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NASHUA

SENIOR ACTIVITY CENTER

70 Temple Street

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Telephone: 603.889.6155

www.nashuaseniorcenter.org

ISSUE #322

MAY/JUNE 2021



Alpine Luncheon Drive-In Style

Thursday June 17th 10:30 am — 1:30 pm

(Rain Date: June 24th)

Tickets are \$15/members & \$25/non-members

Includes Lunch, Live Entertainment, Tax and Gratuity

Space is limited to the first 100 people

Tickets go on sale May 1st and the deadline to order
tickets is June 9th (no refunds)



Bring your lawn or camp chair to set up in the parking lot next to your car. You will be served a tasty lunch which includes your choice of a cheeseburger or marinated chicken sandwich served with chips, coleslaw, watermelon and an ice cream bar. Take a chance in our 50/50 drawing & lottery ticket tree raffle!

Enjoy the music of "The Bel Airs"

A vocal quintet performing popular love ballads and dance tunes from the fabulous 50s and early 60s in exquisite five part harmonies. Since 2009 The Bel Airs have been bringing musical memories and fun to audiences across New England. Sit back, fasten your seat belts, as we take you on a musical time machine back to the days of shiny metal diners, bee hive hairdos, and big finned cars!



Festival of Springtime Raffle

Winners will be drawn May 11th!

Spring Fling is here!

(see pg. 4 & 5 for information)

Stay tuned as we explore ways to gradually re-open more NSAC programs, services and other happenings in the near future!

Check our website for updates!

coming soon!

NASHUA SENIOR ACTIVITY CENTER WELCOMES YOU BACK WE HAVE MISSED YOU! 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: 9:00 am–2:30 pm

Friday: Closed*

*except pre-registered classes and by appointment

Class sizes have been reduced ~ Credit card payments are preferred

New classes are being added every day!

Check the Program Schedule available on our website or at the Front Desk for a full list!

(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
- * **Fitness Room:** By appointment for 45-minute sessions. Must be booked 48 hours in advance
- * **Membership Office:** Monday–Thursday 9:15 am - 11:30 am. Renew at the Front Desk 11:30 am-2:30 pm
- * **Seminars/Workshops:** Pre-registration required

FITNESS CENTER

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.

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. Check back for added times.

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 May or June of 2021, and your name will be entered for a special drawing. There will be one drawing each month and the winner will receive a \$25 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.

Congratulations to January winners: Katherine DeCarpis and Peter Goldthwaite & February winner: Bud Francis!

MEMBERS AND NON-MEMBERS 50 AND OVER ARE INVITED TO THE

SPRING FLING !!!

IT HAS BEEN A LONG WINTER AND IT'S TIME TO GET OUT OF THE HOUSE AND HAVE SOME FUN!!!!
 HAVE YOU EVER WONDERED IF A CERTAIN CLASS WAS FOR YOU? WELL NOW IS THE TIME TO
SAMPLE THEM ALL FOR FREE!!!! NOT ONLY DO MEMBERS GET TO TRY THESE CLASSES FOR FREE,
 BUT THEY CAN INVITE ANYONE 50 OR OLDER TO ALSO ATTEND FOR **FREE!!!!**

Please Note: Due to limited space, pre-registration is required. Please call 603-889-6155 or visit the front desk.

MONDAY MAY 17TH

9AM MOVING TO MUSIC

with Susan (Greeley Park)

10:30AM TAI CHI

with Susan (Greeley Park)

1PM CULTIVATE YOUR POSITIVE ENERGY

with Lisa (Greeley Park)

5:30PM AEROBICS

with Sylvie (NSAC)

TUESDAY MAY 18TH

1PM VETERAN'S MAT YOGA

with Terri (Greeley Park)

(veterans, first responders & spouses only)

WEDNESDAY MAY 19TH

9AM GET FIT & STRONG

with Kevin (Greeley Park)

10AM COFFEE WITH CLAYTON

(Greeley Park)

1PM TAI CHI

with Connie (Greeley Park)

THURSDAY MAY 20TH

10AM AEROBICS

with Sylvie (NSAC)

MONDAY MAY 24TH

9AM BEGINNER'S TAP

with Rosemary (Hudson American Legion)

TUESDAY MAY 25TH

10:15AM MAT YOGA

with Terri (Greeley Park)

9AM Aerobics

with Bev (Greeley Park)

WEDNESDAY MAY 26TH

1PM CORN HOLE

with Jerry (Greeley Park)

10:30AM TRIVIA

with Elizabeth and friends (NSAC)

THURSDAY MAY 27TH

10:45AM CHAIR YOGA

with Janice (NSAC)

1PM WATER AND OIL ART

DEMO with Mary (NSAC)

4:15PM MAT YOGA

with Terri (Greeley Park)

NOTE: Many of the 4-6 week sessions begin the following week after each meet and greet. For more information pick up flyers at the front reception desk.

SEE YOU THERE!!!

DON'T MISS OUT ON THE FREE DOOR PRIZE DRAWINGS!

(See details below on how to earn extra tickets and a list of door prizes)

HERE ARE THE DETAILS ON HOW YOU CAN EARN EXTRA DOOR PRIZE TICKETS:

- * For every session **you** attend you receive **1** door prize ticket
- * For every **guest** you bring you receive **3** additional tickets (per guest)
- * For every **staff** member you get to participate you receive **5** additional tickets
- * For every **board member** you bring to participate you receive **10** additional tickets
- * All **new members** who sign up between May 17th—May 31st receive **10** additional tickets

DOOR PRIZES



FREE 1 YEAR MEMBERSHIP

FREE 6 WEEK CLASS OF YOUR CHOICE

FREE 1 YEAR FITNESS ROOM MEMBERSHIP

FREE TICKET TO LUNCHEON AT ALPINE GROVE

GIFT CARDS....

Bill Cahills Super Subs
Chunky's Cinema & Pub
Gas Card
The Lobster Boat
Nashua Car Wash & Detail Center
T-Bones

...just to name a few

GRAND PRIZE BASKET WITH A VALUE OF \$250.00



REMEMBER THE MORE PEOPLE YOU BRING THE MORE CHANCES YOU GET!

(Door prizes will be drawn on Tuesday, June 1st)

MANY THANKS TO ALL OUR TALENTED INSTRUCTORS FOR DONATING THEIR TIME FOR THESE FREE CLASSES!

ACTIVITIES (Director, Cathy Barrett)

PLEASE NOTE

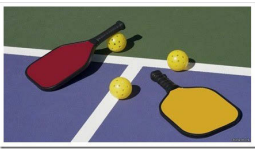
As of the date of this newsletter's publication, all of the following offerings were still valid.
All dates are subject to change.

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 Desk 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:

Sock Hop, Piano Lessons, Trivia, Nutrition, Garden Club, Giant Yahtzee, Corn Hole, Cyber Security, Paint Your Own Pottery and Photography.



EVENING PICKLE BALL

I am currently working on getting someone to teach an evening Pickle Ball class.
Please call 603-889-6155 to put your name on an interest list!

Meet & Greet:

Walking Program: May 13th 1:00 PM

Bike Club: May 13th 2:00 PM

At the Nashua Senior Activity Center



Ukulele Class for Newbies!

4 Weeks — starting June 7th - 1 PM

at Greeley Park

This class is free and for members only!



Did you know the ukulele is one of the easiest instruments to learn to play? Group lessons will take place with professional musician and educator, Mike Loce, Director of the Ukestra.
(Check out the website at www..ukestra.org).

Ukuleles may be signed out for the classes by calling
Cathy Barrett at 603-816-2647.

Due to space being limited you must pre-register at the
Front Desk no later than Tuesday June 1st.

Calling all Ukulele Players

Do you know how to play the Ukulele?

Would you like to meet up with others that play?

I would like to invite those interested to a meet and greet on
May 12th at 1 pm at the NSAC

Call 603-889-6155 to sign up!

Basic Classical Drawing



Mike Brazoa is offering an 8 week
Basic Classical Drawing Class

Starting on Tuesday June 1st 10:30- 12:30 pm

This class is for beginners as well as
more experienced artists!

\$110.00/Members and \$130.00/Non Members

Please pre-register no later than May 25th
Pick up flyer at the Front Desk for full details and
materials needed.

**visit Jerry at the Humana Van
May 11th & June 15th 11am-1pm
in the NSAC parking lot next to the playground**



Music!



Corn Hole!



Giveaways!

ACTIVITIES (Director Cathy Barrett)



Class is grant funded by:
The Anna DeNicola Trust

Learn to Grill with Chef Reggie



Learn how to use your grill to make a wide variety of dishes that you would never think of during this "demonstration style" class taught by award winning Chef Rejean Sheehy! Samples of the food he creates will be available for attendees to taste.

Offered in 2 Sessions

Session 1: Thursday May 20th, 27th and June 3rd from 5-6:30 pm

Session 2 : Thursday July 8th, July 15th and July 22nd from 5-6:30 pm
(you don't need to have taken Session 1 to participate in Session 2)

Class is held outside at the NSAC and is limited to 10 attendees. Attendees must be a current Member of the Nashua Senior Activity Center and the cost is only \$15 for each group of 3 classes!!!

Get Up and Go (CPTE)

Six week class (twice per week ~ 30 minutes per class)

Monday & Thursday 11:00-11:30 am

Start date: Monday July 19, 2021

Free Members / \$10.00 Non-Members

Join Fred Daniels from the Center for Physical Therapy and Exercise for this informative class entitled "Get Up and Go". Learn exercises and practice activities helping people safely and efficiently get out of a chair, get in and out of bed, and get down and up off the floor. He and his team create challenging situations such as difficult chairs, different height beds and so on. Class is geared to the needs of participants and is limited to 15 people. Call the Front Desk at 603-889-6155 to register.

VETERANS' COFFEE CLUB

With Barney Barbera

Chairman of the City of Nashua Mayor's Veterans' Council
Come find out about VA benefits you may not know about and share memories of your time in the service.

Feel free to bring photos to share.

May 11th, June 8th & July 13th 9 AM—10 AM

NSAC—Coffee Talk Lounge

Free and open to the public

Pre-registration required, Sign up at the Front Desk.



Eden Energy Method for a Better You

6 week class

May 12-June 16, 2021 11 AM -12 PM

Members \$36 / Non-members \$46

Register for a 6-week exploration of
Eden Energy Method Techniques

with Dodi Mitchell, EEM Certified Practitioner

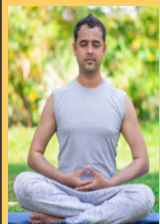
Learn how to work with energies to activate your self-healing abilities. In this series of classes you will learn Donna Eden's recommended daily exercises that will: increase your energy levels; create healthy energy habits that will make you feel better; help you look and feel younger; improve sleep; reduce stress; and think more clearly. Also included in this six week series are some powerful tools to reduce anxiety and relieve pain.

Class size is limited to 16 —must have 8

Please register at the Front Desk by May 10th

NEW VETERANS YOGA PROJECT

Tuesdays at 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.

FITNESS ROOM TRAINING WITH KEVIN

Fitness Room training is available every **1st and 3rd Wednesday of the month**. Space is limited. Sign-ups are on a first-come, first-served basis and open to members only. To register, please call 603-889-6155 or visit the Front Desk.

Welcome Back

To our instructors:

Susan Flanagan & Bev Kohler!

Both instructors will start offering classes again in
June!

