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SENIOR ACTIVITY CENTER NEWS

ISSUE #318

70 Temple Street
Nashua, NH 03060
Telephone 603.889.6155
www.nashuaseniorcenter.org

SEPT/OCT 2020

NASHUA

NSAC HAS REOPENED WITH PHASE I RESTRICTIONS

With reliance on guidance from the City of Nashua's Department of Environmental Health Services, the NSAC reopened its doors on Monday, July 27, 2020. This is Phase 1 of reopening with guidelines and restrictive policies in place. See page 3 for full description on what is being offered during this Phase.



ATTEND VIRTUALLY!

FIRE & FUSION – AN EXECUTIVE CHEF COMPETITION

In light of the current COVID pandemic, the NSAC has had to reimagine how to present our premiere fundraising event, "Fire & Fusion- An Executive Chef Competition". To ensure the safety of all of guests and healthcare community partners, we have decided to host our first ever **VIRTUAL** event. The 8th "Fire & Fusion - An Executive Chef Competition" will be professionally produced and streamed on platforms including Facebook, YouTube, and on multiple Public Access TV stations on **Wednesday, September 2, 2020 at 7:00 pm**. You will be able to enjoy all of the action of a live competition from the safety of your home. The Public Access TV channels are as follows: Nashua-Channel 96, Hollis Channels 12 and 191, Manchester Channel 23, and Hudson Channel 20. Nashua will air the show every day for the following week. Watch as everyone's favorite host, **Mike Morin** chats with the competing chefs as they produce their creations. Since this event has sold out every year at 350 ticket holders, we are excited to be able to introduce this wonderful event to an extended audience.

For the first time, audience members will be able to **VOTE** for their favorite chef. At the end of the show, online voting will be available at the Nashua Senior Center website, Facebook.com/nashuasac or by calling 603-889-6155 x649. Voting will be open for one week following the airing of the event.

We also have an amazing **raffle** consisting of more than 50 baskets with a combined value of more than **\$10,000 (including round trip airline tickets!)** For \$35, you will be entered into the raffle and have a chance to win each of the baskets. Once you win, we will put your ticket back into the remainder of the drawings. Raffle runs through Sept. 15th with the drawing shortly thereafter. Purchase tickets at www.nashuaseniorcenter.org or by calling 603-889-6155 x642 or x649.

NSAC ANNUAL MEETING

Date: Thursday, October 22, 2020

Time: 3:00 pm

The Board of Directors will report the financial status and other relevant business at the Annual Meeting. An open period will allow members to comment and ask questions. All members are invited and encouraged to attend. Preregistration is required. Visit the Front Desk to sign up.

A NOTE FROM THE EXECUTIVE DIRECTOR

The past few months have provided an opportunity for us all to be mindful of what is important in our lives. Thank you for renewing your memberships, making a special donation, registering for a program or lending encouragement as we continue to deliver programs and activities for you. A special thank you to the staff, Board of Directors, sponsors, and volunteers who have provided guidance and support as we explore new and innovative ways to serve YOU, our members.

NASHUA SENIOR ACTIVITY CENTER WELCOMES YOU BACK WE HAVE MISSED YOU!

PHASE 1 OF REOPENING: WHAT YOU CAN EXPECT:

MASKS MUST BE WORN IN THE BUILDING

per ordinance of the City of Nashua

Additional sanitizing stations throughout the building;
frequent hand washing is encouraged

ABBREVIATED HOURS:

Monday – Thursday: 9:00am-2:30pm

Friday: closed*

except preregistered classes and by appointment

**Programs outside these hours, by appointment, will be greeted by staff*

Class sizes have been reduced / Payments: credit card preferable

“WHAT’S HAPPENING”:

(Preregistration and social distancing required)

Book Club: ask for information

Building Tours: by appointment only

Coffee Lounge: by appointment only for 1 hour/45-minute time slots. Call 48 hours in advance.

Live music in the lounge will not be available at this time

Crafts/Arts: Quilting, Knitting, Art (no shared materials)

Exercise: Yoga, Chair Yoga, Personal Fitness, Tai Chi, Line Dancing, Aerobics, Balance (multiple classes).
Register at the Front Desk

Fitness Room: By appointment for 45-minute time-slots. Call 48 hours in advance for appointment

Membership Office: Open Monday –Thursday 9:15-11:30am, renew at Front Desk 11:30 am-2:30 pm

Pop-up outside thrift store sales: Fill-a-bag for \$5.00

Seminars/Workshops: Preregistration required

PROGRAMS NOT AVAILABLE DURING PHASE 1:

Billiards

Bingo

Card and board games

Choral and Harmonica Groups

Thrift Shop (donations to the store are not being accepted at this time)

Coffee or water in lounge (water may be purchased at Front Desk)

Drop-in classes/ workshops/ seminars

Library (donations of books cannot be accepted at this time)

One-on-one health screenings and clinics

FITNESS CENTER

Use of the fitness room is limited to 2 people at a time for 45-minute sessions. Visit the Front Desk to reserve a time slot no more than 48 hours in advance. Membership cards must be presented when registering and members must agree to abide by the established policies. Fitness center members' yearly renewals have been extended by 4 months.

COFFEE LOUNGE

The coffee lounge is open by appointment and limited to 2 members at a time for a 1-hour/45-minute session. Membership cards must be presented when registering for a time slot. Members must agree to abide by the established policies. Sign-up for time slots cannot be made more than 48 hours in advance.

ACTIVITIES DIRECTOR CATHY BARRETT

Hello everyone and welcome back! I'm excited to offer the following indoor and outdoor classes and seminars. Here is a current list of the classes we are offering during Phase I. You might see that some days and times have changed. Please note: there won't be any more drop-in exercise classes in the effort to minimize the handling of money and class sizes due to Covid. Preregistration and payment is required. Pick up or go on line to see the full Activity Schedule. I look forward to seeing all again.

FALL PROGRAMS

DAY CLASSES

Monday 9:00 am AEROBICS / Greeley Park
 Monday 10:00 am TAI CHI / Greeley Park
 Tuesday 10:15 am MAT YOGA / Senior Activity Center
 Tuesday, 10:00 am LINE DANCE / Senior Activity Center
 Tuesday 11:30 am EXERCISE, BALANCE & CHAIR YOGA
 Wednesday 9:00 am EXERCISE & FITNESS / Greeley Park
 Wednesday 9:00 am KNITTING & NEEDLE POINT
 Thursday 9:00 am TAI CHI / Greeley Park
 Thursday 9:30 am WATER/OIL CLASSES / Senior Activity Center



EVENING CLASSES

Monday 5:30pm AEROBICS /Senior Activity Center
 Thursday 4:15pm & 5:30pm MAT YOGA / Greeley Park

FREE FALL SEMINARS

Please note: space is limited. You must preregister at the Front Desk or call (603) 889-6155

LIVING HEART HEALTHY

Date: Tuesday, September 22, 2020 pm
 Time: 11:00am

MAKING HOME SAFE AGAIN

Date: Tuesday, October 27, 2020
 Time: 1:00 pm

GRIEF & BEREAVEMENT

Date: Tuesday, November 3, 2020
 Time: 11:00 am

Hosted by Home Health & Hospice

HOW TO STAGE YOUR HOME TO SELL

Date: Tuesday, October 6, 2020
 Time: 11:00am

Hosted by Ann-Marie Gallant, Realtor Keller Williams

MEET & GREET

Date: Monday, September 21, 2020
 Time: 1:00 pm

Come join for an afternoon of fun, which will include Corn Hole and refreshments. Although there is no fee to attend, you must be preregistered. Space is limited. Hosted by Jerry Leavitt/Humana

OUTLOOK AND OPPORTUNITIES: PUTTING THE PIECES OF THE INVESTMENT PUZZLE TOGETHER

Date: Wednesday, October 7, 2020
 Time: 10:00 am

Like a jigsaw puzzle, economic conditions, corporate performance, the international backdrop and your investment decisions fit together to form a larger picture. We'll discuss key questions facing investors today to help you navigate through our current climate. Hosted by Andy Whigham Edward Jones.

Many of you have commented how much you missed the Senior Center and everything it has to offer. For many of us we have a renewed appreciation for the simple things in life that we sometimes take for granted like a simple walk, social activities, family etc. We would love to hear what you have missed most during this difficult time and the things in life you have a renewed appreciation for. Please share by emailing cbarrett@nashuaseniorcenter.org.

Presented VIRTUALLY via
Facebook and YouTube

Presented on Your Local
Cable Access Stations

2020 FIRE & FUSION AN EXECUTIVE CHEF COMPETITION

VIVA LAS VEGAS—A VIRTUAL COOKING COMPETITION

7:00 pm Wednesday, September 2, 2020

**WATCH AS 6 EXECUTIVE CHEFS FROM HEALTHCARE COMMUNITIES
CREATE UNIQUE DISHES IN A TIMED COMPETITION**

THANK YOU TO OUR SPONSORS

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DIAMOND DISH

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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
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NE Paper & Supply • Frederick's Pastries • Diane Siteman • Alpine Grove Banquet Facility • Molloy Sound & Video • Mike Morin

PROCEEDS BENEFIT THE



"Celebrating over 40 years of service to the Nashua Community"

70 Temple St, Nashua, NH • 603-889-6155 • www.nashuaseniorcenter.org

Facebook.com/nashuasac • @nashuaseniors on Twitter • Nashua Senior Activity Center Channel on YouTube

FIRE & FUSION - AN EXECUTIVE CHEF COMPETITION



Each \$35 entry gives you more than 50 chances to win. Winning entries are thrown back in for remainder of the raffle. (no choice of basket-random draw)
To purchase online use the donation form on home page and write "raffle" in the "In Honor of Field" or call the NSAC at 603-889-6155 x642 or x649. Raffle runs from early August through Sept. 15th. Raffle drawing on Facebook. Winners will be notified.

FIRE & FUSION RAFFLE EXTRAVAGANZA

- 1. Take A Trip**– Roundtrip Southwest Airlines tickets. Travel to be completed by 5/31/21 **Value: \$800**
- 2. Midnight at the Shore**– Bucket of assorted liquors, mixers, snacks, and decorations **Value: \$300**
- 3. In the Vineyard**– Private 2-hr tour and wine tasting for 20, wine and holder, glasses **Value: \$325**
- 4. The Most Magical Place**– Disney Passes- Five 1-day Disney park hopper passes **Value: \$845**
- 5. Here's to You!**– Balvenie scotch, The Macallan 12-yr. scotch, specialty glass **Value: \$150**
- 6. Cheer Basket**– 30 bottles of wine and accessories **Value: \$600**
- 7. Just Chillin'**– 6 bottles of wine from select vineyards, wine bucket **Value: \$130**
- 8. Get Lucky**– Lottery ticket tree with \$160 in tickets **Value: Priceless**
- 9. Explore NH**– 4 Lost River Gorge tickets, 2 Castle in the Clouds tickets, Plow & Hearth Bear double planter, 4 Conway Scenic Railroad passes **Value: \$250**
- 10. Hot On Ice**– 4 loge box UNH Men's Hockey tickets, 4 UNH Women's Hockey tickets to 3 games each, 4 UMass Lowell Hockey tickets, fan gear **Value: \$ 350**
- 11. Nothing but Net**– 4 UNH Men's Basketball tickets/ 3 games each, 4 UNH Women's Basketball tickets/3 games each, two 6-packs of UML Basketball tickets, basketball, fan gear **Value: \$320**
- 12. Family Craft Basket**– An engaging assortment of family friendly projects **Value: \$150**
- 13. Whimsy**– 2 Storyland tickets, 2 Boston Duck Tour tickets, 4 Boston Swan Boats tickets (2021), yard decorations, 2 Davis Farmland 2 day passes. 2 Santa's Village passes **Value: \$363**
- 14. Coastal New England**– Stoneware Nubble lighthouse, 2 Crane Estate Beach passes, 2 coastal design mugs **Value: \$140**
- 15. Family Game Day**– An assortment of family friendly games **Value: TBD**
- 16. Yum!**– Stonewall Kitchen gift basket **Value: \$100**
- 17. Historic New England**– 6 Salem Witch Museum tickets, 4 Old Sturbridge Village tickets, 4 House of 7 Gables tickets, 2 Plimoth Patuxet passes, antique pitcher/bowl, candles **Value: \$300**
- 18. In the Mountains**– 4 pk. Cranmore Mtn. Park tickets; 2 Pat's Peak lift tickets **Value: \$292**
- 19. Good Morning Sunshine**– Stonewall Kitchen Breakfast Basket and waffle iron, Pete & Gerry's Organic Eggs certificates **Value: \$250**
- 20. Runway Ready**– Louis Vuitton Cosmetic Bag **Value: \$550**
- 21. Dining Around**– Giorgio's Restaurant gift card, A Lot of Thai Restaurant gift card **Value: \$ 55**
- 22. Four Seasons of New England**– 2 Wachusett Mountain lift tickets **Value: \$170**
- 23. Straight Shooter**– 1-year membership to Granite State Gun Range and swag bag **Value: \$496**
- 24. Baker's Delight**– King Arthur Baking Comp. Gift Card, Pete & Gerry's Eggs Cert. **Value: \$100**

FIRE & FUSION - AN EXECUTIVE CHEF COMPETITION

<u>25. Comfy and Cozy</u> – Residence Inn overnight stay	Value: \$250
<u>26. Day at the Museum</u> – 4 Peabody Essex Museum tickets, 2 Institute of Contemporary Arts tickets, window frame folk art by Artist Diane Sitem	Value: \$260
<u>27. Ticket to Ride</u> – Ride Transport Certificate, T-Bones Gift Card	Value: \$ 75
<u>28. Delish</u> – Cedar's Fine Foods Swag Bag	Value: \$ 60
<u>29. Take it Easy</u> – A and E Errand Certificate, Innovations Spa gift card	Value \$ 75
<u>30. Fire it Up</u> – Stonewall Kitchen Grilling supplies and accessories	Value \$ 75
<u>31. Dinner at the Casino</u> – Mohegan Sun Dinner for 4	Value: \$115
<u>32. Special Day</u> – Cruzin Cakes gift card, Merrimack Greenhouse gift card and vase	Value: \$100
<u>33. Snacks and Dinner</u> – Cabot Cheese Gift Box, T-Bones Gift Card	Value \$ 75
<u>34. Dine Out</u> – Thirsty Moose and Tucker's Restaurant Gift cards	Value: \$ 50
<u>35. Take and Bake</u> – All Real Meal Gift Certificate	Value \$ 50
<u>36. Dine Out 2</u> – Cheesecake Factory gift card, T-Bones Gift Card	Value \$ 75
<u>37. Lighthouse Keeper</u> – Outdoor Solar Lighthouse	Value: \$ 75
<u>38. Wine and Chocolate 1</u> – Wine and Lindt chocolate	Value: \$ 50
<u>39. Wine and Chocolate 2</u> – Wine and Lindt chocolate	Value: \$ 50
<u>40. Wine and Chocolate 3</u> – Wine and Lindt chocolate	Value: \$ 50
<u>41. Fire it Up 2</u> – Stonewall kitchen grilling supplies and accessories	Value: \$ 75
<u>42. Now Hear This</u> – Jabra ear buds	Value: \$150
<u>43. Now Hear This 2</u> – Jabra ear buds	Value: \$150
<u>44. Picnic in the Park</u> –Picnic basket, Strawberry Banke family membership, wine	Value: \$150
<u>45. Spice it Up</u> –Penzey's Spice gift boxes, limited edition Fire &Fusion cutting board	Value: \$125
<u>46. The Egg and I</u> – Pete & Gerry's Eggs Swag Bag with egg certificates	Value: \$ 75
<u>47. Slow and Steady</u> – Crockpot, cookbook, Stonewall Kitchen items, kitchen slicer	Value: \$ 100
<u>48. Dinner and Flowers</u> – Floral arrangement, T-Bones Gift Card	Value: \$ 80
<u>49. Living Healthy</u> – 6-month YMCA family membership, 4 tickets to 3 UNH Gymnastics meets	Value: \$658
<u>50. An Elegant Evening</u> – Assortment of wines, glasses, MT's gift card, Palace Theatre family membership	Value: \$175
<u>51. Book Basket</u> – An assortment of books	Value: TBD
<u>52. Coffee Basket</u> – An assortment of coffee	Value: \$TBD
<u>53. Folk Art Chest</u> – By Artist Diane Siteman	Value:\$350

Restrictions apply to some raffle items. Not responsible for cancellation or closure of attractions or events; winners of lottery tickets or alcohol must be of legal age; baskets must be picked up in person at Nashua Senior Activity Center, 70 Temple Street, Nashua NH; shipping not available.

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

Wednesday, May 19, 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: 8:15 am Park and Ride Exit 8

Returns: 4:00 pm (approximately)

COG RAILWAY & MT WASHINGTON

Wednesday, June 30, 2021

Cost: \$140 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 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, August 18, 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

SPLENDID SICILIA

April 10-19, 2021

ALASKA LAND AND SEA

August 2021

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