

COMMUNITY PARTNERSHIPS/SEMINARS



A Member of Covenant Health

COMPLETE YOUR ADVANCED DIRECTIVES:

March 22 – 9 am to 12 noon (Walk-in only)
 May 23 – 9 am to 11:30 am (Walk-in only)

FREE – Social workers and parish nurses from St. Joseph Hospital will be on hand to answer questions as you complete your advanced directives. Documents will be witnessed and notarized on site.

HYPERTENSION, STROKE, AND YOU:

Wednesday, April 12 – 10 am to 11 am
 Learn more about this very common yet dangerous condition. FREE – Registration required at Reception Desk or call 603-889-6155.

to our **BUSINESS MEDIA SPONSORS:**

A Member of Covenant Health

Zis-Sweeney & St. Laurent
 Funeral Home

**VETERANS COFFEE CLUB**

Join us with Barney Barbera,
 Chairman, City of Nashua Mayor's
 Veterans Council

Friday March 10 and April 14
 from 9:30 am - 11:00 am in
 the NSAC's Coffee Talk
 Lounge. Free and open to the public! Learn about VA benefits and share memories of your time in the service. Feel free to bring photos.



Thursday April 20 5:30-6:30pm

**Seminar on "Wills and Trusts"**

This free seminar will cover topics of wills and the use of trusts. Free and open to the public. Seating is limited. Please reserve your seat by calling 603-889-6155 or stopping by the Front Desk

Rivier Nurse Wellness Clinics

9 am to 1 pm on the second floor of the
 Nashua Senior Center, 70 Temple St.,
 Nashua

Wed., March 29, 2023
 Wed., April 26, 2023



All clinics are FREE and CONFIDENTIAL brought to you by Rivier University Nurse Practitioner students.

The following checks are available: BMI, Blood Pressure, Lab Review, Glucose—A1C, Cholesterol, and Medication Reconciliation.

The Senior Center will operate as a Tax Counseling for the Elderly (TCE) site. TCE is generally for people 60 or older. Although the program focuses on tax issues unique to seniors, it is available to most taxpayers regardless of age and has no income restrictions. TCE sites are operated by IRS partners and staffed by IRS certified volunteers.

- **Tax Preparation at NSC:**
- On Wednesdays from February 1 through April 12, 2023; 9:00 to 12:00.
- In-person tax preparation will be by appointment only
- To make an appointment please call NH 211.

To Saab Family Foundation for
 a \$5000 grant.



RELAY NH—phone service for Deaf, DeafBlind, Hard of Hearing people and people with speech disabilities, can have accessible telephone calls with different service products. Stop by the lobby **Monday, March 20th, 10 am to 1 pm** for a demo.

Health Clinics NEW DATES**Foot Care Clinics by Home Health & Hospice in the NSAC Health Rm:**

March 3, 13, 15, 17, 20 AND April 7, 10, 17, 19, 21

Times: 9:20 am-12 pm. Call 603-689-2899 to schedule an appointment.

Home Health
 & Hospice Care

Parish Nurse Program: March 14, 28 AND April 11, 25 from 10:30 am - 11:30 am.

The Parish Nurse Program from St. Joseph Hospital is at the Nashua Senior Activity Center on the 2nd & 4th Tuesday of every month providing blood pressure checks, answering medication & lab questions, providing resources about dementia & more. Free & open to the public. Walk in clients are seen in order of arrival.



A Member of Covenant Health

DAY TRIPS are offered throughout the year and open to NSAC members and non-members. For more information, contact the NSAC Trip Office at 603-816-2645, Monday-Thursday: 9am-11:30am or Margo Bell at 603-816-2643 or email mbell@nashuaseniorcenter.org. As of the date of publication all of the following trips were still valid. Dates are subject to change. Please ask about the cancellation policy. Visit our website: www.nashuaseniorcenter.org/news for the latest updates and information.



St. Patrick's Day Party Sunday, March 12, 2023

Saint Patrick's Matinee Show

at the Reagle Music Theatre in Waltham, MA



Ceol Agus Craic: A St. Patrick's Day Celebration

The celebration will bring you all the luck you need this holiday! Starring the talents of Broadway's Ciaran Sheehan and his critically acclaimed musicians and friends from Galway and beyond, this concert will lift your spirits.

It features Irish culture, music and dance featuring showstopping Irish Step dances from the Harney Academy and classic Irish hits performed by some of our beloved RMT performers. You will not want to miss seeing them sing and dance their way into your hearts. Lunch included at Chateau Waltham..

Cost: \$145

DEPARTS: 10:00 am—RETURNS around 5:30 pm.

MY WAY: A MUSICAL TRIBUTE TO FRANK SINATRA

Theatre by the Sea, Wakefield, RI

Saturday, June 3, 2023 at 3:00 PM

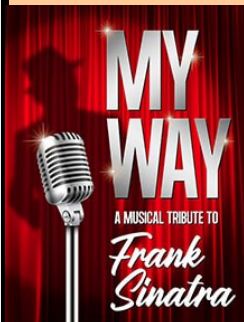
Celebrate the pivotal moments of Sinatra's remarkable five-decade career with a journey through his greatest hits.

Experience the elegance of "The Chairman of the Board" as you are transported back to the era of supper clubs and vintage Las Vegas.

**1:00 Lunch included on site
prior to show.**

Cost: \$172

DEPARTS: 10:00 AM (Coffee en route) RETURNS: 8 PM



Newport Playhouse Presents RUN FOR YOUR WIFE Wednesday, April 26, 2023



Join us as we travel to Newport, Rhode Island for a day of great food, friends and fun.

Upon arriving, enjoy a buffet that has something for everyone. Following your lunch, you will be treated to their matinee performance of **RUN FOR YOUR WIFE**.

A taxi driver gets away with having two wives in different areas because of his irregular work schedule. Complication is piled upon complication as the cabbie tries to keep his double life from exploding—and that means lots of laughs for us "a Laugh a minute!" Return to dining area for dessert and a cabaret performance.

COST: \$143

DEPARTS: 8:45 AM RETURNS 6:30—6:45 PM

BOSTON HARBOR CRUISE ON BOARD THE LEXINGTON PADDLEBOAT JULY 4, 2023

Celebrate America! Join us for a 2 hour cruise on board the Lexington on July 4th as we sail alongside the USS Constitution for the festivities and learn the proud history of the Nation!

To celebrate the birth of the US Navy, the USS Constitution leaves its berth in Charlestown and cruises to Castle Island at the entrance to the harbor and fires her cannon salute before returning to her berth.

Breakfast included at Maggiano's prior to the cruise. Time at Quincy Market after cruise.



COST: \$138

DEPARTS: 6:45 am RETURNS: about 4

More information coming soon on: Jersey Boys 9/7/23, Tootsie 10/2023, Nashville, and more. . . .

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**Wed., May 17, 2023
Ogunquit Playhouse**

The inspiring true story of one woman's remarkable journey from teenage songwriter to the Rock & Roll Hall of Fame. From the string of pop classics Carole King wrote for the biggest acts in music, to her own life-changing, chart-busting success with "Tapestry," **Beautiful** takes you back to where it all began — and takes you on the ride of a lifetime.

Lunch at Jonathan's before the show.
Choice of Chicken Piccata or Lemon-baked Scrod

Cost: \$170

Departs: 10:15 am — Returns: 6:45 pm

For more information and reservations, please contact
Nashua Senior Activity Center, 70 Temple St, Nashua
603-889-6155

**Wed., July 19, 2023
North Shore Music Theater**

Revisit the world's most beloved musical. **THE SOUND OF MUSIC** tells the tale of a young nun who is dispatched to serve as governess for the seven children of a widowed naval captain. Her growing relationship with the children, coupled with her generosity of spirit, gradually captures the heart of the stern captain.

Includes lunch at the Davensport Yacht Club with
your choice of Chicken Piccata or Baked Haddock

Cost: \$167

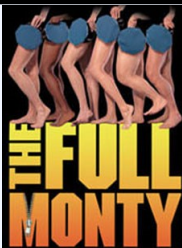
Departs: 10:15 am — Returns: 6:30 pm

For more information and reservations, contact
Nashua Senior Activity Center, 70 Temple St, Nashua
603-889-6155



**Wed., September 27, 2023
North Shore Music Theater**

While spying on their wives at a "girls night out," a group of unemployed steelworkers from Buffalo hatch a bold and unclothed plan to make some quick cash. As they conquer their fears, self-consciousness, and prejudices, the lovable misfits come to discover that they're stronger as a group, and the friendship they find in each other gives them the courage to "let it go."



Lunch at the Davensport Yacht Club with
your choice of Chicken Piccata or Baked Haddock

Cost: \$167

Departs: 10:15 am — Returns: 6:30 pm

For more information and reservations, contact
Nashua Senior Activity Ctr, 70 Temple St, Nashua
603-889-6155



Wed., Nov 8, 2023 / North Shore Music Theater

The story spans from his impoverished childhood in Tupelo, Mississippi, to his triumphant 1968 "Comeback Special" and his ascent to be "The King."

Lunch at the Davensport Yacht Club before the show.
Your choice of Chicken Piccata or Baked Haddock

Cost: \$167

Departs: 10:15 am — Returns: 6:30 pm

For more information and reservations, contact
Nashua Senior Activity Center, 70 Temple St, Nashua
603-889-6155

**Ogunquit Playhouse
June 21, 2023
Matinee Performance**



A 1952 American Musical Romantic Comedy becomes one of the greatest theatrical tap dancing' extravaganzas at the Ogunquit Playhouse! Each unforgettable song and dance is relived on stage.... including the title song in an unforgettable rainstorm.

Departs: 10:15 am—return 6:45 pm

Cost: \$170—Lunch included at Jonathan's

MULTI-DAY TRIPS

*Pick up a flyer at the NSAC for full details
Prices quoted are per person based on double occupancy. Prices are subject to change.

2023

- **Southern Charm:** (includes Charleston, Savannah, and Jekyll Island) — April 2-8, 2023
- **Virginia Tattoo** — April 20-25, 2023
- **Bar Harbor** — June 14-16, 2023
- **Spotlight on South Dakota** — Sept. 26—Oct 2, 2023
- **Discover Canyon Country** — Sept. 29—Oct. 6, 2023


NSAC INFORMATION

CURRENT OPERATING HOURS:


Monday, Tuesday, Wednesday: 9 am - 4 pm ~ Thursday: 9 am - 7 pm ~ Fridays: 9am—12 pm

except pre-registered evening programs and by appointment—subject to change


Inclement Weather Closings: The Nashua Senior Activity Center follows Nashua Public School's announcements regarding weather-related closings and delays. Please watch WMUR or check **WMUR.COM**


 **ROUND AGAIN SHOP:** Monday — Thursday 9 am to 2 pm ~ Friday 9 am to 11:00 am. FREE SPREE on the first Monday of every month: current members can choose one FREE OUTFIT. Must show your current NSAC membership card to receive this promotion - ask for details. There is a two-bag limit on donations, no appointment needed.

 **LIBRARY:** Monday - Thursday 9 am to 2 pm & Friday 9 am to 12 pm. Donations are by appointment only and are limited to two grocery sized bags. Call Margo Bell at 603-816-2643 to schedule a donation.

 **FITNESS CENTER:** Monday - Thursday 9 am to 4 pm & Friday 9 am to 12 pm. Members must have completed training and agree to abide by our cleaning protocol.

 **FITNESS ROOM ORIENTATION WITH KEVIN:** The 1st & 3rd Tuesday of the month at 2:30 pm. Space limited - sign-ups are first-come, first-served. To register, please call 603-889-6155 or visit the Front Desk.

 **COMPUTER LOUNGE:** Monday - Thursday 9 am to 4 pm & Friday 9 am to 12 pm. Registration not required - first come first served. Members must agree to abide by the established policies.

 **BILLIARDS:** Check in at the Front Desk. \$3/members & \$5 non-members (per person). Monday: 9-3:30 PM, Tuesday, 1-4PM, Wednesday, 12:30—3:30 PM, Thursday, 9-4:30 PM—(Feb. 23rd—March 23rd 12:30-3:30 unavailable), Friday not available. Call Cathy for further information. 603-816-2647.

 **MUSIC WITH BENES:** Monday & Thursday 10:30 to 11:45 am & 12:30 to 1:45 pm.

 **OLDE TYME PICKERS:** 3rd Tuesday of the month — 7 pm to 9 pm



**See how you can attend free classes
and win some prizes. Flyers available April
15th in front reception area.**

spring fling is just around the corner!

Individuals are needed for volunteer positions at the Nashua Senior Activity Center. Opportunities include special events, fundraisers, office assistance, retail, and more. Please request an application at the Front Desk today. Thank you! Margo Bell

**VOLUNTEERS
NEEDED!**



Meals on Wheels of Hillsborough County

Community Dining Program at the Nashua Senior Activity Center:

Balanced meals are being served to those 60 years of age or older (suggested donation \$3.00)