

## **BOARD OF DIRECTORS**

### **PRESIDENT**

**Barney Barbera**  
Dir. Financial Mgt.  
Retired USAF

### **VICE PRESIDENT**

**Martha Ackerman**  
Parish of the  
Resurrection

### **TREASURER**

**Elizabeth Cepaitis**  
Controller - Retired

### **SECRETARY**

**Brenda Perrier**  
Advisory Council  
Representative

### **June Caron**

Alderman - Ward 7  
City of Nashua

### **Pamela Ford**

Triangle Credit Union

### **Patricia Francis**

Advisory Council  
Representative

### **David Fredette**

Treasurer/  
Tax Collector  
City of Nashua

### **Tyler McAfee**

Attorney  
Frasca & Frasca, PA

### **Jocelyn Sharp-Henning**

Living at Home  
SeniorCare

### **Bethany Willey**

Dir. Marketing/  
Admissions  
Genesis Healthcare

## **STAFF**

### **Executive Director**

**Margo Bell**  
603-816-2643  
mbell@  
nashuaseniorcenter.org

### **Activities Director**

**Cathy Barrett**  
603-816-2647  
cbarrett@  
nashuaseniorcenter.org

### **Development Director**

**Judy Porter**  
603-816-2649  
jporter@  
nashuaseniorcenter.org

### **Office Manager**

**Eileen Gormley**  
603-816-2642  
egormley@  
nashuaseniorcenter.org

# SENIOR ACTIVITY CENTER NEWS

ISSUE #316

70 Temple Street  
Nashua, NH 03060  
Telephone 603.889.6155 JAN/FEB 2020  
www.nashuaseniorcenter.org

NASHUA

## **FLEA MARKET/BOOK SALE EVENTS**

**Date: Saturday, February 8, 2020**

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

**Date: Saturday, April 25, 2020**

**Time: 9:00am - 2:00pm**

The indoor flea market/book sale events feature more than thirty vendors, breakfast, lunch, and more. Donations of new and used merchandise and baked items are gladly accepted the week of the event. Tables for vendors are available for \$25 by contacting Margo Bell via email [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org) or call 603-816-2643. All proceeds of the event directly benefit the NSAC.

## **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 "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 of Great NH Restaurants, Susan Laughlin of NH Magazine, and Nashua Fire Chief Brian Rhodes. Tickets are \$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.) *Volunteers are needed to work on signs, raffle baskets, sponsor solicits, and more. Contact Judy Porter at 603-816-2649 to assist.*

## **ANNUAL APPEAL**

NSAC members received the Annual Appeal mailing in early November. Many ask why they should donate to the appeal since they pay a membership fee. The fact is that the 100% self-funded NSAC depends on your donations to keep operating. Every day the Center is open, it costs \$1,629 but only \$183 is generated from membership dues. The remaining \$1,446 must be generated by donations, rentals, class fees, retail sales, trips, and fundraising events. Each and every donation makes a difference to the NSAC's mission as a resource in the Greater Nashua area. If you are not a member or did not receive the mailing and wish to contribute, contact Judy Porter, Development Director at 603-816-2649 or via email: [jporter@nashuaseniorcenter.org](mailto:jporter@nashuaseniorcenter.org).

## MONTHLY OFFERINGS

**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.**

### **MEDICARE 101—EVENING**

Dates: Thursday, January 2, 2020  
Thursday, February 6, 2020

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.**



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

Dates: Wednesday, January 8, 2020  
Wednesday, February 12, 2020

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.

### **COOKING DEMONSTRATIONS**

Dates: Wednesday, January 8, 2020  
Wednesday, February 12, 2020

Time: 2:00pm-3:00pm

Join award-winning Chef Matt Aubin from Bridges by Epoch at Nashua for cooking demonstrations of appealing recipes. The demonstrations are free for members and limited to twelve participants (this is not a hands-on cooking class). Reserve a seat by visiting the Front Desk one week prior to the event. Hosted by: **Bridges by Epoch.**



### **VETERANS' COFFEE CLUB**

Dates: Tuesday, January 14, 2020  
Tuesday, February 11, 2020

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. On February 11, 2020, Terri from Veterans Yoga Project will speak about the benefits of yoga. See page 6 for more details. Hosted by **Barney Barbera, Chairman, City of Nashua Mayor's Veterans' Council.**

### **HEARING CLINICS**

Dates: Tuesday, January 21, 2020  
Tuesday, February 18, 2020

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.**



### **"BIRTHDAY OF THE MONTH" CELEBRATIONS**

Dates: Thursday, January 2, 2020  
Thursday, February 6, 2020

Time: 12:30 PM

Stop by the Coffee Talk Lounge for cake and a celebration of the birthdays of the month. Sponsored by: **The Courville Communities.**



### **SAVE THE DATE: MEAT BINGO FUNDRAISING EVENT**

Saturday, February 8, 2020



The 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!

## SEMINARS AND PROGRAMS

### **CITY OF NASHUA** **PROPERTY TAX RELIEF SEMINAR**

**Date: Monday, January 13, 2020**

**Time: 1:30-3:30pm**

Did you know that seniors may receive relief from property taxes? Representatives from the **City of Nashua Assessor's Office** will provide information and guidance regarding property tax relief programs that grant partial or complete exemptions from property taxes for qualified home owners. Exemptions are a reduction in the assessed value of a home by a specified amount and corresponding reductions in property taxes. Many exemption programs specify eligibility criteria, such as: older adults, people with disabilities, widows, veterans and disabled veterans who have a permanent service-connected disability of a specified percent. In some cases, income guidelines must be met. In others, income is not a factor. The event is free and open to the public. To register, visit or contact the Front Desk at 603-889-6155 by Thursday, January 9, 2020.



### **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 a week (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 Date: Monday, January 13, 2020**

**Time: 2:30-3:00pm**

Exercises and practice activities to help people safely and efficiently get out of a chair, into and out of bed, and get down and up off of the floor will be taught. 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 8, 2020.

### **FREE AARP TAX RETURN PREPARATION**

**Dates: Thursdays, February 6 - April 9, 2020**

**(No tax services on Thursday, March 26, 2020)**

**Time: 9:00am-12:00pm**

AARP Tax-Aide is a free program designed to promote tax return assistance to low- and moderate-income Americans of all ages with special attention given to seniors. The NSAC will offer this service in the dining hall. Taxpayers should come prepared with their social security card or social security statement, picture ID, and 2018 tax return if possible. They should also be prepared to fill out a short questionnaire that is designed to assist the AARP volunteer in preparing the tax return. Please note: volunteer tax return preparers are forbidden from accepting monetary compensation of any kind. Certain complicated tax returns, such as rental property income and small business returns, are considered "out of scope" and cannot be prepared by the volunteers.

**The program is offered by appointment only. To schedule an appointment, call 211. Walk-ins will be turned away if the daily schedule is full.**

*\*The NSAC follows the Nashua School District's determinations for inclement weather closings, delays and dismissals. The tax preparation sessions will not be held or rescheduled if the NSAC is closed due to weather conditions. If there is a delayed opening of more than one hour, the program will be not be offered.*



## 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 dates:

**January 21, 2020**

**February 11, 2020**

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

### **AUTOMATIC DEFIBRILLATOR TRAINING**

**Date: Wednesday, March 11, 2020**

**Time: 9:30-10:30am**

Using an AED can easily help save a life. The American Heart Association statistics show that survival rates from sudden cardiac arrest double when someone utilizes a nearby AED in those crucial moments before first-responders arrive. The machines are simple to use and it is important for people to take a little time to familiarize themselves with them. The training is free and open to the public. Register by visiting or contacting the Front Desk by Wednesday, March 4, 2020. Hosted by **American Medical Response**.



### **AARP "SMART DRIVER" COURSES**

**Dates: Monday, March 23, 2020 & Tuesday, March 24, 2020**  
and

**Dates: Monday, April 20, 2020 & Tuesday, April 21, 2020**

**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 is due at the first class. The fee for AARP members is \$15. Register at the Front Desk for the March course by Thursday, March 19, 2020 and April course by Thursday, April 16, 2020. Produced by **AARP** and taught by trained **AARP Volunteers**.

### **LEGAL EDUCATION SEMINAR:** **I've Saved for a Lifetime,** **and Now I Could Lose it All?**

**Date: Wednesday, April 8, 2020**

**Time: 1:00-2:30pm**

What if: I lose my house and savings to a nursing home stay; my adult child divorces or dies after my death; or my adult child is battling creditors or drug addiction and inherits the estate? Learn from the authors, Attorney Edward Beasley and Greg Gagne, ChFC, of Estate Planning for the Informed Consumer\* during this powerful, free 90-minute educational session. *\*Receive a free copy just for attending!* The seminar is free and open to the public. Register by visiting or contacting the Front Desk by Wednesday, April 1, 2020. Hosted by **Beasley & Ferber**.

### **HIGH PRESCRIPTION DRUG COSTS** **Have they affected you, a loved one , or your community?**

**Date: Monday, January 6, 2020**

**Time: 1:00-2:30pm**

Drug costs continue to rise and many cannot afford the medication necessary to keep them healthy and alive. **NH Alliance for Healthy Aging** is working with **New Futures** and a coalition of organizations to pass legislation that will help lower prescription drug costs in NH. Learn about the legislation and how you can help lawmakers understand the need for lower prescription drug costs. The session is free, open to the public, and preregistration is not required.

### **DIABETIC SHOE CLINIC**

**Date: Wednesday, March 4, 2020**

**Time: 9:30 - 12:00pm**

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 and get the necessary medical authorization form by calling **603-854-8094**. Hosted by **Sunrise Orthotics & Prosthetics**.





## ACTIVITIES DIRECTOR CATHY BARRETT

**HAPPY NEW YEAR**

**And now we welcome the New Year, full of new beginnings.  
Explore new classes and interests.**

### **VETERANS YOGA PROJECT**

"Veterans Yoga Project" is an educational and advocacy organization dedicated to improving the health and well-being of military veterans. Terri from Veterans Yoga Project will visit the Veteran's Coffee Club meeting on **Tuesday, February 11, 2020** at **2:00pm** to give an over view of Yoga for Veterans using Mindful Resistance. Stop by to learn more.

For those interested, a free **Veteran Slow Flow Yoga Class** (a gentler version of traditional flow yoga while still being a strong practice) will be offered on **Tuesday, February 18, 2020** at **2:00pm**. The class is open to the public. Sign up at the Front Desk by **Tuesday, February 11, 2020**.



**Ann-Marie Gallant, Realtor with Keller Williams Realty presents the following two free seminars. Register by visiting or contacting the Front Desk one week prior to seminar date. Space is limited. Pick up a flyer at the front reception area for full details.**

#### **REVERSE MORTGAGES**

**Date: Wednesday, February 26, 2020**

**Snow date: March 11, 2020**

**Time: 1:00pm**

Is a reverse mortgage right for you? We'll explain what a reverse mortgage is and answer all your questions. Presented by Bill Robidoux of Helping Hands Community Partners.

#### **HOME IMPROVEMENTS**

**Date: Thursday, February 20, 2020**

**Snow date: February 27, 2020**

**Time: 10:00am**

What is the best bang for my buck when it comes to making improvements to your home? Find the answers at this informative seminar. Light refreshments will be served.

### **SAVE THE DATE: 2020 GOLF LEAGUE INFORMATIONAL MEETING**

**Date: Monday, April 6, 2020**

**Time: 10:00am**

Join the fun - last year we had over 40 golfers! The cost is \$60.00 to join and current NSAC membership is required. Golf starts on **Monday, May 4, 2020**. Stop by the meeting for full details. More information will be available in the next newsletter. Register at the Front Desk by **Wednesday, April 1, 2020**.

### **DROP-IN AEROBICS/FITNESS CLASSES**

**Mondays at 9:00am**

**AEROBICS**

**Wednesdays at 10:30am**

**FITNESS**

**Fridays at 9:00am**

**AEROBICS**

Classes have three different instructors, three different workouts, and cost only \$3/member and \$5/non-members. Stop in and check them out!

### **2019 ANNUAL VARIETY SHOW UPDATE**

Congratulations to all that helped make the Annual Variety Show a huge success! We raised a little over \$7,000 and are currently in the beginning stages of planning this years show. Information will be available in the next newsletter.



### **SEWING CLASSES**

We are taking names of those interested in sewing lessons. Visit or contact the Front Desk to add your name.

## DAY TRIPS

**Day trips are offered throughout the year and open to NSAC members and nonmembers. For more information, contact the NSAC Trip Office at 603-816-2645, Monday - Friday, 9:00am-11:30am, or Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org. Please ask about cancellation policy.**

### **ST. PATRICK'S DAY PARTY**

**Regale Music Theatre of Greater Boston**

**Sunday, March 15, 2020**

**Cost: \$120 per person**

Join one of New England's largest St. Patrick's Day celebrations. The party features Irish tenors, step dancing, a glimpse into a Celtic pub, the charms of an Irish band, and the gift of laughter with a master Irish comic. Enjoy a little bit of Ireland! Trip includes lunch at the Chateau Restaurant, transportation and gratuities.

**Departs: 10:15 pm Exit 8 Park & Ride**

**Returns: 5:00 -5:30pm**

### **"CHICAGO"**

**Emerson Colonial Theater**

**Sunday, May 10, 2020**

**Cost: \$160 per person**

Set in the legendary city during the roaring "jazz hot" 20's Chicago tells the story of two rival vaude-villian murderesses, a nightclub star and a chorus girl, locked up in jail. Trip includes time on own for lunch prior to the show, dress circle seating, transportation and gratuities. **Book before March 10, 2020 and receive \$10 discount.**

**Departs: 10:00 am Exit 8 Park & Ride**

**Returns: 5:00 pm**

### **MAYFLOWER II and OLD IRONSIDE**

**Boston - Sale America 400**

**Monday, May 18, 2020**

**Cost: \$119 per person**

Arrive in Boston and enjoy a delicious lunch at the Venezia Restaurant overlooking the harbor. Later, board the Provincetown II for a narrated 90-minute cruise to the Charlestown Navy Yard and view the USS Constitution, known as "Old Ironsides" and the Mayflower II, a replica of the actual vessel used by the Pilgrims. Enjoy the sights of Boston Harbor. Trip includes lunch, transportation and gratuities

**Departs: TBA Exit 8 Park & Ride / Returns: 6:00 pm**

### **DONNA SUMMER MUSICAL**

**Boston Opera House**

**Sunday, August 9, 2020**

**Cost: \$160 per person**

Told through the dramatic lens of her final concert, the musical presents the complexities and conflicts the famed singer/song writer faced in her meteoric rise and decent. Trip includes time for lunch on own prior to the show, transportation and gratuities. **Book before June 1, 2020 and receive \$10 discount.**

**Departs: 10:00 am Exit 8 Park & Ride**

**Returns: 5:00 pm**

### **"THE BUDDY HOLLY STORY"**

**North Shore Music Theater**

**Wednesday, August 19, 2020**

**Cost: \$140 per person**

Follow the incredible journey of Buddy Holly's meteoric rise to stardom in the golden days of rock n roll in this dynamic musical tribute. The story is a joyous celebration of a musical legend. Trip includes lunch at the Danversport Yacht Club, transportation and gratuities. **Book before July 1, 2020 and receive \$5 discount.**

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

**Returns: 6:00pm**

## MULTI-DAY TOURS

**MYRTLE BEACH**

**May 2020**

**QUEBEC**

**May 2020**

**SHADES OF IRELAND**

**June 1 - 10, 2020**

**PEI & NEW BRUNSWICK** June 27 - July 7, 2020

**ALASKA LAND & SEA**

**August 2020**

**DISCOVER SCOTLAND**

**September 2020**

**PAINTED CANYONS**

**October 2020**

**CHRISTMAS IN LONDON** Nov. 27 - Dec. 3, 2020  
(ONE HOTEL STAY)

**INTEREST LISTS:** 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**

## 2019 IN-KIND DONORS

**The NSAC is thankful for the generous support of the following in-kind donors:**

Ackerman, Joel & Martha	Francis, Patricia	Porter, Robert & Judy
AMC Tyngsboro	Fredette, David	Pucillo, Officer Kevin
Amherst Wellness Center	Ford, Pamela	Residence Inn by Marriott
Arbors of Bedford	Kunz, Sharon	Rhodes, Chief Brian
Aubin, Chef Matt	Labrecque, Barbara	Rock, Constance
Barbera, Barney and Priscille	Laugh Boston	Roland's Restaurant
Barreira, Chef Nicole	Laughlin, Susan	Parkers Maple Barn
Barrett, William & Catherine	Ledgewood Bay at Milford	Peabody Essex Museum
Bed, Bath & Beyond	Lindt Chocolates	Perrier, Brenda
Bedford Nursing & Rehab.	Lions Club of Nashua	Pete & Gerry's Eggs
Bell, Margo	Lobster Boat Restaurant	Peterson, Joy
Bentley Commons	Lost River Gorge & Boulder	Plimoth Plantation
Boston Beer Company	Caves	Sharp-Henning, Jocelyn
Boston Bruins	Lowell Spinners	Sheehy, Chef Rejean
Boston Duck Tours	Manchester Monarchs	Silver Lining Chorus
Boston Improv	Martignetti Co. of NH	Silverstone by Hunt
Boston Red Sox	McDonald, Sean: WMUR	Siteman, Diane
Buxton, Deputy Chief Steve	Mel's Funway Park	Squam Lake Science Museum
Bridges at Nashua	Mohegan Sun	Storyland
Caron, Jean & June	Molloy Sound & Video Co.	St. Onge, Marie
Castle in the Clouds	Morgan, Paulette	Silverstone Living
Cepaitis, John & Elizabeth	Morin, Mike	Snowflake Mt. Resort
Cheesecake Factory	Mt. Washington Auto Road	Stonewall Kitchen
Chouiniere, Robin	Mt. Washington Cog Railway	Strawberry Banke Museum
Cinemagic Theater	MT's Dining Group	Streitburger, Chef Guy
City Moose Café & Catering	Murphy, Chef Shawn	Symphony NH
Club National - Nashua	Mystic Seaport Aquarium	Swan Boats of Boston
Coca Cola Bottling Co.	Nashua Car Wash	Temple B'nai Israel
Cog Railway	Nashua Crossings	Trader Joe's
Conway Scenic Railroad	Nashua House of Pizza	UNH Athletics
Cooper, Kathleen	Nashua Rotary West	UMass Lowell Athletics
Courville Communities	NE Paper & Supply	Villa Crest Nursing & Retirement Center
Costco Wholesale	NE Patriots	Wachusett Mountain
Cranmore Mountain Resort	Ogunquit Playhouse	White Mountain Central RR
Cruzin Cake Shop	Old Sturbridge Village	Winnepesaukee Playhouse
D'Agostino, Chef Zach	Rousseau, Marie	YMCA of Greater Nashua
Dairy Queen – Hudson	Runyan, Michelle	York's Wild Animal Kingdom
Dave's Dry Cleaning	Salem Witch Museum	Zorvino Vineyards

## 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

**Wednesday, January 1, 2020**  
***New Year's Day Holiday***

**Monday, January 20, 2020**  
***MLK Birthday Holiday***

**Monday, February 17, 2020**  
***Presidents' 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](mailto: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](mailto: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 **January 15th** and **February 5th & 19th** 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**.



### SAVE THE DATE

**The Breakfast Exchange Club of Nashua** is hosting its sixth annual **Baked Potatofest** fundraising event on **Monday, April 27, 2020** from **4:30-6:30pm** at the NSAC. Enjoy baked potatoes with a variety of toppings, dessert and a beverage, and support the organization's mission to serve the needs of the elderly in the community

## **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](http://www.nashuaseniorcenter.org)



[www.facebook.com/nashuasac](http://www.facebook.com/nashuasac)



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