



Try a selection of classes for FREE during May!

Members and non-members age 50 and over are invited!

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? Well, now is the time to sample them all for *FREE*! Not only do members get to try these classes for *FREE*, but members can invite *non-members* 50 or older to also attend for *FREE*!

Please Note: Space is limited, so pre-registration is required. Call 603-889-6155 or visit the Front Desk.

Wed, April 26

10A Mat pilates 10:30A Chair pilates

<u>Mon, May 1</u>

9:30A-3:30P Billiards 9:45A Beginner Tap Dance 5:30P Aerobics

<u>Mon, May 8</u>

1P Pinochle

Tues, May 9

1P–4P Billiards Rock Painting for Kindness (See flyer for details)

Thurs, May 11

9A Four Aces Bridge 1P Art Gallery Show

Fri, May 12

9A Walking Program (Nashua Rail Trail 94 Gilson Rd.)

<u>Mon, May 15</u>

1P –3P Corn Hole (Greeley Park) 5:30P Gentle Yoga

Tues, May 16

1P Bridge 1P Mahjong

Wed, May 17 12:30P Trivia 7P-9P Olde Tyme Pickers

Thurs, May 18

1P Highlighting NSAC's Music Programs (see flyer) 5:30P Yoga Fri, May 19

9:30A Meet the Author (See flyer for details)

Wed, May 24

11A Brain Boot Camp (See flyer for details)

Fri, May 26 9A-11:30A Ping Pong

Mon, May 29 Senior Center closed for Memorial Day.

<u>Tues, May 30</u>

10:45A Exercise and Balance/Chair Yoga 1:30P Get Fit & Strong

Wed, May 31 12:30P-3:30P Billiards





2023 Spring Fling

DON'T MISS OUT on the FREE door prize drawings!

Here's how you can earn extra tickets for the door prize drawings:

- For every session you attend, you will receive one door prize ticket.
- For every guest you bring, you receive three additional tickets (per guest).
- For every staff member you get to participate, you receive five additional tickets.
- For every board member you bring to participate, you receive ten additional tickets.
- All new members who sign up between May 17 and May 31 will receive ten additional tickets.



- A FREE one-year NSAC membership
- A FREE six-week class of your choice
- A FREE one-year Fitness Room membership
- Four FREE passes for billiards
- Four FREE passes for ping pong
- A beautiful spring wreath
- Two FREE Fall Variety Show tickets



Gift cards

- Bill Cahill's Super Subs (\$50)
- The Lobster Boat (\$25)
- Dairy Queen (\$25)
- Charlie's Diner (\$20)

Grand prize basket — Valued at \$250 (Door prizes will be drawn on Thursday, June 1)



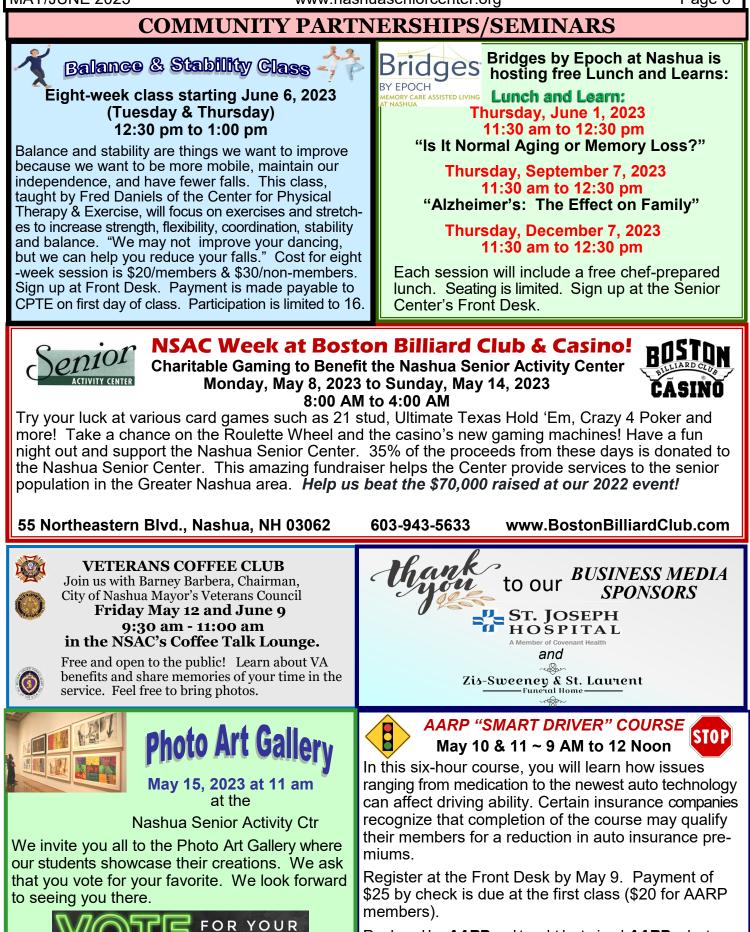
Many thanks to all our talented instructors for donating their time for these free classes.



MAY/JUNE 2023

www.nashuaseniorcenter.org

Page 6



FAVOURITE

Produced by **AARP** and taught by trained **AARP** volunteers.