

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 and times are subject to change.

2020 FALL VARIETY SHOW

The NSAC has been presenting variety shows since 1981. Due to difficulties arising from the corona virus pandemic, this year's show will not be held. Deep gratitude is extended to the supportive sponsors, as well as Director Kathy Lovering and Music Director Dick Leombruno for the time and effort put into planning for the event.

EXCITING NEWS!!!!

COME JOIN IN FOR SOME SUMMER FUN WITH OUR OUTDOOR CLASSES

THE POWER OF EXERCISE

Helps us all physically, socially, and mentally, so let's get together and get FIT!

DAY CLASSES

Monday 9:00 am Aerobics

Monday 10:00 am Tai Chi

Tuesday 10:15 am Mat Yoga

Wednesday 9:00 am & 10:00 am Exercise & Fitness

Wednesday 11:00 am Tai Chi

EVENING CLASSES

Monday 5:30pm Aerobics

Thursday 4:15 pm & 5:30 pm Mat Yoga



PLEASE NOTE: For more information, registration, and payment for the 6-week classes, contact Cathy Barrett via email at cbarrett@nashuaseniorcenter.org or call 603-816-2647. At this time, classes are limited to ten people. More information to come. Please check our website for the newest information. I look forward to seeing you all again!

HOW IS THE PANDEMIC AFFECTING THE PRICE OF MY PROPERTY?

Date: Tuesday, August 4, 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 call 603-816-2647 to register by Tuesday, July 28, 2020.

Hosted by Ann-Marie Gallant, Keller Williams Metropolitan.

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.

KING TUT EXHIBIT

Boston, MA

Cost: \$89.00 per person

**EXTENDED
STAY TO 2021**

The exhibit, *King Tut: Treasures of the Golden Pharaoh*, will be 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 before left Egypt. 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)

COG RAILWAY & MT WASHINGTON

Cost: \$155 per person

**NEW DATE
TBA**

Travel to the Mt. Washington Hotel for a tour and buffet lunch. Board the Cog Railway for a 3 hour, 6-mile round excursion. Informative and entertaining narration of the history of the Cog and mountain lore will be given. Trip includes lunch, transportation and gratuities. *Bring a jacket as the temperature is cooler than at the base.*

Departs: 7:45 am Exit 8 Park & Ride

Returns: 8:00 pm

"THE BUDDY HOLLY STORY"

North Shore Music Theater

Wednesday, April 7, 2021

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 December 1, 2020 and receive a \$5 discount.**

Departs: 10:15 am Exit 8 Park & Ride

Returns: 6:00 pm

MULTI-DAY TOURS

PEI and NEW BRUNSWICK

September 16-20, 2020

NEW DATE

PAINTED CANYONS OF THE WEST

October 4-12, 2020

COASTAL CHRONICLES

October 12-24, 2020

CHRISTMAS IN LONDON

(one hotel stay)

November 27 - December 3, 2020

SPLENDID SICILIA

April 10-19, 2021

ALASKA LAND AND SEA

August 2021

MORE DAY-TRIPS WILL BE AVAILABLE AND LISTED IN THE NEXT NEWSLETTER.

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**

SUBJECT TO CHANGE

The NSAC will be closed on
Friday, July 3, 2020
Independence Day Holiday

ROUND AGAIN SHOP

The thrift shop reopening date has not been determined. The situation is currently being monitored to find a safe time. Donations are currently not being accepted.

**WATCH FOR OUTDOOR POP-UP SALES
AND A REOPENING DATE!**

SPECIAL ACKNOWLEDGMENT

The NSAC extends deep gratitude for the aid and support from IT Insiders, enabling staff to work remotely and continuing support of our mission.



BUSINESS MEDIA SPONSORS



Breakfast Exchange Club -Nashua



Greenbriar Healthcare



Synergy Home Care

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!***

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.

**MEETINGS WILL RESUME AT A
DATE TO BE DETERMINED.**

COFFEE TALK LOUNGE ENTERTAINMENT

50s, 60s & 70s MUSIC **FEATURING "BENES"**

Days: Mondays & Thursdays
**Time: 10:45 - 11:45 am and
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.

**WATCH FOR UPDATES. SOME SESSIONS
MAY BE HELD OUTDOORS!**

WEDNESDAY BINGO

Afternoon Bingo will resume on the **1st and 3rd Wednesday** of each month when it is determined safe to be held. All proceeds of the bingo events benefit the NSAC.

WATCH FOR UPDATES!

PLEASE NOTE

The following Music and Entertainment Groups and Community Partnerships will restart when it is deemed safe to do so.

MUSIC and ENTERTAINMENT

Harmonica Saints - meets 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.

CELEBRATION OF JERRY JEAN FEATURING THE BLUEGRASS BUDDIES

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 will be free and all are welcome.



NEW DATE TO BE ANNOUNCED.

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, 9:00 am -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.nashuaseniorcenter.org



www.facebook.com/nashuasac



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