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SENIOR ACTIVITY CENTER NEWS

NASHUA

ISSUE #315

70 Temple Street
Nashua, NH 03060
Telephone 603.889.6155 NOV/DEC 2019
www.nashuaseniorcenter.org

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 more. 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 mbell@nashuaseniorcenter.org. All proceeds of the event directly benefit the NSAC.

GERALD CHARLES DICKENS PRESENTS "HERE COMES MR. DICKENS"

Date: Friday, December 6, 2019

Time: 12:30pm

"Here Comes Mr. Dickens" presents a light-hearted and varied look at the life of Charles Dickens as seen through the lens of his colorful characters, diary extracts, and observations by the people who knew him. In this entertaining one-man show, Gerald Charles Dickens, great-great-grandson of the great author himself, adds in a few of his own 21st century views, painting a masterly picture of his famous ancestor with words, gestures and feelings. Dickens has entertained audiences around the world by bringing many beloved characters to life. Tickets are \$18 and may be purchased at the Front Desk or at Fortin-Gage Flowers and Gifts. They may be purchased online at fortingage.com.

This fundraising event for the NSAC is graciously sponsored by Byers' Choice Carolers and Fortin Gage Flowers and Gifts. *Donations of unwrapped toys for The Telegraph Santa Fund will be accepted at this event.*



2019 ANNUAL APPEAL

All members will receive our Annual Appeal mailing in early November. Many ask why they should donate to the Nashua Senior Center's Annual Appeal since they already pay a membership fee and for classes. The fact is that the 100% self-funded Nashua Senior Activity Center depends on your donations to keep operating. Every day the Center is open (250 days a year), it costs \$1,629 but only \$183 is generated from membership dues. The remaining \$1,446 for each of the 250 days must be generated by rentals, class fees, retail sales, trips, fundraising events, and donations. Each and every donation makes a difference to the NSAC's mission as a resource in the Greater Nashua area. The Center creates an environment for successful aging. If you are not a member or do not receive the mailing and wish to contribute to the Annual Appeal, please contact Judy Porter, Development Director via email: jporter@nashuaseniorcenter.org or call 603-816-2649. Please consider donating and giving generously to the NSAC.

EVENTS



Nashua Lions Club *Annual* *"Breakfast with Santa"* Saturday, December 7 8am-11am

Nashua Senior Center
70 Temple St, Nashua

Tickets sold at door: \$6.00pp
Ages 5-12 \$4.00 / Children under 4 are free

Enjoy a delicious French toast breakfast, visit Santa and stroll through the gingerbread house village

Free Vision Screening for children provided by the Nashua Lions Club

6th Annual Gingerbread House Contest

8am-11am Free Admission
Judging at 11am-Multiple categories

Celebrity Judges

George Russell, WSMN 1590
Matt Burdette, Nashua Telegraph
June Caron, City of Nashua Alderman
Cathy Fariz, NSAC Friend

Sponsored by

Home Instead
SENIOR CARE
to us, it's personal.



Join hosts Bob Bartis and Bob Bianchi with the live event broadcast



NEW TOYS COLLECTED FOR
NASHUA PAL



FIRE & FUSION: AN EXECUTIVE CHEF COMPETITION

Alpine Grove, Hollis NH

Date: Wednesday, May 6, 2020

Time: 6:00pm Hors d'oeuvres / 7:00pm Competition



Mix, mingle, and enjoy hundreds of appetizers with a Vegas style as "Fire & Fusion: An Executive Chef Competition" celebrates the **"Viva Las Vegas"**. Vote your favorite appetizer for the "People's Choice" Award 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. Sean McDonald of WMUR Channel 9 will join Celebrity Judges Chef Nicole Barreira from Great NH Restaurants, Susan Laughlin of NH Magazine, and Nashua Fire Chief Brian Rhodes. Tickets go on sale on January 2, 2020 for \$45 and a reserved table of 10 is \$390 (both include appetizers, dessert, coffee, and event admission). High Roller early admission tickets are \$60 and a reserved High Roller table of 10 is \$550 (includes the above plus exclusive early admission and a special "Winner's Circle" ticket. *Many volunteers are needed beginning in January to work on signs, raffle baskets, sponsor solicits, and more. Contact Judy Porter at 603-816-2649 to assist.*

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.

MEDICARE 101—EVENING

Dates: Thursday, November 7, 2019
Thursday, December 5, 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, November 12, 2019
Tuesday, December 10, 2019

Time: 2:00pm

Guest speakers present information of interest to military veterans. 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**.

HEARING CLINICS

Dates: Tuesday, November 19, 2019
Tuesday, December 17, 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 **HearingLife**.

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesday, November 13, 2019
Wednesday, December 11, 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.

MEDICARE OPEN ENROLLMENT EDUCATIONAL SEMINAR

Date: Wednesday, November 13, 2019

Time: 2:00- 4:00pm

A health insurance specialist will help you better understand your Medicare choices for 2020. These are an educational meeting so no sales or enrollment will be conducted. The seminars are free and open to the public. Register by visiting or contacting the Front Desk. Light refreshments will be served. Sponsored by **Atlantic Insurance & Benefit Company**.



INTRODUCTION TO "GET UP AND GO"

Date: Wednesday, January 8, 2020
Time: 2:00pm

Learn about what the "Get Up and Go" course entails. Following the introduction, the class meets twice (Monday and Wednesday afternoons) for 6 weeks. The introductory class is free and open to the public. Register by visiting or contacting the Front Desk by Thursday, January 2, 2020. Hosted by **Center for Physical Therapy & Exercise**.



"GET UP AND GO"

Start Dates: Monday, January 13, 2020
Wednesday, January 15, 2020
Time: 2:30-3:00pm

Exercises and practice activities helping people safely and efficiently get out of a chair, into and out of bed, and get down and up off of the floor. Challenging situations such as difficult chairs, different height beds, with and without support on the floor are created. The course is free and open to the public. Register by visiting or contacting the Front Desk by Monday, January 6, 2020. Hosted by **Center for Physical Therapy & Exercise**.

MEET & GREET: NH EMPLOYMENT SECURITY

Date: Wednesday, November 6, 2019

Time: 10:00am

Meet Joe Boston, Employment Counselor Specialist at NH Employment Security and learn about the mature worker program and how it can benefit you. The event is drop-in, free, and open to the public.

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:

November 4, 2019

January 21, 2020

December 2, 2019

February 11, 2020

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

FLU SHOTS & MORE

Date: Monday, November 18, 2019

Time: 10:00-11:30 am

Sponsored by the City of Nashua Community Health Division of Public Health and Community Services, immunizations are available for children and adults. Children are free of charge and no one will be denied service for inability to pay. If you have Medicare, please bring your Medicare card.

Prices for adults:

\$15 Flu Shot (free with Medicare Card) - High Dose Flu Shot available for people 50+

\$10 Pneumonia (Pneumococcal)

\$10 Tetanus

Register by visiting or contacting the Front Desk at 603-889-6155 by Tuesday, November 12, 2019.

WINTER SAFETY FOR SENIORS PANEL DISCUSSION

Date: Monday Nov. 18, 2019

Time: 2:00-3:00pm

The NSAC will host a community panel discussion about the importance of winter safety for seniors. Panel participants include representatives from the City of Nashua Public Health Division, American Medical Response, Home Instead, Visiting Angels, The Courville Communities, and Rivier University. The event is free and open to the public. Register by visiting or calling the Front Desk 603-889-6155



NSAC IS A DROP OFF LOCATION FOR NASHUA P.A.L. TOY DRIVE

The NSAC is proud to support the Nashua Police Athletic League in their effort to provide Christmas gifts to children in our community that may not otherwise receive them. There will be a donation box in the lobby from early November to mid-December. Please consider purchasing a new toy to drop off and join us in contributing to this great cause.



UNITED WAY'S OF GREATER NASHUA'S PROJECT SHOEBOX DAY OF CARING

Date: Monday, December 2, 2019

Part of United Way of Greater Nashua's Annual Day of Caring Series, the project provides essential items to low-income, homebound seniors. Items will be packed and distributed through community partners.

The NSAC is a site for compiling the boxes. If you can assist on the date listed above, contact the Front Desk at 603-889-6155 or register online: www.volunteergreaternashua.org.



ACTIVITIES DIRECTOR CATHY BARRETT

38TH ANNUAL FALL VARIETY SHOW

CONGRATULATIONS TO ALL THAT MADE THIS SHOW A SUCCESS!

A special thanks to Director Kathy Lovering, Music Director Dick Leombruno, Lights and Sound Production John Franzini and Ken Michaels, cast, volunteers, staff, and the awesome audience.

This year's performance was provided thanks to the support of following 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



NSAC HOLIDAY SOCIAL EVENT



Wednesday, December 11th • 1:30 p.m.
Nashua Senior Center, 70 Temple St.

Symphony NH presents "It's the Most Wonderful Time of the Year." String quartet from Symphony NH performs a delightful program celebrating the season.

Light refreshments provided.

It's the most 
WONDERFUL
time of the year!

FREE for Nashua Senior Center members, \$10 non-members

Celebrate a source of innovation, inspiration, education and entertainment. Since 1923, Symphony New Hampshire is the premiere symphony orchestra of the Granite State. As the organization heads towards its centennial milestone in April 2023 and looks to its second century of music making, presenting masterworks, choral extravaganzas, contemporary pieces and rare jewels of the orchestral repertoire, the symphony comprises top musicians throughout New England. Following the entertainment, light refreshments will be served. Register at the Front Desk by Wednesday, December 4, 2019

HANNAFORD BOOK SALE UPDATE!

A total of \$382.00 was raised at the Nashua Hannaford Supermarket book sale. Thanks, Hannaford! The support of our efforts in serving seniors in the community is greatly appreciated.

THE NASHUA SENIOR CENTER IS LOOKING FOR ENTRIES FOR THE 6TH ANNUAL GINGERBREAD HOUSE CONTEST

Date: Saturday Dec. 7, 2019

Time: 8:00-11:00am.

Judging begins at 11:00am. Contact Judy Porter at 816-2649 or jporter@nashuaseniorcenter.org for an entry form. There is no fee to enter - just be creative and have some fun.



SAVE THE DATES: 2020 FLEA MARKET/BOOK SALE EVENTS

Saturday, February 8, 2020

(Storm Date: Saturday, February 15, 2020) and

Saturday, April 25, 2020

Time: 9:00am - 2:00pm

The indoor flea market/book sales directly benefit the NSAC. Contact Margo Bell at 603-816-2643 or via email: mbell@nashuaseniorcenter.org for more information.

CELEBRATE YOUR BIRTHDAY AT THE "BIRTHDAY OF THE MONTH" CELEBRATION

Dates: First Thursday of each month

Time: 12:30 PM

COFFEE TALK LOUNGE

November 7 and December 5, 2019

January 2, February 6, March 5, and April 2, 2020

Sponsored by: *The Courville Communities*



SAVE THE DATE: MEAT BINGO EVENT

Saturday, February 8, 2020

Club National is hosting a Meat Bingo event to benefit the Nashua Senior Activity Center. Located at 127 Pine Street in Nashua, the games start at 7:00pm.. Enjoy a night out and support the NSAC!

NSAC GIFT CERTIFICATES

Are you tired of getting presents that you don't need or want? Well, here's an idea. How about a gift certificate that can be used for membership and/or classes at the NSAC? It's time to give family members some suggestions of what you could use! For more information, call Cathy or Eileen at (603) 889-6155.

HUMANE SOCIETY OF GREATER NASHUA'S SAFETY NET PROGRAM

The Safety Net Program is run solely by volunteers to help pets and pet owners in need. Whether you are going in for surgery and in need of care for your pet while in recovery or maybe don't have enough funds to cover the expenses of the month, the Humane Society would like to help.

Through caring for your pet temporarily or providing your pet with enough food to get by, they are a compassionate resource for assistance. Contact the agency at 603-889-2275 x 31 or safetynet@hsfn.org.



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.

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

HOLIDAY BOSTON POPS

Friday, December 13, 2019

COST: \$149 per person

Music so great that it 'pops'! Join in for a dazzling, engaging performance by America's Orchestra and relish the elegance of historic Symphony Hall. Trip includes a full-course lunch 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

"Come From Away" 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

MULTI-DAY TOURS

PENN. DUTCH CHRISTMAS

BRANDYWINE CHRISTMAS

MYRTLE BEACH

QUEBEC

ALASKA LAND & SEA

PAINTED CANYONS

LONDON (ONE HOTEL STAY)

IRELAND

December 3-5, 2019

December 6-8, 2019

May 2020

May 2020

August 2020

October 2020

September 2020

Fall 2020

INTEREST LISTS

Visit or contact the Trip Office for interest in any of the following 2020 day trips:

COG RAILWAY/MT. WASHINGTON

PLYMOUTH MA 400TH ANNIVERSARY

SPIRIT OF NEWPORT

JESUS CHRIST SUPERSTAR

BUDDY HOLLY / LITTLE SHOP OF HORRORS:

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, November 11, 2019
Veterans Day Holiday

Thursday, November 28, 2019
Friday, November 29, 2019
Thanksgiving Holiday

Wednesday, December 25, 2019
Christmas Day Holiday

INCLEMENT WEATHER CLOSINGS

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

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.

Contact Margo Bell at 603-816-2643 or via email mbell@nashuaseniorcenter.org for information.

NSAC 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.

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 NSAC offers class-rooms 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



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). Doors open at **1:00pm** and games start at **1:30pm**. There are door prizes, cash prizes, and winner-take-all. Join us on **November 6th & 20th** and **December 4th & 18th** for food, games, and fun! All proceeds benefit the NSAC.

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 Association for the Elderly, Inc. on <http://www.smile.amazon.com> to donate.



NASHUA SENIOR ACTIVITY CENTER

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



Nashua Senior Activity Center
70 Temple Street
Nashua, NH 03060

Non Profit Org
US Postage
PAID
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.

FOLLOW US ON SOCIAL MEDIA:

www.nashuaseniorcenter.org



www.facebook.com/nashuasac



[@nashuaseniors](https://twitter.com/nashuaseniors)