

ACTIVITIES (Director Cathy Barrett)



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.

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 grant funded by:
The Anna DeNicola Trust

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.

PICKLEBALL LESSONS



You asked for it—You got it!

Daytime and evening lessons!

Call the Front Desk at 603-889-6155 or
Check the Program Schedule for dates and times!

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.

July 13th & August 10th 9 AM—10 AM

NSAC—Coffee Talk Lounge

Free and open to the public

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



TRIVIA PURSUIT

It's a game not unlike the board game, Trivial Pursuit, where a question is asked and your team decides on an answer. Points are given for each correct answer as you build a score that competes with another team. Come alone or bring your friends! It's about an hour of fun!

Call for July's date (603) 620-1187



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. Pre-register at the Front Desk or call Cathy Barrett. All veterans, please bring your DD214 to the first class.

FITNESS ROOM TRAINING WITH KEVIN

Fitness Room training is available every
1st and 3rd Wednesday of the month at 11:15 AM.

Space is limited. sign-ups are first-come, first-served and open to members only.

To register, please call 603-889-6155 or visit the Front Desk.

Visit Jerry at the Humana Van

July 13th & August 10th 11AM -1PM

NSAC Parking Lot - Next to the Playground



Music! Cornhole! Giveaways!



Visit our website: www.nashuaseniorcenter.org/news for the latest updates and information.

ACTIVITIES (Director Cathy Barrett)

The Spring Fling was a huge success!

Everyone who participated in the free classes at Greeley Park and NSAC expressed how much fun they had! Now that you got a chance to try the many classes we have to offer, don't forget to sign up for your favorites!

Pick up an Activities Schedule at the Front Desk or go on our website: www.nashuaseniorcenter.org and click on Program Schedule under "Activities—At the Center"

Congratulations to our Spring Fling Door Prize Winners!

Grand Prize Basket: Lucy Saia

Bill Cahill's Super Subs: Susan Flanagan & Donald Jean

Bruster's Ice Cream: Shirley Ringer

Chunky's Cinema: Rosemary Thoutte & Therese Atwood

Dairy Queen of Hudson: Pat Francis

Free Ticket to NSAC Alpine Luncheon: Elizabeth Vallerand

Hannaford: Therese Atwood

Lobster Boat: Jeff Atwood

Nashua Car Wash: Cynthia Jean

NSAC Free 1 year Fitness Room Membership: Noreen Bois

NSAC Free 6 Week Class: Barney Barbera

Sam's Club: Judy Campbell

T-Bones: Darlyne Biggerstaff

Many thanks to all that attended including our awesome instructors who donated their time!

Special thanks to our generous door prize donors:

Bill Cahill's Super Subs

Bruster's Ice Cream

Chunky's Cinema

Dairy Queen of Hudson

Hannaford of Nashua

King Cone

Lobster Boat

Nashua Car Wash

Nashua Senior Activity Center

Sam's Club

T-Bones



COMMUNITY PARTNERSHIPS/SEMINARS

NSAC Week at Boston Billiard Club & Casino!!!

Come in to Boston Billiard Club & Casino

between Monday 9/13/21 through Sunday 9/19/21 from 11:30 AM—1 AM

Nashua Senior Activity Center is the charity partner for the entire week!

Try your hand at poker and several other table games all while helping to support a great cause! Boston Billiards will donate 35% of that week's proceeds to NSAC!

We want to thank Boston Billiards, for helping us raise \$67,160 at our 2020 event!



55 Northeastern Blvd.
Nashua, NH 03062
603-943-5633

www.BostonBilliardClub.com