

## 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.

### **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 by Thursday, October 1, 2020. Hosted by **Annutto Law Office**.



### **"GRAY DIVORCE" INFORMATION SEMINAR**

Date: Thursday, November 12, 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, November 5, 2020. Hosted by **Amanda Reichart and The Divorce Connection**.

### **MEDICARE 101—EVENING**

Dates: Thursday, September 3, 2020 and Thursday, October 8, 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 and open to the public. Visit or contact the Front Desk to attend, as preregistration is required. Hosted by **The Lenny Dobens**



### **HOW IS THE PANDEMIC AFFECTING THE PRICE OF MY PROPERTY?**

Date: Wednesday, September 23, 2020  
Time: 11:00 am

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](mailto:cbarrett@nashuasenioractivitycenter.org) or call 603-816-2647 to register by Tuesday, September 15, 2020. Hosted by **Ann-Marie Gallant, Keller Williams Metropolitan**.

### **MEDICARE OPEN ENROLLMENT EDUCATIONAL SEMINARS**

Dates: Monday, October 4, 2020  
Wednesday, November 4, 2020  
Time: 2:00- 4:00pm

A health insurance specialist will help you better understand your Medicare choices for 2021. These are educational meetings so no sales or enrollment will be conducted. The seminars are free and open to the public. Registration is required and space is limited. Visit or contact the Front Desk by one week prior to the seminar to register. Light refreshments will be served. Hosted by **Atlantic Insurance & Benefit Company**.



### **A MATTER OF BALANCE**

Check with the Front Desk for date and time Hosted by **Center for Physical Therapy and Exercise**.

## FUNDRAISING EVENTS

### **DESIGNER HANDBAG BINGO**

The fundraising event scheduled for Monday, October 19, 2020 has been postponed until spring.

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

The indoor flea market/book sale event scheduled for November 21, 2020 will not be held. Watch for Flea Markets events in 2021. .

### **DINNER & MOVIE EVENT REFUNDS**

Refunds for tickets sold to the April Dinner & Movie event will be available by visiting the Center during current hours of operation. Refunds will be offered though September 30, 2020. Revenue from tickets sales not refunded will be returned to the Dinner & Movie fund after that date.

## NSAC INFORMATION

### **NSAC REGULAR HOURS OF OPERATION**

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

### **HOURS OF OPERATION DURING PHASE 1 REOPENING:**

**Monday—Thursday : 9:00 am –2:30 pm  
Friday: closed**

The NSAC will be closed on  
**Monday, September 7, 2020**  
*Labor Day Holiday*  
**Monday, October 12, 2020**  
*Columbus Day Holiday*

### **ROUND AGAIN SHOP**

The thrift shop will not be opened during Phase 1.  
Donations can not being accepted.at this time.

### **THE FOLLOWING WILL BE HELD DURING PHASE 1 REOPENING**

### **COFFEE TALK LOUNGE ENTERTAINMENT**

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

### **NSAC ADVISORY COUNCIL MEETINGS**

### **BINGO**

## **BUSINESS MEDIA SPONSORS**



Breakfast Exchange Club -Nashua



Greenbriar Healthcare



Synergy Home Care

## MUSIC and ENTERTAINMENT

**The Harmonica Saints, Silver Lining Chorus, and Friday Music Group will not be meeting during Phase 1 reopening.**

## COMMUNITY PARTNERSHIPS

**The following health care community partnerships programs will not be held during Phase 1 reopening: Foot Care Clinics; Bone Builders, Sight Services for Independent Living; Reiki, and Future in Sight.**

## **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 Thursday , 9:15 -11:30am during Phase 1

**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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