

The Nashua Senior Activity Center
is proud to present



Hosted by local
media personality
Mike Morin

the
2023
FIRE & FUSION
AN EXECUTIVE CHEF COMPETITION



Wednesday, May 3, 2023
6 pm to 9 pm

Alpine Grove Banquet Facility
19 South Depot Rd., Hollis, NH

Enjoy hundreds of appetizers as the 10th Anniversary Edition of the Annual Fire & Fusion Competition brings you eight Executive Chefs ready to be challenged by four mystery ingredients in a timed competition to become "Top Chef."

Celebrity Judges

Chef Nicole Barreira, Director
Marketing & Menu Development
Great NH Restaurants, Inc.

Susan Laughlin
Food Editor
NH Magazine

Sean McDonald
Anchor/Host
WMUR

\$50 each/Reserved Table of 10: \$450

VIP EARLY ADMISSION TICKETS (LIMITED NUMBER):

\$60 each/Reserved Table of 10: \$550

**Tickets available at the Nashua Senior Activity Center,
70 Temple Street, Nashua, NH or call 603-816-2642**



Event benefits the Nashua Senior Activity Center
Over 40 years of service to the Nashua community

ACTIVITIES (Cathy Barrett, Director)



Kick Off To Summer BBQ June 15, 2023

At the Nashua Senior Activity Center **9:30-3:30pm**
9:30-12:00pm Sponsors, Give A ways, Door Prizes Raffles, 50/50 and more!
11:30am Dining Room Doors Open
12:00pm Lunch is Served
1:15pm Live entertainment with Peter Previte



This is a "NEW EVENT" which will include a full BBQ Chicken Dinner with a yummy Strawberry Shortcake for dessert! Not to mention an afternoon of music and fun! Tickets go on sale at the front reception desk on April 15th. \$10 Members and \$20/Non-Members This event is expected to be a sellout. (Deadline to purchase tickets is June 7th while supplies last)

Make Your Own Spring Wreath

With Diane Siteman

Wednesday, March 29th 2 - 4 pm



Get rid of that brown Christmas wreath - it's time to give your front door a touch of SPRING! The class includes all materials including artificial flowers. Registration & payment is due by March 24th .

\$20/members & \$30/non-members

**DON'T
FORGET!**

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All our ongoing classes listed in the Activities Including some evening classes .

THINK SPRING

Let's Talk Gardening



If you love plants and gardening, come and join us on March 30 at 10:00 to discuss garden ideas and plants. To get started let's do a houseplant exchange! Bring a potted cutting or a plant and get a new one to add to your collection. \$1 members, \$3 non-members. Space is Limited. Pre-Register by March 23rd.

4 Week Beginner Smart Phone Photography Class

Starts Thursday, April 13th at 1pm

Fee: \$40/Members and \$66/Non-Members

(Please pick up and fill out brief questionnaire at the time of registration)

Registration & Payment is due no later than April 6th

Pick up a flyer with full description at the front reception area. *Subsidized by a grant from the Saab Family.*

Tone it up at 9 AM Tuesdays,

"New" Aerobics Class with Gen

Pick up flyer with full details



Nashua Senior Golf League

2023

2023 Informational Meeting—Monday, March 20th at 11 am

We would like to invite members 50 and over to play in our 2023 Nashua Senior Golf League. This will be our 26th season. We will be playing Monday Mornings at the Whip-Poor-Will Golf Course.

We would also like to give thanks and a warm welcome to John Cepaitis for offering to run the 2023 Nashua Senior Activity Center Golf League.

This year we would like all golfers to be signed up and paid for by March 13th. Fee's are \$75 per person and you must be a current member of the Nashua Senior Activity Center. There will be a sign-up sheet at the Front Desk. Please PRINT your name, email address and phone number on the form so we have complete & accurate information. Spring will be here before you know it!

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, Bike Club, Cyber Security, Learning Spanish, Evening Mah Jong, Evening Guitar, Giant Yahtzee, Nutrition, Photography, Sock Hop, Beginners Keyboard Lessons (day or evening), Pickleball Lessons, Disaster Preparedness; Zumba. I would love to hear your interests or ideas for new classes - email them to me at: cbarrett@nashuaseniorcenter.org

The Wild Inside

Fishers, Beavers & Bears

March 20, 2023 1:00 PM

If you have ever wondered why a beaver's tail is hairless and oval, what Black Bears eat when they are not raiding our bird feeders, and what animal family the Fisher belongs to, then this is the program for you! Join Nashua River Watershed Association naturalist Gaynor Bigelbach for an hour of table-top nature exploration and discussion about the amazing adaptations and behavioral quirks of three of New England's most fascinating mammals. Presentation is free, we do ask that you register by March 15. Stop by reception desk or call (603) 889-6155.



PING PONG—Now available Friday mornings from 9 to 11:30 AM.
\$3.00 for members and \$5.00 for non-members.

BILLIARDS INFORMATION

See page 10 or activity schedule for full information and time slots.



BEGINNER'S KEYBOARD LESSONS

8 week class - starts Monday, May 1st

It's never too late to learn! Join us as we share the fun of making music in this 8 week beginner keyboard class! From the very first week, you'll be playing simple chords and melodies. Throughout the course, you'll continue learning the basics you need to play songs within the group & on your own! Space is limited. Pre-registration and payment is due no later than April 24th.

members \$40 / non-members \$100

(Plus materials fee of \$8.99 - payable at the 1st class)

Headphones are available for purchase.

Subsidized by a grant from the Saab Family.



Join us on
**March 15 &
April 19**

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

"T Street Ensemble":
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

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).



COMMUNITY PARTNERSHIPS/SEMINARS

**Bridges by Epoch at Nashua is hosting
a free Lunch and Learn:**



Lunch and Learn :
Thursday, March 2, 2023
11:30 am to 1:00 pm
"Alzheimer's Risk Factors"

Each session will include a free chef-prepared lunch. The Lunch and Learns are free and open to the public, but seating is limited. Please reserve your seat by calling the Senior Center at 603-889-6155 or by stopping by the Front Desk.



Free Seminar

Vertigo & Balance
Wed., March 22, 2023 — 10 am
Nashua Senior Activity Center

Vertigo is the perception of movement/spinning either of the self or the environment. Dizziness, the general term that describes lightheadedness, a floating sensation or faintness. Imbalance or disequilibrium is a feeling of being off-balance or unsteady.

Dr. Jessica Woods of Dr. Woods Hearing and Southern NH Vertigo & Balance will host & present.



Stop by the Front Desk
or call 603-889-6155 to register.



Community Outreach Event



THURSDAY, MARCH 30, 2023 1 P.M.
Learn about the history of the sheriff's office

An informational presentation

Come hear the Hillsborough County Sheriff's Office speak about current trends in law enforcement. Learn about how to protect yourself from scams and the roll of the sheriff's office. This presentation is free—we ask that you pre-register by March 23rd. Call or stop by the front desk 603-889-6155. Pick up a flyer with full details.

Find out about current trends facing our community.

Meet your county Deputy Sheriffs

BEASLEY & FERBER

The Elder and Disability Law Firm

I'VE SAVED FOR A LIFETIME, AND NOW I COULD LOSE IT ALL?

-What if I lose my house and life savings to a nursing-home stay?

-What if after my death, my adult child divorces or dies? Will my estate transfer to their spouse? What about my grandchildren?

-What if my adult child is battling creditors or addiction and inherits the estate?

Don't miss this powerful educational session with critical guidance on grandchildren's trusts for education; trusts for children with special needs; and how the SECURE Act affects your ability to create a multi-generational legacy.

Wednesday, May 10th Nashua Senior Center
1:00 – 3:00 p.m.

Register at www.beasleyferber.com
or call 1-800-370-5010

Posture Class

6-week class
Starting April 11, 2023
Tuesday and Thursday
12:30 pm to 1 pm



Fred Daniels from the Center for Physical Therapy and Exercise will teach us posture training. Good posture is critical for balance, stability, and you look good when you stand up straight. This training will make it easier to get into and remain in good posture.

Materials fee: \$15 payable to CPTE by check or cash.

Class is free to members/\$10 for non-members

Register at the Front Desk.

AARP SMART DRIVER COURSE MON & TUES March 27, 28, 9-12. Register at the Front Desk. Pay at class. \$20 AARP Members \$25 Non AARP Members

Celebrating 65

Thursday, March 30th 5pm-7pm



a Point32Health company

Whether your retirement is fast approaching or still a few years away, it's never too early to start planning. Harvard Pilgrim's **Celebrating 65®** is a FREE educational seminar that makes it easier to plan for a healthy future. With answers to common questions about Social Security, Medicare, and your retirement health plan options, **Celebrating 65®** provides the information you need to enjoy the road ahead. Join us in person or virtually. It's free to attend. To register, call 888-980-6131 or visit harvardpilgrim.org/Celebrating65. Hosted by Harvard Pilgrim HealthCare a Point 32 Health Company



Walking Program

Flyers with full details will be available to pick up at the Nashua Senior Activity Center on April 1st ... No Fooling!!!