

Senior

ACTIVITY CENTER

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www.nashuaseniorcenter.org

Sept/Oct 2011

HEALTH & WELLNESS

Hearing Screening 9/20 & 10/18 from 9-12 by appt., call 889-6155. Hearing Screenings & Hearing Aids cleaned/checked. Courtesy of Hearing Solutions.

Free Vision & Glaucoma Screenings the 2nd Wednesday of the month from 10-11:30, here at the Center. No appt. necessary, drop in. Provided by **Nashua Eye Associates**.

Free Blood Pressure & Health Counseling, 10:00am on Mondays. St. Joseph Hospital Parish Nurse Center for Wellness & the Senior Activity Ctr. are pleased to offer these services for you. Drop in.

Tuesday, 6wk. Tai Chi , starts 1pm, Sept. 13 Pre-registration and payment due by 9/7

Wednesday, 6wk. Tai Chi class, starts Sept. 14, at 1:00 pm All levels welcome! (See flyer in front reception area for more details) Members \$21/non \$31, pre registration and payment due, by 9/7

“New” TAI CHI FOR ARTHRITIS: 6 Week Class Begins on Sept. 14th at 2pm An Arthritis Foundation sponsored program designed with the specific needs of people with arthritis (though beneficial to all populations). Gentle warm up exercises precede the Sun Style Tai Chi Form. Pre Registration / Payment is due by Sept. 8th. \$35/Members and \$45/Non

YOGA, 6wks, starts Thursday, Sept. 22, at 10:15 am. This class is designed for chair or matt use. Pre registration/ payment due 9/15.

6wk. Thurs. Evening Yoga Classes starts Sept. 15 4:00 - 5:00 pm, 5:30 - 6:30 pm 7:00 - 8:00 pm \$35/Members & \$45/Non members (See flyer in front reception area for more details) Pre registration & payment is required by 9/8.

Additional 6wk. Yoga Classes: Tues. Sept 13 & Fri., Sept. 16 at 10:30am. Pre registration/payment due 9/8.

Foot Care Clinics, provided by Home, Health & Hospice, here at the Center.on 9/14 & 10/12, from 12-3 and 9/19 & 10/17 from 9-Noon Cost, \$22, cash/check payable at time of service, not covered by Medicare. Appts call 882-2941.

“BETTER CHOICES, BETTER HEALTH” A Chronic Disease Self Management Program Starts Sept.13, 2 ½ hr, 6wk program Cost: \$20 members/\$30 non

The program is designed to enhance regular treatment and disease-specific education like “Fit & Strong” and will be especially helpful for these individuals, as it gives them the skills to coordinate all the things needed to manage their health, as well as to help them keep active in their lives. Class limited to 20, 10 minimum, call Joy at 816-2642 to register.

FLU SHOTS-Thursday,Oct.6, 10-2pm flu vaccine, \$30 and Pneumonia \$65, if you have Medicare part B, they will be billed. Call 889-6155 to register.

Aerobics Exercise/Strength Training (senior paced) Mon., Wed., & Thurs. wkly, 9 a.m., 50 minute class.

Aerobics: \$3/members \$5 non-members

Members Only Monthly Pass: 8 sessions=\$16.00

12 sessions=\$24.00 Certified aerobic instructors, Jari Sulc and Tracy Grilli.

SENIOR CENTER FITNESS ROOM-Members Only

There are nine different machines available for your use. **REQUIREMENTS:** (1)Membership must be current (2)you need to trained on the equipment (3) must sign a release waiver, (4) pay a \$24 user fee, good for a year from date of sign-up. Call to register for the next training session, 889-6155.

Free Swim at Langdon Place at 12 pm. Fridays. You must be a current member to attend. To register call Cathy at 816-2647. **SERVICES**

Sight Services for Independent Living (SSIL) meets 9/27 & 10/25 here at the Center. Meetings are free and held to promote independence of visually impaired older adults living at home. More information call 1-800-581-6881.

The Senior Activity Center in Nashua is pleased to announce their **30th Annual Musical Variety Show. "A WALK DOWN BROADWAY"**. This show is packed with some of your favorite Broadway numbers, including; Phantom of the Opera, Show Boat, Sound of Music, Hair Spray, Chicago and so many more!! This Broadway Spectacular is a show you don't want to miss! This years SAC Annual Musical will star over 70 Seniors who will wow you with their collective talent. Enjoy a variety of dances, solos, Silver Lining Chorus, along with some Specialty Acts. The show is a major fundraiser for the Center as well as being an excellent opportunity to celebrate the positive side of aging. Enjoy quality time out with Family and Friends. The performance will be held on **Saturday, October 1st and Sunday, October 2nd at 2 p.m. at the Nashua South High School, Nashua, NH** Advanced tickets can be purchased at the Senior Activity Center for \$10, tickets sold at the door \$12. For more info. call Cathy at (603)889-6155.

**"A WALK DOWN BROADWAY"
"2011 Sponsors"**

**Luminary Sponsor:
BAE SYSTEMS**

**Producer Sponsor:
TRIANGLE CREDIT UNION**

**Director Sponsors:
HEARING SOLUTIONS
ROGER DIONNE, MD SENIOR CENTER
At ST. JOSEPH HOSPITAL
CPTE-Center for Physical Therapy and
Exercise**

**Star Sponsors:
Hunt Community
Greenbriar Terrace
Nashua Crossings
Pennichuck Water Co.
Right at Home
Healthy at Home**

Monthly Reiki Wellness Clinic, 3rd Friday, 1-3 pm by appt., call 262-9366. **\$20 for a 30 minute session.** Reduce pain, stress & anxiety. Strengthen your immune system. The New England Reiki Center, Inc.

Congregate Lunch Provided by St. Joseph Community Services, Monday-Friday, 11:45-12:45 pm. Now offered to people ages 50-59, for \$5. If you are 60 or older it is a \$2 donation Call 882-2106 for more info.

Room Rentals at Nashua Senior Center

The Senior Center offers Classrooms and Function Rooms which may be rented when not in use by Senior Programs. The space is ideal for business meetings, workshops, clubs, classes, support groups, showers and more. The facility is handicap accessible, air conditioned, provides ample parking and is centrally located. Contact Margo at 816-2643 or email mbell@nashuaseniorcenter.org Members and non-profits receive special rates.

CPTe - Center for Physical Therapy & Exercise Free screening & assessment of a new injury, nagging pain or other physical problems, here at the Center. Call 935-5639 for more information.

ServiceLink Resource Center is located at the Senior Center. We help seniors and adults with disabilities connect to services such as: healthcare benefits (Medicare/Medicaid), prescription assistance, caregiver supports, housing options, transportation and more. Our staff is ready for your call at 1-866-634-9412 or locally at 598-4709. **Walk-ins** welcome!

CRAFTS/HOBBIES—WORKSHOPS—SEMINARS

Learn **Beginners Spanish Class** Tues. at 9:00am and **Advanced Spanish** at 10:00 am. Starts **9/13**.

Art Interest Group - meets Mondays at 9 am.

4 Week 2 Hr. Art Classes start Thursday, Sept. 15
Water Color and Oil Painting, 10:00 am \$55 for Members \$65/Non Members (flyer available in front reception area) **Pre Registration/payment due 9/8**

AARP DRIVER SAFETY PROGRAM— Sept. 19 & 21, from 9-11am Cost: AARP members \$12/non \$14, call 889-6155 to register.

Needlepoint, Crocheting, Knitting and like Crafts

Wednesdays, 9-11 am. Knitting group invites anyone starting new or finishing old projects.

Quilting Group - Thursdays, 9-11:30 am. Join the current project or bring your own.

RECREATION

Cards - Pinochle, Mondays, 9-noon

Whist, Mondays, 1p.m. Cribbage, Wed. 1 p.m.
Bridge, Mon (inter.) Tues & Thurs. (advanced) 1 p.m.
Bid Whist, Friday 9 a.m.
Various fees charged for the card groups.

Mah Jong Classes (We need eight students to start and are on a first come first serve basis. Call Cathy at 816-2647 for information. All levels welcome. **6 wk. Fridays 1:30pm**

Nashua's Red Hat Fun Seekers— Meetings are 2nd Friday of the month at 1 pm. Questions, call the Queen Mother, Kathy Persinger, 622-2504 or Vice Queen, Claire Grooms at 883-1671.

Senior Citizens Club meets the 1st & 3rd Fridays of the month, 1:30-3:45pm, must be 55+ (separate membership from the Senior Center) Call Betty Merritt (Pres.) at 864-8540 for more info.

Billiards - SAC members may play billiards for FREE at Boston Billiards Club during the hours of 11:30 am-4:30pm Mon. thru Fri. & 12 pm-4:30 pm Sat. and Sun.

Come to the Library, on the 2nd Floor. Visit our Book Nook-paperback and hardcover books for sale. All proceeds support continued operation of the Library. Good reading books. Open daily: Monday—Saturday.

Don't miss out on the FREE Meet & Greet on:

Meditation Hawaiian Dance Class Rock Painting
Weight Loss Using Hypnotherapy
How to Use your Camera Tai Chi for Arthritis
Computer Class, Net Skills for Seniors

Get Flyers with all the details and times for the upcoming MEET & GREET, in the reception area of the Senior Activity Center.

"MUSIC, DRAMA AND DANCE OPPORTUNITIES"**Jerry Jean & his
Bluegrass Buddies**

Meets 3rd Tues. 7-9 pm
Sept. 20 & Oct. 18
Sing-a-long - Play-a-long



The Silver Lining Chorus - Wed., 9:15 am, Accom.
Hal Weisse and Director Ellie

The Harmonica Saints - Wed., 10:45 am, Directed by
Hildegard Gillette. **Take note**, The Silver Lining Chorus
and The Harmonica Saints are available to entertain for
functions. All donations benefit the Center, call 889-
6155 for further details.

PIANO - \$15 for Senior Activity Center members and
\$20 for nonmembers for 6 weeks. You must sign up at
Darrell's Music Hall with Helen Hiller.

**6wk, Beginners Line Dance Class to start Sept. 20th,
9am. \$35 for members/\$45 non-members, registra-
tion/ payment by Sept. 13.**

Advanced Line at 10 am Tues. \$3/members \$5/non

Welcome to OLD Open Line Dancing
Fridays, 1:30-3:30pm Members \$3/non \$5
Sponsors: PAL - Pauline - Annette - Lucy

TAP CLASSES:

All 6 wk classes require pre registration/payment
due by Sept. 6th **Members: \$35.00/Non: \$45.00**

**6wk Beginners Tap on Mondays at 11:45, starts on
Sept. 19.** Starts with the very basics.

**6 wk Intermediate Tap on Tuesdays at 11:30, starts
on Sept. 13th.** Congratulations this class is for all of you
that are ready for the next step (no pun intended)

Advanced Tap Mondays at 10:30 am -Starts Sept. 19
All 6 wk classes, \$35./members & \$45./non members.

MEMBERSHIP and RENEWALS

For those age 50 & over. **HOURS Mon-Wed., 9-2:30 pm
Thurs. & Fridays 9-11:30am . \$35/single & \$50/double**
Cash or checks are accepted. (If paying by mail, please
enclose a SASE to return your card to you. Every mem-
ber should carry their Senior Activity Center membership
card on them, in order to receive member discounts.

VOLUNTEER OPPORTUNITIES

Reception Desk - Friday mornings, 9-1pm. Duties include: an-
swering phones, class registrations, store receipts and
knowledge of general programming. Volunteer should be friend-
ly and adaptable to busy and slow times.

Library: Subs needed—especially Thursday mornings.

Store: To work in shop Saturdays, 9-1

For more info: please contact Margo at 816-2643

\$\$\$ FUNDRAISING ACTIVITIES \$\$\$

BINGO Afternoon Bingo, held on the 1st & 3rd Wed. of
the month. Doors open at 1pm & games start at 1:30 pm

20/20 Club - tickets still available, see Joy

"Armoire" & Gift Shop

Open to the public 9-4 p.m.
Monday through Friday
Saturdays, 9-1pm

**FREE SPREE at "Armoire"**

Must show current Senior Center Membership Card to
receive one free outfit on the 1st Monday & 3rd Tuesday
Puzzles 1/2 price the 1st Monday & 3rd Tuesday

3rd Monday & 4th Tuesday **Fill a Bag \$3.00******
*****For clothing items only, does not include
Leather, fur or coats**

*Donations of clean clothing, knick-knacks, glassware,
and jewelry are greatly appreciated.

-Tax receipts available upon request -

**The Thrift Shop is open Thursday Evenings from 5- 8
pm and Saturdays 9-1 pm** Come and shop!

Day & Multi-day Trips**Office Hours: Monday-Friday, 9-11:30 a.m.****Travel Policies:** Information pertaining to Travel Policy ie; registration, cancellation, deposits etc. may be found in the Center's Travel Office.**Day trips offered throughout the year are open to members and non-members. For more complete info, please contact the travel office or Margo at the Center (603) 889-6155 or mbell@nashuaseniorcenter.org****MOHEGAN SUN** – trips have been cancelled for the rest of 2011 and replaced with trips to Foxwoods.**FOXWOODS CASINO- Ledyard,CT****DATES: Thursday Sept. 8, Monday Oct. 3,
Thurs., Nov. 7 & Mon. Dec. 5, 2011 Cost: \$31.00**

Trip includes: Round trip motor coach transportation, escort, driver's tip & Bonus Package

Depart: 7:15 am. St. Philips Church **Return:** 6:30-7p**THE TURKEY TRAIN****Date: Sept. 13, 2011 Cost: \$69.00**

The Turkey Train . . . Always a favorite journey and never disappoints. Upon arrival in Meredith (NH) we will visit the Long View Country Store. This old fashion store has a bit of everything . . . fun for shopping or just looking. Then it's welcome aboard the Winnepesaukee Scenic Railroad for an unsurpassed ride along the banks of the lake in restored dining coaches. A turkey dinner is served by Hart's Turkey farm at our table onboard for the two hour ride. Depart: 9:45 am, Exit 8, Park & Ride Return: 4:30 pm

**Bourne Scallop Festival
& Cape Cod Canal Cruise****Date: Sept. 23, 2011 Cost: \$79.00**

Always a favorite destination . . . Cape Cod and the Bourne Scallop Festival. Upon arrival you will enjoy a 1-hr cruise of Lewis Bay & Hyannis Harbor. After sailing, its on to the festival for a delicious meal of Herb Roasted Chicken or Succulent Fried Scallops (both entrees include, FF's, coleslaw, rolls/butter and beverage. Time on your own allowed to walk around the festival, see the sights. Depart: 7:15am from Exit 8, Ret. 4 pm

**South Pacific - at the Boston Opera House
Orchestra Seating - Matinee****Date: October 2, 2011 Cost: \$115.00**

Set on a tropical island during WWII, the musical tells the sweeping romantic story of two couples and how their happiness is threatened by the realities of war & their own prejudices. Time on your own prior to show, at the Prudential Center. Depart: 9:15 am, Exit 8 Park & Ride, Ret: 6 pm

**Fall Foliage in the Beautiful
MT. WASHINGTON VALLEY****Date: October 7, 2011 Cost: \$89.00**

View the #1 scenic spot on the East Coast as you ride the enclosed gondola to Wildcat Mountains 4,000 foot summit. Bring your camera, you will not want to miss the spectacular vistas.

The next stop of the day takes us to the beautiful Eagle Mountain House in Jackson. Built in 1879 this grand lady is listed as one of the Historic Hotels of America. (Select Broiled Haddock or Roast Sirloin of Beef). Route home will be via the Kancamagus Highway considered one of the most scenic in the U.S. Depart: 7:30 a.m., Park & Ride, exit 8 Return: about 6 p.m.

Fall Foliage in beautiful Central Massachusetts**Date: October 12, Wed. Cost: \$59.00**

Our day starts at Brookfield Orchards in North Brookfield, MA. A 4th generation owned/ operated landmark where quality is a tradition. Visit an old-fashioned Country Store that offers a large selection of cider, cheese, jams, maple products, a "penny candy" corner, and more. Lunch at the Salem Cross Inn, situated on 600 acres of rolling meadows and woodlands. Finally, we travel to the Quabbin Reservation, one of the largest man-made public water supplies in the U. S. Depart Exit 8, TBD

ROCKETTES in Boston**at City Performing Arts Center, Wang Theatre**Celebrate the holidays with us at the Radio City Rockettes Christmas Spectacular Show in Boston. We have secured fabulous **CENTER ORCHESTRA SEATS** (rows F-J). This year there are surprises around every corner as they redefine "spectacular" with a special celebration including new scenes, songs, glamorous costumes, and stunning visual effects. The entire production is enhanced by an immense LED Screen that will visually transport you from Times Square to Santa's Workshop. Traditional fan favorites still take center stage ie: "Parade of the Wooden Soldiers" (featuring Rockette precision), and the "Living Nativity" (complete with Live animals). Guaranteed this show will bring you to your feet with the NEW finale "Let Christmas Shine," which honors & celebrates the Rockettes as the stars of the show.**Date 1: December 8, 2011 (Thurs.) Cost: \$122.00**

Matinee at 2:00 pm Depart: 10:00am Park & Ride Exit 8 Returns approx. 6:00 pm

Date 2: December 18, 2011 (Sunday) Cost: \$131.00

Matinee at 3:00 pm Depart: 10:30 am Park & Ride Exit 8 Returns approx. 7:00 pm

Both tours include: round trip motorcoach transportation, time on your own prior to show at the Prudential Center, and Center Orchestra seating.

****note: \$50.00 /pp deposits ok, balance due 10/15

2011 North Shore Music Theatre Cost \$90ea.**The King and I October 5** 1860's the King of Siam attempts to bring Western culture to his country, engaging an attractive English schoolteacher to teach his royal princes and princesses. Includes, round-trip transportation; Matinee, and luncheon at Danversport Yacht Club prior to show. Depart 10:15am Exit 8 and return at 6 pm**November 18, 2011 "Paradise City"** Fine and Functional Art Fair Upscale juried artisans event representing 175 of America's most notable designers and Artists. Includes luncheon in Marlborough, admission to show and transportation. Approx. \$75.00.

Broadway Across America - Boston 2011-2012**La Cage aus Folles
at Boston Opera House****Date: Sat., Dec. 17, 2011** **Cost: \$114.00**

Winner of 3 Tony Awards including Best Musical Revival. La Cage tells the story of Georges, the owner of a glitzy night club, and his partner Albin, who moonlights as the glamorous chanteuse Zaza. When Georges' son brings his fiancées conservative parents home to meet the flashy pair, the bonds of family are put to the test as the feather bous fly. See their struggle to stay true to themselves. Don't miss it, Darlings!! Tour includes: Matinee Center Orchestra seating, round trip transportation and time on your own prior to the show at the Prudential Center. Depart: 10:15 am Park & Ride, exit 8 Return: 6:30 p.m.

BILLY ELLIOT**The Musical at The Boston Opera House****Date: August 2, 2012** **Cost: \$118.00**

"The Best Musical of the Decade" according to TIME Magazine. This comedy musical is based on the 2000 film Billy Elliot. The music is by Sir Elton John, and book and lyrics are by Lee Hall who wrote the film's screenplay. The plot revolves around motherless Billy who trades boxing gloves for ballet shoes and the story of his personal struggle fulfillment are balanced against a counter-story of family and community strife. Tour includes: round-trip transportation, orchestra tickets (matinee) and time on your own prior to performance at the Prudential Ctr. Depart: 9:15 a.m. Exit 8, Park & Ride Return: 5:30 p.m.

More Day Trips to come: Now taking sign-ups for:**Dec. 8, 2011 Christmas with Allen Edwards \$39.00**

Includes: Luncheon & Entertainment by "the voice of Branson" at the Castleton in Windham, NH (Transportation on your own)

Feb. 13, 2012 Valentines Party at DiBurro's \$59.00

Includes: Luncheon & Entertainment by the "Elderly Brothers Duo" and transportation.

April 15, 2012 River Dance at Boston Opera House
Cost: \$139.00 Includes Orchestra ticket to matinee Performance (1 pm) and round trip transportation.

Travel Interest Lists: Taking names and numbers of those interested in the following: **Day Trip: Hu-ke-Lau, Christmas (late Nov./early Dec.) Multi-Day: England, Ireland, Scotland (Fall 2012)**

Senior Travelers: When on trips with the Center and your departure is at Exit 8, park in the back of the lot behind the terminal and do not go into the terminal itself.

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**Nashua Senior Activity Center and SAGE  
Working Together To Support**

**Community Seniors - The Potluck Club**

St. Joseph Hospitals SAGE is looking forward to collaborating with the Nashua Senior Center in future social and educational events.

SAGE looks forward to the first of these collaboration events in September. This event will be a potluck for our SAGE members. The Senior Center has graciously offered to host and give tours of the Center as we visit and share with our fellow SAGE members over homemade goodies made by the loving hands of our SAGE members.



**SAGE Fall Potluck - Tuesday, Sept. 20, 2011 - 4-6 pm**

Please RSVP to Michele Canto at the SAGE number 603-578-5065 by Friday, Sept. 16th. Please be prepared to sign up for a main course, salad or dessert to share.

**SENIOR CENTER CLOSINGS:****Monday, September 5, Labor Day****Monday, October 3 (day after Sr. Show weekend)****Monday, October 10, Columbus Day**



## **HALLOWEEN PARTY SPOOKTACKULAR**

**Thursday, October 27<sup>th</sup>**

**Time: 1:30 pm**

**Tickets: \$6.00**

**Place: Senior Activity Center**

Come on down and enjoy a Frightfully Fun Afternoon With assorted refreshments, entertainment, door and raffle prizes. For those of you that dare, you'll have the opportunity to win a prize for the best costumes! (1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> place winners) You must purchase tickets by Oct.24<sup>th</sup> .

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### **Informational Meeting for Diabetes**

**Sept. 29, 1 p.m.**

Do you or someone you know have Diabetes? Did you know that keeping your feet healthy and happy is a step in the right direction in the prevention of ulcers that often lead to other more serious complications? Care of feet and nails is very important, especially for diabetics. Join Gale Manning from EZ Diabetic Supplies, as she answers these questions and more. She will also share information about delicious & healthy foods and foods to avoid. Call 889-6155 to register, by 9/26. This is an informational meeting only.

**Free Educational Workshops. NASHUA-Seniors Count** holds workshops at the Senior Activity Center on the 2nd Monday of the month, at 1 p.m. open to the public. Please call Beth Todgham, Seniors Count-Nashua facilitator at 603-889-3440 ext. 629 for more information.

**Free Health Activities Scheduled, Sept. 19-22** provided by CPTe Center for Physical Therapy & Exercise, here at the Senior Activity Center.

Monday, Sept. 19<sup>th</sup> **Balance Assessments** 9:30 – 2:30 pm (Physical Therapy 2nd flr)  
Get your balance and stability tested by a physical therapist. You'll get practical advice on how to improve your balance.

Tuesday, Sept. 20<sup>th</sup> **Healthy Bingo** 1:30-2:30pm (Dining Room) Play bingo with a healthy twist. Bingo has never been this more fun!

Wednesday, Sept. 21<sup>st</sup> **Home Exercise Equipment Demo** (Activity Room)1:30-2:30pm  
Exercising at home can be fun and easy to do with some great and affordable equipment. With the help of Sports Authority, CPTe's exercise staff will demonstrate home exercise equipment and assist you in designing a fun, healthy home exercise program.

Thursday, Sept. 22<sup>nd</sup> **Healthy Bingo** 1:30-2:30pm (Dining Room) Play bingo with a healthy twist. Bingo has never been this more fun!

NASHUA ASSOCIATION FOR THE ELDERLY, INC.  
70 TEMPLE STREET  
NASHUA, NH 03060

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***Flea Market Saturday November 5, 2011***  
*(Indoor)*

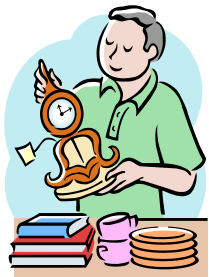
***9 - 2 pm***  
***at Senior Center***  
***70 Temple St.***  
***Nashua, NH 03060***



***Table Space on***

***Sale: Sept. 1st***

***Cost: \$20/space***



***Also needed: \*Donations for***  
***Senior Center to sell (after 10/25)***

***\*Baked Goods***

***Volunteers, day of & day before event***

