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NASHUA

SENIOR ACTIVITY CENTER NEWS

ISSUE #329

70 Temple Street • Nashua, NH 03060 • 603-889-6155
www.nashuaseniorcenter.org

JULY/AUG 2022

39th Annual

2022 Fall Variety Show

“GLAD TO BE BACK”

A musical trip through the past few years.
Directed by Kathy Lovering.

Sunday, October 16 at 2 pm
(See page 3 for more details)

COACH
kate spade
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designer
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MK
MICHAEL KORS
And
More!!!

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**Ledgewood Bay at Milford
Center for Physical Therapy
& Exercise
Triangle Credit Union
The Lenny Dobens Agency
St. Mary's Bank**

Custom
CREG-30 Temple

SAVE THE DATE

Monday, September 26, 2022

Doors open: 5:30 PM - Game starts: 6:30 PM

Tickets go on sale July 6, 2022

\$40 in advance - \$50 at the door (if available)
(Limited to 100 - must be 18)

Chances to win ten designer handbags
valued at over \$3,000!

Door prizes and gift certificates to
restaurants, stores & more!

Heavy appetizers & cash bar

Sponsorship available - Contact Judy Porter:
603-816-2649 or jporter@nashuaseniorcenter.org



NOTICE:
JULY and AUGUST 2022—ONLY
The Nashua Senior Activity Center
will be CLOSED on FRIDAYS.

39th Annual
2022
Fall Variety Show

“GLAD TO BE BACK”

The Senior Activity Center in Nashua is pleased to announce its 39th Annual Musical Variety Show, ***“GLAD TO BE BACK.”*** Enjoy this musical trip through the past few years directed by Kathy Lovering. This year's show will be packed with entertainment and is expected to be a sellout. Don't miss out on this spectacular show!

This year's musical will star over 70 seniors, who will wow you with their collective talent. Enjoy a variety of dances, solos, Silver Lining Chorus, along with some specialty acts. The show is a major fundraiser for the Center as well as being an excellent opportunity to celebrate the positive side of aging. Enjoy quality time out with family and friends.

Sunday, October 16, 2022 at 2:00 PM
Souhegan High School, 412 Boston Post Road, Amherst, NH

Tickets go on sale on August 15, 2022:
Tickets: \$12 (advanced); At door: \$15 (until sold out)
Children 10 and under: \$10

For more information call Cathy at (603) 816-2647.



Save the Date:

Saturday: Nov. 5, 2022
9 am-2 pm

Senior Activity Ctr
70 Temple St., Nashua
Free Parking

This Flea Market will showcase 30+ vendors selling both new & used merchandise, a book sale, a “fill-a-bag” for \$5 sale (on clothing only) at the Round Again Shop, a raffle and more! Volunteers to help with the event are needed! Limited “treasure” donations will be accepted by appointment only. Raffle items graciously accepted!

Vendor space is available after September 1: tables are \$25 each. For information on table reservations, volunteering, or to make an appointment for donations contact: Margo at 603-816-2643.

ACTIVITIES (Cathy Barrett, Director)

Don't miss out on these classes!!

Tell all your friends that our evening classes are open to those 18 & over.

FREE MEET & GREET

Monday, July 11, at 6pm

with Tara, our new Vinyasa Yoga Instructor

Often referred to as flow yoga, the vinyasa sequence is designed to be dynamic and fluid, aligning breath with movement, quickly transitioning from one pose to another while building heat in the body. These classes include static postures to really "land" in the posture between transitions and waves of movement. Incorporates asana pranyama bhakti and meditation. All levels are welcome! Space is limited, so please preregister by July 7.

Following the Free Meet & Greet, we will offer a **6-week Vinyasa Yoga session** which will begin on July 18. The fee for the 6-week session is \$36/members and \$46/Non Members. Registration and payment is due no later than July 11.



Our other two great evening instructors and their ongoing classes.



Bev is back to teach Senior Aerobics; Strength!

It's time to get in shape and what better way of doing it than with your peers and great music.

Begins: Tuesday, July 19—9 am (6 sessions)

Preregistration and payment due by July 12.

Bring two small hand weights, 2-5 lb.

Fee: \$36/members; \$46/non members

Mat Yoga with Terri

Thursday evenings beginning July 14 at 5:30pm (six sessions)

Terri's Mat Yoga includes Yin Yoga, Meditation, and Mindful Resilience.

Fee: \$36/members; \$46/non members

Preregistration & payment due by July 7.



Aerobics with Sylvie

Monday evenings starting July 18 at 5:30pm (2 sessions)

Join Sylvie for a great workout while having fun and movin' and groovin' to the music!

Fee: \$12/members; \$18/non members

Preregistration and payment due by July 11.



NEW VETERANS YOGA PROJECT

**Mindful Resilience
Tuesdays at 1:00 pm**

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.

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: 603-889-6155.

All veterans, please bring your DD214 to the first class.



Come Play Chess

Inviting all levels of Chess players to join in on a weekly game.

Thursdays: 1:00 pm

Please call 603-889-6155 or stop by the Front Desk to pre-register. See activities schedule for pricing.