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# SENIOR ACTIVITY CENTER NEWS

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Nashua, NH 03060

Telephone: 603.889.6155

[www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)

ISSUE #319

NOV/DEC 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.



The Board of Directors, Executive Director, and staff of the Nashua Senior Activity Center wish to thank the Boston Billiard Club and Casino for a highly successful week of charitable gaming.

Thank you to everyone who helped to make our 8<sup>th</sup> Annual "Fire and Fusion — An Executive Chef Competition" a success! Our first ever VIRTUAL version of the marquis fundraising event for the Nashua Senior Activity Center was held on September 2 and raised more than \$50,000 for the 100% self-supporting Nashua Senior Activity Center. We are very grateful to our event host, Mike Morin; videographer, Bob Molloy; and raffle drawing host, Attorney Bob Bartis, for lending their wonderful talents to create an amazing virtual event. We'd also like to thank the 51 event sponsors, 350 ticket holders, six Executive Chefs from local assisted living communities, five local cable access stations (Nashua, Hudson, Hollis, Merrimack, and Manchester), and the 120 businesses and individuals who donated merchandise/gift certificates to the raffle. Such amazing community support allows the Nashua Senior Activity Center to continue its mission to serve seniors and their families in the greater Nashua area.



## RENEWAL REMINDER

Due to the COVID pandemic, we have had to temporarily switch the mailing of our newsletter to a mail house. This change has not allowed us to insert your membership renewal reminders in the newsletter. So, many of you probably have not noticed that it's time to renew!

The staff and Board of Directors are all working hard to continue to safely add more programs and new benefits to your membership.

Please consider renewing your membership today.



**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 are located 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 preferred**

**WHAT'S HAPPENING:**

(Pre-registration and social distancing required)

**Billiards:** By appointment only.

**Book Club:** Ask for information

**Building Tours:** By appointment only

**Coffee Lounge/Computer Room:** By appointment only (see below).

**Crafts/Arts:** Quilting, knitting, art (no shared materials)

**Exercise:** Yoga, Chair Yoga, Personal Fitness, Tai Chi, Line Dancing, Aerobics, Balance. 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

**Seminars/Workshops:** Pre-registration required

**Thrift Shop:** Open Mondays and Thursdays (9:00 am to 2:00 pm) only for shopping and donations beginning November 9, 2020.

**PROGRAMS NOT AVAILABLE DURING PHASE 1:**

**Bingo, Card and Board Games, Choral and Harmonica Groups**

**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 two 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 four months.

**COMPUTER LOUNGE**

The Computer Lounge is open by appointment and limited to two members at a time for a one-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, it's been great seeing you all. We are constantly adding new day and evening classes. There are too many to list in the newsletter, so please pick up our six-page Activities Schedule at the Senior Center or go on our web site [www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org) for a full listing.

## Look What's New!

### **THURSDAY MORNING AEROBIC CLASS WITH SILVIE**

Starting November 12, 2020 for six weeks ■ 10:00 am ■ Registration/payt due by 11/5  
Fee: \$36 for members/\$46 for non-members

### **FOUR-WEEK CHAIR YOGA WITH JANICE**

Starting November 12, 2020 ■ Pre-registration & payment is due by November 5  
Fee: \$24 for members/\$34 for non-members

*Chair Yoga* is for **everyone**. It is a gentle form of yoga that is practiced sitting in a chair. The focus will be on **breath work, meditation, and gentle seated stretches**. Learn ways to quiet your mind and relax your body. There will be no standing poses in this class.



### **TWO-WEEK BODY SCULPTING WITH KEVIN**

Starting Wednesday, December 9, 2020 ■ 10:15 am

Fee: \$12 for members/\$16 for non-members

Pre-registration & payment is due by December 2, 2020



### **FITNESS ROOM TRAINING WITH KEVIN**

Every **third Wednesday of the month**, Fitness Room Training is available at 11:15 am and 11:45 am. Space is limited. Sign-ups are on a first-come, first-serve basis and opened to members only. To register, please call 889-6155 or visit the Front Desk.



### **MAKE YOUR OWN ALL NATURAL HOLIDAY DECORATIONS**

Tuesday, November 17, 2020 ■ 2:00 pm ■ Nashua Senior Activity Center

Fee: \$25 for members/\$35 for non-members

Registration and payment is due no later than November 12, 2020.

Diane Siteman will teach you how to make your very own all natural holiday decoration made from native materials. You will have the choice of learning how to make a native greens wreath, a candy cane wreath, a kissing ball, or a wreath spray (sample pictures available at front desk).

### **We are now taking names for the following interest lists:**

**Snow Shoeing, Giant Yahtzee, Corn Hole, and Apple iPhone** (see description below)

**Apple iPhone:** It does more than make phone calls and take pictures. Did you know it could save your life? Do you know it can tell you when you have to leave to get to an appointment on time, including travel through traffic? There is a reason they are called Smart Phones. Call Cathy at 603-816-2647 for more information.

**BILLIARDS:** We are excited to announce we are in the process of reopening the Billiards Room for those interested in playing. Full details are available in the Activities Schedule at the Senior Center or go to [www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org).

## ANNUAL APPEAL

Stay tuned for the Annual Appeal, which will be mailed out in mid-December.

# Look What's New!



## MOBILE FLU SHOT CLINIC

Monday, November 9, 2020 ■ 1:30 pm to 3:30 pm

Prices for adults: \$15 Flu Shots (free with Medicare Card)  
\$10 Pneumonia (Pneumococcal)  
\$10 Tetanus



MOBILE CLINIC is sponsored by the City of Nashua Community Health Division of Public Health and Community Services. The **Mobile Unit and tent will be located in the Parking Lot at 70 Temple Street, Nashua**. Immunizations are available for adults and children. No one will be denied service for inability to pay. If you have Medicare, please bring your Medicare Card.

Masks are required, and hand sanitizer will be available.

Pre-registration is encouraged so we may stagger appointments. Call the Front Desk 603-889-6155 by November 5, 2020.

## Aging in Place

*Greater Nashua Habitat for Humanity*

*Helping seniors safely stay in their own homes.*



As homes and their occupants age, upkeep and updates can become a challenge. Recognizing the desire for older homeowners to stay in their homes as long as possible, GNHFH's "Aging in Place" program focuses on accessibility improvements, mobility modifications, weatherization, and critical home repairs. Examples of repairs may include: replacing flooring, widening doorways, installing grab bars/hand rails to name a few.

Homeowners will need to purchase materials (guidance to be provided), and GNHFH will provide FREE labor if you meet the qualifying guidelines: Own and live in your own home full time, live within the eligible towns (Nashua, Amherst, Brookline, Greenville, Hollis, Hudson, Lyndeborough, Mason, Merrimack, Milford, Mt. Vernon, Pelham, Wilton and Windham). Must have current homeowners insurance and meet the income guidelines for the program (below 80% of area income).

Please note: no plumbing, electrical or roofing. Also, GNHFH has enacted new protocols in response to the COVID-19 Pandemic and follows all safety guidelines put forth by the CDC.

Please contact Margo Bell at [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org) or (603) 816-2643.



## BALANCE AND STABILITY FOR FALL PREVENTION

*Eight-week class (twice per week for 30 minutes)*

*FREE for Senior Center members*

Starting November 9, 2020 (Mondays and Wednesdays) ■ 1:00 pm to 1:30 pm

Most of us have experienced falls, and we are concerned that as we age our risk of falling may increase. Improving strength and flexibility will help reduce the risk. Practicing balance techniques and strategies to stop a fall will help even more. This class will focus on strength, flexibility, balance training, and fall prevention. Each class is 30 minutes of challenging and fun exercises for balance training. The course is under the direction of Fred Daniels, Center for Physical Therapy and Exercise. The class is limited to 15 participants. Please call the Front Desk (NSAC) 603-889-6155 to register.



## SEMINARS/CLINICS

All seminars are free for members and \$10 for non-members, 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 this newsletter's publication, all of the following monthly offerings were still valid. All dates are subject to change.**

### GRAY DIVORCE — INFORMATION SEMINAR

Hosted by Amanda Reichart and The Divorce Connection  
Thursday, November 12, 2020 ■ Time: 5:00 pm – 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 cashflow 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**.

### FREE EDUCATIONAL SEMINARS FOR MEDICARE ANNUAL ENROLLMENT

- **Medicare Choices for 2021:** Wednesday, November 4, 2020 from 2:00 pm to 4:00 pm. Hosted by Atlantic Insurance and Benefit Company. Register by calling 889-6155 or stopping at the NSAC Front Desk.
- **Medicare 101 — 2021 Choices:** Thursday, November 5, 2020 or Thursday, December 3, 2020 from 5:30 pm to 7:00 pm. Hosted by the Lenny Dobens Agency. Register by calling 889-6155 or stopping by the NSAC Front Desk.
- **Humana Medicare Advantage Plans:** Friday, November 13, 2020 from 1 pm to 2:30 pm and 2:45 pm to 4:00 pm. Hosted by Jerry Leavitt from Humana. Please call 603-930-9063 to register.

### CLASSES WITH JOHN:

### VIDEO TELECONFERENCING AND WEBINARS

(Zoom, Skype, Facetime, MS Teams)

1<sup>st</sup> Session: Wednesday and Thursday, November 18 & 19, 2020 at 1pm

2<sup>nd</sup> Session: Monday and Tuesday, December 7 & 8, 2020 at 1pm

Location: Nashua Senior Activity Center



This class will show you how to join or host an event. Learn how to check your audio and video, how to mute yourself, or stop/start your video. Learn how to share with others. Space is limited.

Fee: \$20 for members/\$30 for non-members

Registration and payment are due no later than November 12, 2020.

### DISASTER PREPAREDNESS

Wednesday and Thursday, December 2 and 3, 2020 ■ 1:00 pm

Location: Nashua Senior Activity Center

This is a two-part series designed to prepare you for surviving and recovering from a disastrous event. We will cover important topics such as what to do before a disaster strikes, financial preparedness, and some medical training. If you were forced to leave your home at midnight in a blizzard, do you know where you would go? Got gas? Know an alternative way to get there?

Fee: Free for members/\$15 for non-members

Registration and payment are due no later than November 25, 2020.



## SEMINARS/CLINICS *(continued)*

All seminars are free for members and \$10 for non-members, unless otherwise noted. Visit our website: [www.nashuaseniorcenter.org/news](http://www.nashuaseniorcenter.org/news) for the latest updates and information.



### **SELF CARE AND THE HOLIDAYS**

*(a two-part virtual seminar)*

November 5, 2020 **and** November 19, 2020 ■ 1 pm to 2 pm **OR**  
December 3, 2020 **and** December 17, 2020 ■ 11:00 am to 12:00 pm

2020 has been packed with unprecedented events, and we are approaching the holidays which will look very different this year. Join Heather Stickney, from the Arbors of Bedford, for a two-part series and conversation around self care and the holidays. The principles and practices that we discuss are valid for any time of year and can be a real gift for yourself. Discussions will include ways you can maintain the feeling of connection and support amid this time when we are encouraged to be physically distanced. She will be sharing general concepts as well as specific practices and tools that are available to use as we head into this holiday season. This seminar will be available via zoom. To register, please call the Center's Front Desk at 603-889-6155; and you will be given the zoom link and password.

### BUSINESS MEDIA SPONSORS



**Breakfast Exchange Club–Nashua**



**Greenbriar**



**Synergy Home Care**

### **ROUND AGAIN SHOP**

**To open two days per week (Mondays and Thursdays) from 9:00 am to 2:00 pm**

The "Round Again Shop" will be open on Mondays and Thursdays from 9 am to 2 pm beginning Monday, November 9, 2020. We look forward to seeing all of our shoppers and donors. At this time, only six shoppers will be allowed in the store at a time, masks will be required, hand sanitizer will be available at the door, and aisles will be one-way. Donations will be accepted on Mondays and Thursdays only between 9 am and 2 pm. Bins will be available for you to drop off your donation during this time. Hope to see you soon.

Seeking individuals interested in volunteering for the "Round Again Shop." Interested individuals should contact Margo at (603) 816-2643.

**Free Holiday Gift Bag Curbside Pick- Celebrate the Holiday Season with a gift from Santa. We are offering curbside pickup of a holiday goodie bag from Santa and his elves for seniors. Sign up by calling the Front Desk at 889-6155. We will give you the date and time then. Free to all seniors. Supplies are limited, so please register today.**



**Grab N' Go Meals** (Provided by St. Joseph Community Services): On Friday, November 13, 2020 and Friday, December 18, 2020, St. Joseph Community Services will hold a "Grab N' Go" event at their Nashua Senior Activity Center site from 1:00 pm to 3:00 pm. Any senior, 60 years of age or older, is eligible to participate in the program. For more information or to register, please call (603) 882-2106.

Thanks to all of you who shared what you've missed most during this difficult time and the things in life you have a renewed appreciation for.

*Things thankful for:*

- Family (thankful when I was finally able to see my family outside)
- Friends
- People helping people
- Health
- Housing and food
- Got to know my neighbors
- Walking
- People helping people
- Slower pace, less traffic — was more relaxed
- Watching all the animals come out more
- Enjoyed the simple beauty in your own back yard that sometimes we take for granted because we are always in a rush.
- It was nice seeing the younger generation getting outdoors with their children for outdoor activities.

thankful  
AND  
grateful

*Things that we missed during COVID:*

- Missed doing activities with a group. When aerobics at Greeley Park became available in July, it was literally a breath of fresh air. Fun moving to music, low impact on the lawn.
- Missed hugging and being able to touch hands.
- Missed fellowship with staff and members.
- Silver Lining Chorus/travel
- Senior Center, a place to go to be with people/socialize
- Importance of being around people and having each other



We'd like to thank Marie Chipola for all of the hard work on this year's scarecrow for the Great American Downtown Scarecrow contest!

THANK  
YOU!

## NSAC INFORMATION

**INCLEMENT WEATHER CLOSINGS:** Watch WMUR or check the WMUR website for closure info.

### The Nashua Senior Activity Center will be closed on

- Wednesday, November 11, 2020 (*Veterans Day Holiday*)
- Thursday, November 26, 2020 & Friday, November 27, 2020 (*Thanksgiving*)
- Friday, December 25, 2020 (*Christmas*)



## DAY TRIPS

Day trips are offered throughout the year and open to NSAC members and non-members. 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](mailto: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 change. More trips will be added and listed in the next newsletter.

### **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: \$155 per person**

Travel to the Mt. Washington Hotel for a tour and buffet lunch. Board the Cog Railway for a three-hour, six-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

### **SOUTHERN CHARM**

**Charleston, Savanna, Jekyll Island**

**May 23 to 29, 2021**

### **ALASKA LAND AND SEA**

**July 31, 2021**



United Way  
of Greater Nashua

### **Pen Pals and Phone Friends for Seniors**

*Sponsored by United Way of Greater Nashua*

As the colder months arrive, more and more of us are going to be inclined to be inside and have less communication with neighbors and friends. Do you, or do you know a senior who would benefit/enjoy a weekly check-in call? United Way of Greater Nashua's new program, "Pen Pals and Phone Friends for Seniors," will provide an opportunity for individuals to connect. United Way volunteers will be calling isolated seniors for weekly check-in conversations and camaraderie. If you would like to participate in this program either to receive calls or as a caller, please contact Margo Bell at [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org) or (603) 816-2643.

## COMMUNITY PARTNERSHIPS

### HEALTH AND WELLNESS

**Free Health Classes** from the Nursing Department at Rivier University: Will be presented via Zoom, but will also be available after the presentation as a video on Facebook. Zoom links will be available on Nashua Senior Center's Facebook page or on Nashua Senior Center's website.



**How Depression/Isolation Affects the Aging Population's Mental Health.** Presented by Colleen Burke. **Wednesday, November 4, 2020 at 2:00 pm**

**Telehealth — What Do I Need to Know?:** How to prepare for your visit to make the most of it. What to expect. Presented by Cheryl Hawksley. **Monday, November 9, 2020 at 11:00 am.**

**What You Should Know If You Have Diabetes:** For example, you should check your feet regularly, report foot ulcers ASAP, foot wear, things to watch for, etc. Things you should know about. Presented by DeShawna Williams. **Monday, November 9, 2020 at 2:00 pm**

**Fad Diets in Relation to the Aging Population.** Presented by Carrie Fleming. **Tuesday, November 10, 2020 at 11:00 am**

**Side Effects of Commonly Taken Medications:** Learn the best way to take your medications. Presented by Jennifer Shelsky. **Tuesday, November 10, 2020 at 2:00 pm**



**Vaccines for the Aging Population:** Learn which ones are necessary and learn about side effects. Presented by Maurene Mugariri. **Tuesday, November 17, 2020 at 1:00 pm.**

**Nutrition/Vitamins — What the Aging Population Should Know:** Good and bad side effects, drug interactions. Presented by Kristin Emerson. **Wednesday, November 18, 2020 at 11:00 am**

**How the Aging Population Can Stay Safe in the COVID-19 Pandemic.** Presented by Marie Germain. **Wednesday, November 18, 2020 at 2:00 pm.**

**Importance of Keeping Wellness Checkups:** Questions to ask your provider. How to make each visit worthwhile. Presented by Jiliane Sutherlin. **Thursday, November 19, 2020 at 11:00 am**

**Injury Prevention for the Aging Population.** Presented by Crista Pehl., Thurs, 11/19 at 2 pm.



### VETERANS YOGA PROJECT

Ongoing starting Tuesday, November 10, 2020 ■ 1:00 pm

Mindful Resilience: A FREE class for veterans, first responders and their spouses only. Veterans Yoga Project has collected data for nine years documenting a decrease in pain and stress with improved quality of sleep for class participants. In 2008, 20,775 vets were served. Currently, there are programs across the US in 18 VAs, 17 Vet Centers, several fire and police departments, and dozens of community centers. Space is limited so please pre-register at the Front Desk or call Cathy Barrett with any questions. All veterans, please bring your DD214 to the first class.



## 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**

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Nashua, NH  
Permit # 103

## NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

**Membership Office Hours:** Monday through Thursday: 9:15 am to 11:30 am 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 per year for individuals; \$60 per 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.

**Veterans Discount:** Eligible military service veterans receive a \$5 discount.

**Membership Fee Exemption:** Membership fee is waived for all seniors 90 years old and older.

**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.**

### **FOLLOW US ON SOCIAL MEDIA:**

[www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)



[www.facebook.com/nashuasac](http://www.facebook.com/nashuasac)



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