

Senior Activity Center News

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

ISSUE #279

www.nashuaseniorcenter.org

NOV/DECEMBER 2013

Executive Director:
Jeanne M. Marcoux

Project Director:
Margaret Bell

Activities Director:
Cathy Barrett

Office Manager
Anne Richards

Development Manager
Judy Porter

Notification of Membership renewal has been upgraded and improved!!!

Renewal reminders will now be found on the mailing label of your newsletter, omitting the need for postcard mailings. The phrase "TIME TO RENEW" will be the last line on your mailing label and will be highlighted in red (instead of the color used in our example below) This allows us to provide *you* with a second renewal reminder!!!!!!!!!!!!

SAMPLE LABEL

Marsha Smith
or Current Resident
21 Main Street

Nashua NH 03062

TIME TO RENEW

North Main Music Meet & Greet

Friday, November 8th at 9:30am
Coffee, conversation and song!

A local music school for all ages will be hosting a Meet & Greet for members. Music instructors will be on hand to demonstrate instruments, answer questions and discuss music lesson opportunities for seniors.



HOLIDAY'S FROM AROUND THE WORLD SOCIAL



"Pot Luck"

Bring your favorite ethnic dish!

Senior Activity Center

Monday, December 9, 2013

1:30pm

COME JOIN US FOR SOME HOLIDAY CHEER!

Some of the activities include:

- ⇒ Special Entertainment provided by our very own talented seniors.
- ⇒ If you have a specialty number or would like to share a favorite story around your holiday tradition contact Cathy at 816-2647.
- ⇒ Ugly holiday sweater contest.
- ⇒ Door and raffle prizes.

Free admission when you bring a dish to share or a \$5.00 fee at door.

There will be a sign up sheet at the front desk.

TRAVEL SOCIAL

On Wednesday, November 13, 2013 there will be a travel social/presentation to promote our upcoming 2014 *Trip to the National Parks*. Mark your calendar and plan to attend the 10:30am meeting in the Center's Education Room.

Please call to reserve your space today 816-2645

NEW and Noteworthy

Notes from Development Corner

Dining for a Cause-

Every month the Senior Center has been holding one to two Dining for a Cause nights at local restaurants. Each restaurant donates between 15-20% of your check back to the Center. You are required to present a voucher at each restaurant for the date and time specified. It is an easy way for the Center to earn some much needed revenue. The schedule is posted in the lobby. **Vouchers** are available at the Front Desk, on the Senior Center website or on the Senior Center Facebook page. Encourage your friends, family or any group you are a member of to help the Senior Center raise funds by dining out. Plan your dining out by looking at our schedule.

TD Affinity Program

As a follow up, I wanted to clarify the TD Affinity Program; **TD Bank donates its own money**. This money does not come from your interest earned on any account. TD uses your average balance only as a means to calculate their donation. No money comes directly from you. It is a donation from TD. Some members have already signed up their accounts. I received this e-mail from a Senior Center member. "Hi Judy.

I just signed up for the TD Bank Program (at the Merrimack Branch).

Super fast and easy.

Sounds like a Win, Win for everyone!"

Sue C.

Annual Appeal

During the month of November, you will be receiving the Annual Appeal mailing. Please live generously and consider a gift to this very necessary fundraiser. Remember that your dues only cover 10% of the funds needed to keep the doors open and the lights on!

Judy Porter
Development Manager
816-2649

Many thanks to our United Way, Day of Caring Volunteers and Nashua Wallpaper!!! We are so grateful for the six energetic volunteers from the United Way on September 11th. Volunteers completed taping and painting three offices in one day. We would like to thank Nashua Wallpaper for their generous donation of paint. Volunteers truly do make a difference!!!



THE RIVER CARD ROOM

December 21, 22, 26, 30 & 31, 2013

All proceeds benefit the
Nashua Senior Activity Center



185 Elm St.
Milford, NH
603-249-5548

Mon - Thurs
5:00pm - 1:00am
Friday
3:00pm - 1:00am
Sat- Sun
Noon—1:00am

Plan a fun night out with family and friends while helping to support the Senior Activity Center!

Nashua Senior Activity Center is now accepting MasterCard and Visa for donations, payments and memberships. We do not accept MasterCard or Visa for Trips at this time. Please see Anne Richards for assistance.



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.



PLANNING AHEAD FOR 2014 DAY TRIPS



Please take a moment to review the list below of some of the Theatre Events in consideration. Interest lists will be available in the Trip Office.

Please call 603-816-2645 and leave your name, # of shows and # of participants.

NORTH SHORE MUSIC THEATRE

- ⇒ ANYTHING GOES
- ⇒ GREASE
- ⇒ CHICAGO
- ⇒ LES MISERABLES
- ⇒ LITTLE MERMAID

OGUNQUIT PLAYHOUSE

- ⇒ TO BE ANNOUNCED

BOSTON

- ⇒ FLASHDANCE (Feb)

PROVIDENCE PERFORMING ARTS

- ⇒ MAMMA MIA (Mar)

WORCHESTER

- ⇒ HAIR

Please note –your “vote” helps determine selection of performances.

New Broadway series will not be announced/available until Spring 2014.

SNOW SHOE MEET & GREET

Mark your calendars for our annual Snow Shoe Meet & Greet on **Tuesday, January 18th at 10am.**

NORTH SHORE MUSIC THEATRE

⇒ **MISS SAIGON** - Wednesday, Nov. 13th

Include luncheon at the **Danversport Yacht Club**, 2 pm performance ticket and round trip transportation.

Cost: \$97.00 per person

IN THE MOOD

Wednesday, November 20, 2013

Cutler Majestic Theater

Showtime at 2pm Matinee

Includes lunch at the Old Country Buffet in Medford

Cost: \$109.00pp

“In the Mood is a rhythmic, jazzy, brassy, sentimental, romantic and patriotic upbeat 1940’s musical revue, recreating the swing era performed live on stage.”

Departs from Park & Ride Exit 8 at:10:00am

Returns: 6:00pm

PHANTOM OF THE OPERA

Saturday, December 7, 2013

Providence Performing Arts Center

Cost: \$120.00 per person

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



BONE BUILDERS

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



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.

SENIOR SENTIMENT is a new column written by members sharing their comments and experiences from classes, workshops and trips through the Activity Center. Please see Anne Richards for more information and to share your sentiments! We look forward to hearing from YOU!

Senior Sentiment

“I was asked, "What does the Nashua Senior Center have to offer?" My answer came out without even thinking, "The Nashua Senior **ACTIVITY** Center" and that's what it truly is. I take classes for my health, enjoy the social interaction and have made friends here, and not being from the area this is a big plus. As for the classes, the center has more than 40 classes a week and they include all levels of activity, for the body and mind. I truly believe in the center *soo* much; I got up at 4:30 AM on a Friday and put a costume on to support "The Nashua Senior Activity Center" on our local radio station. "The George Russell Show" on WSMN 1590AM" which broadcasts live from Nancy's Diner on Canal St. one day a month.
~Joan Stefano”

Connie, We all want to thank you so much for all your hard work and dedication to the Senior Activity Center. She is not only a great instructor but great with people as well. Although we will miss her, we are happy that she is about to embark on a new adventure. Congratulations on passing your realtors exam!



VOLUNTEERS NEEDED

Front Desk - Fill-in / Floater

Coffee Talk Lounge - Fill in/Floater

Library - Fill in / Floater

E-Bay - Thursday afternoons

Interested: Call Margo at 816-2643

Veteran's Day

Monday, November 11, 2013

Nashua Crossings Presents

Chili Dog Lunch

Nashua Senior Center

70 Temple St

Nashua NH

12:00 - 2:00

FREE TO ALL VETERAN'S

\$4.00 - Adults

\$2.00 - Children and Seniors

Tickets sold at the door

Free Open Swim,

Friday's at 12:30 pm (**Members benefit only**)

Call Cathy at 816-2647 for full details and availability.

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 on the **1st Monday and 3rd Tuesday** of the 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 -

Senior Center Closings

November 11 Veteran’s Day
 November 28 & 29 Thanksgiving
 December 24 & 25 Christmas
 January 1, 2014 New Year’s Day



MUSIC/DANCE

Aerobics Class

Classes will be on Mondays Wednesdays and Fridays
 At 9am

Canasta & Mexican Mule Train

Thanks to Roger & Marilyn offering and teaching Canasta & Mule Train we have enough people to play independently on a regular basis.

Mexican Mule Train Thursday at 1pm

Canasta Friday at 1pm

These are drop in classes and is \$1/Members & \$3/Non Members

CLASS POLICY

To ensure a space in our four and six week classes you **must be pre registered and paid by the deadline.** Class sign-ups can be found at the front desk. (Exceptions are made for new members)

ZENgevity

Wednesday, November 13 at 11:15 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.

Register by November 6, 2013

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 Harmonica Saints are available to entertain for functions. All donations benefit the Senior Center. Call Hildegard M. Gillette, Business manager at 595-1832 for more information or to schedule a group.

The Silver Lining Chorus is available to entertain for functions. All donations benefit the Senior Center. Call Bill Sturgeon, Music Director 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, The Silver Lining Chorus and Harmonica Saints are always looking for new members. Feel free to sit in on a class.... maybe you will decide to join.

Did you know . . .

The Senior Activity Center is **90%** self supporting and 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!

SPONSORS

SPONSORS

Dining for a Cause

Invite your friends and family out to dine!

The restaurants listed below will donate 15% - 20% of your bill to the Nashua Senior Activity Center.
Dining for a cause will be on going. We are happy to announce there will be more of these to come.

RESTAURANTS	DATES	HOURS	LOCATIONS
FRIENDLY'S	NOV 18	7:00am-10:00pm	DW Highway Nashua
PIZZERIA UNO	NOV 19	11:30am – 1:30am	593 Amherst St. Nashua
FRIENDLY'S	DEC 16	7:00am - 10:00pm	DW Highway Nashua
PIZZERIA UNO	THRU DEC 31	11:30am – 1:30am	593 Amherst St. Nashua

*****VOUCHERS ARE AVAILABLE AT THE FRONT DESK AND ON LINE*****

**NASHUA SENIOR CENTER GOLF LEAGUE**

The end to another great season for the Senior Golf League!

Barney Barbera, Golf Coordinator and Senior Activity Center Staff would like to thank everyone who participated in this year's Golf League along with congratulate this year's winners!

1st Place: Hank Bernardini & Charlotte McGrath

2nd Place: Barney Barbera & Helen Fitzgerald

3rd Place: Dick Desrochers & Andy Miele

4th Place: Ron Cote

Our 2014 league will start again next April. We have open positions on the team if you would like to join us. Look for signups in March.

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	Line Dance
Yoga	Meditation	Bridge
Aerobics	Spanish	Whist
Art Classes	Needlepoint	Quilting
Crocheting	Zumba	Whist
Pinochle	Tap Dance	Pilates

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.

5 Minute Massages

The therapists for CPTE will be offering Free 5 minute massages to all Senior Center Members in November from 10-12pm. Members can also address any physical health concerns during their massage session. A sign up sheet will be at the front desk.

PICKLEBALL NEWS

Many thanks to Senior Center member, Doug Price for introducing us to Pickleball! His enthusiasm got many of us hooked including seniors, staff and family members of all ages. Pickleball is a sport that many of us had not heard of before now but we found it is a great deal of fun and fantastic way to exercise. For those of you that missed out and want to see what all the fuss is about, it's not too late. We meet at Greeley Park's tennis courts on Wednesday's at 4pm. Pickle Ball is similar to tennis, table tennis and badminton but with differences. A Pickleball typically moves one third of the average speed of a tennis ball. (Flyer with full description in front reception area) We are also excited to announce Tom Dwane from Parks and Rec will be partnering with us. Parks and Recs. will be donating some of the supplies needed for the Pickleball court including net, tape and a regular court to play on. We are currently looking for an indoor court for the winter months. (For more info. call Doug Price 888-8741 or Cathy Barrett 816-2647). For more information on go the USA Pickleball Association at <http://www.usapa.org/>

A Shout out to Pam Bidwell our Thursday, Aerobics Instructor and Personal Trainer!

We are thinking of you and hope you get better soon.

*Aerobics will now be held on Monday Wednesdays and Fridays at 9am.

*Personal Fitness will resume the beginning of next year.

Monthly Reiki Wellness Clinic: 3rd Friday, 1-3pm by appt. call 262-9366. Come and see how Reiki can help your pain, stress and anxiety. \$20 for a 30 minute session. The New England Reiki Center, Inc.

PLAN AHEAD:**MARK YOUR CALENDAR FOR WINTER/SPRING 2014 SENIOR CENTER FLEA MARKETS:**

⇒ February 8, 2014 (storm date Feb. 15)

⇒ March 29, 2014 (storm date April 5)

Table Space \$25.00 each - Table Space on sale December 1, 2013

Make Charitable Donations from Your IRA to the Nashua Senior Activity Center

IRA owners and beneficiaries who have reached age 70 ½ are permitted to make cash donations of up to \$100,000 to IRS-approved public charities directly out of their IRAs. The Nashua Senior Activity Center is one such IRS approved charity. These qualified charitable distributions (QCDs) are federal income tax free to the donor, but you get no itemized charitable write-off on your Form 1040. That's okay, because the tax free treatment of QCDs equates to an immediate 100% federal income tax deduction without having to worry about restrictions that can delay itemized charitable write-offs. The funds must be transferred directly from the IRA to the charity. **This favorable tax provision will expire at the end of this year unless Congress extends it.**

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.

Call Beth Todgham, Seniors Count-Nashua facilitator at 603-889-3440 ext. 132 for more information.

******Please note:** November workshop will be on the 2nd *Tuesday* at 1pm due to Veteran's Day on Monday****

BINGO Afternoon Bingo, held on the 1st & 3rd Wednesday of the month.

Doors open at 1pm & games start at 1:30



NEW YORK CITY

Saturday, December 7, 2013

Cost: 75.00 per person

Departs: 6:00am arrives NYC at 11:00

Departs NYC at 6:00pm

RHODE ISLAND SPRING FLOWER AND GARDEN SHOW

Thursday, February 20, 2014

Cost: 69.00 per person

The 2014 Rhode Island Flower Show will be like no other. The theme for this year will be “**Vintage Gardens**” The show combines America’s passion for gardening with their love affair for classic cars.

After the flower show you will have free time at the Providence Place Mall for some lunch.

Departs: 7:30am

BOSTON FLOWER AND GARDEN SHOW

Wednesday, March 12, 2014

Cost: \$59.00 per person

Leave behind the grey days of winter and explore the show, “**Romance in the Garden**”

After the show you will have time on your own for lunch at the Cambridge Side Gallery

Departs: 9:00am

**Boston Symphony Orchestra
Symphony Hall Open Rehearsal**

Thursday, April 17, 2014

Cost \$119.00

BSO Open Rehearsals Famed American conductor Lorin Maazel conducts today as he lead’s Mozart’s elegant Prague Symphony. After the morning performance enjoy lunch at the Old Country Buffett.

Departs: 8:30am

Returns:

4:00pm

**Nashua Senior Activity Center
Multi Day Trips**

New York City –December 14-15, 2013
California –December 29-January 2, 2014
Reflections of Italy - April 7 -16, 2014
Cooperstown & Gavins -May 2014
National Parks -May 2014
PennDutch -June 2014
Alaska -July 2014
Montreal –July 2014

Flyers available in the travel office.

NEWPORT MANSIONS

Wednesday, December 4, 2013

Cost: \$89.00 pp

Departs: 7:30am

Returns: 6:00 pm

Tour the magnificent mansions, enjoy some free time for shopping and lunch and end the day with a visit to The Elms decorated for the Holiday Season with thousands of poinsettias, fresh flowers, evergreens and wreaths.

VALENTINE’S DAY

Wednesday, February 12, 2014

Cost: \$69.00 per person

Join us for our annual Valentine’s Party at DiBurro’s in Haverhill, MA Following your lunch today will be entertainer ‘Bobby G.’ This seasoned performer sings everything from Sinatra to Doo-Wop.

Celtic Yuletide

Tuesday, December 10, 2013

Cost \$89.00

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

Depart: Park & Ride at 7:15am

Return: 6pm

“BUSINESS SPONSORS”

Hearing Solutions
Charles Pipilas DDS
Salvatore Guerriero, DMD, PC

FOXWOODS CASINO- Ledvard,CT

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

!Trips Resume March 10, 2014— Monday!

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 checks and credit cards 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.