

Senior Activity Center News

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

ISSUE #291

www.nashuaseniorcenter.org

NOV/DEC 2015

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Henning**
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Senior Care

Jocelyn Mendonsa
Notre Dame Academy

Gerald Charles Dickens returns to the Nashua Senior Activity Center to perform

"Mr. Dickens is Coming,"

a light-hearted and varied look at the life of Charles Dickens as seen through the lens of his colorful characters.

Monday, November 30, 2015 at 12:30pm

Tickets are \$12.00 in advance /\$15.00 at the door and are available at the Nashua Senior Activity Center, Fortin Gage Flowers & Gifts, or online at fortingage.com.

Sponsored by Fortin Gage Flowers and Gifts and Byers'Choice LTD.



Why Donate to the Annual Appeal? Many members ask why they should donate to the Annual Appeal for the Nashua Senior Activity Center since they already pay a membership fee and for classes. The simple fact is that the Center depends on your donations to keep operating. Every day the Center is open (250 days a year) it costs \$1,344, but only \$150 is generated from membership dues. The remaining \$1,194 for each of the 250 days must be generated by rentals, class fees, retail sales, trips, fundraising events, and **DONATIONS**. **Every staff member, Board of Directors member, and Senior Advisory Council member donates to the Annual Appeal and we challenge every Senior Center member to do the same. Each and every donation does make a difference to the Center's ability to fulfill its mission of being a resource in the Greater Nashua area for seniors. All active members will be receiving our Annual Appeal mailing in early November. If you are not a member or do not receive the mailing and wish to contribute to the Annual Appeal, please contact Judy Porter, Development Manager, at 603-816-2249 or via email jporter@nashuaseniorcenter.com.**

Senior Activity Center Inclement Weather Closings

The Nashua Senior Activity Center follows the Nashua School District's determinations for cancellations, delayed openings, and early dismissals due to weather conditions. The Center will close, delay opening, or close early as directed by the school system announcements.

Nashua Senior Activity Center

Closings

Veteran's Day Holiday

Wednesday, November 11, 2015

Thanksgiving Holiday

Thursday, November 26, 2015

Friday, November 27, 2015

Christmas Holiday

Thursday, December 24, 2015 - closes at noon

Friday, December 25, 2015

Hours of Operation

Mon, Tues, Wed, & Fri: 9:00am-4:00pm

Thurs: 9:00am-7:00pm

George Russell hosts **Judy Porter, Nashua Senior Activity Center Development Manager**, on Monday mornings from **7:00-8:00am** on his "Nashua This Morning" radio program on **WSMN 1590**. Learn about the latest activities, programs, news, and events at the NSAC.

Designer Boutique

Our boutique is open to the public

Thursdays 10:00am-1:00pm

The Designer Boutique is located on the second floor (no rain dates). Items for sale are name brands (some new with tags) and include clothing, shoes, pocket-books, jewelry, and more. You will find some great deals! Everyone is welcome. Donations to the boutique are greatly appreciated.

Volunteer Opportunities

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

Library Aide - needed in the library on Monday afternoons from 1:00pm - 3:00pm.

Front Desk Attendant - to provide reception duties, answer phone lines, and register members for classes, seminars, and events.

Bingo Assistants - to work twice per month calling numbers and assisting with set-up and breakdown.

Fundraising and Raffle Assistants - for various events on an as-needed basis. Hours are flexible.

Round Again Shop Clerks - to work in the thrift shop as a replacement for our regular volunteers when needed.

To volunteer, contact Margo Bell at 603-216-2643. Volunteer applications are available at the Front Desk.

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 each month. Puzzles are half price on these days.

Fill a Bag for \$4 - On all clothing (leather, fur, and coats excluded) on the **3rd Monday** and **4th Tuesday** of each month.

Friday Special - Buy one item of clothing and get a second like item free on the **2nd Friday of each month**.

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

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

Nashua Senior Activity Center

Membership Reminders:

Membership Fees: The Board of Directors approved a change in the membership fee for new members which will be effective January 1, 2016 to January 1, 2018.

The rate for new members will be forty dollars (\$40) per year for an individual member and sixty dollars (\$60) per year for two individuals residing at the same address. A discount of five dollars (\$5) will continue to be offered to eligible veterans. Seniors ninety years of age and older will continue to have the membership fee waived. The membership fee for all current members in good standing will remain the same: thirty five (\$35) dollars per year for an individual and fifty dollars (\$50) per year for two individuals residing at the same address. If a current membership lapses, a sixty-day grace period for renewal will be granted. If a member does not renew within the sixty-day grace period, the membership fee increase will be applied.

Membership Cards: Thanks to a very generous donation from an anonymous supporter, we have an updated software system to process memberships, as well as a new membership card system that allows us to issue photo ID cards. The new cards will be issued as membership renewals are due.

NOTES FROM DIRECTOR'S OFFICE, MARGO BELL

- **A NEW LOOK FOR THE NASHUA SENIOR ACTIVITY CENTER** - Ceiling fans have been installed in the exercise/dance room - "very cool"!
- **IMMUNIZATION CLINICS** - Thank you to the City of Nashua Public Health Department for holding a clinic at the Nashua Senior Activity Center on October 26, 2015.
- **DESIGNER BOUTIQUE** - Looking for something new but not ready to splurge? Visit our Designer Boutique. Invite family and friends to check it out. Great buys, helpful staff, negotiable pricing, and fun shopping. (See page 2 for further details.)
- **INFORMATION BOOKS** outlining our Board of Directors and Senior Advisory Council business, including by-laws, financial reports, and meeting minutes, are updated monthly and are available in the library.
- **TAG DAYS FUNDRAISER** - Many thanks to Louise Burbank, Senior Advisory Council members, and all volunteers who contributed to the success of this fundraising effort on Columbus Day weekend. Your support and contributions are greatly appreciated.

RIVIER UNIVERSITY **WELLNESS CLINICS**

Rivier University Nurse Practitioner students, under the supervision of a Licensed Family Nurse Practitioner, provide the following confidential and free health screenings:

BMI

Pulmonary Function

Blood Pressure

Skin Cancer Check

Lab Review

Medication Reconciliation

Glucose Level

Cholesterol Level

All clinics are walk-in and will be held on:

Monday, November 2, 2015

Monday, December 7, 2015

9:00am -2:00pm

in the Health and Education Rooms

34th Annual Variety Show **Sponsors**

Gold Sponsors

The Demoulas Foundation
St. Joseph Healthcare

Silver Sponsors

Martin Fabian, LUTCF
Triangle Credit Union
Anthem Blue Cross & Blue Shield
Barry & Honorow, Attorneys at Law

Bronze Sponsors

The Nashua Breakfast Exchange Club
Langdon Place - Genesis Healthcare
Kindred Healthcare & Rehab - Greenbriar
Living at Home Senior Care

Friend Sponsors

Meri Goyette
Jocelyn Sharp-Henning

**Thank you for your
continued support.**



NOTES FROM THE ACTIVITIES DIRECTOR, CATHY BARRETT

United Way Day of Caring

Many thanks to United Way and all the volunteers from different local businesses that donated their time to the NSAC on September 16, 2015. The volunteers worked hard cleaning and sprucing up our upstairs bathroom and office space with a fresh coat of paint. The volunteers also got a chance to see what goes on at the center and were quite impressed. We also want to thank Nashua Wall Paper for donating all the paint for the projects. We greatly appreciate all you did.

Christmas Party

Friday, December 11, 2015 at 1:30pm (Snow date: Monday, December 14, 2015, at 1:30pm.) Tickets are \$6.00 and are available at the Front Desk. They must be purchased by December 8, 2015. Come have fun and enjoy some entertainment followed by refreshments. Full details will be available in the front reception area by November 2, 2015.

Nashua Hannaford Book Sale

We thank Hannaford Supermarket for raising \$430.00 for the NSAC at the September Book Sale

NEW Ballroom Dance Class

Learn to fox trot and waltz in this 6-week class which begins on Monday, November 16, 2015, at 1:30pm. The class fee is \$25 members and \$35 non-members. Preregistration and payment is due no later than Monday, November 9, 2015. Sign up at the Front Desk.

Golf League

Congratulations to our Golf League Winners:

First Place: Ann Miller & Henry Bernardini Second Place: Barbara Nevins & Geoff Prest

Third Place: Connie Anderson & Charlie Brackett Fourth Place: Helen Fitzgerald & Bill Shutt

A special thank you to Barney Barbera, Henry Bernardini, and Ben Westbrook for a great golf season.

Looking for Volunteers

We need volunteers to evaluate entertainment that may be suitable for our future social events, picnics, etc. This would entail attending facilities and evaluating the entertainment for our NSAC events. In addition, we need crafters to help make jewelry for our upcoming craft fair on Saturday, December 5, 2015. Materials will be provided. Please contact Cathy at 603-812-2674 or via email cbarrett@nashuaseniorcenter.org for further information.

MUSIC and ENTERTAINMENT

Jerry Jean & his Bluegrass Buddies - meet the third **Tuesday** of each month from **7:00-9:00pm** in the Dining Room. Come sing along, play along, or just listen and enjoy the music.

Harmonica Saints - meet on **Wednesdays** at **10:45am** in the Music Room under the direction of Hildegard Gillette. New members always welcome. The Harmonica Saints are available to entertain at functions for a donation to the NSAC. Call Hildegard at 603-595-1832 for more information.

The Silver Lining Chorus - meet on **Wednesdays** at **9:15am** in the Music Room. 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 Barrett at 603-816-2647. The Silver Lining Chorus is also available to entertain at functions for a donation to the NSAC. Call Bill Sturgeon, Music Director, at 603-312-1706 for more information.

Friday Music Group - meet on **Fridays** at **9:00am** in the Music Room. All are invite all to come, sing, and have fun. In memory of Evelyn Quimby, we will always have a song in our hearts.

Some of our many activities include:

Aerobics Art Classes Bridge Canasta Cribbage Crocheting
Kick Boxing Knitting Line Dancing Mah Jong Needlepoint Pilates Pinochle Quilting
Tap Dancing Tai Chi Whist Yoga Zumba Weight Training

For a full list of activities and class updates, please visit our website, www.nashuaseniorcenter.org or pick up a schedule at the Front Desk.

SEMINARS AND WORKSHOPS

All seminars are free for members and \$10 for non-members. Register by visiting or calling the Front Desk at 603-889-6155. Registration deadline is three days prior to the event. Visit our website: www.nashuaseniorcenter.org/news for the latest updates.

STORYTELLING SERIES

Date: November 9, 2015

Time: 1:30pm

Peter Brodeur, also known as the Bearded Turtle, will be telling stories of Native American lore and nature. His tales contain ancient wisdom. Light refreshments will be served. Funded by a grant from the *Arthur Getz Foundation*.

BREATHE EASY - COMMON RESPIRATORY PROBLEMS & TREATMENTS

Date: November 16, 2015

Time: 1:00pm

Learn about COPD (Chronic Obstructive Pulmonary Disease), sleep apnea, and other illnesses as well as the proper use of respiratory equipment like your CPAP machine. Sponsored by *Kindred Healthcare & Rehabilitation—Greenbriar*.

MEMORY TESTING FOR OLDER ADULTS

Date: December 3, 2015

Time: 10:00am - 11:00am

This presentation will explore the concept of memory testing in those ages 65 and older; some discussion of Alzheimer's disease will be included. Excerpts from the Montreal Cognitive Assessment test will be incorporated to give the audience an idea of how memory testing works. Presented by *Catherine Durocher, BSN, RN, Master's Candidate, Rivier University*.

COFFEE TIME WITH JANE CONSTANT, SENIOR RELATIONS COORDINATOR, NPD

Date: December 9, 2015

Time: 10:30am

Jane Constant, Senior Relations Officer, Nashua Police Department will visit the Coffeetalk Lounge to answer questions about her articles and any other concerns of seniors.

DENTAL HEALTH AND AGING

Date: November 12, 2015

Time: 10:00am

The well-being of your aging mouth is tied to the health of the rest of your body. Learn more about preventative care and dental care at this important seminar. Hosted by *Todd G. Pollock, DMD*.

DO YOU WANT HAPPY FEET?

Date: November 18, 2015

Time: 10:00am

Join the discussion on feet! Topics to include proper care, hygiene, and management of the aging and/or diabetic foot from a physical therapist's perspective. Hosted by *Northeast Rehabilitation Hospital*.

THREE SECRETS TO A HEALTHY LIFE

Date: December 2, 2015

Time: 11:00am - 12:00pm

Find the solutions to your health problems such as headaches, fatigue, pain, sleep disturbances, digestive issues and more. Hosted by *Gentle Approach Chiropractic*.

LUNCH AND LEARN: DEPRESSION IN THE ELDERLY

Date: December 7, 2015

Time: 12:00pm - 1:30pm

Learn how to identify and help seniors recognize signs of depression. Presented by *Carol Cunningham, BSW*. Lunch provided by *Compassionate Care Hospice*.

FREE GLAUCOMA SCREENING

Date: December 14, 2015

Time: 9:30am - 11:30am

Glaucoma is a complicated disease in which damage to the optic nerve leads to progressive, irreversible vision loss. Screening is free, open to the public, and no appointment is necessary. Courtesy of *Nashua Eye Associates*.

DAY TRIPS and MULTI-DAY TOURS

Day trips are offered throughout the year and open to Nashua Senior Activity Center members and non-members. For more complete information, contact the Senior Activity Center Trip Office at 603-816-2645, Monday-Friday, 9:00am-11:30am, or Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

NORTH SHORE MUSIC THEATER

Plan ahead for NSMT's 2016 's shows.

They are:

FUNNY GIRL
MARY POPPINS
SPAMELOT
WEST SIDE STORY
SINGING IN THE RAIN

Please call or visit the Trip Office if you are interested in any of the above shows. We will be able to ascertain which productions will be finalized by your expressed interest. All shows include theater tickets, round-trip transportation, and luncheon.

CHRISTMAS IN HAWAII

Thursday, December 10, 2015

Cost: \$99.00 per person

The first stop is the HuKeLau Restaurant in Chicopee MA for award winning Polynesian food and a great holiday floor show. The next stop is the Yankee Candle store in Springfield. The store features all available Yankee candles and a Bavarian Christmas Village. The final stop is at "Bright Nights at Forest Park," which is filled with 650,000 brightly lit, animated holiday displays.

Departs: 8:30am - Park and Ride Exit 8

Returns: TBA

NEWPORT MANSIONS AT CHRISTMAS TIME

Tuesday, December 15, 2015

Cost: \$89.00 per person

The day begins with a drive to Newport RI, stopping first at the beautiful National Historic Landmark The Breakers. The glitter of gold and the sparkle of silver dazzle you as you tour this magnificent mansion decked out in Yuletide finery. Next, you will visit downtown Newport with time for lunch on your own, shopping, and strolling the historic district. The final stop will be a visit to The Elms, another icon of the Gilded Age of America where you will marvel at the sight of poinsettias, fresh flowers, and evergreens.

Departs: 7:00am - Park and Ride Exit 8

SLEIGH BELLS SWING

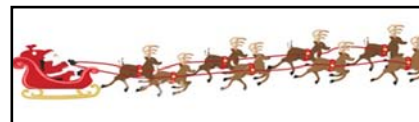
Wednesday, December 2, 2015

Cost: \$79.00 per person

Enjoy lunch at Hart's Turkey Farm in Meredith NH, and then head over to the Lake Winnepesaukee Playhouse for the award winning jazz vocalist Kristanthi Pappas and her band's presentation of *Sleigh Bells Swing*. They will warm your spirits playing jazzy renditions of your holiday favorites such as "Winter Wonderland," "White Christmas," "Santa Baby," and many more.

Departs: 9:15am - Park and Ride Exit 8

Returns: TBA



MULTI-DAY TOURS

VENICE IN WINTER

March 12-18, 2016

SHADES OF IRELAND

March 9-18, 2016

CROATIA

April 23-May 4, 2016

MACKINAC ISLAND

June 4-11, 2016

RHINE & MOSELLE RIVER CRUISE

October 8-16, 2016

POLAND

October 26-November 6, 2016

AUSTRIA & GERMANY MAGICAL CHRISTMAS MARKETS -

November 26-December 2, 2016

Join us for a **Travel Social** on November 10, 2015 at 10:00am. Learn about our 2016 tours including Mackinac Island and Poland. Please call 603-889-6155 to reserve a space.

SPECIAL EVENTS



LET'S MAKE A DEAL - SENIOR CENTER EDITION!

Hosted by George Russell from WSMN 1590

Thursday, November 5, 2015 at 2:00pm

\$6 members & \$10 non-members

Dress in costume and have a chance to play "Let's Make a Deal" for cash, gift certificates, and other prizes. Light refreshments provided courtesy of *The Courville Communities*. Tickets are available at the Front Desk and must be purchased by November 2, 2015.



FLEA MARKET AND BOOK SALE

Saturday, November 21, 2015

9:00am-2:00pm

An indoor flea market and book sale to benefit the Nashua Senior Activity Center will feature new and used merchandise and more than thirty vendors. Donations of new and used goods, raffle items, and baked goods are welcomed. Tables for vendors are available for twenty five dollars by contacting Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

SAVE THESE DATES FOR 2016 FLEA MARKETS:

February 13, 2016 (storm date February 20, 2016)

March 26, 2016 (storm date April 1, 2016)

Tables for the 2016 flea markets will be available for sale on December 1, 2015.

HOLIDAY CRAFT FAIR and

2nd ANNUAL GINGERBREAD HOUSE CONTEST

Saturday, December 5, 2015

9:00am - 2:00pm

Free Admission

Craft Fair: Applications are now being accepted for vendors with hand-made craft items, vintage and unique jewelry, as well as food vendors with a license. Please include a photo of your sample items. No alcoholic beverages may be sold. Eight-foot tables are available to rent with or without electricity for \$40 and \$35, respectively. Tables are rented on a first come, first serve basis. Contact Margo Bell at 603 816-2643 or via email at mbell@nashuaseniorcenter.org if you are interested or have questions. Deadline for applications is Wednesday, November 25, 2015.

Second Annual Ginger Bread House Contest: Judging begins at 1:30pm for "Best in Show," "Most Elegant," "Most Scrumptious," and "Most Charming" by celebrity judges George Russell, Morning Drive Host WSMN 1590, Dr. Rich Boehler, CEO, St. Joseph Hospital, and Kevin Skarupa, WMUR Meteorologist. Kevin will be bringing a camera crew from WMUR TV to shoot footage to air on WMUR the next day. The gingerbread houses will be raffled off after the judging and award presentations. Enter to win a house - tickets are 6/\$5.00. Santa and his elves will be on hand for free pictures. If you are an individual or an organization that would like to



enter a house in the contest, please call Judy Porter at 603-816-2649. Once again *Home Instead Senior Care* is partnering with the Nashua Senior Activity Center for this event and will provide kits if needed.

Last year's winner of "Best in Show," **Samantha Lavoie** of Nashua Crossings

COMMUNITY PARTNERSHIP OFFERINGS

Health and Wellness Community Offerings

Hearing Screenings - held on the **3rd Tuesday** of each month. Call 603-889-6155 to schedule an appointment. Screenings courtesy of **Hearing Solutions** (no fee).

Blood Pressure Screenings & Education - held on **Mondays, 9:30am-12:30pm**. Provided by **St. Joseph Hospital Parish Nurse Program for Wellness**. Drop in (no fee).

Foot Care Clinics - provided by **Home, Health, and Hospice Care**, held twice monthly in the Health Room. Call 603-882-2941 to schedule an appointment (fee is \$20).

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.

Exercises are aimed at preventing falls and fractures. Program is courtesy of **Southern NH Services**. For more information call Kelly Noble at 603-921-1299 (no fee).

Sight Services for Independent Living (SSIL) - meets on the **4th Tuesday** of each month at **1:30 pm**. SSIL is a non-profit group that meets to promote independence of visually-impaired older adults living at home. Meetings are held in the Education Room on the second floor. Call 1-800-581-6881 for more information (no fee).

Reiki Clinics - provided by **The New England Reiki Center, Inc.** are held on the **3rd Friday** of each month between **1:00-3:00pm**. Call 603-262-9366 to schedule an appointment (fee is \$20).

Nashua Seniors Count Initiative

Workshops offered on the 2nd Monday of each month at the Nashua Senior Activity Center. They are open to the public.

Monday, November 9, 2015 at 1:00pm "Focus on

Veterans" - ServiceLink staff will share information about programs that support veterans both at home and in the community.

Monday, December 14, 2015 at 1:00pm "How to Research Unclaimed Funds Using a National Database" -

Presented by Attorney Tom McAnespie, Abandoned Property Director for the State of NH Treasury.

For more information, call Beth Todgham, Seniors Count Nashua Facilitator at 603-889-3440, ext.132.



If you are looking for a tasty way to support seniors in the greater Nashua community, plan on joining **The Breakfast Exchange Club of Nashua** at the first annual **Baked PotatoFest** on **Thursday, November 12, 2015 from 4:00-7:00pm** at the Nashua Senior Activity Center. The fund-raising event will provide baked potatoes with a wide variety of toppings, dessert and a beverage for \$5 in advance, \$7 at the door, and \$5 for children under 12 years of age. Tickets will be sold at the door or may be purchased by mailing a check to: The Breakfast Exchange Club of Nashua, PO Box 1488, Nashua, NH 03061. Potatoes can be packaged to take home. The event will also feature a white elephant raffle for new and gently-used household and gift items. The Breakfast Club assists area non-profit agencies that support seniors.

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NASHUA SENIOR ACTIVITY CENTER

UNO® WILL DONATE UP TO 20% OF
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Date:

Jan 1st-Dec 31st, 2015

Location:

593 Amherst St. (Next to Best Ford)
Nashua, NH

DINE-IN
or
TAKEOUT!

Please present this certificate at the time of payment to have up to 20% of your check's value, excluding tax and tip, donated to the organization above. Not to be used with other coupons or discounts. Tickets are not to be distributed in the restaurant or within the perimeter of the parking area. Valid only for the date listed above.

unodoughraisers.com

Photo by Copyright ©2011 ©201

Present this to your server

MEMBERSHIP & RENEWALS (Effective until January 2016)

Membership is open to anyone 50 years of age or older. Membership dues are \$35 per person or \$50 for two persons living in the same household. We offer a \$5 discount to all age eligible Veterans. The Membership Office is open Monday through Friday from 9:00am-11:30am. We accept cash, checks and credit cards. If you would like to join or renew your membership by mail, please include a stamped, self-addressed envelope for your membership card (non-photo) to be returned. Members must present membership card to receive member discounts. Membership fees for new members increase January 1, 2016. See page 2 for complete details.



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

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Nashua Senior Activity Center

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

Room Rentals at Nashua Senior Activity Center

The Nashua Senior Activity Center offers classrooms and function rooms that can be rented when not in use by Senior Center programs. The space is ideal for business meetings, workshops, club 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 603-816-2643 or via e-mail mbell@nashuaseniorcenter.org for more information.

Members receive special rates!

BINGO - Afternoon Bingo is held on the **1st and 3rd Wednesday** of each month and open to the public (must be 18 years of age or older). Bring your friends! All proceeds benefit the Nashua Senior Activity Center. Doors open at **1:00pm** and games start at **1:30pm**. Door prizes, cash prizes, and winner take all! Join us on **November 4th and 18th and December 2nd and 16th**.

Congregate Lunch - The meals are provided by **St. Joseph Community Services** in our dining room **Monday through Friday** at **11:45am**. Lunch is offered to people ages 50-59 for a \$5 charge and a \$2 donation for ages 60 and older. Reservations are required one week prior. Please call 603-882-2106 for more information.

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