

# Senior Activity Center News

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

ISSUE #277

[www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)

JULY/AUGUST 2013

Executive Director:  
Jeanne M. Marcoux

Project Director:  
Margaret Bell

Activities Director:  
Cathy Barrett

Office Manager  
Anne Richards

Message from Jeanne Marcoux

## COMMUNITIES ROCK!

When I think of the word community two distinct meanings come to mind. I think of the community at large, meaning the greater Nashua community and I think of the Nashua Senior Activity Center.

The members of the Nashua Senior Activity Center make up a small community that shares common values, interests, needs, beliefs and resources. The cohesiveness of our community is determined by our members and their values, interests, likes and dislikes. For our community to thrive we must have members who contribute to its well-being and who are committed to its improvement.

Two such members were recently honored by the Breakfast Exchange Club for their outstanding involvement in the senior community. Joan Stefano was honored for her work developing the Coffeetalk Lounge and her work on the Senior Council. Carla Bech-Hansen was also honored and chosen to receive the Book of Golden Deeds Award for her participation in many projects at the SAC including our very successful Signature Event last November that earned \$26,000. Their contributions have improved the SAC for all of the members to enjoy. There are many others who also support our senior community through their volunteerism, activism and financial support. They do not look for accolades because they derive satisfaction from helping others and making a difference.

*Communities* continued on page 4



## SUMMER'S END & FALL FASHION FESTIVAL!

AUGUST 12<sup>TH</sup> AT 2PM  
Senior Activity Center

**FASHIONS, ENTERTAINMENT,  
REFRESHMENTS & 1 FREE MAKE OVER**  
This isn't going to be just any fashion show!

**Cesar & Adriana Hair Design** located at 37 Elm St. Nashua will be providing one free makeover. You will be able to see the before and after as it unfolds. Anyone interested in winning the free makeover can enter a drawing at the Front Reception Desk. We will pull the lucky winner on August 5<sup>th</sup>.

Local retailers along with our very own Round Again Shop will wow you with stylish fashion ideas. We are currently looking for Models of all shapes and sizes to be in our show. We are taking names on a 1<sup>st</sup> come 1<sup>st</sup> serve basis through July 22<sup>nd</sup>. For those interested contact Cathy at 816-2647

**Don't miss out on a fun filled afternoon including fabulous door prizes!**  
Tickets are \$10 and must be purchased by August 9<sup>th</sup>.

## NEW and Noteworthy

**Congratulations** to the Center's very own Executive Director, Jeanne Marcoux, on being named one of Nashua's 25 Extraordinary Women by the Nashua Telegraph. Jeanne was bestowed this honor for her devotion and dedication to the Nashua Community. The Center is lucky to be the recipient of the talents of this extraordinary woman.

We are offering a new column in the newsletter titled "SENIOR SENTIMENT"

This is an opportunity for members to share their comments and experiences from classes, workshops and trips through the Senior Activity Center. We look forward to hearing from you!!

Please see Anne Richards for more information and to share your sentiments.

### Travel Club Notes

Tuesday July 23rd

10—11:30 am

Senior Center Education Room (2nd Floor)

Four members of the Travel Club recently returned from Switzerland, Germany and Austria. Pat Francis has offered to share her DVD and provide highlights of the trip. She will also have photo albums available from Canadian Rockies and National Parks tours which members have asked about.

There will be an opportunity to review up-coming events. There is still space on the Quebec trip in August; Washington DC in September; and California New Years Trip.

We welcome suggestions for new day or multi-day tours. Please bring ideas of places you would like to visit. Remember, we have a listing for single travelers to find travel companions, which reduces the cost substantially.

Hope to see you there!

### "SENIOR SENTIMENT"

"The RAD system of self-defense class teaches one how to identify the best way to escape an attacker and get out of a dangerous situation rather than the ability to body slam your assailant to the ground. After meeting the three female Nashua police officers on the first night, we felt rather intimidated by the demonstration. But these instructors were patient with us and transformed us into more self-assured seniors who are now better prepared to fend off an assailant. Since it is a scary world out there, I hope that more seniors take advantage of this class when it next becomes available."

~Gail Galipeau

### Life Line Screening

#### One Day Only

Wednesday, July 31, 2013

9am to 4pm

Provides preventative health screening using non-evasive ultrasound equipment.

This is a partial list of the screenings available:

- ⇒ Carotid Artery Screening
- ⇒ Abdominal Aortic Aneurysm
- ⇒ Atrial fibrillation
- ⇒ Ankle-brachial Index
- ⇒ Complete lipid panel
- ⇒ Bone mineral density

This is a fee based service. Please be on the look out for informational flyers posted around the center. If you have any questions please call Anne at 816.2642

### IMPORTANT NOTICE

#### ANNUAL MEETING

Wednesday, August 14, 2013 at 2pm

RSVP required by August 12th.

Please call Anne to register 816-2642

### Zumba is Back!!

You asked for it, you've got it!!

Welcome our new instructor Jessica!

6 week class starts Monday, July 22nd at 1pm

\$35.00/Members \$45.00/Non Members

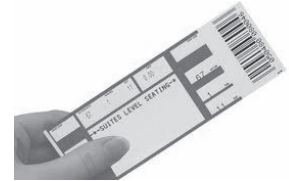
Pre-registration & payment due by July 15th

## 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.



**CATS**

Wednesday, August 21, 2013  
**North Shore Music Theatre**

Luncheon included at the **Danversport Yacht Club**,  
 2pm Matinee Performance  
 Departs 10:15  
 Returns: Approximately 6pm  
**Cost: \$97.00**

**FOXWOODS CASINO- Ledyard,CT**

Monday, August 5, 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: Sept 9, and Oct 7— Mondays**

**FIND THE MAGIC OF GIVING BACK!**

Saturday, August 24, 2013

Shop For A Cause gives you the opportunity to give back to your community and to help our organization. Purchase a \$5 Shopping Pass for exclusive savings in every Macy's store on Saturday August 24, 2013 and we (Nashua Senior Activity Center) keep 100% of the proceeds. Plus you can enter to win a \$500 Macy's Gift Card.



Tickets can be purchased at the Front Reception Desk.

**The 39 Steps**

Monday, August 5, 2013

**The Winnepesaukee Playhouse**

Lunch at Hart's Turkey Farm

Depart: 10:15

Returns: Approximately 6pm

**Cost: 85.00**

A big *Thank you* to the Fire and Fusion Sponsors!!

Golden Grill Sponsors

⇒ **Bartending Services by Mr. Carol**

⇒ **Center for Physical Therapy and Exercise**

Silver Skillet Sponsors

⇒ **Frederick's Pastries**

⇒ **New Hampshire Health Care Association**

⇒ **St. Joseph Hospital**

**Foliage Cruise Aboard the M/S Mt. Washington**

Thursday October 10, 2013

Trip includes Roundtrip Motorcoach

Cruise and Buffet Lunch

Admission to the Wright Museum

Departs: 8:00 am

**Cost: \$89.00**

**“BUSINESS SPONSORS”**

**Hearing Solutions**

**Charles Pipilas DDS**

**Salvatore Guerriero, DMD, PC**

### **CENTER FOR PHYSICAL THERAPY AND EXERCISE CPTC**

— 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 information.

*Communities* cont. from page 1

Sometimes, like the stars, communities align and great things can happen. This was evident the evening of "Fire and Fusion".

The greater Nashua community stepped up to support the Nashua Senior Activity Center. Community members attended the event; community leaders judged the competition and some of the finest chefs in Nashua wowed the audience with their creations. And that's not all.

The day of the event one chef withdrew from the competition leaving us short 400 appetizers. What happened next was a demonstration of true community spirit. With little notice, four area restaurants answered our last minute plea and donated enough food to fill three tables. Villa Banca and Martha's Exchange set up beautiful displays and filled the table with appetizers. The Portland Pie Company and Bellagio Pizza Restaurant also contributed appetizers for the evening.

I am deeply grateful for the community support that comes from within and from the community at large. Hillary said, "It takes a village to raise a child". I think it takes a community to support our seniors.



### **VOLUNTEERS NEEDED**

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

Front Desk - Fill-in / Floater

Coffee Talk Lounge - Wednesday AM shifts and Fill in/ Floater

Library - 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**

### **ROMANIAN CULTURAL CLASS**

Tuesday, August 13th at 1:00 pm

Come join our very own John Simo as he shares his Romanian culture including special traditions, family life and more. At the end of the presentation there will be time for an open discussion along with light refreshments.

\$2.00/Members \$3.00 Non members

### **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 ( *1<sup>st</sup> Monday and 3<sup>rd</sup> 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. (*3<sup>rd</sup> Monday & 4<sup>th</sup> Tuesday*)

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

-Tax receipts available upon request -

**NASHUA SENIORS COUNT**—Offers monthly series of workshops at the Senior Activity Center on the 2nd Monday, at 1 p.m. They are open to the public. The topic for **July** is “*Hot Weather Safety Tips for Seniors*”

For **August** it will be “*Exercise Your Brain*” Call Beth Todgham, Seniors Count-Nashua facilitator at 603-889-3440 ext. 132 for more information.

## **ZENgevity**

**Wednesday, July 10, 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 others to be well. Call 889-6155 to pre register.

## **PERSONAL WEIGHT TRAINING**

We are now taking names from those interested in taking our next 5 week personal weight training session starting on **Thursday, July 18th**. Each 1/2 session is limited to 2 people. Class times offered are 10:30, 11:15 or 1pm.

**\$50/Members \$60/Non-members**

For more information call Cathy at 816-2647.



### **Driver Safety Class**

**July 16 & 17, 2013**

9am to 1pm

The Nashua Senior Center will host the AARP “Smart Driver” class. This course is open to everyone and all ages; you do not need to be a member of AARP to attend this course. **The fee for this course is \$12/AARP Members and \$14/Non-members.** Please note certain insurance companies recognize that completion of this course may qualify for a reduction in their auto insurance premiums. To register and for more information please call 603-889-6155 by July 12.



## ***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 312-1706 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 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month. Doors open at 1pm & games start at 1:30

## **PIANIST NEEDED**

We are looking for a pianist to play with The Silver Lining Chorus and The Harmonica Saints. Please call Cathy at 816-2647 if you are interested.

## **BONE BUILDERS**

For more information please call Kelly Nobel at 921-1299.



**NORTH SHORE MUSIC THEATRE**

⇒ **LA CAGE - Wednesday, Sept. 25th**  
 ⇒ **MISS SAIGON - Wednesday, Nov. 13th**  
 Include luncheon at the **Danversport Yacht Club**,  
 2 pm performance ticket and round trip transportation  
**Cost: \$97.00 per show, per person**

**PHANTOM OF THE OPERA**

Saturday, December 7, 2013  
 Providence Performing Arts Center  
**Special Cost: \$110.00 pp (sign up before 08/31/13)**  
**Cost: \$120.00 per person (sign up after 09/01/2013)**  
 Following an acclaimed sell-out tour of the United Kingdom, Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's phenomenal musical success, **THE PHANTOM OF THE OPERA**, will make its premiere in Providence as part of a brand new US National Tour.  
 Includes Round Trip Transportation, 2pm Matinee Orchestra Seats, Time on your own at Providence Place Mall prior to the show  
 Depart: 9:30 am  
 Return: Approximately 6pm



**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**



**MUSEUM OF SCIENCE AND DUCK TOUR**

Wednesday, July 17th  
**Pay after June 1st -\$92.00**  
 Departs: 8:30am  
 Returns: 4:30pm

**THE FORT AT No.4 LIVING HISTORY MUSEUM**

Wednesday, July 24, 2013  
 Includes Lunch  
**Cost: \$75.00**  
 Departs: 7:30am  
 Returns: 4pm

**PEABODY ESSEX MUSEUM**

Wednesday, August 14, 2013  
 Includes Lunch at Victoria Station  
**Cost: \$89.00**  
 Departs: 9:30am  
 Returns: 5:50pm

**FALL FOLIAGE AT WINNEPAUSAUKEE SCENIC RAILROAD**

Date: Saturday, October 5, 2013  
 Hot Lunch Buffet at The Common Man Inn  
**Cost: \$99.00**

**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**

**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****Cranberry Harvest**

Monday, September 30, 2013

Includes lunch at Isaac's Restaurant

Departs: 7:30 am from Exit 8

**Cost \$75.00****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**

***Do you like to shop with essentially no effort and donate to a great organization?*** If so, the good news is that the Senior Activity Center has a dedicated group of volunteers working to list items for sale with our own ebay website/account. We have an eclectic assortment of women's clothing that has been chosen from thrift store donations. We screen the articles carefully by selecting high-brand labels for quality and style; some have never been worn.

This effort, has successfully netted \$2,242.00 so far in 2013....a great plus for the center! We would love to do even better with a goal of \$7,000.00 at year end.

So, if this appeals to you, you can find the link on our website at: <http://www.nashuaseniorcenter.org/>. Look for the colorful ebay link on the home page.

Thank you -  
The ebay Team

**Nashua Senior Activity Center****Multi Day Trips**

Quebec City - August 12-15, 2013  
Washington DC - September 15-18, 2013  
Scotland - September 30 - October 9, 2013  
California -December 2 -January 2, 2014  
Reflections of Italy - April 7 -16, 2014

Flyers available in the travel office.

**MUSICALS AT FOXWOODS****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"

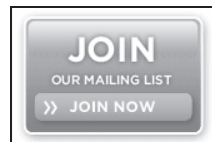
Wednesday, Oct 23, 2013

**Cost \$89.00**

Travel 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.

The Senior Center is making a concerted effort to improve communication with our membership via email. In order to do so, we need email addresses for all individuals who have email. You'll be able to receive information as soon as it's available on new events, activities, trips, classes, etc. Please take the time to either come into our membership office to provide your current email address or go to our website and look for the join button click and follow the prompts.





**Senior Activity Center**  
**70 Temple Street**  
**Nashua, NH 03060**

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US POSTAGE

**PAID**

NASHUA, NH

PERMIT # 103

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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](mailto:mbell@nashuaseniorcenter.org). Members and non-members receive special rates.*