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SENIOR ACTIVITY CENTER

NEWS

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Nashua, NH 03060

Telephone: 603.889.6155

www.nashuaseniorcenter.org

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JAN/FEB 2021

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.

ANNUAL APPEAL

The 2020 Annual Appeal was mailed in late December, and we hope that you will consider a donation this year.

Many ask why they should donate to the Nashua Senior Center's Annual Appeal since they already pay a membership fee and for classes. The fact is that the 100% self-funded Nashua Senior Activity Center depends on your donations to keep operating. Every day the Center is open (250 days a year), it costs approximately \$1,629; but only \$183 of that is generated from membership dues. The remaining \$1,446 for each of the 250 days must be generated by rentals, class fees, retail sales, trips, fundraising events, and donations. Because of the COVID-19 pandemic in 2020, many of our revenue streams were not available; so your donation to the 2020 Annual Appeal is more crucial than ever.

Each and every donation makes a difference to the NSAC's mission as a resource in the Greater Nashua area. The Center creates an environment for successful aging. If you are not a member or do not receive the mailing and wish to contribute to the Annual Appeal, please contact Judy Porter, Development Director via email at jporter@nashuaseniorcenter.org or call 603-816-2649.

Please consider donating and giving generously to the NSAC. **Thank you!**

RENEWAL REMINDER

Because of 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.

Renew your Nashua Senior Activity Center membership in January or February of 2021 and your name will be entered in that month for a special drawing. Simply, there will be one drawing each month (January and February), and the winner will receive a \$25 Market Basket gift card. All you need to do is to renew your membership, and you will be eligible for the prize, which will be mailed to you.

**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)

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

PROGRAMS NOT AVAILABLE DURING PHASE 1:

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

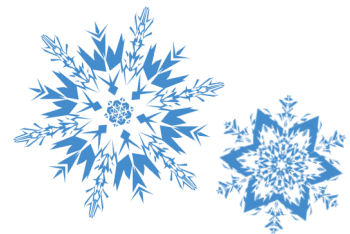
Coffee or water in lounge (water may be purchased at Front Desk)

Drop-in classes/workshops/seminars

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

One-on-one health screenings and clinics

Thrift Shop is closed. (No donations or shoppers) at this time.



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*)

Now is the time to make sure we all keep fit mentally and physically. We are offering many classes including the newer ones listed below, and we are constantly adding new day and evening classes. There are too many to list in this newsletter, so please pick up our six-page Activities Schedule at the front reception area or go on our website www.nashuaseniorcenter.org for a full listing. I would love to hear some of your interests or ideas for new classes. Please email your ideas to me at cbarrett@nashuaseniorcenter.org

We are now taking names for the following interest lists:

**Snow Shoeing, Giant Yahtzee, Corn Hole, Cyber Security,
Drawing, Photography, and Positive Thinking**



APPLE I-PHONE

Starting Thursday, February 18, 2020 ■ 1:00 pm

Class is held weekly for five weeks.

Fee: FREE for members; \$25 for non-members

Pre-registration and payment is due no later than February 11, 2020.

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.

SIX-WEEK CHAIR YOGA WITH JANICE

Starting January 13, 2021 ■ Pre-registration & payment is due by January 6, 2021

Fee: \$36 for members/\$46 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.



THURSDAY MORNING AEROBIC CLASS WITH SILVIE

Starting January 14, 2021 for six weeks ■ 10:00 am ■ Registration/payment due by 1/7/2021

Fee: \$36 for members/\$46 for non-members



FITNESS ROOM TRAINING WITH KEVIN

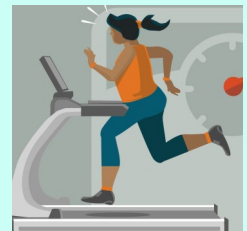
Every **third Wednesday of the month**, Fitness Room Training is available at 11:15 am and 11:45 am. Space is limited. Sign-ups are on a first-come, first-serve basis and opened to members only. Once you complete your training, you will be able to join for a low yearly fee of only \$30. To register, please call 889-6155 or visit the Front Desk.

SIX-WEEK BODY SCULPTING WITH KEVIN

Starting Wednesday, January 13, 2021 ■ 10:15 am

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

Pre-registration & payment is due by January 6, 2021



Aging in Place

Greater Nashua Habitat for Humanity

Helping seniors safely stay in their own homes.

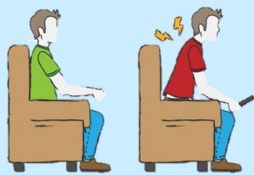
As homes and their occupants age, upkeep and updates can become a challenge. Recognizing the desire for older homeowners to stay in their homes as long as possible, GNHFH's "Aging in Place" program focuses on accessibility improvements, mobility modifications, weatherization, and critical home repairs. 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 or (603) 816-2643.



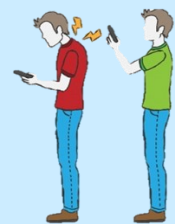
Posture Training Class (CPTE)

Six-week class (twice per week for 30 minutes)

FREE for Senior Center Members

Start Date: January 20, 2021

Mondays and Wednesdays ■ 1:00 pm to 1:30 pm



Standing up straight has many benefits including looking taller, reducing the effects of kyphosis (curvature of the spine), improved digestion, and most importantly, reducing the risk of falling. There are many elements to good posture, and anyone can improve their posture. CPTE's Posture Training Class will help you understand the physical pieces that make up good posture, and then practice exercises and stretches to train your muscles to maintain good posture. Course is under the direction of Fred Daniels, Center for Physical Therapy and Exercise. Class is limited to 15 participants. Please call the Front Desk (NSAC) 603-889-6155 to register.

Free

Virtual Ukulele Lessons for Members

A four-week series beginning Monday, January 25, 2021 ■ 1:00 pm

Did you know the ukulele is one of the easiest instruments to learn to play? Group lessons will take place via Zoom with professional musician and educator, Mike Loce, Director of the Ukestra (please check out the website at www.ukestra.org). A basic understanding of using Zoom is necessary. Ukuleles may be signed out for the classes by calling Cathy Barrett at 603-816-2647. Limited number of participants. Pre-registration is required by Tuesday, January 19, 2021. Please note: There will not be a class on February 15, 2021 because that is President's Day.



SEMINARS/CLINICS

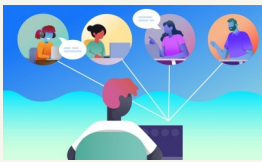
All seminars are free for members and \$10 for non-members, unless otherwise noted. Visit our website: www.nashuaseniorcenter.org/news for the latest updates and information.

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.

FREE EDUCATIONAL SEMINARS FOR MEDICARE ANNUAL ENROLLMENT

- **Medicare 101 — 2021 Choices:** Thursday, January 7, 2021 or Thursday, February 4, 2021 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.



CLASSES WITH JOHN: VIDEO TELECONFERENCING AND WEBINARS

(ZOOM, Skype, Facetime, MS Teams)

Wednesday and Thursday, February 10 and 11, 2021 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 February 3, 2021.

CITY OF NASHUA PROPERTY TAX EXEMPTIONS AND CREDITS

The Assessor's Department will make available to the Nashua Senior Activity Center members packets of information, in lieu of an in person presentation, for all available property tax exemptions/credits that are available to residents of Nashua. These packets will be at the Senior Center starting the week of January 11, 2021. Please call the Senior Center at 603-889-6155 to reserve your packet.

Nashua currently offers exemptions to the elderly, disabled, and the blind. Nashua also offers a number of veteran's tax credits. The financial savings vary depending on what the tax payer qualifies for. Complete information is available on their website at the following link. www.nashuanh.gov/162/Elderly-Exemptions.

You may also reach out to Amanda Mazerolle, Assessing Administrative Specialist, City of Nashua at assesshelp@nashuanh.gov with any specific needs/questions.



VETERANS YOGA PROJECT

Ongoing starting Tuesday, January 12, 2021 ■ 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.

COMMUNITY PARTNERSHIPS

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

The Board of Directors and staff of the Nashua Senior Activity Center would like to express their appreciation to the Zis-Sweeney and St. Laurent Funeral Home for the donation of 130 Christmas dinners for seniors.



BUSINESS MEDIA SPONSORS



Breakfast Exchange Club–Nashua



Greenbriar



Synergy Home Care

The Nashua Senior Activity Center's 2020 Santa Bag Project was a huge success only due to the generosity of the following businesses and individuals:

- Allen Mello Chrysler Jeep Dodge Ram, the Center for Physical Therapy, and an anonymous donor graciously made cash donations to this project.



- The following businesses donated gifts to fill our Santa bags:
 - * Allen Mello Chrysler Jeep Dodge Ram
 - * Anthem
 - * Bridges by Epoch at Nashua
 - * Center for Physical Therapy and Exercise
 - * Fairview Senior Living
 - * Harvard Pilgrim Health Care
 - * Home Instead Senior Care
 - * Ledgewood Bay at Milford
 - * Silverstone Living
 - * The Arbors of Bedford
 - * Zis-Sweeney and St. Laurent Funeral Home

Recycle Beyond the Bag

Trex is the world's largest manufacturer of wood-alternative decking products. They were the first company to combine the durability of recycled plastic with reclaimed wood for low-maintenance outdoor living.

The Nashua Lions Club is participating in this project. They have placed a bin in the Nashua Senior Center Lobby and encourage you to recycle your household bags and wrap for Trex's earth-friendly composite decking and railing.

