

## **BOARD OF DIRECTORS**

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Admissions  
Genesis Healthcare

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# SENIOR ACTIVITY CENTER NEWS

ISSUE #317

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

NASHUA

## **A NOTE FROM THE EXECUTIVE DIRECTOR**

*COVID-19 has certainly raised havoc with the lives of all and 2020 will certainly long be remembered as a year of challenges. It is also a time of support, resiliency, and belief in what you feel strongly about.*

*The Nashua Senior Center's BOD and Staff have been working to follow the recommended guidelines as to when we may open. Because of the precautionary, lengthy, mandated closure, we are still need more donations to help recover from some of the fundraisers that will not be held this year.*

*Already we are grateful to have **received \$4500.00 in individual donations** and offer a sincere and heartfelt **thank you** to those of you who have recently given to support your Senior Center.*

**Good news:** a group of anonymous donors have stepped forward to offer an additional **\$4750.00 in Matching Funds** to motivate others to give. What this means, for each donation given from July 1<sup>st</sup> to August 14<sup>th</sup>, 2020, it will be matched dollar for dollar up to \$4750. **Kindly consider a donation** that will help the Nashua Senior Center continue to offer health, recreational, educational programs and social activities to those **50+ to remain healthy and live longer happier lives**. Please help if you can. Checks may be made payable to Nashua Senior Center, 70 Temple St., Nashua NH 03060 and attn.: COVID-19 Relief.

*Thank you to the following organizations that provided grant funding: **Anthem Blue Cross Blue Shield, Harvard Pilgrim Health Care, Humana, NH Charitable Foundation, and United Way of Greater Nashua.***

*Most sincerely, **Margo Bell***

## **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 this 8th annual, fun-filled event. Thanks to our many sponsors (see page 4). Sponsorship opportunities are still available by contacting Development Director Judy Porter by emailing [jporter@nashuaseniorcenter.org](mailto:jporter@nashuaseniorcenter.org).

## **DESIGNER HANDBAG BINGO**

Date: Monday, October, 19 2020

Time: 6:30 pm (doors open at 5:30 pm)

NEW DATE

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 beginning on **Monday, July 6, 2020** for \$40 and, if available, sold at the door for \$50.

For information on the 2020 Annual Meeting, see page 3.

## **UPDATE**

### **NSAC ANNUAL MEETING**

Traditionally held in the month of August, the 2020 annual meeting date is being adjusted to accommodate restrictions currently in place. The annual meeting date will be announced in the September/October edition of this newsletter. At the Annual Meeting, the Board of Directors will report the financial status and other relevant business. All members are invited and encouraged to attend. An open period will allow members to comment and ask questions.

## **SPONSORSHIP**

### **SPONSORSHIP SUPPORT**

The NSAC extends appreciation for the support and generosity of the following event sponsors:

### **ANNUAL PICNIC 2020/2021 SPONSORS**

#### **SILVER**

Greenbriar HealthCare  
Harvard Pilgrim Healthcare  
Home Health & Hospice Care  
Humana

#### **BRONZE**

Breakfast Exchange Club of Nashua  
Eaton & Berube Insurance  
Nashua Wallpaper

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### **SENIOR VARIETY SHOW 2020/2021 SPONSORS**

#### **PRODUCERS**

Market Basket  
Greenbriar HealthCare

#### **DIRECTORS**

Breakfast Exchange Club of Nashua  
Eaton & Berube Insurance  
Martin H. Fabian, LUTCF  
Nashua Wallpaper

#### **FRIENDS**

Chick Beaulieu, Inc.  
Gateways Community Services

#### **IN-KIND**

Triangle Credit Union

#### **AUDIO VISUAL**

Assisted Living Locators





**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**

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**DESSERT SPONSOR**

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**CASINO CAGE SPONSOR**

**Home Instead Senior Care**

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**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**

## SEMINARS/CLINICS

**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, July 2, 2020

Thursday, August 6, 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, July 14, 2020

Tuesday, August 11, 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.

### HEARING CLINICS

Dates: Tuesday, July 21, 2020

Tuesday, August 18, 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.

### DIABETIC SHOE CLINIC

Date: Monday August 17, 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.



### CORNHOLE

Dates: Monday, July 6, 2020 and

Monday, August 3, 2020

Time: 1:00 pm

Corn hole" is a game in which players take turns pitching corn hole bags at a raised wooden platform. Join the fun! Space is limited and offered to members only. Register by contacting the Front Desk. Hosted by Jerry Leavitt, Humana.

Humana.

### COOKING DEMONSTRATIONS

Dates: Wednesday, July 8, 2020

Wednesday, August 12, 2020

Time: 2:00 pm - 3:00 pm

Chefs present cooking demonstrations that are free for members and limited to 10 participants. They are not hands-on cooking classes, but there are taste-testings. Register by visiting or contacting the Front Desk at 603-889-6155. Hosted by: Bridges by Epoch at Nashua.



### "GRAY DIVORCE" INFORMATION SEMINAR

Date: Thursday, August 27, 2020

Time: 5:00 - 7:00 pm

"Gray divorce" refers to a demographic trend that has seen an increase in the separation of older couples in long-term marriages. Topics include: the challenges the parties will encounter; alimony and social security; budget and cash flow concerns; pensions; division of assets and liabilities; and insurance. The seminar is free and open to the public. Register by visiting or calling the Front Desk at 603-889-6155 by Thursday, August 20, 2020. Hosted by: Amanda Reichart and The Divorce Connection.

## SEMINARS/CLINICS continued

### RIVIER UNIVERSITY WELLNESS CLINICS

The NSAC is proud to work in community partnership with Rivier University to provide free and confidential health screening clinics to seniors and the public. Due to current health concerns, the clinics scheduled for the fall will not be held. The NSAC looks forward to the return of the clinics in 2021.

*The clinics are grant funded by the Eversource Foundation, Nashua Rotary, and Nashua Rotary West*

#### AARP

#### **"SMART DRIVER" COURSE**

**Dates:** Monday, September 28, 2020 &  
Tuesday, September 29, 2020

**Time:** 9:30am – 12:30pm

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. The fee for AARP members is \$15. To register, email [egormley@nashuaseniorcenter.org](mailto:egormley@nashuaseniorcenter.org) by Thursday, September 24, 2020. Produced by **AARP** and taught by trained **AARP Volunteers**.

#### THREATS TO YOUR

#### **FAMILY'S SECURITY:** **Medicaid Basics and Trusts**

**Date:** Thursday, October 8, 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**.



We are thrilled to announce that plans are in the works with award-winning Chef Rejean Sheehy to host **online, free, Facebook Live** cooking classes! Please stay tuned for more information!



## FUNDRAISING EVENTS

### **DINNER & MOVIE:**

Refunds for tickets sold to the April Dinner & Movie event will be available when the Center reopens by visiting the Membership Office on the second floor during the hours of operation of the Center.

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

Tag-days events to benefit the NSAC that were to be held at the NH State Liquor Store on Coliseum Avenue in Nashua in June 2020 have been cancelled. Watch for updates in the fall.

Save the  
date

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

**Date:** Saturday, November 21, 2020

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

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.