Senior ACTIVITY CENTER

Also available on www.nashuaseniorcenter.org

November/December/January Classes
updated on 11/18/19

Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
DANCE					
Tap Class Beginners 10am	Monday **Inter.** 11am	6 week	January 13th	*$40 mem* *$50 non*	**January 6tth**
Intermediate Line Dance	Tuesday 10:15 am	Drop In	Ongoing	$3 mem $5 non	
Beginners Line Dance II	Tuesday 9:00am	Drop In	Ongoing	$3/mem $5/non	

DON'T MISS OUT ON THESE GREAT EVENTS!

Gerald Charles Dickens returns to perform "Here Comes Mr. Dickens" on Friday Dec. 6 at 12:30. Tickets are $18. This lively performance includes many of Charles Dickens beloved characters. Half of the proceeds are donated by Fortin Gage to the Nashua Senior Center. Toys will be collected for Nashua PAL.

Breakfast with Santa/Gingerbread House Contest Sat. Dec. 7th 8-11am Full French toast breakfast cooked by the Nashua Lions to benefit the Nashua Senior Center. Santa on hand for pics. WSMN 1590 doing a live broadcast and gingerbread house village to tour. Free gingerbread houses for children to work on (until supplies run out) tickets are $6.00 for adults, $4.00 for children 5-12 and free for children under 4. Tickets at Front Desk of Senior Center or at the door. Free vision screening for children

Christmas Social on Wednesday, December 11th, 1:30pm. The Nashua Senior Center presents "It's the Most Wonderful Time of the Year!" String quartet from the Symphony NH performs a delightful program celebrating the season. **FREE for Nashua Senior Center members, $10 non-members Light refreshments served. (Tickets at front desk)**

EXERCISE					
Aerobics	Monday 9:00 am	Drop In	Ongoing	$3 mem $5 non	
"NEW" Exercise/Fitness	Wednesday 10:30am	Drop In	Ongoing	$3 mem $5/non	
Aerobics	Friday 9:00 am	Drop In	Ongoing	$3 mem $5 non	
Body Sculpting	Thursday 10;30 AM	6 Weeks	January 30th	$42 mem $52 non	**January 23rd**
Yoga	Tuesday 10:15 am	5 Weeks	January 7tth	$30 mem $40 non	**December 31st t**
Tai Chi	Monday 1pm	6 Weeks	January 6th	$36 mem $46 non	**December 30th**
Tai Chi	Wednesday 11:30 am	6 Weeks	January 8th	$36.mem $46 non	**January 2nd**
Yoga Chair/Mat	Thursday 10:15 am	3 Weeks	December 5th	$18 mem $28 non	**November 27th**
Exercise to Improve Your Balance/Yoga	Tuesday 11:30 am	6 Weeks	January 7th	$36 mem $46 non	**December 31st** (see flyer for full details)
Personal Training Limit 3 per class	Thursday 9:30am & 10:00 am	5 Weeks 11:15am, 12:30 & 1pm	December 19th	$55 mem $65 non	**December 12th** **1st come 1st serve basis**

ART SHOW

SENIOR ACTIVITY CENTER

DECEMBER 12TH

10-1PM (FREE)

Program	Time	# of Sessions	Beginning Date	Fee	Payment Deadline
HOBBIES & SPECIAL INTERESTS					
Monday Bridge	Monday 12:45 pm	Drop In	Ongoing	$3 mem $4 non	
Tuesday Bridge	Tuesday 12:45 pm	Drop In	Ongoing	$3 mem $4 non	
4 Aces Thursday Bridge	Thursday 9:30 am	Drop In	Ongoing	$3 mem $4 non	
Tuesday Mah Jongg	Tuesday 1:00 pm	Drop In	On Going	$2 mem $3 non	
Whist	Monday 1:00 pm	Drop In	Ongoing	$3/mem $4 non	
Pinochle	Monday 9:00 am	Drop In	Ongoing	$2 mem $3 non	
Cribbage	Wednesday 1:00 pm	Drop In	Ongoing	$3 mem $4 non	
Mexican Mule Train/Dominos	Thursday 1pm	Drop In	Ongoing	$2 mem $3 non	
Book Club	1st & 3rd Friday 9:30am	Drop in	Ongoing **Space is limited**	Free	For full details please call Pat @ 603-921-4337
Bone Builders	Tues. & Thurs. 2pm	Ongoing	**Must preregister**	→→→→	Contact Donna Konop 634-1Ea169 Ext.12

Program	Time	# of Sessions	Beginning Date	Fee	Payment Deadline
HOBBIES & SPECIAL INTERESTS (continued from page 3)					
Art Interest	Monday 9:00 am	Drop In	Ongoing	$1 mem $3 non	
Silver Lining Chorus	Friday 11 am	Drop In	Ongoing	**FREE**	**Looking for more singers to join our group**
Harmonica Saints	Wednesday 10:30 am	Drop In	Ongoing	**FREE**	
Friday Music Friends	Friday 9:30am	Drop In	Ongoing	**FREE**	**Come join in on the fun!**
Music with Suzie	1st & 3rd Friday 12:30-3:30pm				**In Coffee Lounge**
Afternoon Bingo	1st/3rd Wednesday	Open: 1:00 Game/1:30	Ongoing		
Water/Oil Painting All Levels	Thursday 9:30 am & 1pm	4 Weeks 2 hrs. Each	January 9th	$56 mem $66 non	Limited to 6 to class January 2nd
Knitting, Crochet etc.	9am Wed.	Drop In	Ongoing	**FREE**	
Quilting	Thursday 9:00 am	Drop In	Ongoing	**FREE**	
Table Tennis	Friday 1:00 pm	Drop In	Ongoing	**FREE**	
Jerry Jean & Bluegrass Buddies	3rd Tuesday 7 - 9 pm	Drop In	Ongoing	**FREE**	
Billiards		Drop In	Ongoing	$3/mem $5/non	**Please show membership card**

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HEALTH					
Foot Clinic	Nov. 18th & 25th December 16th Nov. 13th December 11th	→*Mon.-9-1pm* →*Wed. 12-3PM*	Call for Appt. In afternoon	$32. 00	Appts. 689-2931 **Call in the afternoon**
Sight Services	1:30 pm – 3:00 pm	Drop In	4th Tuesday of the Month	(Apr.-Oct.)	For more info. (800) 581-6881
Reiki	3rd Friday 1:00 pm -3:00 pm		Call for Appt.	$20 for 30 min. session	Appts. 262-9366
Congregate Lunch (Provided by St. Joseph Community Services)	Monday - Friday 11:45 am - 12:45 pm	Drop In	Ongoing	$5 ($2 if 60 or older)	For more info. Call 882-2106
Hearing Screening	Nov. 19th Dec. 17th			Free	Call for appointment (603) 889-6155
Membership	Monday-Friday 9:00 am - 11:30 am	Drop In	Ongoing	New Membership $40/single $60/double	For more info. call 816-2646

Rivier Wellness Clinic Dec. 2nd 9am-1pm

Glucose, cholesterol, A1C, ABI, pulmonary function and more. Free and open to public.

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