

COMMUNITY PARTNERSHIPS/SEMINARS



Sight Services for Independent Living

New Hampshire Department of Education
Low Vision Peer Support Group

The Low Vision Peer Support Group will meet at the Nashua Senior Activity Center at **1:30 PM** on the following dates:

8/24/2021: New and affordable assistive technology and rental/loaner programs

10/26/2021: Wrap-up and planning

The purpose of these meetings are to provide information, resources, and support to any visually impaired New Hampshire residents age 55 and older. Pre-registration is required. Please call the Nashua Senior Activity Center at 603-889-6155.

HEARING CLINICS

Dates: Tuesday, July 20th & Tuesday, August 17th

Time: 10:00AM - 12:00PM



Free 15-minute hearing screenings and hearing-aid checks are offered by Hearing Life the third Tuesday of each month. Reserve a time slot by visiting or contacting the Front Desk at 603-889-6155 one week prior to the clinic date.



MEDICARE 101

**FREE SEMINAR ANSWERING
YOUR QUESTIONS ON
MEDICARE**

**The 1st Thursday of every month:
July 1, 2021 & August 5th at 5:30 PM**

Registration required

Please sign up at the Front Desk
or call 603-889-6155.

Hosted by Dorrie Dobens from:
The Lenny Dobens Agency



Grab N' Go Meals

**By: Meals on Wheels
of Hillsborough County**

Every Monday & Wednesday from 1PM—2PM.

Meals on Wheels will provide freshly made lunch options created by Soel Sistas and MOLA Foods.

For more information and to reserve your spot,
call Carol at 603-424-9967.

Please Note: days and times are subject to
change in subsequent months.

Greater Nashua



Aging in Place

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.

Contact Margo Bell at mbell@nashuaseniorcenter.org or (603) 816-2643



Pen Pals & Phone Friends for Seniors

Sponsored by United Way of Greater Nashua

Would you, or do you know of 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 receive calls, please contact Margo Bell at (603) 816-2643 or mbell@nashuaseniorcenter.org

DAY TRIPS

Day trips are offered throughout the year and are open to NSAC members and non-members. For more information, contact the NSAC Trip Office at 603-816-2645, Monday - Thursday, 9AM - 11:30 AM or Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

PLEASE NOTE: As of the date of publishing all of the following day trips and multi-day tours were still valid. The dates are subject to change. Please ask about the cancellation policy.

Lights and Sights of Portland Harbor

& Luncheon at DiMillo's Floating Restaurant

Date: July 21, 2021 ~ **Cost:** \$140.00 per person

This adventure takes you to Portland, Maine for a sightseeing cruise taking in the lights and sights of the harbor. During the 90 minute boat experience, you will view the iconic lighthouses, forts and historic sights of Portland Harbor. Included lunch to follow at Di Millo's Floating Restaurant, please select baked stuffed chicken or lobster roll upon sign-up. Some time allowed, on your own, to explore the beautiful Old Port.

Departs: 7:45 AM (Exit 8 Park & Ride)

Returns: approx. 5:45 PM



Indian Princess Cruise & Luncheon

August 25, 2021

\$99 per person



The Indian Princess is one of the few authentic paddle wheel riverboats still in operation. There are two decks aboard the Indian Princess that you can enjoy while cruising picturesque Webster Lake. Then following a delicious Lunch at Samuel Slater's Restaurant, we'll travel to Froppema's Farm Stand in Northbridge before returning to Nashua.

Departs: 8:00 AM (Exit 8 Park & Ride)

Returns: approx. 5:00 PM



At the Ogunquit Playhouse (Outdoor Pavilion)

August 4, 2021 ~ Cost \$150.00 per person

The Ogunquit Playhouse will open it's new Outdoor Pavilion for the 2021 summer season.

Join us as we **Escape to Jimmy Buffett's Margaritaville!**

Tap your toes, take it all in and your cares will melt away!

Remember ... it's 5 O'clock somewhere!

Luncheon included at Warren's prior to the show.

Departs: 11:00 AM (Exit 8 Park & Ride)

Returns: approx. 5:45 PM

Narragansett Lighthouse Cruise

September 8, 2021

\$109 per person



We'll start our day at the Quonset Point Officer's Club for a delicious full course luncheon, then hop aboard the Millennium Ferry for a fun-filled day sailing Narragansett Bay! Including a narrated tour of ten beautiful lighthouses and Newport Harbor where you'll cruise under the breathtaking Jamestown and Newport Bridges, past mansions, historic Fort Adams and many other historic Rhode Island sights.

Departs: 8:30 AM (Exit 8 Park & Ride)

Returns: approx. 5:30 PM

DAY TRIPS

The Green Mountain Railroad

September 23, 2021

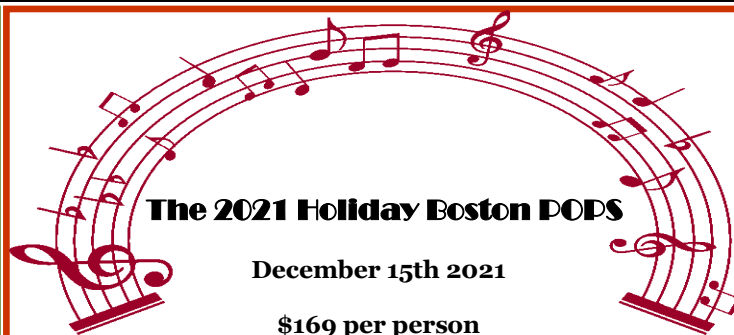
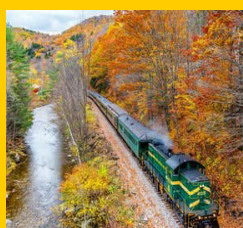
\$109 per person

Get on track with The Green Mountain Railroad and join us for an exciting day as we journey to scenic Vermont!

After a visit to the famous Vermont Country Store in Rockingham, you'll travel to Chester to board your Green Mountain Railroad Train where you'll enjoy a delicious hot luncheon prepared by the Country Girl Diner. Then sit back for a two hour stunning foliage train ride with breathtaking views of covered bridges and the Connecticut River along with historical narration along the way.

Departs 8:00 AM (Exit 8 Park & Ride)

Returns: approx. 5:30 PM



The 2021 Holiday Boston POPS

December 15th 2021

\$169 per person

Tour includes a delicious full course luncheon at the outstanding Venezia Restaurant overlooking the harbor. Then a scenic drive along the Boston Common to view the beautiful Christmas displays before arriving at Symphony Hall for your reserved first balcony seats and a dazzling performance by The Boston Pops and the renowned Keith Lockhart! Music so great it "Pops"!

Departs: 11:00AM (Exit 8 Park & Ride)

Returns: approx. 7:30 PM

KING TUT EXHIBIT Boston, MA Cost: \$89.00 per person

POSTPONED UNTIL FALL 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 & gratuities.

Please call 603-816-2645 to be put on the call list for when it is rescheduled.



Details are being finalized for :

- **October:** Fall Foliage Tours
- **November:** Newport Playhouse Spectacular show and cabaret luncheon.
- **December:** Salem Cross Inn holiday luncheon, Yankee Candle Bavarian Christmas Village & the Bright Nights light display.

Do you have a suggestion on a trip or event you would like to see us offer?

We are always looking to add new and exciting excursions or events and would love your input!

Call the Trip Office at 603-816-2645 ~ We are taking names for interest lists for the following events:

Lake Winnepesaukee Mt. Washington Cruise ~ Fall Foliage Tours ~
The Van Gogh Exhibit & Christmas at The Breakers

MULTI-DAY TRIPS (flyers available soon)

- **Tropical Costa Rica:** January 2022, with air from Boston (\$2198)
- **America's Music Cities:** Early March 2022, with air from Boston (\$2999)
- **Bluegrass Country and Great Smoky Mountains:** End of March 2022, with air from Boston (\$2999)
- **Alaska Discovery Land & Cruise:** July 2022, (double: \$5,649 ~ single: \$8,649)

NSAC INFORMATION

**Did you know that the
Nashua Senior Activity Center
now has it's very own podcast?**

Each episode features industry professionals discussing topics of interest to seniors and their families. Episodes can be heard on Anchor, Radio Public, Breaker, Google Podcasts, Spotify and Apple Podcasts.



Volunteers play an important role at the Nashua Senior Activity Center. The time and talents of these individuals is truly valued and appreciated! As we begin to look ahead there are opportunities that may be of interest to you. If you have some available time and an interest in doing some volunteer work, please contact: Margo Bell at 603-816-2643.

**Nashua Senior Activity Center Spotlight
is coming back to:**



**Tune in on the last Monday of the month at 8:30AM
for an update on activities and other NSAC happenings!**

Thank you to the anonymous grantor who made this possible.

Volunteer positions to include:

Front Desk (3-4 hour shift)
Round Again Shop (3-4 hour shift)
Library (2-3 hour duration)
Travel Office (3 hours)

All posts require training and request a weekly commitment.

**NSAC
Inclement Weather Closings:
Watch WMUR or check WMUR.COM**



*Thank You
To Our Grantors:
Bank of New England
& The Nashua Rotary*



**Harvard Pilgrim
Health Care**

BUSINESS MEDIA SPONSORS

**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 July or August 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 March winner: Joan Petros, April winner: Omer Wayne & May winner: Janet Richardson!

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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Permit # 103

NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

Membership Office Hours: Monday through Thursday: 9:15 AM to 11:30 AM

Eligibility: Membership is open to anyone in the greater Nashua area age 50 or older.

Membership and Renewal Fees: \$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 seniors 90 years 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.

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www.nashuaseniorcenter.org



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