

Senior Activity Center News

70 Temple Street • Nashua, NH 03060 • Tel.: 603.889.6155

ISSUE #276

www.nashuaseniorcenter.org

MAY/JUNE 2013

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FIRE AND FUSION

An Executive Chef Competition

Wednesday, May 15, 2013

Join us as Executive Chefs from local Senior Communities, Assisted Living Facilities and Nursing Homes compete for the "Best Chef" title. WZID's Mike Morin will host this fun-filled event. Judges include: Mayor Donnalee Lozeau, Senator Peg Gilmour, Chris Williams from the Nashua Chamber of Commerce, Tim Hogan from the Crowne Plaza Hotel and Chef Nicole of the Copper Door and T-Bones.

Nashua Senior Activity Center

6:00 pm Hors D'oeuvres

7:00pm Competition

Tickets: \$25.00

Includes: Appetizers in the sampler room, one complimentary glass of wine and admission into the chef competition. Cash bar. All proceeds will benefit the Nashua Senior Activity Center!

For more information call Cathy at 816-2647 or stop by the Reception Desk to purchase tickets.



SENIOR PICNIC Alpine Grove

Thurs. June 20th
9:30 am -2:30 pm

Cost \$15.00

All adults 50 and over are invited to our annual picnic at Alpine Grove on Thursday, June 20th. Enjoy a GREAT DAY OUT! You will enjoy a full day of activities, including miniature golf, line dancing, cards, bingo, games and more! The Harmonica Saints will also be there to entertain you.

The day would not be complete without
Alpine Groves' Chicken and Rib Dinner!

We will top the afternoon off with old-style Vegas Singer Bobby G. direct from resorts in the White Mountains. He will wow you with his three octave range. His falsetto allows him to sing everything from Frank Sinatra to Tom Jones. He is truly amazing! Don't miss out on an affordable day of fun.

See you there!

**Tickets must be purchased by Thursday,
June 13th at the Senior Activity Center.**

SUMMER Events and Day Trips

TEA with Mary Lou Fuller

**Aging with Humor:
A New Beginning
Wednesday
May 22, at 1:00 pm
Cost: \$5.00**

Come join Mary Lou Fuller for tea and pastries here at the SAC as she shares her wisdom on aging as how it has affected her mind, body and spirit. Listen to her fun filled anecdotes that reflect her views on aging with humor and are the basis for her widely acclaimed program “**Aging with Humor**”. Since 2002 she has presented over 100 programs based on her writings to Senior Centers, Clubs and Retirement Communities throughout New England.

“My age and frame of reference have given me an entitlement to speak out. I feel the presence of a new internal being—a crone— who has given me self-assurance and validation.”

Pre registration and payment is due by **May 15th**.



BOSTON RED SOX vs CLEVELAND

Sunday, May 26th

Game time: 1:35 pm, Coca-Cola Pavilion 18, high atop Fenway Park. Departure time to be determined.

Cost: \$119.00 Transportation included

French Social

**JULY 1ST
Tickets \$6.00
1:30 PM
Senior Activity Center**



Come Celebrate the Canada Day (Confederation Day) on Monday, July 1st to learn about the history of the day understand the why the maple leaf is the central theme of the Canadian flag. The festivities will include singing, dancing and light refreshments. Tickets go on sale **May 15th**. The deadline to purchase tickets is June 25th.

Please note: No tickets will be sold at the door..
For more info. please call 889-6155.

WAR HORSE

Thursday June 6, 2013

SOLD OUT!

Reserve List Only

BOSTON RED SOX vs TORONTO

Thursday, June 27

Game time: 7:10 pm, Right Field Roof, Box 39. Departure time to be determined.

Cost: \$99.00 Transportation included

Rainout info: if game is rescheduled no refunds will be issued and the original ticket will be valid for the makeup game. Transportation will be provided for the new date only if postponement was announced before departure.

SUMMER Events and Day Trips

Day trips offered throughout the year are open to members and non-members. For more complete information contact the travel office or Margo at the Center (603) 889-6155 or mbell@nashuaseniorcenter.org

Day & Multi-day Trips

Office Hours: Monday-Friday, 9-11:30 a.m.

The Rat Pack

Wednesday, May 29, 2013
 Show Time at 2:30 pm
 The Ogunquit Playhouse
 Lunch at Jonathan's Restaurant
 Departs: Park & Ride at 10:30 am
 Returns: Approximately 6:00 pm
Cost \$105.00



Woods Hole MA

Thursday, June 6, 2013
 Cruise on the Venture Inn II
 Visit to Woods Hole Science Aquarium
 Seaside visit Village of Falmouth
 Includes lunch at the Coonamessett Inn
Cost: \$99.00

THE BIG APPLE

Saturday and Sunday May 18&19, 2013
 Round trip motor coach transportation
 Overnight lodging in New Jersey with breakfast
 Entrance to Ground Zero Memorial
Cost: \$229.99 pp

FOXWOODS CASINO- Ledyard,CT

Monday, May 6, 2013
Cost: \$31.00
 Trip includes: Round trip motor coach transportation,
 escort, driver's tip & **Bonus Package.**
Depart: 7:15 am. St. Philips Greek Church
Return: 6:30-7p

Next Trips: June 10th and August 5th



“BUSINESS SPONSORS”

Hearing Solutions
Charles Pipilas DDS
Salvatore Guerriero, DMD, PC

NASHUA SENIORS COUNT—Workshops at the Senior Center on the 2nd Monday, monthly, at 1 p.m. They are open to the public. Call Beth Todgham, Seniors Count-Nashua facilitator at 603-889-3440 ext. 132 for more info.



CENTER FOR PHYSICAL THERAPY AND 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 - Provides assistance connecting to services such as: (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!

CONGREGATE LUNCH - Provided by St. Joseph Community Services, Monday-Friday, starts serving at 11:45. Offered to people ages 50-59, for \$5. Age 60/older it is a \$2 donation. Call 882-2106 for more info.

VOLUNTEERS NEEDED

Round Again Shop - Fridays, Sort/sell merchandise in store. AM & PM shifts available

Front Desk - Fill-in / Floater

Interested: Call Margo at 816-2643

Music/Pianist—Looking for a temporary pianist that can transpose music for our Wednesday Silver Lining group for more info. please contact

Host/Hostesses for Socials - Needed to help with refreshments, decorations and prizes at our Socials.

Interested: Call Cathy at 816-2647

CULTURAL AWARENESS

We are very interested in spotlighting all of the different cultures that make-up our membership. What can you share about your heritage that is unique? Please tell Cathy or call her at 816-2647

ROUND AGAIN SHOP

Open to the public 9 am -4 pm
Monday through Friday

Free Shopping Spree -Must show current Senior Center Membership Card to receive one free outfit (*1st Monday and 3rd Tuesday*) month) and puzzles are half priced on those days.

Fill a Bag for \$3.00 - All clothing with the exception of leather, fur and coats. (*3rd Monday & 4th Tuesday*)

***Now Accepting donations of clean seasonal clothing, knick-knacks, glassware, and jewelry are greatly appreciated.**

-Tax receipts available upon request –

ZENgevity**Wednesday, May 8, 10:30 am**

Body, Brain & Balance Fitness programs are a combination of gentle and joyful movement designed specifically for ages 50 and over. ZENgevity is for any size, shape, age or ability.

Our unique movement and healing practices promote balance, flexibility and strength and improve physical and mental clarity. The specially designed movements improve neurological integration.

Each class is an opportunity to have fun, laugh a lot, move, ease stiffness, increase energy and connect with

MAH-JONG**Friday, May 10 at 1:00 pm**

New Mah-Jong class, starting Friday, May 10. Pre Registration for the class is due by May 3. Fee: \$40/members \$50/Non-members.

“NEW”**PERSONAL WEIGHT TRAINING**

We are now taking names of those interested in taking personal weight training sessions with only 2 people for a ½ hour. 5 Week classes to be held on Thursdays from 10:30 -11:00 and 11:15.

For more information call Cathy at 816-2647.

Six Week Spanish Class

**Call for next session
Tuesdays at 10:00 am**

- ⇒ Call 889-6155 to register
- ⇒ Fee: \$35/Members and \$45/Non Members

**MUSIC/DANCE**

Jerry Jean & his Bluegrass Buddies - Meets the third Tuesday monthly from 7:00 pm—9:00 pm.

“Come Sing-a-long and Play-a-long “

The Silver Lining Chorus and The Harmonica Saints are available to entertain for functions. All donations benefit the Senior Center. Call Bill Sturgeon at for more information or to schedule a group.

The Silver Lining Chorus - Wed., 9:15 am, Accompanied by pianist, Hal Weisse and directed by Ellie Risley.

The Harmonica Saints - Wed., 10:45 am, directed by Hildegard Gillette.

Friday Music Group - at 9 am with Evelyn Quimby and the Gang. We invite all to come & sing and have fun.

If you enjoy music, both groups are always looking for new members. Feel free to sit in on a class, maybe you will decide to join.

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

Sponsors wanted

News from the Senior Council

The Council continues to work to support the Center. Their energy and enthusiasm is wonderful. Some of the projects they are now working on are: the Membership Recruitment Committee, Orientation packets and spreading the word by placing our newsletter around the community.

Did you know . . .

That the Senior Activity Center is **90%** self supporting; receives no State or Federal Funding. All donations are appreciated, tax deductible and provide direct benefits/support to the Senior Activity Center.



Attention Veteran's

The Senior Activity Center is now offering a \$5.00 discount to All age eligible Veterans towards Senior Center membership. This is for New and Renewing Veterans. Thank You!

NH Property Owners

Monday, May 13, 9am to 1pm

AARP Tax Preparers will be here to assist in completing applications for NH Property Tax Relief.

To qualify: your AGI must be \$20,000.00 or less for a single person and \$40,000.00 or less for 2 or more persons.

Bring a copy of your tax return and your December 2012 Real Estate tax bill.

Ruby Tuesday

Community Give Back "to Seniors" Program
"Help us raise money by dining out"

Ruby Tuesday's 275 Amherst St.

May 11, 12 & 18 & 19, 2013

20 % of proceeds to benefit The Nashua Senior Activity Center

Pick up your flyers at the Front Reception Desk.

Please share with your family and friends

Senior Center Offerings

FREE Screenings:

Hearing Screenings, - 3rd Tuesday of each month.
Please call to schedule an appointment at 889-6155
"Courtesy of Hearing Solutions"

Blood Pressure Screening & Education

Mondays, 10-1pm

Provided by St. Joseph Hospital Parish Nurse Center for Wellness and the Senior Activity Center.

Sight Services for Independent Living (SSIL)

meets here the 4th Tues. monthly at 1:30pm. Held to promote independence of visually impaired older adults living at home. Call 1-800-581-6881 for more information.

Fee for Service:

Foot Care Clinics provided by Home, Health, Hospice, twice monthly, there is a fee, call 882-2941 for more info and to schedule an appointment

Here are some of the many activities offered

Tai Chi	Fitness Room
Yoga	Meditation
Aerobics	Spanish
Art Classes	Needlepoint
Crocheting	Quilting
Mah Jong	Whist
Pinochle	Bridge
Tap Dance	Line Dance
Zumba	

For more information our **Activity Schedule** is now available online at: www.nashuaseniorcenter.org. You may also stop by and pick one up at the Reception Desk.

HELPFUL TIPS

To ensure a space in our four and six week classes you must be pre registered and paid by the deadline. (Exceptions are made for new members)

Senior Center Closings

Reminder Nashua Senior Activity Center will be closed on Monday, May 27, 2013 observance of Memorial Day.

NORTH SHORE MUSIC THEATRE

The North Shore Music Theatre has announced their 2013 Season. Many of you expressed an interest in several of next years shows. I have requested Wednesday, Matinee seating for the follow:

- ⇒ **SOUND OF MUSIC - June 12th**
- ⇒ **CATS - August 21st**
- ⇒ **LA CAGE - Sept. 25th**
- ⇒ **MISS SAIGON - Nov. 13th**

All shows will include a luncheon at the **Danversport Yacht Club**, show ticket and round trip transportation
Cost: \$97.00 per show, per person

THROUGHLY MODERN MILLIE

Tuesday, July 2, 2013

The Ogunquit Playhouse
 Lunch at Jonathan's Restaurant
 Departs Park and Ride at 10:30 am
 Returns: Approximately at 6pm
Cost \$105.00

MUSEUM OF SCIENCE AND DUCK TOUR

Wednesday, July 17th

Cost: Pay by June 1st -\$89.00
Pay after June 1st -\$92.00

THE FORT AT No.4 LIVING HISTORY MUSEUM

Wednesday, July 24, 2013

Includes Lunch
Cost: \$75.00

**FALL FOLIAGE AT WINNEPAUSAUKEE
 SCENIC RAILROAD**

Date: Saturday, October 5, 2013

Hot Lunch Buffet at The Common Man Inn
Cost: \$99.00

PEABODY ESSEX MUSEUM

Wednesday, August 14, 2013

Includes Lunch at Victoria Station
Cost: \$89.00

WICKED

Saturday, September 7, 2013
 Boston Opera House
Orchestra Tickets
 Showtime at 2pm Matinee
 Free Time at the Prudential Center
 Departs Park and Ride at 10:30am
 Returns: Approximately at 6pm
Cost: \$130.00

INTREPID 2013

Saturday, July 13th
 The Intrepid Sea, Air and Space Museum
 With a special exhibit of the
 Space Shuttle Enterprise
 Mid-town Manhattan
 Round trip Transportation
Cost: \$119.00 Adults
\$79.00 under 17 and \$59.00 under 6

TANGLEWOOD - Boston Symphony Orchestra, Saturday Morning Rehearsal
 Saturday, August 3

Program features the Boston Symphony Orchestra with Charles Dutoit, conducting.
with special guest Yo-Yo MA

Enjoy a box lunch on the grounds after the concert before departing for home.
 Departs: Park & Ride Exit 8 at 7:00 am
 Returns: 5:30 pm approximately.
Cost: \$119.00

Multi-Day Tours: Quebec, Washington, Scotland, Nova Scotia—Visit our website for details

Brunch on the Belle

Sunday, July 7, 2013

Board on the Mississippi style paddle wheeler for a leisurely cruise around Plymouth Harbor.

Includes Lunch

Cost \$85.00**Medieval Manor**

Saturday, August 24, 2013

Departs at 3:30 from Exit 8

Cost \$89.00**Celtic Yuletide**

Starring internationally renowned Irish tenor Michael Londra. Accompanied by Ireland's finest musician's and Irish Step dancers

Tuesday, December 10, 2013

Cost \$89.00**MUSICALS AT FOXWOODS****Supreme Reflections**

Tribute to Diana Ross and the Supremes

Thursday June 20, 2013

Cost \$79.00**The Duprees**

Veterans of the Doo-wop genre

Thursday, Sept 12, 2013

Cost \$79.00**Louis Prima Jr.**

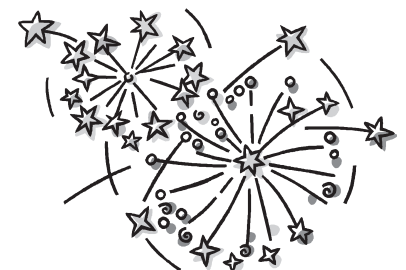
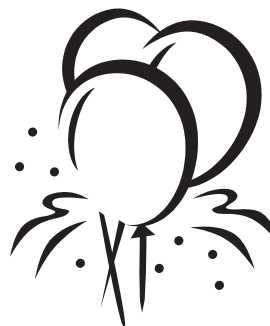
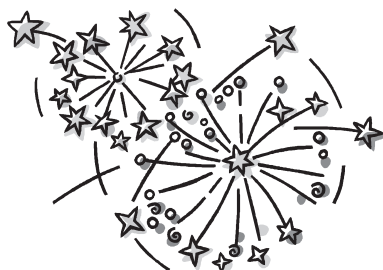
Carries on the legacy of the original "King of Swing"

Wednesday, Oct 23, 2013

Cost \$89.00Travel to **Foxwoods Casino** for a full scale musical Day includes: Ticket to 2 pm performance, Buffet Lunch, \$10 Slots Play and Roundtrip Motorcoach Transportation.**Depart:** Exit 8 Park & Ride 7:15 am and Return 6-7 pm.**Congratulations Joy!**

After 26 years of service Joy McLaughlin Tunstall has retired! We all wish her the very best and hope that she will do all of the things she has dreamed of doing.

The Staff will miss her dearly and we know that our members will miss a wonderful advocate.



Senior Activity Center
70 Temple Street
Nashua, NH 03060

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Membership & Renewals

For those age 50 and over.

Cost: \$35/single & \$50/double. Cash or checks accepted. (If paying by mail, please include a SASE to return your card to you). Every member should carry their Senior Activity Center membership card on them in order to receive member discounts.

Due to a generous donation from one of our members we are now laminating the membership cards. Thank you!

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-members receive special rates.