

## **BOARD OF DIRECTORS**

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Genesis Healthcare

## **STAFF**

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# SENIOR ACTIVITY CENTER NEWS

ISSUE #317

70 Temple Street  
Nashua, NH 03060  
Telephone 603.889.6155 MAR/APR 2020  
www.nashuaseniorcenter.org

NASHUA

## **FIRE & FUSION: AN EXECUTIVE CHEF COMPETITION**

**Alpine Grove, Hollis NH**

**Date: Wednesday, May 6, 2020**

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

Mix, mingle, and enjoy hundreds of appetizers with a Vegas style as "Fire & Fusion: An Executive Chef Competition" celebrates **"Viva Las Vegas"**. Vote for your favorite appetizer as 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). Volunteer opportunities are available for assistance with the event. Contact Judy Porter at 603-816-2649 to volunteer.



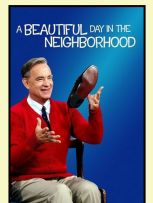
## **DINNER & MOVIE:**

### **"A BEAUTIFUL DAY IN THE NEIGHBORHOOD"**

**Date: Friday, April 17, 2020**

**Time: 2:00 pm**

The award-winning film about the life and guiding philosophy of Fred Rogers, the host and creator of *Mister Rogers' Neighborhood*, features Tom Hanks in the lead role. Following the movie, enjoy a dinner, catered by Soel Sistas LLC, of roasted chicken, macaroni & cheese, baby carrots, and cornbread. Dessert will be provided courtesy of **Ledgewood Bay Milford**. **The event is free for members.** A \$10 refundable deposit is required. A current NSAC membership card must be provided to register and receive a refund at the event. Tickets for nonmembers are \$10 and are non-refundable. Doors open at 1:45 pm. Register at the Front Desk by Friday, April 10, 2020. Limited to first the 100 registrants. **Funded by a grant from the Fariz family & friends.**



## **FLEA MARKET/BOOK SALE EVENT**

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

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

The indoor flea market/book sale features 30+ vendors, breakfast, lunch, and more. Donations of new and used merchandise and baked items are gladly accepted the week of the event. Vendor tables are available for \$25 by contacting Margo Bell via email [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org) or call 603-816-2643.

## 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, March 5, 2020

Thursday, April 2, 2020

Time: 5:30-7:00 pm

Information on choosing a plan from 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, March 10, 2020

Tuesday, April 14, 2020

Time: 2:00 pm

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**.

### COFFEE TIME WITH JANE CONSTANT

Dates: Wednesday, March 11, 2020

Wednesday, April 8, 2020

Time: 10:30-11:30 am

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, March 11, 2020

Wednesday, April 8, 2020

Time: 2:00 pm-3:00 pm

Chefs from Bridges by Epoch at Nashua present cooking demonstrations that are free for members and limited to 20 participants. It's not a hands-on cooking class but there are taste testings! Register by contacting the Front Desk one week prior to the event. Hosted by: **Bridges by Epoch at Nashua**.



### BIRTHDAYS OF THE MONTH CELEBRATIONS

Dates: Thursday, March 5, 2020

Thursday, April 2, 2020

Time: 12:30 pm

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



### HEARING CLINICS

Dates: Tuesday, March 17, 2020

Tuesday, April 21, 2020

Time: 10:00 am - 12:00 pm

Free 15-minute hearing screenings and hearing-aid checks are offered monthly. Register by contacting the Front Desk one week prior to the clinic date.

Hosted by **HearingLife**.



### CORNHOLE

Date: Monday, April 6, 2020

Time: 1:00 pm

Games will be held on the first Monday of each month from April through August. Space is limited and offered to members-only. Register by contacting the Front Desk by Wednesday, April 1, 2020. Hosted by **Jerry Leavitt, Humana**.

**Humana**

### PRE-PLANNING FUNERAL ARRANGEMENTS

Date: Thursday, March 12, 2020

and

Date: Wednesday, March 25, 2020

Time: 5:30 pm

Time: 1:00 pm

Join a free, informational seminar and have your questions answered about how pre-payment of funeral expenses works and how pre-payment dollars are protected. The seminars are free and open to the public. Light refreshments will be served and seating is limited. Register by contacting the Front Desk one week prior to the event.



## SEMINARS AND PROGRAMS

### **STABILITY & BALANCE:**

#### **The Key to Mobility and Independence**

**Date:** Tuesday, March 3, 2020

**Time:** 1:30 pm

As we age, we think more about our balance and the fear of falling. Why does balance and stability change as we get older? Is there something we can do to change this? The seminar will address what causes us to lose our balance (it's more than just weak muscles) and what we can do to improve our balance. The introductory class is free and open to the public. Register by visiting or contacting the Front Desk.

Hosted by **Center for Physical Therapy & Exercise**.



### **A MATTER OF BALANCE PLUS**

**Start Date:** Friday, March 6, 2020

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

The 8-week program meets on Tuesdays and Fridays. It is designed to teach people how to manage their life with the goal of preventing falls. The program includes discussion on various topics related to fall prevention, as well as exercises to help improve flexibility, strength, and balance. If you have concerns about falling and want to learn about ways to prevent falls, this class is for you. The fee for the class is \$15 and payable to CPTe. Register at the Front Desk by Tuesday, March 3, 2020. For questions, contact Fred Daniels at 603 880-0448. Hosted by **Center for Physical Therapy & Exercise**

## **FREE AARP TAX RETURN PREPARATION**

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

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

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

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 service 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.*



### **NATURAL AGING VS. DEMENTIA**

**Date:** Wednesday, March 18, 2020

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

**Date:** Thursday, April 9, 2020

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

The educational sessions will share information regarding some of the differences between the natural aging process and the signs of aging in a person with dementia. This is an opportunity to ask questions and receive resources to help navigate the journey of aging. The sessions are limited to 20 guests and are free and open to the public. Register by visiting or contacting the Front Desk one week prior to the session.

Hosted by **The Arbors of Bedford**.



### **DEMENTIA LIVE® EXPERIENCE**

#### **Walk in the Shoes of a Loved One**

**Date:** Wednesday, April 15, 2020

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

The sensory learning experience is an innovative program that stimulates living with dementia. Gain a greater understanding of what those suffering from dementia experience while also learning how to better care for and relate to them. It is an opportunity to gain insight about dementia: to fully understand it, you have to experience it. Space is limited to 16 participants. It is free and open to the public. Register for a time slot by contacting the Front Desk by Tuesday, April 7, 2020. Hosted by **The Arbors of Bedford**.



## SEMINARS AND PROGRAMS

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

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

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

**Time:** 9:30 am – 12:30 pm

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

### **AUTOMATIC EXTERNAL DEFIBRILLATOR TRAINING**

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

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

Using an AED can easily help save a life. 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. Automatic external defibrillators are simple to use, and it is important for people to take time to familiarize themselves with using 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**.



### **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:

<b>BMI</b>	<b>Cholesterol</b>	<b>Lab Review</b>	<b>Pulmonary Function</b>	<b>Blood Pressure</b>
<b>Medication Reconciliation</b>	<b>Glucose - A1C</b>	<b>Mole Check</b>		

All clinics are FREE, CONFIDENTIAL, and OPEN TO THE PUBLIC. They will be held from **9:00 am** to **1:00 pm** on the second floor on the following dates:

**March 17, 2020**

**April 14, 2020**

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

### **LEGAL EDUCATION SEMINAR:**

#### **I've Saved for a Lifetime and Now I Could Lose it All?**

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

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

What if... I lose my home 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 Attorney Edward Beasley and Greg Gagne, ChFC, authors of *Estate Planning for the Informed Consumer* \* at 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**.

### **DIABETIC SHOE CLINIC**

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

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

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**.



### **ORGANIC FOODS: To Buy or Not to Buy**

**Date:** Monday, April 20, 2020

**Time:** 1:00 pm

Wondering if organic foods are worth the extra expense? Learn what sets them apart from conventionally grown options and which organic foods should be on your radar. The class is free and open to the public. Space is limited. Register by contacting the Front Desk by Wednesday, April 15, 2020. Hosted by

**Humana**

## ACTIVITIES DIRECTOR CATHY BARRETT

### **2020 GOLF LEAGUE INFORMATIONAL MEETING**

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

**Time: 9:30 am**

All NSAC members are welcome to attend the 2020 golf league informational meeting. Golf matches will begin on Monday, May 4, 2020 at the Whip-Poor-Will Golf Club in Hudson NH. It is a mixed league with a quota system equalizer, even if your game is not up to par (no pun intended). The league fee is \$60.00; greens fees and carts are additional costs. Current NSAC membership is required to join. Register for the meeting by contacting the Front Desk by Wednesday, April 1, 2020.

### **WHAT ROLE WILL MEDICARE PLAY DURING YOUR RETIREMENT?**

**Date: Thursday, March 19, 2020**

**Time: 6:00 pm**

The increasing cost of health care is a growing concern for current and future retirees. Twenty-five years ago retirees spent almost twice as much on food as on health care and now the amounts are nearly equal. The presentation will cover topics including Medicare coverage and traditional medical expenses; long-term medical care expenses; and strategies for addressing uncovered expenses. The event is free and open to the public. Register by contacting the Front Desk by Monday, March 16, 2020. Hosted by **Andy Whigham, Edward Jones**.

### **INVESTING IN THE LATE INNINGS OF THE BULL MARKET**

**Date: Thursday, April 16, 2020**

**Time: 2:00 pm.**

Some investors become more concerned the longer a bull market runs. However, even an aging cycle offers opportunities for solid performance. Topics include the economic outlook in the late innings of the bull market; late-cycle risks; market curveballs; late-cycle opportunities; staying in position; keeping a balanced portfolio; and the SECURE Act's five most impactful changes. The event is free and open to the public. Register by contacting the Front Desk by Monday, April 13, 2020. Hosted by **Andy Whigham, Edward Jones**.

### **ESTATE PLANNING SEMINAR WITH EDWARD JONES/MORNEAU LAW**

**Date: Monday, May 4, 2020**

**Time: 6:00 pm**

When it comes to your estate, even if you haven't taken action at all, you have an estate plan. Your "default plan" may be determined by the laws of your state. A presentation, *Script Your Family's Future: Why You Need an Estate Plan*, will present strategies to consider when estate planning. Attorney Sarah A. Paris will answer questions. The event is free and open to the public. Register by contacting the Front Desk by Friday, May 1, 2020. Hosted by **Edward Jones Financial & Morneau Law**.

### **ANNUAL SENIOR PICNIC**

**Date: Thursday, June 18, 2020**

**Time: 9:30 am - 2:00 pm**

All adults 50 and over are invited to the NSAC's Annual Senior Picnic at the Alpine Grove in Hollis. Tickets are \$20 for members and \$25 for nonmembers and will be available at the Front Desk starting on Monday, March 16, 2020. Tickets are non-refundable and must be purchased by Friday, June 12, 2020. Full details will be in the May/June newsletter. Donations of new raffle items or gift cards for the picnic raffle are being accepted. Volunteer opportunities are available prior to or at the event. Contact Cathy Barrett at 6023-816-2647 or [cbarrett@nashuaseniorcenter.org](mailto:cbarrett@nashuaseniorcenter.org) to donate or volunteer.

Save the date

### **2020 FALL VARIETY SHOW INFORMATION MEET & GREET**

**Date: Thursday, May 14, 2020**

**Time: 6:00 pm**

Attend the information night and meet Director Kathy Lovering, Music Director Dick Leombruno, and Producer Cathy Barrett to learn about this year's show, themed *Somewhere Out There*. Auditions will be held in June, rehearsals are usually held on Thursday evenings, and the show will be held on a Sunday afternoon to be announced in the fall. Contact Cathy Barrett at 603-816-2647 or by email [cbarrett@nashuaseniorcenter.org](mailto:cbarrett@nashuaseniorcenter.org) to learn more.

## 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](mailto:mbell@nashuaseniorcenter.org). Please ask about the cancellation policy.**

### **MGM CASINO**

**Springfield MA**  
**Monday, April 27, 2020**  
**Cost: \$45.00 per person**

Travel to Springfield to visit the MGM Casino. The hotel and complex are situated right in the heart of a city block. The 125,000 sq. ft. casino features 2,550 slots, 120 gaming tables, restaurants, and shops. Trip includes transportation and an exciting MGM Casino bonus: \$20 casino slot play and a \$20 food credit. (MGM may alter or modify casino bonus).

**Departs: 8:00 am** Park and Ride Exit 8  
**Returns: 4:30-5:00 pm**

### **"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 vaudeville murderesses, a nightclub star and a chorus girl, locked up in jail. Trip includes time on your own before the show, dress circle seating, transportation, and gratuities. **Book before March 10, 2020 and receive a \$10 discount.**

**Departs: 10:00 am** Exit 8 Park & Ride  
**Returns: 5:00 pm**

### **MAYFLOWER II & OLD IRONSIDES**

**Boston - Sail America 400**  
**Monday, May 18, 2020**  
**Cost: \$119 per person**

Enjoy lunch at Boston's 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 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**

### **GLOUCESTER LOBSTER CRUISE**

**Gloucester MA**  
**Sunday, June 14, 2020**  
**Cost: \$ 119.00 per person**

Celebrate June with a trip to Gloucester and Rockport MA. Board the beautiful Beauport Princess in Gloucester for a delicious New England Clam Bake. While enjoying this bountiful meal, the Captain will provide narration highlighting the sights during the 2.5 hour cruise. Return to the dock at about 2:00 pm and travel to scenic Rockport for a little time on your own.

**Departs: 9:30 am** Park and Ride Exit 8  
**Returns: 5:30 - 6:00 pm** (approximately)

### **KING TUT EXHIBIT**

**Boston MA**  
**Watch for the date - the reservation is in**  
**Cost: TBA**

The exhibition, *King Tut: Treasures of the Golden Pharaoh*, will be on display at the Saunders Castle at Park Plaza as one of ten stops around the world. More than 150 artifacts from King Tutankhamun's tomb will be on display, including 60 that have never left Egypt before. Trip includes time on your own for lunch, transportation, and gratuities. Contact the Trip Office at 603-816-2645 to add your name to an interest list.

### **TRAVEL SOCIAL**

**Date: Tuesday, March 10, 2020**  
**Time: 10:00 am**

Andrew Bessette of Collette Travel will offer details on upcoming multi-day trips including Shades of Ireland, Alaska Discovery - Land & Cruise, Discover Scotland, Painted Canyons, and Christmas in London. Call the Trip Office at 603-816-2645 by Friday, March 6, 2020 to register for the Travel Social.

## DAY TRIPS

### **"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 a \$5 discount.**

**Departs: 10:15 am 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 descent. Trip includes time for lunch on own prior to the show, transportation, and gratuities. **Book before June 1, 2020 and receive a \$10 discount.**

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

**Returns: 5:00 pm**

### **COG RAILWAY & MT WASHINGTON HOTEL**

**Wednesday, July 1, 2020**

Travel to the Mt Washington Hotel for a luncheon and Cog Rail ride. Trip includes transportation and gratuities. Details will be available after March 1, 2020.

### **CIRQUE DU SOLEIL**

**Suffolk Downs**

**Date TBA: (a Sunday in September 2020)**

Trip includes matinee presentation of "Under the Same Sky", lunch on your own prior to the show, transportation and gratuities. Details will be available after March 1, 2020.

## **OGUNQUIT PLAYHOUSE SHOWS**

**Cost: \$155 per person**

**"DIRTY DANCING"**

**May 27, 2020**

**"CRAZY FOR YOU"**

**July 8, 2020**

**"MR HOLLAND'S OPUS"**

**August 12, 2020**

**"ON YOUR FEET"**

**October 14, 2020**

**Trips include luncheon, transportation and gratuities.**

**Departures: 10:30 am Exit 8 Park and Ride / Returns: 6:30 pm (approximately)**

## MULTI-DAY TOURS

**MYRTLE BEACH**

**QUEBEC**

**SHADES OF IRELAND**

**PEI & NEW BRUNSWICK**

**ALASKA DISCOVERY LAND & CRUISE**

**AMERICA'S NATIONAL PARKS**

**DISCOVER SCOTLAND**

**ITALY'S LAKES & SWITZERLAND**

**PAINTED CANYONS OF THE WEST**

**CHRISTMAS IN LONDON** (one hotel stay)

**SPLENDID SICILIA**

**May 2-9, 2020**

**May 17-21, 2020**

**June 1 - 10, 2020**

**June 27 - July 1, 2020**

**August 1-12, 2020**

**August 10-18, 2020**

**September 6-15, 2020**

**September 28 - October 6, 2020**

**October 4-12, 2020**

**November. 27 - December 3, 2020**

**April 10-19, 2021**



## NSAC INFORMATION

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

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

### **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 - 11:45 am**  
**12:30 - 1:30 pm**



#### **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.*

### **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 **1:00p m** and games start at **1:30 pm**. There are door prizes, cash prizes, and winner-take-all. Join us on **March 4th & 18th** and **April 1st & 15th** for food, games, and fun! All proceeds benefit the Nashua Senior Activity Center.

### **NSAC ADVISORY COUNCIL**

The Advisory Council meets on the **3rd Thursday** of each month at **12:00 pm** in the Education Room. All members are welcome to attend.

### **ROUND AGAIN SHOP**

The thrift shop is open to the public  
**Monday through Friday 9:00 am - 4:00 pm**  
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 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](mailto:mbell@nashuaseniorcenter.org) or call 603-816-2643 for details. **Members receive special rates!**

### **BUSINESS MEDIA SPONSORS**



Breakfast Exchange Club -Nashua



Greenbriar Healthcare

Synergy Home Care



### **PROPERTY TAX RELIEF ASSISTANCE**

**Date: Friday, May 8, 2020**

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

AARP Tax volunteers will assist those who qualify to receive a refund from the State of NH on the 2019 property taxes paid to their city or town. To qualify, the Adjustable Gross Income (on line 8B of the 1040 tax return) must be \$20,000.00 or less for single filers or \$40,000 or less for filers married filing joint or head of household. You must bring a copy of your 2019 property tax bill and 2019 Federal Income Tax return for each adult over 18 who owns or resides in the home.

**The service is free and there is no age limit.**



## MUSIC and ENTERTAINMENT

**Harmonica Saints** - meet on **Wednesdays** at **10:45 am** in the Music Room. New members are always welcome. The Harmonica Saints are available to entertain at functions for a donation to the NSAC. Call Will Landry, Coordinator at 603-888-0435 for more information.

**Silver Lining Chorus** - meets on **Fridays** at **11:00 am** in the Music Room under the direction of Judy Hayward, a professional music director. The chorus performs music ranging 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 NSAC. 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 **9:00 am** in the Music Room. All are invited to come sing along and have fun.

**Jerry Jean and his Bluegrass Buddies** - meet on the **3rd Tuesday** of each month in the dining room from **7:00-9:00 pm** beginning April 21st. Play or sing along and enjoy! (no fee).

## COMMUNITY PARTNERSHIPS

### HEALTH AND WELLNESS

**Foot Care Clinics** - provided by **Home, Health & 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 balancing 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 promotes independence for visually-impaired older adults living at home. Meetings are held in the Education Room on the second floor of the NSAC. 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 - 3:30 pm**. Contact Stephanie Hurd, Community Relations Coordinator, at 603-545-4345 for more information (no fee).

**The Breakfast Exchange Club of Nashua** is hosting its 6th annual **Baked Potatofest** fundraising event on **Monday, April 27, 2020** from **4:15 - 6:30 pm** at the NSAC. Enjoy baked potatoes with a variety of toppings, salad, rolls, dessert, and beverage, and support the Breakfast Exchange Club's mission to serve the needs of the elderly in the community. Tickets are \$7 in advance, \$10 at the door, and \$7 for children under 12 years old. Tickets are available at the NSAC Front Desk or by emailing [BXCNashua@gmail.com](mailto:BXCNashua@gmail.com).

### 2020 MAYOR'S SENIOR SUMMIT

Date: Saturday, April 18, 2020

Time: 10:00 am -1:00 pm

Mayor Donchess invites all Nashua seniors to the Senior Summit at the NSAC. The summit is a day of fun, wellness, helpful information, and as a chance for seniors to have their voices heard on issues important to them. Enjoy speakers, exhibitors, and food. Make new friends and learn what new opportunities await! For more information, call the Mayor's Office at 603-589-3260.



## **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  
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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*** to have 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:** Cash, personal checks, credit cards, and debit cards are accepted.

**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:**

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