

Senior Activity Center News

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

ISSUE 293

MAR/APR 2016

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Irish Bash featuring Shannachie "Songs, Stories and Shenanigans" Tuesday, March 15, 2016

(Snow Date: Friday, March 18, 2016)

Time: 1:30pm



Shannachie, the duo of Patrick Keane and Pat Heffernan, have been entertaining audiences at various venues from Irish pubs to concert stages for nearly 16 years. They have been brought back to the NSAC by popular demand and will be here with authentic Irish music and instruments.

Wear your green, sing along, clap your hands, stomp your feet, and have some fun! Enjoy some magically delicious treats, raffles, and door prizes. Tickets are available at the Front Desk for \$6 each and must be purchased by March 10, 2016. For more information, contact Cathy Barrett at 603-889-6155 or via email at cbarrett@nashuaseniorcenter.org.



Fire & Fusion -

an Executive Chef

Competition

Wednesday, May 4, 2016

Time: 6:00-9:00pm

Alpine Grove, Hollis, NH

The premier fundraising event for the Nashua Senior Activity Center gets better and better every year. Join us for our fourth annual Fire and Fusion on May 4, 2016 at the Alpine Grove as eight Executive Chefs compete for the title of "Top Chef." This event kicks off their 4th year with each chef preparing 400 appetizers for attendees. The chefs then learn the four secret ingredients and have 30 minutes to prepare a culinary masterpiece. Regular tickets are \$35.00 each and a reserved table of ten is \$320.00. A limited number of VIP tickets will be sold for \$50.00. These tickets will allow early admission to the event and a complimentary glass of wine. Please contact Judy Porter at 603-816-2649 or via email at jporter@

Thank you to our 2016 Business Media Sponsors:

BAE Systems
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Nashua Senior Activity Center

Hours of Operation

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

Thurs: 9:00am-7:00pm

Nashua 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.

Twelve-time Golden Mic Award-Winning Host **George Russell** welcomes **representatives from** Nashua Senior Activity Center, every Monday morning from **7:00-8:00am** on "**Nashua This Morning.**" Tune in to **WSMN 1590** or wsmnradio.com to hear about events, activities, programs, and other news.

RIVIER UNIVERSITY WELLNESS CLINICS

Monday, March 21, 2016

Monday, April 11, 2016

Time: 9:00am-2:00pm

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

Cholesterol Level	Blood Pressure
Pulmonary Function	Lab Review
Skin Cancer Check	Glucose Level
Medication Reconciliation	Body Mass Index

All clinics are free and open to the public.

GLAUCOMA SCREENING

Monday, April 11, 2016

Time: 9:00am-2:00pm

Screening is free, open to the public and no appointment necessary. Courtesy of *Nashua Eye Associates*.

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 on the **3rd Monday** and **4th Tuesday** of each month (leather, fur, and coats excluded).

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 NSAC membership card for special deals. We accept donations of clean, seasonal clothing, knick-knacks, glassware, and jewelry. All donations are greatly appreciated! Tax receipts available upon request.

Designer Boutique

Our boutique is open to the public

Wednesdays: 10:00am-1:00pm

Saturday, March 26, 2016 9:00am-2:00pm

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, pocketbooks, jewelry, and more. You will find some great deals! Everyone is welcome. Donations to the boutique are greatly appreciated.

Formal Wear Special Event

Do you have formal wear taking up room in your closet? Donate these items to the Designer Boutique! Going on a cruise, attending a wedding, or have a special occasion to attend? We will have a separate area on **Saturday, March 26, 2016** at the Flea Market with these dressy times.



Volunteer Opportunities

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

Fundraising and Raffle Assistants -for various events on an as-needed basis. Hours are flexible. To volunteer, contact Margo Bell at 603-216-2643. Volunteer applications are available at the

FUNDRAISING EVENTS

Flea Market/Book Sale Event

Saturday, March 26, 2016

(storm date April 2, 2016)

Time: 9:00am-2:00pm

Indoor flea market/book sale event to benefit the NSAC will feature more than thirty vendors, breakfast, lunch, and home-baked goods. Donations of raffle items are appreciated. Donations of new or used merchandise and baked items are gladly accepted the week of the event. Tables for vendors are available for \$25 by contacting Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

Nashua Coins and Collectibles will be at the Flea Market and will buy your gold and donate a portion of the proceeds to the Nashua Senior Activity Center.

Tag-Days Fundraiser

Friday, May 13, 2016 and Saturday May 14, 2016

Time: 9:00am-9:00pm

Tag-days fundraising events will be held on May 13 and 14, 2016 at the NH State Liquor Store on Coliseum Avenue in Nashua. Thank you to our volunteers for initiating and participating in this fundraising effort.

Annual Plant Sale

Saturday, May 21, 2016 and Sunday, May 22, 2016

Time: 9:00am-3:00pm

16 Shakespeare Road, Nashua NH

Many varieties of annuals, perennials, and houseplants at great prices. Get your plants for Memorial Day! For more information or if you would like to donate plants, please contact Eileen Gormley at 603-816-2642.



Senior Picnic

Thursday, June 16, 2016

Time: 9:30-2:30pm

Alpine Grove, Hollis, NH

All adults 50 and over are invited to this picnic where you can enjoy a great day indoors and outside. You can participate in a full day of activities, including music, miniature golf, line dancing, card games, entertainment, bingo, games, and more! All activities are included with the exception of bingo & raffles. The day would not be complete without the famous BBQ Chicken & Rib Dinner with all the fixings! Tickets are \$20 go on sale starting March 15, 2016 and must be purchased no later than June 8, 2016. (More information in May/June newsletter).

NOTES FROM THE ACTIVITIES DIRECTOR, CATHY BARRETT

Look what's new:

We are adding new classes on Thursday evenings starting in March:

FREE Evening ZUMBA Meet and Greet

Thursday, March 24, 2016

5:15pm Beginners Zumba Class - 6:15pm Advanced Zumba

Following the free Meet and Greet we will offer 6-week Zumba classes starting on March 31st. Preregistration and payment is due by March 24, 2016. The fee for 6-week sessions is \$35/members and \$45/non-members.

FREE Evening YOGA Meet and Greets

Thursday, March 31, 2016

4:00pm or 5:00pm

Following the free Meet & Greets a 6-week session will start on April 14, 2016. Preregistration and payment is due by April 7, 2016. The fee for 6-week sessions is \$35/members and \$45/non-members.

Invite your family, friends, and neighbors to join us on Thursday evenings!

Don't forget our **FITNESS CENTER** is open on Thursday evenings until 7:00pm. The fee is \$24 for the year and you must be a member of the Nashua Senior Activity Center to join.

NOTE: More Thursday evening classes will be scheduled. I would like to hear your interest and ideas for new programming. Contact me via email at cbarrett@-nashuasenior-center.org or 603-816-2647. I look forward to your input.

Interest lists are now being taken for the following:

Singles' Club
 Drawing Classes
 Jewelry Classes
 Guitar Lessons
 Adult Coloring Classes
 Evening Classes
 Evening Cribbage
 Duplicate Bridge -
 (Thursday afternoons)
 Retirement Planning
 Creative Writing
 Call the Front Desk at
 603-889-6155 to add
 your name to a list.

Purpose, Passion, and Prunes: three habits of a prosperous life at any age

Date: April 18, 2016

Time: 10:15am

Rediscover three habits you already possess and learn how to elaborate and magnify them to create a more prosperous and fulfilling life. It's usually about 45 minutes but sometimes we really get into it and laugh the whole hour! We'll all have a great time with this lively and upbeat talk that'll have everyone dancing in the aisles! Guaranteed an entertaining time for all! Preregister by April 11, 2016 due to limited space .

NEW Beginner's Tap Class—Great Exercise, Great Fun!

Join us for a new six-week class starting **Monday, March 14, 2016** at **11:45 am**. Preregistration and payment is due no later than **March 7, 2016**.

TAP

NEW Book Club

Meets on the **1st and 3rd Friday** of each month. For details call Ginny Guinnesso at 603-889-0752.

Senior Activity Center Golf League

The 2016 Golf League meeting will be held on **Monday, April 4, 2016** at **9:30am** in the Multi-purpose Room. Everyone is welcome to join. You don't have to be good to play, just give it a try! The league fee is \$50. Green fees and cart fees are additional costs. You must be a member of the NSAC to participate. Please preregister at the Front Desk before April 4, 2016 and pick up additional details.



VISIT OUR WEBSITE, WWW.NASHUASENIORCENTER.ORG, OR PICK UP A FLYER AT THE FRONT DESK FOR A FULL LIST OF ACTIVITIES.

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.

COFFEE TIME - SENIOR SAFETY

Dates: Wednesday, March 9, 2016
Wednesday, April 13, 2016
Time: 10:30-11:30am

Jane Constant, Nashua Police Department's Senior Relations Officer, visits the Coffee Talk Lounge to answer questions, provide advice, and address concerns.

VESTIBULAR and BALANCE CLINIC

Date: Thursday, March 10, 2016
Time: 9:30-11:00am

Learn to identify the causes of symptoms and implement treatments aimed at relieving dizziness, spinning, unsteadiness, or issues with falling. Hosted by *North-east Rehabilitation*.

CREDIT UNIONS vs. BANKS

Date: Monday, March 14, 2016
Time: 10:00am-12:00pm

This seminar will discuss the basic banking differences and how products can assist with managing everyday finances, and the necessity of fraud protection and the security measures to take in order to protect your finances against fraud. Hosted by *Triangle Credit Union*.

COFFEE TIME - MEDICARE TALK

Dates: Monday, March 21, 2016
Monday, April 11, 2016
Time: 10:30am-12:00pm

Learn about Medicare coverage and ask questions about Medicare plans. Hosted by *Anthem Blue Cross and Blue Shield*.

VETERANS' COFFEE CLUB

Date: Tuesday, March 22, 2016
Time: 1:00-2:00pm

Learn about VA benefits you may not know of and share memories of your time in the service. Feel free to bring photos to share. Hosted by David Tee, Veteran Liaison from *Compassionate Care Hospice*.

Free and open to the public! Coffee and donuts will be served.

WHAT YOU NEED TO KNOW ABOUT DIABETES

Date: Wednesday, March 23, 2016
Time: 10:30-11:30am

Cheryl Barry, RN, MS, CDE, a certified Diabetes Educator Instructor, will provide important information regarding living with and managing diabetes. She will answer any questions.

LEGAL EDUCATION SEMINAR

Date: Wednesday, April 6, 2016
Time: 1:00-3:00pm

Topics include creating a trust to shelter assets; planning for end-of-life decisions; how putting assets into children's names can be catastrophic; possible defects in your existing revocable trust; how existing Powers of Attorney and trusts can make your children personally liable for your nursing home care. Hosted by *Beasley & Ferber*.

SELF-DEFENSE FOR SENIORS

Dates: Wednesdays, April 13, 20, 27, & May 11
Time: 1:00-2:30pm

Class sessions include: Awareness, Avoidance, and Evasion; The Law and Levels of Force; Predators and Physical Defense; and Review & Bringing it All Together. **Cost: \$45 for members; \$50 for non members**

ACUPUNCTURE FOR CHRONIC PAIN

Date: Thursday, April 14, 2016
Time: 1:00 – 2:30pm

Learn how acupuncture can help with relieve symptoms of chronic pain. Hosted by *Acupuncture and Everything Wellness*

DIABETIC SHOE CLINIC

Date: Wednesday, April 13, 2016
Time: 12:00-3:00 pm

If you are a diabetic and Medicare is your primary insurance, you are eligible to receive a pair of diabetic shoes and inserts at little or no cost to you! Register and pick up the necessary forms at the Front Desk by April 9, 2016. Hosted by *Charron Medical Services*.

PREPARING FOR YOUR FINANCIAL FUTURE

Date: Wednesday, April 13, 2016
Time: 10:00am-12:00pm

This seminar will cover topics such as protecting your assets, estate planning, wills & trusts, Hosted by *Triangle Credit Union*.

DAY TRIPS

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.

FOXWOODS CASINO TRIPS

April 4, 2016 May 9, 2016
June 6, 2016 August 8, 2016
September 12, 2016
Cost: \$35.00 (new)

Enjoy a Monday at the casino. Round-trip transportation, a \$10 food or buffet voucher, and a \$10 Keno play are included (35-person minimum).

Departs: 7:15am - St. Philips Greek Church
Return: 6:30-7:00pm

LOBSTER CRUISE

Saturday, June 11, 2016
Cost: \$85.00 per person

Enjoy a lobster cruise aboard the Beauport Princess in Gloucester, MA. The day includes a New England lobster bake buffet, (chicken included), a narrated cruise around Gloucester harbor and surrounding area, and time on your own in Rockport, MA.

Departs: 9:30am - Park and Ride, Exit 8

SUNDAY MORNING BRUNCH CRUISE

Gloucester, MA

Sunday, August 28, 2016
Cost: \$85.00 per person

Relax aboard the Beauport Princess and enjoy a delicious brunch, entertainment, and the sights and sounds of beautiful Gloucester Harbor and more.

Departs: 9:30am - Park and Ride, Exit 8

"SINGIN' IN THE RAIN"

North Shore Music Theater

Wednesday, August 24, 2016
Cost: \$120.00 per person by May 1, 2016
\$125.00 per person after May 1, 2016

Experience the glitz and glamour of Hollywood's Golden Age. It's 1937 and you picture Gene Kelly splashing his way through this famous film. There will be dancing and singing and, yes, it will really rain on stage. Trip includes lunch at the Danversport Yacht Club, gratuity, and transportation.

Departs: 10:15am - Park and Ride, Exit 8
Returns: 6:00-6:30pm

"JERSEY BOYS"

Providence Performing Arts Center

Saturday, April 30, 2016

Cost: \$125.00 per person by March 1, 2016
\$130.00 per person after March 1, 2016

"Jersey Boys" is the Tony, Grammy, and Olivier Award-winning musical about Rock and Roll Hall of Famers, Frankie Valli and the Four Seasons.

This is the true story of how four blue-collar kids became one of the greatest successes in pop history with songs like "Sherry," "Big Girls Don't Cry," and "Rag Doll." Time on your own for lunch.

Departs: 9:30am - Park and Ride, Exit 8

"KURIOS—CABINET OF CURIOSITIES FROM CIRQUE DU SOLEIL"

Grand Chapeau, Suffolk Downs Boston

Friday, June 17, 2016

Cost: \$110.00 per person by March 15, 2016
\$120.00 per person after March 15, 2016

Step into the curio cabinet of an ambitious inventor who defies the laws of time, space, and dimension in order to reinvent everything around him. Suddenly, the visible becomes invisible, perspectives are transformed, and the world is literally turned upside down in a place that is as beautiful as it is mysterious.

Departs: 12:45pm - Park and Ride, Exit 8

"MARY POPPINS"

North Shore Music Theater

Wednesday, July 13, 2016

Cost: \$120.00 per person by April 1, 2016
\$125.00 per person after April 1, 2016

Get ready for Mary Poppins to fly over the rooftops of London! This family musical, winner of 44 major theater awards from around the globe, has captivated audiences for generations. Believe in the magic that anything can happen if you let it. Trip includes lunch at the Danversport Yacht Club, gratuity, and transportation.

Departs: 10:15am - Park and Ride, Exit 8
Returns: 6:00-6:30pm

DAY TRIPS and MULTI-DAY TOURS

"SPAMALOT"

North Shore Music Theater

Wednesday, September 28, 2016

Cost: \$120.00 per person by June 1, 2016

\$125.00 per person after June 1, 2016

Monty Python's outrageous musical comedy tells the story of King Arthur and his Knights of the Round Table as they embark on their quest for the Holy Grail. Come see show-stopping musical numbers featuring flying cows, killer rabbits, and taunting Frenchmen. Trip includes lunch at the Danversport Yacht Club, gratuity, and transportation.

Departs: 10:15am - Park and Ride, Exit 8

Returns: 6:00-6:30pm

"WEST SIDE STORY"

North Shore Music Theater

Wednesday, November 2, 2016

Cost: \$120.00 per person by August 1, 2016

\$125.00 per person after August 1, 2016

Shakespeare's Romeo and Juliet is transported to modern day NYC, as two young lovers find themselves between warring street gangs. Their struggle to survive in a world full of hate, violence, and prejudice is a relevant musical drama of our time. Trip includes lunch at the Danversport Yacht Club, gratuity, and transportation.

Departs: 10:15am - Park and Ride, Exit 8

Returns: 6:00-6:30pm

MULTI-DAY TOURS

NOVIA SCOTIA July 5-10, 2016

NEW YORK CITY May 14-15, 2016

COAST OF MAINE June 12-14, 2016

THE HAMPTONS September 18-19, 2016

MICHIGAN—MACKINAC ISLAND

September 25-October 2, 2016

LANCASTER GETTYSBURG Sept. 7-10, 2016

THE AZORES Fall 2016 - dates to be confirmed

POLAND October 27-November 6, 2016

AUSTRIA & GERMANY MAGICAL

CHRISTMAS MARKETS - Nov. 26-Dec. 2, 2016

MORE DAY TRIPS TO COME

Ogunquit Playhouse - Museum of Science, Boston - Boston Architecture Cruise - Museum of Russia Icons - Green Mountain Flyer - Museum of Fine Arts, Boston - Saint Guadens - and more.

Check our website after March 15, 2016 for dates and details.

TRAVEL SOCIAL

April 19, 2016 at 10:00am

Join Matt from Collette Tours as he highlights 2017 trips: **Hawaii**, March 2017 and **Canyon Country (with Las Vegas)**, May 2017. Please call the travel office at 603-816-2645 to reserve a space.

The Nashua Senior Activity Center will host the **AARP "Smart Driver" class**, an AARP safe driving program. Participants in this 6-hour course will learn how issues ranging from medication to the newest auto technology can affect driving ability. This course is open to everyone and all ages; you do not need to be an AARP member to attend. It will be held on **Monday, April 25, 2016** and **Tuesday, April 26, 2016** from **9:30am-12:30pm** each day. The fee for the course is \$15 for AARP members and \$20 for non-members. Payment will be accepted at the time of the course. Note, certain insurance companies recognize that completion of this course may qualify their members for a reduction in their auto insurance premiums. Visit or call the NSAC Front Desk at 603-889-6155 to register.



Free Tax Return Preparation at the NSAC on Thursdays February 4 - April 14, 2016 from **9:00am-1:00pm**. **AARP Tax-Aide** is a free program designed to promote tax return assistance to low and moderate income Americans of all ages, with special attention given to seniors. The NSAC will offer this service in the dining hall on a first come-first serve basis. Taxpayers should come prepared with their social security card or social security statement, picture ID, and 2015 tax return if possible. They should also be prepared to fill out a short questionnaire that is designed to assist the volunteer preparer. Please note: volunteer tax return preparers are forbidden from accepting monetary compensation of any kind. Certain complicated tax returns, such as rental property income and small business returns, are considered "out of scope" and cannot be prepared by the volunteers.



COMMUNITY PARTNERSHIP OFFERINGS

Health and Wellness Community Offerings

Foot Care Clinics - provided by **Home, Health, and Hospice Care** are held twice monthly. Call 603-689-2931 to schedule an appointment (fee is \$26).

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 **1:30pm**. 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).

The Breakfast Exchange Club is hosting its' second annual **Baked Potato Fest** on **Thursday, April 21, 2016** from **4:30-7:00pm** at the Nashua Senior Activity Center. The fundraising event will provide baked potatoes with a wide variety of toppings, dessert, and a beverage. Potatoes can be packaged to take home. The event will also feature a white elephant raffle. Tickets are for \$5 in advance, \$7 at the door, and \$5 for children under 12 years old. Advanced tickets are available at the NSAC Front Desk or can be purchased by mailing a check to: The Breakfast Exchange Club of Nashua, PO Box 1488, Nashua, NH 03061. The Breakfast Exchange Club provides programs to support Nashua area seniors.

Service Link Resource Center - provides assistance connecting to services such as: Medicare/Medicaid, prescription assistance, caregiver support, housing options, transportation, and more. The staff is ready for your call at 866-634-9412 or 603-598-4709. The office is located on the second floor of the Nashua Senior Activity Center. Walk-ins are welcome **Monday through Friday** between **9:00am-4:00pm**.

DINING FOR A CAUSE



We serve
creative cuisine.
And worthy causes:

Nashua Senior Activity Center

Present this certificate to your server and your cause will receive 15% of your total purchase on Tuesday, March 1st, 8th, 15th, 22nd, and 29th.

*



221 Daniel Webster Hwy • Nashua •
603.318.7777

*Excludes Alcohol, Tax and Gratuity

Valid March 2016

Congregate Lunch - As part off their Community Dining Program, **St. Joseph Community Services** provides lunch in the Nashua Senior Activity Center 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. Call 603-882-2106 for more information.

Senior education workshops, presented by **Southern NH Services**, are offered on the **second Monday** of each month at **1:00pm** at the Nashua Senior Activity Center. They are free and open to the public.

Monday, March 14, 2016
"Talking to your health care professional about pain medication."

Monday, April 11, 2016

Topic to be determined.

For more information, call Beth Todgham, Nashua Community Coordinator, Southern NH Services Seniors at 603-889-3440, ext.132.



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.*



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

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Membership

Membership is open to anyone 50 years of age or older. The fee for new members is forty dollars (\$40) per year for an individual member and sixty dollars (\$60) per year for two individuals residing at the same address. The membership fee for all current members in good standing is 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. A discount of five dollars (\$5) is offered to eligible veterans. Seniors ninety years of age and older are exempt from membership fee. 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 discounted 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 **March 2nd and 16th and April 6th and 20th**.

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.