

## **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**

Retired Senior  
Social Service

### **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 #317

70 Temple Street  
Nashua, NH 03060  
Telephone 603.889.6155 MAY/JUNE 2020  
[www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)

NASHUA

## **A Note from the Executive Director**

*It is times like this that make us even more thankful for our members, staff, volunteers, Board and all the businesses, sponsors and fellow non-profits that support the Nashua Senior Activity Center. Although, for the safety of all, our doors have been closed, the staff and Board have been working diligently, yet remotely, planning for your return.*

*For the past 41 years, NSAC has strived to meet its' mission of providing quality programs and services for the well-being of area individuals 50+. We now face challenges due to cancellations; programs on hold; and loss of revenue from trips, membership, retail, short-term rentals and even some small fundraisers. As a matter of fact, our largest fundraiser, Fire and Fusion, scheduled for May 6 has been postponed until fall.*

*We have established a COVID-19 Crisis Appeal to help your Senior Center weather the storm. I look to you, our loyal members, to help by renewing your membership, register for a class or attend an event. If you can, please consider a donation. Checks may be made payable to NSAC and sent to Nashua Senior Center, 70 Temple St., Nashua, NH 03060, and attn.: COVID-19 Relief. Your kind consideration is truly appreciated.*

*We would also like to thank the following grantors for their support via Special COVID 19 Relief Grants. With their support as well as yours, we look forward to the Nashua Senior Center being alive with ACTIVITY when we reopen!*

*Most Sincerely,  
Margo Bell*



## **RESOURCES FOR SENIORS DURING COVID 19 - Page 9**



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

**Date: Wednesday, September 2, 2020**

**Alpine Grove Hollis NH**

Our largest fundraiser, sold out in early March, has been rescheduled to **September 2, 2020**. We look forward to an even better fun-filled event. Thanks to our many sponsors (see page 3). Sponsorship opportunities are still available by contacting Development Director Judy Porter by emailing [jporter@nashuaseniorcenter.org](mailto:jporter@nashuaseniorcenter.org).

### **ANNUAL SENIOR PICNIC**

Due to current conditions, we were unable to reschedule the Annual Picnic that was to be held on **Thursday, June 18, 2020**. We look forward to next year's Annual Picnic and appreciate the support and understanding of Alpine Grove and our dedicated sponsors.

## **ANNUAL VARIETY SHOW INFORMATION - Page 6**



**VIVA LAS VEGAS APPETIZER AND COOKING COMPETITION**

Wednesday, September 2, 2020, 6pm-9pm  
Alpine Grove Banquet Facility • Hollis, NH

**THANK YOU TO OUR SPONSORS**

**SIGNATURE SPONSOR**

**Benchmark Senior Living**

**VENUE SPONSOR**

**Synergy HomeCare**

**DIAMOND DISH**

**ConvenientMD • The Courvilles • Harvard Pilgrim Health Care  
Market Basket • Triangle Credit Union • TD Bank**

**PLATINUM PLATTER**

**The Lenny Dobens Agency, LLC • Silverstone Living**

**GOLDEN GRILL**

**Annutto Law Office • Bedford Nursing & Rehabilitation Center  
Bentley Commons at Bedford • Bridges by Epoch at Nashua • Comcast  
Edward Jones/Andy Whigham • Enterprise Bank • Etchstone Properties  
Greenbriar HealthCare • Harvey Construction • LedgeWood Bay at Milford  
Morneau Law • Nashaway Woman's Club • Nashua Lions Club • ServiceLink  
Southern NH Health • Villa Crest Nursing & Retirement Center • Visiting Angels**

**SILVER SKILLET**

**Armistead Senior Care • Atlantic Insurance & Benefit Co. • Barry & Honorow, Attorneys at Law  
Beasley & Ferber, PA • Breakfast Exchange Club of Nashua • The Divorce Connection  
Eaton & Berube Insurance • Jeanne D'Arc Credit Union • Nashua Lodge of Elks 720  
Nashua Wallpaper Co., Inc. • Northeast Delta Dental • Zis-Sweeney & St. Laurent Funeral Home**

**HORS D'OEUVRES SPONSORS**

**Arbors of Bedford • Aynsley Place • Bedford Nursing & Rehab Center • Bentley Commons at Bedford  
Bridges at Nashua • The Courvilles • LedgeWood Bay at Milford • Nashua Crossings**

**TICKET SPONSOR**

**Right At Home Senior Care**

**FLORAL SPONSOR**

**BrightStar Care**

**PANTRY SPONSORS**

**The Lenny Dobens Agency • Lowell Five Bank**

**DESSERT SPONSOR**

**Frederick's Pastries**

**CASINO CAGE SPONSOR**

**Home Instead Senior Care**

**PRINT SPONSOR**

**Century Bank**

**AUDIO-VISUAL SPONSOR**

**Santander**

**PAPER PRODUCTS SPONSOR**

**New England Paper & Supply**

**MEDIA SPONSOR**

**WSMN 1590 / Bartis-Russell Broadcasting, LLC**

**IN-KIND SPONSOR**

**Diane Siteman**



**PROCEEDS BENEFIT THE**

**"Celebrating over 40 years of service to the Nashua Community"**  
**70 Temple St, Nashua, NH • 603-889-6155 • www.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.

### PLEASE NOTE

As of the date of publishing this newsletter, all of the following monthly offerings were still valid. All dates are subject to change.

### MEDICARE 101—EVENING

Dates: Thursday, May 7, 2020

Thursday, June 4, 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, May 12 2020

Tuesday, June 9, 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, May 13, 2020

Wednesday, June 10, 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.

### CORNHOLE

Date: Monday, June 1, 2020

Time: 1:00 pm

Games will be held on the first Monday of each month through August. Space is limited and offered to members only. Register by contacting the Front Desk one week prior to the event. Hosted by **Jerry Leavitt, Humana**.

Humana

### BIRTHDAYS OF THE MONTH CELEBRATIONS

Dates: Thursday, May 7, 2020

Thursday, June 4, 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, May 19, 2020

Tuesday, June 16, 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**.



### COOKING DEMONSTRATIONS

Dates: Wednesday, May 13, 2020

Wednesday, June 10, 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 visiting or contacting the Front Desk at 603-889-6155. Hosted by: **Bridges by Epoch at Nashua**.



## FUNDRAISING EVENTS

### **DINNER & MOVIE:** **"A BEAUTIFUL DAY IN THE NEIGHBORHOOD"**

The sold-out Dinner & Movie event scheduled for Friday, April 17, 2020 was unable to be held. NSAC staff is working on scheduling another similar event and will provide details when they become available. Refunds for tickets sold to the April event will be available by calling 603-816-2642 or emailing [egormley@nashuaseniorcenter.org](mailto:egormley@nashuaseniorcenter.org).

### **TAG-DAYS FUNDRAISING EVENT**

**Dates:** Friday, June 26, 2020  
Saturday, June 27, 2020  
**Time:** 9:00 am-9:00 pm  
Sunday, June 28, 2020  
**Time:** 9:00 am - 6:00pm

Tag-days events to benefit the NSAC will be held at the NH State Liquor Store on Coliseum Avenue in Nashua on the above dates and times. Volunteers are needed for this great fundraising effort. To assist at the tag days event, in 3 hour shifts, contact Margo Bell by calling 603-816-2643 or emailing [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org). Support is greatly appreciated.

### **DESIGNER HANDBAG BINGO**

**Date:** Monday, September 14, 2020  
**Time:** 6:30 pm (doors open at 5:30 pm)

Enjoy a night out and the chance to win one of ten designer handbags (total value of over \$3,000), gift certificates, and door prizes. The event is limited to 100 guests and includes a light meal and cash bar. Additional bingo chances for each handbag will be offered. Tickets will be available at the Front Desk beginning on Monday, July 6, 2020 for \$40 and, if available, sold at the door for \$50.



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

**Date:** Saturday, November 21, 2020  
**Time:** 9:00am - 2:00pm

**Save the  
date**

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 the week of the event. Tables for vendors are available for \$25 by contacting Margo Bell at 603-816-2643 or via email [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org). All proceeds benefit the NSAC.

## CLINIC / SEMINAR

### **DIABETIC SHOE CLINIC**

**Date:** Monday May 11, 2020  
**Time:** 10:00 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. LLC.***



### **THREATS TO YOUR FAMILY'S SECURITY: MEDICAID BASICS AND TRUSTS**

**Date:** Thursday, June 18, 2020  
**Time:** 5:30 pm

With the average monthly cost of a nursing home bed so high, many families are concerned with how they will be able to pay these costs in the future. This comprehensive seminar will give you a basic understanding of this complex topic. The event is free and open to the public. Visit or contact the Front Desk at 603-889-6155 to register. Hosted by ***Annutto Law Office.***

