

COMMUNITY PARTNERSHIPS/SEMINARS

Memorial Day 2023

Monday, May 29

Older individuals who are Blind or Vision Impaired Program
(formerly Sight Services for Independent Living)
New Hampshire Department of Education

The Low Vision Support group will meet at the Nashua Senior Activity Center
on June 27, 2023 from 1:30 PM to 3:00 PM

Topic of the meeting is

Credit Safety, Preventing Scams and Protecting Personal Information

The purpose of these meetings is to provide resources, information and support to any visually impaired NH resident age 55 and older.

Pre-registration is required. Please call 603-889-6155 to reserve your spot.



Visit Jerry at the Humana Van

May 17 from 11 am to 2 pm
In the NSAC parking lot

Free seminars with Jerry. Please pre-register one week prior to date of class.



June 26 at 11 am

at the Nashua Senior Center
This class will discuss the basics of nutrition, all about calories, the nutrients that make up food, and tips to help you make healthy choices.

May 24 at 11 am

at the Nashua Senior Activity Ctr

This class will help you learn about the brain — how it changes as you age. You will be given tips on how to keep your brain healthy.



Our thanks to Club National for a generous \$2,000 donation to the Nashua Senior Activity Ctr.

Pictured (l-r): NSAC Board members, June Caron and David Fredette; Margo Bell, NSAC Executive Director; Kevin Walsh, Club National of Nashua; Martha Ackerman, NSAC Board President; and Judy Porter, NSAC Development Director.

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.

Wed, May 10 — 1 PM to 3 PM at the Nashua Sr Ctr
Register at www.beasleyferber.com or call 1-800-370-5010

COMMUNITY PARTNERSHIPS/SEMINARS



**Wednesday, May 17, 2023 — 4pm to 8pm
at the Nashua Senior Activity Center**

The Nashua Rotary West Club will be hosting its famous Spaghetti City. The public is invited to share a spaghetti dinner, including dessert, with family, friends and the extended Nashua community. Doors open at 4:00 pm. Tickets will be \$5 and on sale at the door.



A Member of Covenant Health

COMPLETE YOUR ADVANCED DIRECTIVES:

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.



ROCK PAINTING CLASS

May 9, 2023 at 1 PM

at the Nashua Senior Activity Center

Open to the public.

Pre-register by May 1

FREE

Join your friends from Zis-Sweeney & St. Laurent Funeral Home for a fun afternoon of rock painting. This encourages people to leave rocks painted with inspiring messages along the path of life.



From Xfinity



**Friday, May 19
11 am to 12 pm
at the Nashua Xfinity Store
219 DW Highway, Nashua**



Stop by the Nashua Xfinity Store to learn some tech tips about your Xfinity/Comcast devices (smart phones, laptops, and your TV). You might even learn something your grandkids don't know yet! Reservations are requested by calling 603-889-6155 as refreshments will be served.

Health Clinics **NEW DATES**

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

May 5, 8, 15, 17, 19 AND June 2, 12, 16, 19, 21

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

**Home Health
& Hospice Care**

Parish Nurse Program: May 9, 23 AND June 13, 27 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.

