

## **BOARD OF DIRECTORS**

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### **Brenda Perrier**

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## **STAFF**

### **Executive Director**

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# *SENIOR ACTIVITY CENTER NEWS*

ISSUE #314

70 Temple Street  
Nashua, NH 03060  
Telephone 603.889.6155 SEPT/OCT2019  
www.nashuaseniorcenter.org

NASHUA

## **DESIGNER HANDBAG BINGO**

**Date: Monday, September 9, 2019**

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

Enjoy a night out and chances to win ten designer handbags (valued at over \$3,000), gift certificates, and a door prize that includes a vineyard tour for 20 guests and more. Tickets are \$40 (\$50 at door if available), limited to 100 guests, and include a light meal and cash bar. Additional bingo chances for each handbag will be offered. Contact the Front Desk at 603-889-6155 for ticket information.

## **38TH ANNUAL FALL VARIETY SHOW** **"SHALL WE DANCE?"**

**Date: Sunday, October 20, 2019**

**Time: 3:00pm**

**Location: Nashua High School South**

This year's show celebrates dances from the last century. 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 and will be available the day of the show at the door for \$15. For children ages ten and under, the ticket price is \$10. For more information, contact Cathy Barrett at 603-816-2647 or by email: cbarrett@nashuaseniorcenter.org.



### **ANNUAL VARIETY SHOW SPONSORS:**

**PRODUCERS:** Alpha Home Care Solutions, Inc. · Center for Physical Therapy & Exercise · The DeMoulas Foundation

**DIRECTORS:** Arbors of Bedford · Breakfast Exchange Club of Nashua · Martin H. Fabian, LUTCF · Greenbriar Healthcare

**FRIENDS:** Saint Joseph Hospital · Triangle Credit Union · Worthen Industries

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

## **SHELL GAS GIFT CARD RAFFLE**

**\$1,000.00 in Gas Card Prizes**  
**\$5 for 1 chance/ \$20 for 5 chances**

Thanks to donations from four generous supporters, a second annual Shell Gas Station Gift Card Raffle is being held. **There are four chances to win!** The drawing will be held on Sunday, October 20, 2019 at the Annual Senior Variety Show.

Presence is not required to win.  
Tickets can be purchased at the  
Front Desk.

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



**TAG-DAYS' FUNDRAISING EVENT****Dates: Friday, October 11, 2019****Saturday, October 12, 2019****Time: 9:00am-9:00pm**

A tag-days' event to benefit the NSAC will be held at the NH State Liquor Store on Coliseum Avenue in Nashua on the above dates. Thanks to the NSAC Senior Council, volunteers, and friends for this fund-raising effort. To assist at the tag days event, contact Roz Citino via email: [rosalyn@comcast.net](mailto:rosalyn@comcast.net).

**HALLOWEEN MONSTER MASH BASH****Date: Wednesday, October 30, 2019****Time: 2:00pm**

Let's mash up an afternoon with dance and karaoke music! The DJ will play your favorite dance music and, for those that would like to sing: karaoke. Dress in costume for a chance to win 1<sup>st</sup> 2<sup>nd</sup> or 3<sup>rd</sup> prize! Light refreshments will be served. Tickets will be available at the Front Desk beginning Tuesday, September 3, 2019 for \$6/ members and \$10/nonmembers and must be purchased by Wednesday, October 23, 2019.

**FLEA MARKET/BOOK SALE EVENT****Date: Saturday, November 16, 2019****Time: 9:00am-2:00pm**

The indoor flea market/book sale event features more than thirty vendors, breakfast, lunch, and home-baked goods. Donations of new and used merchandise and baked items are gladly accepted. Tables for vendors are available for \$25 by contacting Margo Bell at 603-816-2643 or via email at [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org).

**SAVE THE DATES :**

(details to follow in the next newsletter)

**Friday, December 6, 2019 at 12:30pm****GERALD CHARLES DICKENS PERFORMANCE****Saturday, December 7, 2019 starting at 8:00am****BREAKFAST WITH SANTA / GINGERBREAD CONTEST****"OVER THE EDGE" SUCCESS**

Would you rappel 24 stories because you believe in a cause? This summer, 20+ local non-profits joined forces to go OVER THE EDGE in support of our community through the United Way of Greater Nashua. NSAC Board Treasurer **ELIZABETH CEPAITIS**, NSAC Friend **ADAM GREEN**, Nashua Fire Rescue Deputy Chief **STEVE BUXTON**, NSAC Board Member **MARTHA ACKERMAN**, and Nashua Police Officer **KEVIN PUCILLO** (pictured L-R) rappelled down the Brady Sullivan Tower in Manchester in support of the NSAC. They raised over \$10,000 for the NSAC's endowment fund. Thank you, United Way, team, donors, and supporters.

**2019 ANNUAL APPEAL**

All Nashua Senior Activity Center members will receive the 2019 Annual Appeal mailing in early November. Each and every donation makes a difference to the NSAC's ability to fulfill its mission as a resource in the community. If you are not a member or do not receive the mailing and wish to contribute, contact Judy Porter, Development Director, at 603-816-2649 or via email at [jporter@nashuaseniorcenter.org](mailto:jporter@nashuaseniorcenter.org).

## SEMINARS AND PROGRAMS

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

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

### **COFFEE TIME WITH JANE CONSTANT**

Dates: Wednesday, September 11, 2019  
Wednesday, October 9, 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. Drop in - the talks are free and open to the public.

### **HEARING CLINICS**

Dates: Tuesday, September 17, 2019  
Tuesday, October 15, 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.**

### **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 training is free and open to the public. Hosted by **Center for Physical Therapy & Exercise.**

### **MEDICARE 101—EVENING**

Dates: Thursday, September 5, 2019  
Thursday, October 3, 2019  
Time: 5:30-7:00pm

Information on choosing among the various NH health supplemental plans is provided. The seminars are free, drop-in, and open to the public. Hosted by **The Lenny Dobens Agency.**

### **VETERANS' COFFEE CLUB**

Dates: Tuesday, September 10, 2019  
Tuesday, October 8, 2019  
Time: 2:00pm

Guest speakers present information of interest to military veterans. **Dr. Alfred A Montoya, VA Manchester Medical Center Director** will speak at the September meeting. Held 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.**

### **MEDICAID BASICS—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. Free and open to the public. Register by Monday, Sept. 9, 2019. Hosted by **Morneau Law.**

### **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 course, 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 (\$15 for AARP members) by check is due at first class. 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.**



## 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.*

### **HEALTH FAIR**

**Date Tuesday, October 1, 2019**

**Time: 10:00 am – 2:00 pm**

All are invited to attend the Harvard Pilgrim sponsored Health Fair. It is a great chance to speak with health professionals, get some important health screenings, and enjoy a few light snacks and lots of healthy company. Bring a friend! For accommodations of persons with special needs at meetings call (844) 611-



### **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 for a time slot at the clinic and pick up the necessary medical authorization form at the Front Desk by Friday, October 11, 2019. Hosted by **Charron Medical Services**.

### **JUNE CARON HISTORIC PHOTOGRAPH IDENTIFICATION DAY**

**Date: Wednesday, September 18, 2019**

**Time: 10:00am-2:00pm**

Drop by the Education Room for the Nashua Historical Society's event to assist June Caron in identifying people and places in the photographs from her days at the Nashua Parks & Recreation Department. Some of June's scrapbooks will be on display.

### **EAT TO LIVE HEALTHY**

**Date: Monday, September 16, 2019**

**Time: 5:30pm**

Topics in the 4-week program include: Eat for Happiness; Live Longer-Live Healthier; and Eat to Live - Live to Eat. Learn easy and simple ways to boost your health and reduce your risk of disease. Benefits to participating include: increased energy; better sleep; and weight loss. The fee is \$55/members and \$65/nonmembers. Register by visiting the Front Desk by Monday, September 9, 2019. Hosted by **Candice Trudel**.

### **HEALTHY COOKING COURSE**

**Date: Monday, October 21, 2019**

**Time: 5:30pm**

As a follow up to the "Eat to Live Healthy" program, learn how to prepare healthy meals in this 2-week course. The fee is \$30/members and \$40/nonmembers and there is a \$10 lab fee. Register at the Front Desk by Monday, October 14, 2019. For more information, pick up a flyer in the reception area. Hosted by **Candice Trudel**.

### **DOWNSIZING HELP**

**Date: Wednesday, September 25, 2019**

**Time: 1:00-2:00pm**

What do you do with all the stuff that you have? Learn of resources to help with downsizing. Light refreshments will be served. Register at the Front Desk by Wednesday, September 18, 2019. Hosted by **Realtor Ann Marie Gallant, Keller Williams**.

### **LUNCH AND LEARN: ELDER FINANCIAL EXPLOITATION**

**Date: Monday, October 7, 2019**

**Time: 11:00am - 12:30pm**

The lunch and learn informational seminar includes a brief presentation and panel discussion. A light lunch will be provided. Registration is limited to 15 current NSAC members and is no-cost. Reserve a spot by visiting Front Desk by Monday, September 30, 2019. Hosted by **Triangle Credit Union**.

## ACTIVITIES DIRECTOR CATHY BARRETT

### OUTSIDE WATERCOLOR & JOURNALING

**Start Date: September 24, 2019**

**Time: 1:00—2:30pm**

Award-winning artist and poet Julie Marie Hoey will instruct this six-week course. The first class will meet at the NSAC and then paint nearby. The remaining classes will be held at other locations unless the weather is uncooperative. Watercolor pencils are strongly encouraged as they lend themselves to 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 fee is \$80/members and \$90/nonmembers. Registration and payment due by Tuesday, September 17, 2019. Pick up supply list (supplies not included in class fee) at the Front Desk.

### OIL & WATER COLOR PAINTING CLASSES

**Start Date: Thursday, September 12, 2019**

**Times: 9:30-11:30 or 1:00-3:00**

Instructor Mary Crump, who has a BA in Fine Arts will show you how easy it can be to create a masterpiece. The fee for the 4-week sessions is \$56/members and \$66/nonmembers.

Registration and payment are due at the Front Desk by Thursday, September 5, 2019.



### ACRYLIC PAINTING CLASS

**Start Date: Monday, September 23, 2019**

**Time: 6:00 -7:30pm**

Whether you're new to art or advanced in your skills and seeking a creative challenge, this class, taught by Julie Marie Hoey, is a fun way to explore the medium and improve your technique. Learn how color, texture, composition, and light define form, ambiance and perspective. The fee for the 6 week class is \$80/members and \$90/nonmembers. Register and pick up supply list at the Front Desk by Monday, September 16, 2019.

### MEET THE AUTHOR

**Date: Wednesday, October 9, 2019**

**Time: 10:00am**

Author Clarice G. James writes "smart, fun, relatable" contemporary women's fiction, woven together with threads of humor, romance, faith, and mystery. She has published three novels: *Party of One*, *Doubleheader*, and *Manhattan Grace*. Her fourth novel, *The Girl He Knew*, will be released in September 2019. For full details, pick up a flyer in the reception area. The event is free and open to the public. Register by visiting or contacting the Front Desk by Wednesday, October 2, 2019.



### EVENING BALLROOM DANCE

**Start Date: Monday, September 23, 2019**

**Time: 6:00pm**

Instructor Paul Rodman has taught ballroom dance classes at the Arthur Murray Studios. You will learn to dance to the Fox Trot, Waltz, Jitterbug and Mambo. No partner is necessary and all ages welcome. The fee for the 6-week session is \$50/members and \$60/non members. Register at the Front Desk by Monday, September 16, 2019.



### HOME IMPROVEMENTS

**Date: Tuesday, October 15, 2019**

**Time: 1:00-2:00pm**

Learn how to get the best bang for you buck. Light refreshments will be served. Register by contacting the Front Desk by Tuesday, October 8, 2019. Hosted by **Realtor Ann Marie Gallant, Keller Williams**.

### BEGINNERS BRIDGE LESSONS

**Start Date: Tuesday, September 24, 2019**

**Time: 9:30-11:30 am.**

Learn to play bridge in the 10-week session. Registration and a \$30 nonrefundable deposit due by Tuesday, September 17, 2019. Following registration the fee per class is \$10/members and \$12/non-members per class. Space is limited.

### WEDNESDAY AEROBICS

Contact the Front Desk if interested in a 9:00am aerobics class on Wednesdays. We are in the process of finding an instructor.

## 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.**

### **DOWNTON ABBEY:** **THE EXHIBITION**

**Boston Park Plaza**  
**Thursday, September 19, 2019**

**Cost: \$120 per person**

Experience the history, the fashion, the house. Based on the beloved television show, the exhibit transports you to post-Edwardian England where characters and the iconic house come to life. Trip includes lunch at Maggiano's Restaurant, transportation and gratuities.

**Departs 10:15am** Exit 8 Park & Ride  
**Returns: TBD**

### **"KINKY BOOTS"** **Ogunquit Playhouse**

**Wednesday, October 2, 2019**

**Cost: \$135 per person**

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**

### **NEW HAMPSHIRE** **TURKEY TRAIN**

**Wednesday, October 9, 2019**

**Cost: \$99 per person**

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

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

### **CASABLANCA BY THE SEA**

**Portland ME**

**Wednesday, September 11, 2019**

**Cost: \$99 per person**

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. After the cruise, there is time for shopping and browsing Portland's newly renovated Old Port waterfront. Trip includes lunch, transportation, and gratuities.

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

### **PILGRIM BELLE**

**Sunday, October 6, 2019**

**Cost: \$99 per person**

Arrive at Plymouth MA to enjoy a sightseeing tour that includes a visit to Plymouth Rock, and views of the Mayflower II, Pilgrim Monument and Plymouth's 9/11 Memorial. Lunch at the Hearth & Kettle will be followed by 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**

### **"THE BODYGUARD"** **North Shore Music Theatre**

**Wednesday, October 30, 2019**

**Cost: \$139 per person**

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 hit songs. Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities.

**Departs: 10:15 am** Exit 8 Park & Ride  
**Returns: 6:30pm**

## DAY TRIPS

### **A DOO-WOP CHRISTMAS**

#### **Castleton Banquet & Conference Center**

58 Enterprise Drive, Windham, NH

**Thursday, December 5, 2019**

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

Enjoy entertainment throughout the afternoon. The Corvettes will play 50s & 60s' songs to celebrate the season. Lunch is provided. Doors open at 11:30am. Giveaways and door prizes included!

### **HOLIDAY BOSTON POPS**

**Friday, December 13, 2019**

**COST: \$149 per person**

Music so great that it 'pops'! Join us for a dazzling, engaging performance by America's Orchestra and relish the elegance of historic Symphony Hall. Trip includes a full-course luncheon at the Davensport Yacht Club, transportation, and gratuities.

**Departs: 9:00 am** Exit 8 Park & Ride

**Returns: 6:30-7:00pm**

### **"COME FROM AWAY"**

#### **Providence Performing Arts Center**

**Saturday, December 7, 2019**

**Cost: \$135 per person.**

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 the Providence Place Mall before the performance. Trip includes transportation and gratuities.

**Departs: 9:00 am** Exit 8 Park & Ride

**Returns: 6:30-7:00pm**

***Limited number of tickets available.***

## **TRAVEL INFORMATION SESSION**

**Date: Monday, September 30, 2019**

**Time: 10:00-11:30am**

Collette Travel will answer questions and provide information regarding the Alaska Land & Cruise trip. Drop in - the session is open to the public.

## MULTI-DAY TOURS

### **COMMON MAN SPA**

### **MACY'S THANKSGIVING PARADE**

### **PENN. DUTCH CHRISTMAS**

### **BRANDYWINE CHRISTMAS**

### **MYRTLE BEACH**

### **QUEBEC**

### **ALASKA LAND & CRUISE**

**October 3-4, 2019**

**November 27-28, 2019**

**December 3-5, 2019**

**December 6-8, 2019**

**May 2-9, 2020**

**May 17-21, 2020**

**August 1-12, 2020**



## NSAC INFORMATION

### **NASHUA SENIOR ACTIVITY CENTER HOURS OF OPERATION**

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

The Nashua Senior Activity Center  
will be closed on

**Monday, September 2, 2019**  
***Labor Day Holiday***

**Monday, October 14, 2019**  
***Columbus 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.*

### **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 **September 4th & 18th** and **October 2nd & 16th** 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



### **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.



## 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**.



**Nashua Rotary West Club** will be hosting its **46th Annual Spaghetti City** at the Nashua Senior Activity Center on **Tuesday, October 15, 2019**. The public is invited to share a spaghetti dinner with family, friends, and the extended Nashua community. Doors open at **4:30pm** and a full course spaghetti dinner with dessert will be served. Tickets are \$5 and will be available at the door.

## **NASHUA SENIOR ACTIVITY CENTER**

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



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

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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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