



Welcome



to the Nashua Senior Activity Center's 2023 Spring Fling

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

Mon, May 1

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

Mon, May 8

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.)

Mon, May 15

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.

Tues, May 30

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

Wed, May 31

12:30P-3:30P Billiards





Nashua Senior Activity Center's

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.

DOOR PRIZES!

- 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)

SEE YOU THERE!

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



COMMUNITY PARTNERSHIPS/SEMINARS



Balance & Stability Class



**Eight-week class starting June 6, 2023
(Tuesday & Thursday)
12:30 pm to 1:00 pm**

Balance and stability are things we want to improve because we want to be more mobile, maintain our independence, and have fewer falls. This class, taught by Fred Daniels of the Center for Physical Therapy & Exercise, will focus on exercises and stretches to increase strength, flexibility, coordination, stability and balance. "We may not improve your dancing, but we can help you reduce your falls." Cost for eight-week session is \$20/members & \$30/non-members. Sign up at Front Desk. Payment is made payable to CPTe on first day of class. Participation is limited to 16.

Bridges

BY EPOCH
MEMORY CARE ASSISTED LIVING
AT NASHUA

Bridges by Epoch at Nashua is hosting free Lunch and Learns:

Lunch and Learn:

Thursday, June 1, 2023

11:30 am to 12:30 pm

"Is It Normal Aging or Memory Loss?"

Thursday, September 7, 2023

11:30 am to 12:30 pm

"Alzheimer's: The Effect on Family"

Thursday, December 7, 2023

11:30 am to 12:30 pm

Each session will include a free chef-prepared lunch. Seating is limited. Sign up at the Senior Center's Front Desk.



NSAC Week at Boston Billiard Club & Casino!

Charitable Gaming to Benefit the Nashua Senior Activity Center

Monday, May 8, 2023 to Sunday, May 14, 2023

8:00 AM to 4:00 AM



Try your luck at various card games such as 21 stud, Ultimate Texas Hold 'Em, Crazy 4 Poker and more! Take a chance on the Roulette Wheel and the casino's new gaming machines! Have a fun night out and support the Nashua Senior Center. 35% of the proceeds from these days is donated to the Nashua Senior Center. This amazing fundraiser helps the Center provide services to the senior population in the Greater Nashua area. **Help us beat the \$70,000 raised at our 2022 event!**

55 Northeastern Blvd., Nashua, NH 03062

603-943-5633

www.BostonBilliardClub.com



VETERANS COFFEE CLUB

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

Friday May 12 and June 9

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.



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AARP "SMART DRIVER" COURSE

May 10 & 11 ~ 9 AM to 12 Noon



In this six-hour course, you will learn how issues ranging from medication to the newest auto technology can affect driving ability. Certain insurance companies recognize that completion of the course may qualify their members for a reduction in auto insurance premiums.

Register at the Front Desk by May 9. Payment of \$25 by check is due at the first class (\$20 for AARP members).

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



Photo Art Gallery

May 15, 2023 at 11 am
at the

Nashua Senior Activity Ctr

We invite you all to the Photo Art Gallery where our students showcase their creations. We ask that you vote for your favorite. We look forward to seeing you there.

VOTE FOR YOUR FAVOURITE