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NASHUA

SENIOR ACTIVITY CENTER NEWS

ISSUE #330

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

SEPT/OCT 2022



The Senior Activity Center in Nashua is pleased to announce its 39th Annual Musical Variety Show, **"GLAD TO BE BACK!"** 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, the Silver Lining Chorus, along with some specialty acts. The show is a fundraiser for the Center. Enjoy quality time out with family and friends.

WHEN: Sunday, October 16, 2022 at 2:00 pm

WHERE: Souhegan High School
412 Boston Post Road, Amherst, NH

TICKETS: On sale starting August 15, 2022:
\$12 (advanced);
\$15 (at door until sold out);
Children 10 and under: \$10

For more information, call Cathy at 603-816-2647.

Designer Purse



kate spade
NEW YORK

Michael Kors

COACH

and more!!!

Monday, September 26, 2022

Doors open: 5:30 PM

Game starts: 6:30 PM

\$40 in advance

\$50 at the door (if available)

(Limited to 100 - must be 18)

**Chances to win 10 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**

GRACIOUSLY SPONSORED BY

Venue
Humana

Supporters

Ledgewood Bay at Milford

Center for Physical Therapy & Exercise

Triangle Credit Union

The Lenny Dobens Agency

St. Mary's Bank

Custom
CREG-30 Temple

Dessert
Villa Crest Nursing & Retirement Center

Save the Date:

Saturday: Nov. 5, 2022

Senior Activity Ctr

70 Temple St., Nashua 9 am-2 pm

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.

**FLEA
MARKET**

ACTIVITIES (Cathy Barrett, Director)

Tai Chi/Qigong Class with Maria

10 am Monday

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

Registration & payment due by Sept 19

Join Maria for a FREE MEET & GREET on September 19 at 10 am. After the Meet & Greet, a six-week session will begin on Sept 26.

Pick up a flyer for full details.



Love Letter

Presented by Denise Petrin
Merrill Lynch, a Bank of America Company
Sept 29 at 6 pm or Oct 5 at 10 am
Nashua Senior Activity Center

"Love Letter" is a document designed to provide information during a time of grief or confusion so that your loved ones can live with the results of your planning. The "Love Letter" gathers a compilation of information that your family will need at the time of death or incapacitation. Materials included.

Cost: Free (space is limited)

Please preregister no later than one week prior to class.

Don't forget



All our ongoing classes listed in the Activities Schedule, including our evening classes.



Humana Planning Meetings with Jerry

October 6 at 6 pm or November 17 at 10 am
Nashua Senior Activity Ctr

A great opportunity to ask questions and learn about which plan is best for you. Refreshments will be available. Please preregister by one week prior to the date.



Retirement: Making Your Money Last

Presented by the Edward Jones Team

Thursday, September 22nd at 6pm
At the Nashua Senior Activity Center



We'll discuss ways to help you work toward achieving your retirement goals - what matters most to you. And, we'll focus on how to provide for your income needs, including your retirement income for the future. We'll also explore how to address key concerns such as inflation, health care expenses, market volatility, and unexpected events. This session is free and open to the public. Because there is limited space, please preregister by September 15 at the Front Reception Desk or call (603) 889-6155.

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.

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.

ACTIVITIES (Cathy Barrett, Director)

Please Note: There are more activities listed in our 6-page Activities Schedule.

Pick one up at the Front Desk or go on our website: www.nashuaseniorcenter.org for a full up-to-date listing.
As of the date of publication, the following offerings were still valid. Dates are subject to change.

We are now taking names for the following interest lists:

Art, Cyber Security, Learning Spanish, Halloween Party, Evening Mah Jong, Evening Guitar, Giant Yahtzee, Nutrition, Photography, Sock Hop, Beginners Keyboard Lessons (day or evening), Halloween Social; Disaster Preparedness; How to Save in These Rough Times, Zumba. I would love to hear your interests or ideas for new classes - email them to me at: cbarrett@nashuaseniorcenter.org



Do you have an Apple iPhone?

Did you know it can . . .

- Save your life
- Help you with medications and appointments
- Keep you informed on weather, news, traffic, stocks, sports, just about anything you choose
- Make phone calls
- Take wonderful photos to share
- Come learn everything your iPhone can do

We are running a two-week class starting Monday, October 6 at 1 pm at the Nashua Senior Activity Center.

Fee for the two-week session is:
\$12/members; \$20/non-members.

Preregistration and payment is due by Sept 29.

Español Anyone?

PLACE: Nashua Senior Activity Center

DATE and TIME: October 17 at 5:45 pm

FEE: \$20/Members; \$25/Non-members

Registration & payment due by October 10

We will have an Introductory Six-Week Spanish Class taught by Anna Lopez, a Senior Center member. You will learn/refresh greetings, your own Spanish name, Latin holiday traditions, culture, numbers, colors, foods, and Latin music. We'll go to Spanish restaurants (cost on your own). Come join this fun and interactive class. Please bring a notebook and pen. Space is limited.

(Please note: No class Thanksgiving week.)

Two Ways to Enjoy Nature's Beauty:

Silver Wheelers Bike Club

Fridays at 10 am
Nashua Rail Trail, 94 Gilson Road



Nashua
NEW HAMPSHIRE'S GATE CITY

Senior
ACTIVITY CENTER

WALKING CLUB

FRIDAYS 9 AM to 10 AM

Nashua River Rail Trail - 94 Gilson Road Nashua NH

Come enjoy the beauty of the Nashua Rail Trail with a friendly group of Greater Nashua Citizens. Walk at your own pace and enjoy the wonderful scenery. Questions? Call us at 603-589-3370



**Saturday, December 3, 2022 for the
Annual Dickens Event and Breakfast with Santa
(More details to come.)**



Join us on
**Sept 21 &
Oct 5**
at **12:30 pm**

for a FREE fun way to exercise your mind while trying to remember trivia. Teams are formed depending on the number of players. Sign up at the front desk: 603-889-6155.



Tuesday Music Group:
Tuesdays at 9:15 am

Music Theory 102:
Wednesdays at 9:00 am

Friends Making Music:
Wednesdays at 10:15 am

Silver Lining Chorus:
Fridays at 10:30 am



Pinochle: Mondays - 9:00 am

Bridge: Tuesdays - 1:00 pm

Mah Jong: Tuesdays - 1:00 pm

Cribbage: Wednesdays - 1:00 pm

4 Aces/Bridge: Thursdays - 9:30 am

Mule Train/Dominos: (Back in Sept)

Book Club: 1st & 3rd Friday - 9:30 am
(Space limited - call Pat at 603-921-4337)

All card games are drop-in. (See Activities Schedule for pricing). No shared snacks are allowed. You may bring individual snacks.