The league originated with 4 participants and this year has grown to 48 golfers. His time, efforts, and skills are greatly appreciated.

SPONSORSHIP OPPORTUNITIES

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

AARP TAX-AIDE PROGRAM SUCCESS

The AARP Tax-Aide Program provided tax return assistance to low- and moderate-income Nashua area residents of all ages. Special attention was given to seniors at the NSAC every Thursday from February 7 through April 11, 2019 and numbers increased by 9% from last year. Thank you, AARP volunteers for providing this meaningful service to the Nashua community.

ANNUAL SENIOR PICNIC

Thank you to the following Annual Senior Picnic Sponsors:

GOLD LEVEL:

Dartmouth-Hitchcock

SILVER LEVEL:

American Medical Response
Greenbriar Healthcare
Humana

Anthem
Harvard Pilgrim Healthcare
Ann-Marie Gallant / Keller Williams

CapTel Outreach
Home Health & Hospice Care
Triangle Credit Union

BRONZE LEVEL:

Arbors of Bedford

Breakfast Exchange Club of Nashua

Chick Beaulieu, Inc.

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.

VETERANS' COFFEE CLUB

Dates: Tuesday, July 9, 2019
Tuesday, August 13, 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.**

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesday, July 10, 2019
Wednesday, August 14, 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.

HEARING CLINICS

Dates: Tuesday, July 16, 2019
Tuesday, August 20, 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. Host-

MEDICAID 101—EVENING

Date: Monday, September 16, 2019
Time: 5:30pm

Learn the income and asset rules when applying for Medicaid as well as discussion regarding qualification for transferring assets and the lookback period. Hosted by **Morneau Law.**

MEDICARE 101—EVENING

Date: Thursday, August 8, 2019
Time: 5:30-7:00pm

Information on choosing among the various NH health supplemental plans will be provided each month on the first Thursday. The events are free and open to the public. Hosted by **The Lenny Dobens Agency.**

ASK THE EXPERTS: PRE-PLANNING FUNERAL ARRANGEMENTS

Date: Thursday, September 5, 2019
Time: 5:30pm

and

Date: Wednesday, September 25, 2019
Time: 1:00pm

Have all of your questions about pre-planning, including protection of your pre-payment dollars, answered. Refreshments will be served. Sign up at the Front Desk one week prior. Free and open to the public. Hosted by **Anctil-Rochette & Son**

AARP "SMART DRIVER" COURSES

Dates: Tuesday, September 24, 2019 &
Wednesday, September 25, 2019
Time: 9:00am - 1:00pm

and

Dates: Tuesday, October 22, 2019 &
Wednesday, October 23, 2019
Time: 9:30am - 12:30pm

In the six-hour courses, learn how issues ranging from medication to the newest auto technology can affect driving ability. Certain insurance companies recognize that completion of the course may qualify their members for a reduction in auto insurance premiums. Payment of \$20 by check due is at first class. The fee for AARP members is \$15. Register at the Front Desk for the September course by Friday, Sept. 20, 2019 and the October course by Friday, Oct. 18, 2019. Produced by **AARP** and taught by trained **AARP Volunteers.**

THE IMPORTANCE OF POSTURE FOR HEALTH AND MOBILITY

Introduction to Course:

Date: Wednesday, September 4, 2019
Time: 2:30-3:00pm

4-Week Posture Training

(2 classes per week: Mondays and Wednesdays)

Start Date: Monday, September 9, 2019
Time: 2:00-2:30pm

Good posture improves balance and stability, and positively affects health. The health benefits and exercises to stretch and strengthen the muscles will be explained. The training is free and open to the public. Sign up by Wednesday, August 28, 2019. Hosted by **Center for Physical Therapy & Exercise.**

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:

September 23, 2019	November 4, 2019
October 21, 2019	December 2, 2019

Grant funded by the Eversource Foundation, Nashua Rotary, and Nashua Rotary West.

DIABETIC SHOE CLINIC

Date: Monday, October 21, 2019

Time: 9:30 - 11:30am

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 medical authorization form at the Front Desk by Friday, October 11, 2019. Hosted by **Charron Medical Services**.

ACTIVITIES DIRECTOR CATHY BARRETT

OUTSIDE WATERCOLOR & JOURNALING

Start Date: July 15, 2019

Time: 10:30am-12:00pm

Award-winning artist and poet Julie Marie Hoey will instruct this six-week course. The first class will meet at the Nashua Senior Activity Center and then paint nearby. The remaining classes will be at other locations unless the weather is uncooperative. Watercolor pencils are strongly encouraged as they lend themselves to *en plein air* (painting outside) which strengthens line, depth, weight, and texture. Giving words to one's painting defines and clarifies them, increasing our visual vocabulary. The joint process fosters spontaneity and playfulness. The freedom is in the process, not the outcome. The fee is \$80/members and \$90/non-members. Registration and payment is due no later than Thursday, July 11, 2019. Pick up supply list (not included in class fee) at the Front Desk.

6-WEEK AQUATICS CLASS FOR SENIORS

Start Date: Monday, August 12, 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, August 5, 2019. After registration, participants will be contacted with full details.

PINOCHLE:

Join the Pinochle Group on Monday mornings at 9:00am in the Card Room. For details on other card groups and games, pick up an Activities schedule at the Front Desk or on our website.



HANNAFORD BOOK SALE UPDATE: The Nashua Senior Activity Center raised \$349 at the book sale at Hannaford Supermarket. Many thanks to Hannaford for all the support and to Pauline and Peter Desautels for their hard work in making the fundraiser a success!

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.

"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: \$135 per person

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

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 Beauport Princess for a 2½-hour cruise. A lobster bake buffet will be served as the Captain narrates the sights. Return to the dock at 2:00pm for a short drive to Rockport to shop and enjoy scenic views. Trip includes lunch, transportation, and gratuities.

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

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

"FUNNY MONEY"

Newport Playhouse

Wednesday, July 31, 2019

Cost: \$105 per person before June 30, 2019
\$115 per person after June 30, 2019

Someone 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 he was soliciting. Another thinks he is dead; a man with his briefcase was found in the Thames. His attempts to extricate himself lead to hysterical situations. Enjoy a buffet lunch in the dining room before entering the theater for the show. 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

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

DAY TRIPS

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 ANNOUNCED:

"KINKY BOOTS"

Ogunquit Playhouse

Wednesday, October 2, 2019

Cost: \$125 before August 1, 2019

\$135 after August 1, 2019

Charlie Price reluctantly inherits a shoe factory in this Tony Award winning musical. To save the business, he forms an unlikely partnership with cabaret performer and drag queen, Lola. With Lola's help, Charlie develops a plan to produce a line of high-heeled boots. In the process, the two discover that they are not that different after all. 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

CASABLANCA BY THE SEA

Portland ME

Wednesday, September 11, 2019

Cost: \$99 per person

Enjoy the scenery traveling north to the "Pine Tree State" of Maine. Upon arrival, enjoy lunch at the Bull and Claw Restaurant, close by the coastal salt marsh in Wells ME. Next, board the Bay View Lady for a 90-minute narrated Portland Harbor cruise. Experience Portland's picturesque islands, light houses, Civil War Forts, fishing boats, and seals basking on the rocks in Casco Bay on this wonderful sail. Upon completion of the cruise, there is time for shopping and browsing at Portland's newly renovated Old Port waterfront. Trip includes lunch, transportation, and gratuities.

Departs: 9:00am Exit 8 Park & Ride

Returns: 6:30pm

"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 a 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

"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 turned body guard is hired to protect a superstar from an unknown stalker in this musical based on the smash 1992 film. Each expects to be in charge; what they don't expect is to fall in love. This breath-taking romantic thriller features a host of Whitney Houston classics including "I Want to Dance with Somebody", "Saving all My Love" and one of the biggest songs of all time: "I'll Always Love You". Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities.

Departs: 10:15 am Exit 8 Park & Ride

Returns: 6:30pm

NEW HAMPSHIRE TURKEY TRAIN

Wednesday, October 9, 2019

Cost: \$99 per person

Travel to scenic northern NH and enjoy the changing colors of sugar maples which signal nature's change of season. On arrival, board the Scenic Railroad Dining Car for a train ride by the beautiful Lake Winnepesaukee. A full course lunch will be served featuring Hart's Turkey Farm's specialty dinner. The train will return to the station to board the coach bus for local sight-seeing and foliage viewing. Trip includes lunch, transportation, and gratuities.

Departs: 8:30 am Exit 8 Park & Ride

Returns: 5:30pm

DAY TRIPS

PILGRIM BELLE

Sunday, October 6, 2019

Cost: \$99 per person

On arrival to Plymouth MA enjoy a sightseeing tour that includes a visit to Plymouth Rock, and views of the Mayflower II, the Pilgrim Monument and Plymouth's 9/11 Memorial. Lunch at the Hearth & Kettle will follow. Then, a narrated 75-minute sightseeing cruise on the paddle wheeler, Pilgrim Belle, Trip includes lunch, transportation, and gratuities.

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

Returns: 5:30pm

A DOO-WOP CHRISMAS

Castleton Banquet & Conference Center

58 Enterprise Drive, Windham, NH

Thursday, December 5, 2019

Cost: \$64 per person (does not include transportation)

Enjoy continued entertainment throughout the afternoon. The Corvettes will play your favorite 50s and 60s' songs to celebrate the season. Lunch is included. Doors open at 11:30am and there will be giveaways and door prizes!

"COME FROM AWAY"

Providence Performing Arts Center

Saturday, December 7, 2019

Cost: \$130 per person before Sept.1, 2019

\$135 after September 1, 2019.

The musical tells the true story of what transpired when 38 planes were ordered to land unexpectedly in the small town of Gander in the province of Newfoundland and Labrador Canada as part of Operation Yellow Ribbon after the September 11th attacks. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. The characters are based on real Gander residents as well as some of the 7,000 stranded travelers they housed and fed. Lunch on your own at Providence Place Mall before the 2:00pm performance. Trip includes transportation and gratuities.

Departs: 9:00 am Exit 8 Park & Ride

Returns: 6:30-7:00pm

Limited number of tickets are available .

MULTI-DAY TOURS

LAKE GEORGE & SARATOGA

August 27-29, 2019

PURE MICHIGAN

September 5-13, 2019

LONDON & PARIS

October 2 - 9, 2019

COMMON MAN SPA

October 3-4, 2019 (new date)

MACY'S THANKSGIVING PARADE

November 27-28, 2019

PENN. DUTCH CHRISTMAS

December 3-5, 2019

NSAC INFORMATION

NASHUA SENIOR ACTIVITY CENTER **HOURS OF OPERATION**

**Monday, Tuesday, Wednesday, and
Friday: 9:00am-4:00pm
Thursday: 9:00am-7:00pm**

The NSAC will be closed on
Thursday, July 4, 2019
Independence 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

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

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 OPPORTUNITIES

Front Desk Attendants - to provide reception duties, answer phone lines, and register members for classes, seminars and events. Various morning and afternoon shifts available.

Trip Office Representative - to sign up, answer questions, and provide trip booking information on Tuesdays from 9:00-11:30am.

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 **July 3rd** and **July 17th & August 7th** and **August 21st** for food, games, and fun! All proceeds benefit the NSAC.

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!

BUSINESS MEDIA SPONSORS

Bartis-Russell Broadcasting



Breakfast Exchange Club of Nashua

Silverstone Living



THANK YOU, IT INSIDERS

IT Insiders assisted the NSAC during the transition to a new system that significantly improves call quality and internet and WIFI capabilities. We are grateful for the support of our efforts.



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, 50s and 60s', 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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