

ACTIVITIES DIRECTOR CATHY BARRETT

PLEASE NOTE

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

2020 FALL VARIETY SHOW **INFORMATIONAL MEET & GREET**

Date: Monday June 1, 2020

Time: 6:00 pm

The NSAC has been presenting variety shows since 1981. This year's show, themed *Somewhere Out There* will feature a collection of songs and dances about everything in the sky – the Sun, Moon, Stars and Planets. Attend the information night and meet Director Kathy Lovering, Music Director Dick Leombruno, and Producer Cathy Barrett to learn about this year's show, which will be held on a Sunday afternoon (to be announced) in the fall.

"SOMEWHERE OUT THERE" AUDITIONS

Date: Monday June 15, 2020

Time: 6:00 pm

The variety shows showcases the established dance and music groups at the NSAC, but it is encouraged that anyone interested in singing or dancing – and having a lot of fun, to come and participate. Rehearsals are held on Thursday evenings beginning in late August until the week of the show. Not all cast members will be called every Thursday. For questions or more information, contact Activities Director, Cathy Barrett by calling 603-816-2647 or by email at cbarrett@nashuaseniorcenter.org.

BRIDGE LESSONS **FOR BEGINNERS**

Start Date: Tuesday, May 26, 2020

Time: 9:30-11:30 am

Experienced instructor Dee Bellis will lead the 10-week learn to play bridge lesson. Preregistration and a \$30 nonrefundable deposit are due at the Front Desk by Wednesday, May 20, 2020. Following registration, the fee per class is \$10 for members and \$12 for non-members. Space is limited.



POCKET BILLARDS **FOR BEGINNERS**

Start Date: Friday, May 29, 2020

Time: 1:00 - 2:00 pm

Learn to play pool at the one-hour, 5-week instruction session. Class size is limited to 5 participants, with priority given to members. The fee is \$30 for members and \$50 for nonmembers. Registration and payment are due at the Front Desk by Friday, May 22, 2020.



HOW IS THE PANDEMIC AFFECTING THE PRICE OF MY PROPERTY?

Date: Tuesday, June 16, 2020

Time: 1:00 pm

Discussions regarding property values and what is changing during these uncertain times will be covered at this free and open to the public seminar. Email cbarrett@nashuasenioractivitycenter.org or contact the Front Desk to register by Tuesday, June 9, 2020. Hosted by

Ann-Marie Gallant, Keller Williams Metropolitan

MAH JONG CLASS

Start Date: Friday, May 29, 2020

Time: 9:30 am

This is a great way to learn the basics of Mah Jong. The fee for the 4-week class is \$26/members and \$36/non-members. There is an \$8 fee for score-cards payable to the instructor at the first class. Space is limited. Register by Friday, May 22, 2020.

YOGA FOR VETERANS AND **FIRST RESPONDERS**

Start Date: Thursday, June 2, 2020

Time: 2:00pm

Pick up flyer in reception area for full details.



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 the cancellation policy.

PLEASE NOTE

As of the date of publishing this newsletter, all of the following day trips and multi-day tours were still valid. The dates are subject to date change.

MAYFLOWER II & OLD IRONSIDES

Boston - Sail America 400

Original Date: Monday, May 18, 2020

**NEW DATE
TBA**

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

"DIRTY DANCING"

Ogunquit Playhouse

Wednesday, May 27, 2020

Cost: \$155 per person

You'll have "the time of your life" The show tells the story of two fiercely independent young spirits from different worlds who come together in what will be the most challenging and triumphant summer of their lives Trip includes lunch at Warren's Lobster House, transportation, and gratuities.

Departs: 10:30 am Exit 8 Park and Ride

Returns: 6:30 pm (approximately)

GLOUCESTER LOBSTER CRUISE

Original Date: Sunday, June 14, 2020

**NEW DATE
TBA**

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 lunch while the Captain provides narration highlighting the sights during the 2.5 hour cruise. Return to the dock and travel to scenic Rockport for time on your own. Trip includes lunch, transportation and gratuities.

Departs: 9:30 am Park and Ride Exit 8

Returns: 5:30 - 6:00 pm (approximately)

COG RAILWAY & MT WASHINGTON HOTEL

Wednesday, July 1, 2020

Cost: \$155 per person

Travel to the Mt. Washington Hotel for a tour and buffet lunch. Board the Cog Railway for a 3 hour, 6-mile round trip. Listen to informative and entertaining on-board narration relating to the history of the Cog and mountain lore. Trip includes lunch, transportation and gratuities. *Be sure to bring jacket as the temperature is much cooler than at the base.*

Departs: 7:45 am Exit 8 Park & Ride

Returns: 8:00 pm

"CRAZY FOR YOU"

Ogunquit Playhouse

Wednesday, July 8, 2020

Cost: \$155 per person

Who could ask for anything more? The stunning all-Gershwin tap-dancing extravaganza, riotously entertaining, and Tony Award-winning Best Musical hits the stage, complete with Susan Stroman's spectacular Tony Award-winning choreography and Ken Ludwig's laugh-a-minute plot. Trip includes lunch at Warren's Lobster House, transportation, and gratuities.

Departs: 10:30 am Exit 8 Park and Ride

Returns: 6:30 pm (approximately)

KING TUT EXHIBIT

Boston MA

Wednesday, July 29, 2020

Cost: \$89.00 per person

The exhibition, *King Tut: Treasures of the Golden Pharaoh*, will be on exhibit 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.

Departs: 9:30 am Park and Ride Exit 8

Returns: 5:30 - 6:00 pm (approximately)

NSAC INFORMATION

NASHUA SENIOR ACTIVITY CENTER **HOURS OF OPERATION**

**Monday, Tuesday, Wednesday, and
Friday: 9:00 am-4:00 pm
Thursday: 9:00 am-8:00 pm**

The NSAC will be closed on
Monday, May 25, 2020
Memorial Day Holiday

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.

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 **1:00 pm** and games start at **1:30 pm**. There are door prizes, cash prizes, and winner-take-all. Join us on **May 6th & 20th** and **June 3rd & 17th** for food, games, and fun! All proceeds benefit the NSAC.

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 or call 603-816-2643 for details. ***Members receive special rates!***

BUSINESS MEDIA SPONSORS



Breakfast Exchange Club -Nashua



Greenbriar Healthcare



Synergy Home Care

RESOURCES FOR SENIORS **DURING COVID 19**

General Resources

You can always call 211 for help to connect with resources in the area. The service is free.

Elderly Services

Bureau of Elderly Services 1-800-351-1888

Transportation

Nashua Transit Shopping Shuttle 603-880-0100 x2

Nashua Transit On Call Van Service 603-880-0100 x1

Granite State Taxi 417-6116/603-340-5087

Prescriptions

CVS/Walgreen's free delivery-Call the Pharmacy at your store

Free Grocery Shopping and Delivery

United Way www.tinyurl.com/shopunited2020

Caregivers Caring Cupboard 603-622-4948

Free Food

Nashua Soup Kitchen-Food Pantry M-F 1-3pm.

Fresh produce M-Th 2-3 distributed at

Mon-Bronstein Apartments and St. Louis Church Hall

Tue: Major Drive and Dunkins at 74 Lowell Rd

Wed. Rodgers mobile Home Park and River Pines

Thur.- Sullivan Terrace North and South

Salvation Army -Food bags M-F 9-12 889-5151

Tolles St. Mission- Food Pantry M & Tues 12-2 880-

4984

Corpus Christi Food Pantry- Mon & Wed. by apt. 603-882-6372

Meals on Wheels 603-424-9967

Unemployment Services

NH Dept of Employment Security Hotline 603-271-7700

Humane Society for Greater Nashua

Pet Safety Net Program 889-2275 x31

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.

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.

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 (donations accepted).

Sight Services for Independent Living (SSIL) - meets on the **4th Tuesday** in the months of April, June, August, and October at **1:30 pm**. 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 - 3:00 pm**. 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, September 28, 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 will be available at the NSAC Front Desk or by emailing BXCNashua@gmail.com.

NEW DATE

CELEBRATION OF JERRY JEAN FEATURING THE BLUEGRASS BUDDIES

Date: Tuesday, June 16, 2020

Time: 7:00-9:30 pm.

Celebrate the 30 years of great music that Jerry Jean brought to the NSAC featuring The Bluegrass Buddies. Jean and His Bluegrass Buddies have been entertaining in the NSAC dining room on the third Tuesday of every month since 1989!. Join this celebration for light refreshments and a whole lot of fun at this special event. Sing, play or just listen along! The celebration is free and all are welcome.



DAY TRIPS

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

"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

"MR. HOLLANDS OPUS"

Ogunquit Playhouse

Wednesday, August 12, 2020

Cost: \$155 pp

The musical follows the story an aspiring young composer who begrudgingly takes a job as a high school music teacher "temporarily" to make ends meet while starting a family with his new wife. His temporary job stretches over four decades. Trip includes lunch before the show at Warren's Lobster House, transportation, and gratuities

Departs: 10:30 am Exit 8 Park & Ride

Returns: 6:30 pm (approximately)

"ON YOUR FEET"

Ogunquit Playhouse

Wednesday, October 14, 2020

Cost: \$155 pp

Grammy Award-winning husband-and-wife team Gloria and Emilio Estefan share their inspiring true story about heart, heritage, and believing in their talent and each other. The musical follows their journey from anonymity in Cuba to stardom in the U.S. Trip includes lunch at Warren's Lobster House, transportation, and gratuities.

Departs: 10:30 am Exit 8 Park and Ride

Returns: 6:30 pm (approximately)

MULTI-DAY TOURS

PEI & NEW BRUNSWICK

AMERICA'S NATIONAL PARKS

DISCOVER SCOTLAND

ITALY'S LAKES & SWITZERLAND

PAINTED CANYONS OF THE WEST

COASTAL CHRONICLES

CHRISTMAS IN LONDON (one hotel stay)

SPLENDID SICILIA

June 27 - July 1, 2020

August 10-18, 2020

September 6-15, 2020

September 28 - October 6, 2020

October 4-12, 2020

October 12-24, 2020

November. 27 - December 3, 2020

April 10-19, 2021

WATCH FOR DATES ON THE FOLLOWING TRIPS BEING RESCHEDULED

CIRQUE DU SOLEIL

to be announced after June 1, 2020

MGM CASINO

November

BOSTON POPS

December

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

Please note that your membership expiration date is listed on the address label.

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.

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www.facebook.com/nashuasac



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