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NASHUA

SENIOR ACTIVITY CENTER NEWS

70 Temple Street • Nashua, NH 03060 • 603-889-6155

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www.nashuaseniorcenter.org

MAY/JUNE 2022

ANNUAL SENIOR PICNIC

Alpine Grove, Hollis, NH



THURSDAY, JUNE 16, 2022
9:30am – 2:30pm

All adults 50 and over are invited to enjoy a great day indoors and outdoors. Start your morning off with Coffee and Donuts from 9:30-10:30am. There's something for everyone! Participate in morning activities including Miniature Golf, Games, Bingo and musical entertainment by the BASEMENT BOYS, with Benes, Dick and Jim. All activities are included with the exception of Bingo and chances on the raffle items. A buffet lunch will feature BBQ Chicken with all the fixins'. The afternoon's entertainment will be JIMMY & THE JESTERS, a band featuring classic rock & roll as well as country. There's no better time to get out of the house where you will have a perfect mix of *music, food and fun*.

Tickets are available at the front desk for \$23/Members and \$28/Nonmembers and must be purchased no later than June 9, 2022. (Picnic schedule will be available at the front reception area starting May 1st at the Senior Activity Center)

Annual Senior Picnic

Sponsors:
(as of 4/8/2022)

GOLD

HUMANA

SILVER

American Medical Response
Ann-Marie Gallant, Realtor
Keller Williams Metropolitan
CaptionCall

Harvard Pilgrim Health Care
Ledgewood Bay at Milford

BRONZE

Fairview Senior Living
St. Mary's Bank

Thank You!

2022 Fall Variety Show Informational Meet & Greet

Monday, May 16th 2022 - 6:00 pm
Nashua Senior Activity Center

Since 1981 the Nashua Senior Activity Center
has been presenting yearly variety shows.

After a long two year's we're excited to announce that we will once again
be having a **2022 Fall Show** featuring a variety of entertainment
including songs & dances!

Plan to attend the informational night and meet our Show's
Director, Kathy Lovering, Accompanist, Dick Leombruno
and our Producer, Cathy Barrett.

Auditions: Monday, June 13th—6 pm



2022 FIRE & FUSION

AN EXECUTIVE CHEF COMPETITION

***“A NIGHT IN MONTE CARLO”*—A COOKING COMPETITION**

6:00pm -9:00pm Wednesday, May 4, 2022

**WATCH AS 6 EXECUTIVE CHEFS FROM HEALTHCARE COMMUNITIES
CREATE UNIQUE DISHES IN A TIMED COMPETITION**

THANK YOU TO OUR SPONSORS

SIGNATURE SPONSOR

Benchmark Senior Living

VENUE SPONSOR

Market Basket • TD Bank

DIAMOND DISH

**ConvenientMD • Harvard Pilgrim Health Care • Bridges by Epoch at Nashua
Rose Haven of Merrimack**

PLATINUM PLATTER

**Dr. Woods Hearing Center • Humana • Villa Crest Nursing & Retirement Center
The Tamposi Foundation**

GOLDEN GRILL

**Assisted Living Locators • Beasley & Ferber, P.A. • Bowman Place at Olde Bedford • Comcast
Courville at Nashua • Denise Petrin/Merrill Lynch • Eastern Bank • Eaton and Berube
Andy Whigham /Edward Jones • Enterprise Bank • Etchstone Properties • Southern NH Health
Harvey Construction • HomeInstead • Ledgewood Bay at Milford • Visiting Angels
Morneau Law • Nashaway Woman's Club • Nashua Lions Club • Santander • ServiceLink
Silverstone Living • Triangle Credit Union • Zis-Sweeney & St. Laurent Funeral Home**

SILVER SKILLET

**Center for Physical Therapy & Exercise • Nashua Wallpaper and Paint • CREG-30 Temple St.
Barry & Honorow, PLLC • Fairview Senior Living • Home Health and Hospice • Cambridge Trust Co. of NH
Jeanne D'Arc Credit Union • Northeast Delta Dental • Allen Mello Chrysler Jeep Dodge Ram • LOTW**

KITCHEN SPONSORS

Lowell Five Bank • Caption Call

MEDIA SPONSOR

The Nashua Telegraph

DESSERT SPONSOR

Bridges by Epoch at Nashua

FLORAL SPONSOR

BrightStar Care of Bedford

Hors d'oeuvres Sponsors

**Arbors of Bedford • Bedford Falls • Bridges by Epoch at Nashua • Courville at Nashua • Fairview Senior Living
The Hunt Community • Ledgewood Bay at Milford • Nashua Crossings • Villa Crest Nursing & Retirement Center**

HOUSE FRIENDS—WHALES AND HIGH ROLLERS

Diane Siteman • Alpine Grove Banquet Facility • Molloy Sound & Video • Mike Morin

PROCEEDS BENEFIT THE



“Celebrating over 40 years of service to the Nashua Community”

70 Temple St, Nashua, NH • 603-889-6155 • www.nashuaseniorcenter.org

Facebook.com/nashuasac • [@nashuaseniors](https://twitter.com/nashuaseniors) on Twitter • Nashua Senior Activity Center Channel on YouTube

ACTIVITIES (Director, Cathy Barrett)**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?

DURING OUR SPRING FLING YOU CAN **SAMPLE THEM ALL FOR FREE!!!**

BRING YOUR FRIENDS, FAMILY & CO-WORKERS - ANYONE 50 OR OLDER (*18 or older for evening classes)
CAN ALSO ATTEND FOR **FREE!!!**

MONDAY - MAY 16TH**TAI CHI**

11:30 am with Connie (NSAC)

ZUMBA*

6:00 pm with Tee (NSAC)

TUESDAY - MAY 17TH**VETERAN'S MAT YOGA**

(veterans, first responders & spouses only)

1:00 pm with Terri (NSAC)

OLDE TYME PICKERS**BLUEGRASS MUSIC PERFORMANCE***

7:00 - 9:00 pm (NSAC)

WEDNESDAY - MAY 18TH**GET FIT & STRONG**

9:00 am with Kevin (Greeley Park)

TRIVIA

12:30 pm with Pat (NSAC)

THURSDAY - MAY 19TH**MAT YOGA***

5:30 pm with Terri (NSAC)

FRIDAY - MAY 20th**WALK THE NASHUA RAIL TRAIL**

9:00 am with Jodie (94 Gilson Road)

MONDAY - MAY 23rd**BEGINNER'S TAP**

9:45 am with Rosemary
(Hudson American Legion)

CORN HOLE

1:00-4:00 pm with Jerry from Humana
(Greeley Park)

TUESDAY - MAY 24th**AEROBICS**

9:00 am with Bev (NSAC)

WEDNESDAY - MAY 25th**COFFEE WITH CLAYTON**

(bring coffee & a chair)

10:00 am (Greeley Park)

**SILVER LINING CHORUS
PERFORMANCE**

1:30 pm with light refreshments (NSAC)

THURSDAY - MAY 26th**PAINT A SUN-CATCHER**

5:00 pm with Zis-Sweeney Funeral Home
(NSAC)

FRIDAY - MAY 27th**WALK THE NASHUA RAIL TRAIL**

9:00 am with Cathy (94 Gilson Road)

Pre-registration is required - contact the Front Desk at 603-889-6155 to add your name to a class list.
Many of the 4-6 week sessions begin the week following each meet and greet.
For more information and to learn how to increase your chances of winning prizes
pick up a Spring Fling flyer at the Front Desk.