

Senior Activity Center News

Nashua Senior Activity Center
70 Temple Street • Nashua, NH 03060 • Tel.: 603.889.6155
www.nashuaseniorcenter.org

ISSUE #285

NOV/DEC 2014

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Gerald Charles Dickens returns to the Nashua Senior Activity Center as “DR. MARIGOLD”

On **Wednesday November 12, 2014** at
12:30pm, Gerald Charles Dickens will



return to the Nashua Senior Activity Center and perform as “Dr. Marigold”. Dickens, the great, great grandson of Charles Dickens, will bring the beloved character to life in one performance to benefit the Senior Activity

Center. According to Dickens, “Doctor Marigold is such a beautiful tale. It is moving, tragic, uplifting and such fun to perform.” Dickens has entertained audiences around the world by bringing many beloved characters to life.

Tickets are \$10 and may be purchased at the front desk at the Senior Activity Center, at Fortin Gage Flowers and Gifts, and on online at fortingage.com. Tickets will also be available at the door.



“Dinner and a Movie” Event

The Nashua Senior Activity Center continues to host Dinner and a Movie events, thanks to a \$5,000 grant received from the Ann DeNicola Trust. The next event will be on **November 14th** when we will be showing the classic Bing Crosby movie **Holiday Inn** and serving a roast pork dinner. Doors will open at 2:00pm. Dinner and a Movie events are for members only and you must pre-register at the Front Desk. For Holiday Inn event, pre-registration is required by November 10th. Events are limited to the first 100 members registered.



Flea Markets and Book Sales

Saturday, November 22, 2014

9am-2pm

Indoor flea market and book sale to benefit the Senior Activity Center will feature new and used merchandise and over 30 vendors. Donations of used goods or new raffle times are welcome.

Table space \$25.00

For more information, contact Margo Bell at 603-816-2643.

Winter Flea Markets

February 7, 2014 (Storm Date 2/14)

March 28, 2015 (storm date 4/4)

Table sales for winter flea markets will be on sale December 1, 2014.



VOLUNTEER OPPORTUNITIES

Store Clerk - Looking for individuals interested in volunteering in our used clothing shop on Friday afternoons between 12 pm-4 pm. (Two people may wish to alternate weeks). Duties include sorting/selling clothes and merchandise.

Bingo Helper - 1st & 3rd Wednesday afternoons to set up the room, sell tickets, etc. Doors open at 1 pm.

Event Assistance—Needed for *Dinner and a Movie* on November 14th and *Flea Market and Book Sales* on November 22, 2014, February 7, 2015, and March 28, 2015.

Coffee Talk Lounge Attendant - needed to make coffee and monitor lounge for 2-3 hour shifts

Library Staff - needed to work 2-3 hour shifts checking out and selling books.

Membership Representative - to attend events throughout the community to promote and provide information on the Senior Activity Center.

To volunteer, contact Margo Bell at 603-216-2643. Volunteer applications are also available at the front desk.

E-BAY REPORT FROM OUR E-BAY TEAM

Do you like to shop with essentially no effort and donate to a great organization at the same time? If so, the good news is that the Senior Center has a dedicated group of volunteers working to list items for sale on our own E-Bay website. We have an eclectic assortment of women's clothing that has been chosen from our thrift store donations. We screen the articles by selecting high-brand labels for quality and style. Some even have never been worn. The effort has been successful and a great plus for the Center but would love to do even better. So if this appeals to you, take a look at the website and have fun.

Thank you!

The E-Bay Team

Linda Goodman, Team Leader, Pauline Chiasson, Carolyn Brandt– Crittenden, Joe Pollok, Diane Siteman, Candy Wetherbee

Donate by dropping off items in our thrift store

Shop by visiting: <http://givingworks.ebay.com/charity-auctions/charity/nashua-association-for-the-elderly-dba-nashua-senior-activity-center/55631/>



Thank you to all members who participated in the survey included in the last newsletter. We appreciate your input and suggestions as we continue to work toward providing quality programs and services. Congratulations to Kelly Noble, winner of the gift certificate prize for participation.

Senior Sentiment

In 2002, when I moved to Nashua from Ohio, I didn't know anyone other than my children. Not long after, a neighbor took me to the old Senior Center and introduced me to her bridge group. Since that day, most of the people in that group have become dear friends. I started going on SAC trips with them. I joined line dancing and then became a tapster participating in 6 variety shows. I have gone on the road with the tapsters, performing at various functions. Two years ago, I was asked to join the Senior Council. I have enjoyed interacting with them, the SAC staff and the Board of Directors striving to make the SAC the best that it could be. If someone asked me why they would join the Senior Center, I would say: for the friendships, the activities, the volunteering opportunities and for the fountain of youth that I know is hidden somewhere in the Senior Center building. Otherwise, why would I feel younger today than I did 12 years ago when I joined.

Rosalyn Citino

ROUND AGAIN SHOP

Our thrift shop is open to the public!

Monday through Friday 9:00am-4:00pm

Special deals for NSAC members include:

Free Shopping Spree - Receive one free outfit on the **1st Monday and 3rd Tuesday** of the month. Puzzles are half priced on those days.

Fill a Bag for \$4.00 - All clothing, with the exception of leather, fur and coats, on the **3rd Monday & 4th Tuesday** of the month.

***New* Friday Special** - buy one item of clothing and get a second like item free on the **2nd Friday of the month**. (Must be the same item ie. 1 shirt =1 shirt)

Members must show current Senior Activity Center membership card for special deals.

We are now accepting donations of clean, seasonal clothing, knick-knacks, glassware, and jewelry. All donations are greatly appreciated!

Senior Activity Center Closings

November 6, 2014

City of Nashua Employee Day

Tuesday, November 11, 2014

Veterans Day Holiday

Thursday, November 27, 2014**Friday, November 28, 2014**

Thanksgiving Holiday

Wednesday, December 24, 2014 (Closing at 1:00pm)**Thursday, December 25, 2014**

Christmas Holiday

GAME GROUPS

Mexican Train If you enjoy games, come join us on Thursdays at 1:00 pm. Mexican Train is played with dominoes. If you don't know how to play, we will teach you! Fee: Drop in. \$1/Members & \$3/Non Members.

Canasta Fridays at 1:00 pm Fee: Drop in. \$1/Members & \$3/Non-Members.

CARD MAKING CLASSES Tuesdays, **November 18, 2014** and **December 16, 2014** at **9:00 am**. Create your own beautiful all-occasion cards. You will have the opportunity to design each card to give to friends and family. The cost is \$5.00 and includes materials for the class. Pre-registration and payment required one week prior to class at the front desk.

BONE BUILDERS The **RSVP Bone Builders Program** relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. Balance exercises aimed at preventing falls and fractures are key components of the program. For more information call Kelly Noble at 603-921-1299.

Some of the many other activities offered:

Aerobics	Art Class	Bridge	
Canasta	Cribbage	Crocheting	Knitting
Line Dance	Needlepoint	Pilates	
Pinochle	Quilting	Tap Dance	Tai Chi
Weight Training	Whist	Yoga	Zumba

MUSIC/ENTERTAINMENT

Jerry Jean & his Bluegrass Buddies - Meets the third **Tuesday** monthly from **7-9 pm**. Come sing-a-long, play play-a-long, or just listen and enjoy the music.

The Harmonica Saints directed by Hildegard Gillette, meets on **Wednesdays** at 10:45 am and are always looking for new members to join the group. The Harmonica Saints are available to entertain for functions for a donation that directly benefits the Senior Activity Center. Call Hildegard M. Gillette, Business Manager at 603-595-1832 for more information or to schedule a show.

The Silver Lining Chorus meets on **Wednesdays** at **9:15 am**. The group is accompanied by pianist, Hal Weisse, and directed by Judy Hayward. We would love to have you join! For more information please call Cathy at 603-816-2647. The Silver Lining Chorus is also available to entertain for functions. All entertainment revenue is donated benefit the Senior Activity Center. Call Bill Sturgeon, Music Director, at 603-312-1706 for more information or to schedule a show.

Lunch and Learn Seminar on "Crock Pot Cooking"
Join the professional staff from Kindred Transitional Care and Rehabilitation as they present this class. Lunch will be provided.

Friday, December 12th from 12:30-1:30pm

Free for members: \$10 for non-members

Please pre-register at the front desk by December 8th.



Mark your calendars for **November 20, 2014** and set aside some time between **10:00am-1:00pm**. The Center's E-Bay is expanding their relate operations with overstock sales upstairs at the NSAC. Items to be sold pre-E-Bay listing are name brands or new with tags and include clothing, shoes, bags, and more. Sales will be held on the 2nd and 4th Thursdays monthly (no rain dates) between 10am-1:00pm only. All are welcome!

***SAVE THE DATE!***

*We will be hosting a **Holiday Social** on **Friday, December 12th** at **1:30pm**.*

For a full list of activities, visit our website—www.nashuaseniorcenter.org or pick up a schedule at the front desk.

CLASS POLICY

To ensure a space in our four and six week classes, you **must be preregistered and pay by the deadline**. Class sign-ups can be found at the front desk. (Exceptions considered for new members)

WINTER PICKLE BALL - We would like to thank Doug Price for organizing our pickle ball games here in Nashua. He has been working hard along with Tom from the Nashua Parks and Recreation Department to designate an area to be used specifically for pickle ball. We are currently looking for an indoor space to play for the winter. For those who would like to play and would like to be contacted when we find a facility, please call the front desk at 889-6155. For any other questions, please call Cathy Barrett at 603-816-2647.

NEW MEDITATION CLASS The six week program combines breath, movement, and awareness introduces various types of meditation. Each class includes standing moves and seated meditation. Derived from yoga and QiGong, the movements are slow and effortless, creating a sense of deep relaxation. Fee for 6 weeks is \$35/member and \$45/non-member. See activity schedule on line or at the front desk for dates.



BEGINNER MAH JONGG (6 week course /2 hours class) Were you ever curious about the Chinese tile game called Mah Jong? This ancient game of the Mandarins is a popular American pastime. This course designed for the beginner, will introduce you to the basic rules of the game. Class begins on **Friday, November 14th at 1:00pm**. Pre-registration and payment due by November 7th.

NEW BEGINNER WATER COLOR OR OIL PAINT CLASS is a new addition to our on-going Thursday painting classes. Our instructor, Mary Crump would like to show you how easy it can be to create a masterpiece. Class begins on November 6th at 1:00pm Fee:\$55/Members and \$65/Non-members. Registration and payment due by October 30th *Mary Crump invites you to her painting exhibit "Places and Spaces" at the Concord Conservation Center. For full details, see flyer on senior bulletin board.*

MONDAY EVENING CLASSES ZUMBA GOLD, BEGINNER LINE DANCE, INTERMEDIATE LINE DANCE begin at 6:00pm. Fee is \$7.00 for one class or \$10.00 for all three. Classes offered by licensed instructor Ginger Kozlowski. Call 603-568-1437 for more information.

BODY SCULPTING 6-week session to begin on **Friday, December 5th at 1 pm** with Pam, an ACE & IFPA Certified Personal Trainer. Small group sessions designed to strengthen muscles and bones, improve balance and flexibility. Fee: \$35/Members & \$45/Non Members. Registration and payment due November 28.

NEW ZENTANGLE WORKSHOP See full details in flyer at the Front Desk.

NEW 6 WEEK QI GONG CLASS Beginning on **Monday, November 10th at 2:00 pm**. Qi Gong is an energy practice involving rhythmic breathing coordinated with slow stylized repetition of fluid movement, a calm mindful state, guiding Qi through the body. **Fee: \$35/Members & \$45 Non-members.**

WATER EXERCISE The pool at Landgon Place will be open free of charge to current SAC members on Friday afternoons. Please contact Cathy Barrett at 603-8146-2647 to pre register.



MONTHLY REIKI WELLNESS CLINIC 3rd Friday, 1-3 pm, by appt., call (603) 262-9366. See how Reiki can help your pain, stress and anxiety. \$20 for a 30 minute session. The New England Reiki Center, Inc.

We are taking names of those interested in: **Book Club, Memoir Writing, Photography, Snow Shoe Club, and Widows Club** for classes to start early next year. See the front desk for details.

Boomers & Beyond

A Telegraph 50+ Event

Saturday, November 15, 2014

9:00AM – 1:00PM

Nashua Senior Activity Center

70 Temple Street

Nashua, NH 03060

This 50+ event features products and services designed specifically for seniors. Exhibitors include healthcare, financial planning, insurance, retirement communities, assisted living, consumer products, and more!

Events and Day Trips

Day trips offered throughout the year are open to members and non-members. For more complete information contact the trip office at (603) 816-2645 or Margo Bell at the Senior Activity Center (603) 889-6155 or mbell@nashuaseniorcenter.org



DAY AND MULTI-DAY TRIPS
Office Hours: Monday-Friday, 9:00-11:30am

THE LETTERMEN LIVE IN CONCERT

at the Garde Arts Theatre in New London, CT
Thursday, November 13, 2014

Cost: \$79.00 per person

YES, THE LETTERMEN; 11 Gold Albums, 32 straight Top Forty Albums, 16 Top Singles, and more. Do you remember “Shangri-La”, “Smile”, “Going Out of My Head” and “Sealed With a Kiss”? Yes, all of these songs were Lettermen hits! Your day begins at Mohegan Sun Casino where each traveler will receive a \$30 Casino Gaming Package (including a \$20 Free Slot/Free Bet and \$10 meal voucher good at any house restaurant). Depart in the afternoon for the Garde Arts Theatre in New London, CT to see the show (90 minutes).

Departs: TBA Exit 8 Park & Ride

Returns: TBA

THE TEMPTATIONS REVIEW

at Foxwoods Casino

Wednesday, November 19, 2014

Cost: \$69.00 per person

“The Temptations Review” features Nate Evans, the former lead singer of the Temptations. Sing along to some of your favorite hits like “The Way You Do the Things You Do”, “Just My Imagination”, and “My Girl”. The show is 60-70 minutes long and you will have time on your own prior to the show with bonus package.

Departs: 7:15 am Exit 8 Park & Ride 9:15 am

Returns: 6:30 pm

THE NEWPORT MANSIONS AT CHRISTMAS **NEWPORT, RI**

Tuesday, December 9, 2014

Cost: \$89.00 per person

The day begins as we drive to Newport, RI and stop at the Breakers. Tour the magnificent mansion decked out in elaborate yuletide finery. After the tour, time on your own for lunch or shopping in Newport’s historic downtown. In the afternoon, visit and tour another historic landmark, the Elms. An icon of the gilded age of America, you will marvel at the holiday beauty enhanced mansion.



Departs: 7:00am Exit 8 Park & Ride

Returns: Approximately 6:00 pm

CHRISTMAS PARTY 2014

at the Danversport Yacht Club
Thursday, December 4, 2014

Cost: \$69.00 per person

Start the holiday season off with a party at the Danversport Yacht Club. Enjoy a delicious plated lunch at one of the areas most scenic restaurants and then entertainment Joey Voices. The Boston native is one of the hottest entertainers on the east coast today. His one man show had been thrilling audiences with his comedy and singing impressions.

Departs: TBA Exit 8 Park & Ride 9:15 am

Returns: approximately 5:00pm



THE TEXAS TENORS

At Foxwoods Casino
Thursday, December 11, 2014

Cost: \$89.00 per person

A return engagement for the Texas Tenors at Foxwoods. You will love this terrific trio, most well known for their amazing performance on "America's Got Talent". Tour includes: Foxwood's Bonus Package, ticket for 2:00pm performance (about 70 minutes) and round trip transportation.

Departs: 7:30 am Exit 8 Park & Ride

Returns: Approximately 6:30pm

A DAY IN NEW YORK CITY

Saturday, December 13, 2014

Cost: \$75.00 per person

Experience the fun and excitement that is NYC at Christmastime. Tour includes transportation only. The day is on your own; see a show, shop, sight see, marvel at the holiday adornments, meet a friend...the possibilities are endless.

Departs: 6:00 am Exit 8 Park & Ride

Return: Departs NYC between 6:00-7:00pm

Arrival in Nashua before midnight

**CAMELOT**

at the Providence Performing Arts
Center

Sunday, December 14, 2014

Cost: \$120.00 per person

Experience Camelot's "one brief shining moment:" in one of theatre's most legendary musicals. Recount the time-honored legend of King Arthur, Guinevere, Lancelot, and the Knights of the Round Table in an enchanted fable of chivalry, majesty, and brotherhood in this four-time Tony Award winning show. Trip will include time on your own prior to the show to enjoy at the Providence Place Mall.

Departs: 9:15 am Exit 8 Park & Ride

**NEW YEAR'S EVE DAY CELEBRATION**

at the Danversport Yacht Club
Wednesday, December 31, 2014

Cost: \$85.00 per person

Celebrate the "New Year" with "Boston's First Lady of Cabaret" Carol O'Shaughnessy at the Danversport Yacht Club. Her one of a kind show will have you thoroughly entertained. Also includes dance music provided by the Tom LaMark Orchestra and a delicious luncheon, party favors, a champagne toast and round trip transportation.

Departs TBA (late morning) Exit 8 Park & Ride

Returns: TBA

Nashua Senior Activity Center
Multi-Day Trips

Niagara Falls—December 4-7, 2014

Southern Charm - May 2015

New Orleans— Fall 2015

More information regarding these trips and others is available in the Trip Office, on our website, and will be in the next newsletter.

MAPLE SUGARING IN BETHLEHEM, NH

Saturday, March 28, 2014

Cost: \$89.00 per person

Trip includes: Rocks Estate in Bethlehem features a sugaring presentation, a cooking demonstration by Chef Val and a maple inspired delicious luncheon. More information on this trip will be available in the Trip Office after December 1, 2014

NORTH SHORE MUSIC THEATER announces its **2015 season**. We are now taking names on an interest list in the Center's Trip Office. Show include:

- **Billy Elliot**
- **Celebrate 60—1955-2015**
- **Dream Girls**
- **Celebrate 60—1955-2015**
- **Saturday Night Fever**
- **Shrek**
- **Sister Act**

Please call 603-816-2645 and leave your name, phone number, and number of seats you may be interested in. This will help us determine which shows will be selected. As always, tours include ticket, luncheon, and round trip transportation.

Collette Vacations offers a referral fee to benefit the Nashua Senior Activity Center. To book travel, call 1-800-437-0235 and mention promotions code U001-AX1-918 and the Nashua Senior Activity Center.



Notes from Development Corner

Thank you to the following for their generous grants to the Senior Activity Center:

Nashaway Womans Club - \$5,000 for a refrigerator and partial funding of dishwasher

City of Nashua Review and Comment-\$23,000 for replacement of computers and software

Endowment for Health- \$5,000 for medical supplies and equipment for our Wellness Initiative Partnership with Rivier University

Thank you to BAE SYTEMS for the corporate donation of \$1,000. We appreciate your generous support!

Community Partners

We continue to partner with businesses in the community to be able to offer free programming to the members of the Nashua Senior Activity Center, and would like to thank the following businesses:

AARP, The Courville Communities, Kindred Transitional Care and Rehabilitation, St. Joseph Healthcare



Community Outreach

We continue to strive for more visibility in the community and would like to thank the following businesses and organizations for donating space at their business or event for our membership table:

Humane Society for Greater Nashua

Macy's

Ocean State Job Lots

The Telegraph

Walgreen's

Dining for a Cause

Pizzeria Uno on Amherst St. In Nashua donates 20% of the amount that you spend back to the Senior Activity Center. The offer is good any day between 11:30am-1:00am. Be sure to bring a voucher with you when you dine. Vouchers are at the front desk or on the website under Development (www.nashuaseniorcenter.org).

They say that time is relative, but as I get older and look back at life, I feel nostalgic. All those things that I wanted to do – some of which I accomplished, but others remain a wish.

The Senior Activity Center has been a major part to my life, first as a job, and now as a volunteer and occasional participant. I wonder if you, too, have such fond memories. Maybe you took a trip or joined a card group or were inspired to exercise by joining an aerobics class. I know – you were one of the singers/dancers on stage that we applauded for sharing your talent. Whatever your involvement, I hope that your life has been better for having joined the Senior Activity Center.

I have decided to “Pay It Forward” and made a bequest in my will to guarantee that future seniors will experience these same opportunities, and invite you to consider doing the same. It doesn't have to be a lot, but every dollar will make a difference and ensure the future of the Senior Activity Center.

Pat Francis

Thank you to the **United Way of Greater Nashua** volunteers that worked on organizing and cleaning our kitchen area on the September 10th **Annual Day of Caring**. We are grateful for your



The River Card Room—2015

The card room, located in Milford, NH, has been a source of revenue over the last few years. They provide charitable gaming opportunities to benefit local non-profits and the Nashua Senior Activity Center is going to participate again in 2015. Dates will be released to charities in early 2015 and we would like to make this the best year yet. Please call Margo Bell at 603-816-2643 if you would like to be on our gaming committee and help out with this opportunity.

Thank you, **The Courville Communities** for providing sweets in our coffee lounge on the second and fourth Wednesdays of the month. We appreciate your continued support!

Community Page

Senior Activity Center Offerings

FREE Programs:

Hearing Screenings - 3rd Tuesday of each month. Please call 603-889-6155 to schedule an appointment Courtesy of **Hearing Solutions**.

Blood Pressure Screening & Education - Mondays, 10:00 am -1:00 pm. Provided by **St. Joseph Hospital Parish Nurse Program for Wellness** and the Senior Activity Center.

Sight Services for Independent Living (SSIL) - Meets monthly at the Senior Activity Center the **4th Tuesday at 1:30 pm**. Meetings held on the second floor in the Education Room. This is 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, and Hospice Care**, twice monthly, there is a fee, call 603-882-2941 for more information and to schedule an appointment.

Listen to **George Russell** host his from the friends NSAC on Monday mornings from **7:00-8:00am** on **WSMN 1590** during his "Nashua This Morning" show discuss the latest news, activities, and programs.



FREE NUTRITIONAL SEMINARS brought to you by **St. Joseph Healthcare** will be held on Thursdays between **1:30-2:30pm** on **November 20th** and **December 18th**. Registered dieticians will be teaching nutritional seminars on various dietary topics. Sign up for the seminars at the front desk. Spaces limited..

FINANCES 50+, sponsored and developed by **AARP Foundation** in collaboration with **Charles Schwab Foundation**, is a straight-forward, three -part program of 90 minute interactive, in-person workshops designed to build habits to improve your financial situation, get a good handle on where you stand financially, make measurable progress toward your financial goals, and learn what you can about identity theft. Workshops are offered on the first 3 Mondays in November form **2:00-3:30pm** in our Education Room

- ◆ **November 3rd -Budgeting & Goal Setting**
- ◆ **November 10 - Credit & Debt**
- ◆ **November 17 - Savings & Asset Protection**

Sign up for the workshops at the front desk by 10/30.

CENTER FOR PHYSICAL THERAPY AND EXERCISE (CPTE)

- Free screening & assessment of a new injury, nagging pain or other physical problems, here at the Senior Activity Center. Call 603-935-5639 for more information.

SERVICELINK RESOURCE CENTER - Provides assistance connecting to services such as: Medicare/Medicaid, prescription assistance, caregiver support, housing options, transportation and more. Our staff is ready for your call at 1-866-634-9412 or locally at 603-598-4709. The office is located on the second floor of the Senior Activity Center. Walk-ins are welcome between 9:00am and 4:00pm.

MONDAY EVENING CLASSES ZUMBA GOLD, BEGINNER LINE DANCE, INTERMEDIATE LINE DANCE begin at 6:00pm. \Fee is \$7.00 for one class or\$10.00 for all three. Classes offered by licensed Instructor Ginger Kozlowski. Call 603-568-1437 for more information.

NASHUA SENIORS COUNT INITIATIVE

offers monthly workshops at the Senior Activity Center. The workshops are open to the public.

Monday, November 10, 2014at 1:00 pm

Caring for Your Pet as You Age -

tips and strategies to make caregiving easier on you so you can enjoy the companionship of your furry best friend, presented by Christine Schlupf, DVM, Director of Veterinary Services at the Humane Society of Greater Nashua. For more information, call Beth Todgham, Seniors Count-Nashua Facilitator at 603-889-3440, ext.132.



RIVIER UNIVERSITY WELLNESS CLINICS

Nurse Practitioner Students, under the supervision of a Licensed Family Nurse Practitioner, will be available to perform body mass index testing, blood pressure checks, lab reviews, pulmonary function tests, skin cancer checks, and medication reconciliation. Thanks to a grant received by the Nashua Senior Activity Center from the **Endowment for Health**, Rivier University will be adding Glucose, A1C, ABI, Biometrics, and Cholesterol screenings as well. The clinic will be held on **Tuesday, November 25th, and Tuesday, December 2nd** between **9:00am-2:00pm**.



MEMEBERSHIP & RENEWALS

Membership is open to anyone 50 years of age and older. Membership dues are \$35 per person or \$50 for two persons living in the same household. We accept cash, checks and credit cards. Membership information and applications are also available on our website. If you would like to join our renew your membership by mail, please include a stamped, self-addressed envelope for your membership card to be returned. Membership cards can also be picked up in the membership office between 9:00-11:30am or at the front desk. Members should carry their Senior Activity Center membership card with them in order to receive member discounts.



Senior Activity Center
70 Temple Street
Nashua, NH 03060

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Nashua, NH
Permit # 103

Our mission: to promote healthy aging, independence and the well-being of older adults through health, wellness, educational, cultural, and recreational programs and services.
Nashua Senior Activity Center

Room Rentals at Nashua Senior Center

The Senior Activity Center offers classrooms and function rooms which may be rented when not in use by Senior Center Programs. The spaces are ideal for business meetings, workshops, clubs meetings, classes, support groups, celebrations, showers, and more. The facility is handicap accessible, air conditioned, provides ample parking, and is centrally located. Contact Margo Bell at 816-2643 or email mbell@nashuaseniorcenter.org for more information

Members receive special rates!

BINGO - Afternoon Bingo is held on the **1st & 3rd Wednesday** of the month and open to the public (must be 18 years of age or older). Bring your friends! All proceeds benefit the Senior Activity Center. Doors open at 1:00 pm & games start at 1:30 pm. Door prizes, cash prizes and winner take all! Join us on: **November 5th , November 19th, December 3rd and December 17th.**

CONGREGATE LUNCH - Provided by **St. Joseph Community Services**, Monday-Friday, starts serving at 11:45 am. Offered to people ages 50-59, for \$5. charge Ages 60 and older for a \$2 donation. Reservations required one week prior. Call 603-882-2106 for more information.

Our newsletter is also available online at <http://www.nashuaseniorcenter.org/news/>
Please check our website for the most current and up to date information regarding classes, activities, and trips.