

SENIOR ACTIVITY CENTER NEWS

70 Temple Street
Nashua, NH 03060
Telephone 603.889.6155
www.nashuaseniorcenter.org

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ISSUE 296

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**Executive
Director**
Project Director

Margo Bell
603-816-2643
mbell@
nashuaseniorcenter.org

Activities Director

Cathy Barrett
603-816.2647
cbarrett@
nashuaseniorcenter.org

**Development
Director**

Judy Porter
603-816-2649
jporter@
nashuaseniorcenter.org

**Office
Manager**

Eileen Gormley
603-816-2642
egormley@
nashuaseniorcenter.org

**Save the date for the
35TH ANNUAL
SENIOR VARIETY SHOW**

*"Celebrating the Seasons
and their Holidays"*

Date: Sunday, November 6, 2016
Time: 2:00pm

Place: Nashua High School South

Under the direction of Judy Hayward, our talented singers, dancers, and performers hit the stage with spectacular performances. Tickets can be purchased for \$12 at the Front Desk. Tickets for children ages ten and under are \$10. Tickets will also be available the day of the show at the door for \$15. Contact Cathy Barrett at 603-816-2647 or via email at cbarrett@nashuasenior-center.org for more information. For an additional way to support the Senior Variety Show, see page 3.

The Nashua Senior Activity Center
presents

**Celebrating
the
Seasons
& their holidays**

**35th Annual Variety
Show**

Community Support

Executive Director Margo Bell and Development Director Judy Porter recently accepted a \$1500 grant on behalf of the **Nashua Senior Activity Center** from Charles Paskaley of the American Hellenic Educational Progressive Association (**AHEPA**). AHEPA's support of our efforts is greatly appreciated. Thank you AHEPA!



**Please note that the
Nashua Senior Activity Center will be closed on
Thursday, October 20, 2016**

NEWS AND EVENTS

35TH ANNUAL VARIETY SHOW SPONSORS

Luminary

Silverstone Living
Demoulas Foundation

Producer

Triangle Credit Union
Tamposi Foundation

Director

Palm Square
Santander Bank
Breakfast Exchange Club

Friend

Courville at Nashua
Aynsley Place
B&S Intergrated Security System
Martin Fabian, LUTCF

Flea Market/ Book Sale Event

Date: Saturday, November 19, 2016

Time: 9:00am-2:00pm

The indoor flea market/book sale will benefit the Nashua Senior Activity Center. This event will feature more than thirty vendors, breakfast, lunch, and home-baked goods. Donations of new or used merchandise and baked items are gladly accepted. Tables for vendors are available for \$25 beginning September 1, 2016 by contacting Margo Bell at 603-816-2643 or via email at mbell@nashuaseniorcenter.org.

RELAX AND ENJOY MUSIC FROM THE 50s AND 60s FEATURING "BENES"



Mondays: 12:30-3:30pm

Fridays: 10:00am-1:00pm

Coffee Talk Lounge - Second Floor

BE A SEASON SUPPORTER OF THE 35TH SENIOR VARIETY SHOW

Purchase a snowflake, flower, sun, or leaf for only \$10 and write your message of support. Symbols are on sale at the Front Desk and will be displayed in the lobby of the Nashua Senior Activity Center and at the Senior Variety Show.



FUNDRAISING OPPORTUNITY

Order a batch of legendary Texas Roadhouse fresh baked rolls with honey cinnamon butter for your holiday gatherings for \$5 per dozen. Pop them in the oven for an aromatic bakery delight. Fifty percent of every sale will go directly to the Nashua Senior Activity Center. Place your order at the Front Desk by November 14, 2016.

Pick up your order:

November 21 and 22, 2016

Texas Roadhouse Restaurant
Amherst Street, Nashua
3:00-6:00pm



Nashua West Rotary Club will be hosting its **Annual Spaghetti City** at the Nashua Senior Activity Center on **Tuesday, October 11, 2016**. Doors open at **4:30pm** and a full course spaghetti dinner will be served.

SUGGESTION BOX UPDATE

Your suggestions are appreciated and taken under consideration. We recently ran a 2-week, "\$4 fill a bag" sale to clear out inventory in the thrift store based on a comment that the store was overcrowded. The sale was a great success and will be repeated the week of September 12-16, 2016. In response to a suggestion that we offer Ukulele lessons, we are forming an Ukulele interest group. (see page 8 for details). Please continue to put your input and ideas in the suggestion box in the lobby.

Holiday Fair

Date: Saturday, December 3, 2016

Time: 8:30am-2:00pm

The holiday fair will include a pancake breakfast with Santa (8:30-10:30am), a gingerbread house contest with local celebrity judges, crafts, raffles, and more. For additional information or to reserve a vendor table, contact Margo Bell at 603-816-2643 or via email at mbell@nashuasenior-

SEMINARS AND WORKSHOPS

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

COFFEE TIME WITH JANE CONSTANT

Dates: Wednesdays, September 14 & October 12, 2016

Time: 10:00-11:00am

Ask Jane Constant, Nashua Police Department's Senior Relations Officer, questions or join in the discussion about her articles or any other concerns of seniors.

FINANCES 50+

Dates: Thursdays, September 22, 29 & October 6, 2016

Time: 6:00-7:30pm

This program is a series of three straightforward, interrelated workshops designed to improve your financial situation, learn where you stand financially, and how to make measurable progress toward your financial goals. Sessions include: Budgeting & Goal Setting; Debt Reduction & Credit Repair; and Asset Building & Protection. Open to the public and preregistration is required. Classes and materials provided free of charge. *Sponsored and developed by AARP Foundation in collaboration with the Charles Schwab Foundation.*

MOBILITY AND INDEPENDENCE and BALANCE ASSESSMENTS

Date: Wednesday, September 14, 2016

Time: 10:15am-12:00pm

A one-hour lecture will detail the numerous causes of poor balance, address the importance of balance to reduce falls, and explain what you can do to prevent falls and maintain mobility. A balance assessment using standardized tests will follow. The assessment and feedback takes 15 minutes and is free of charge. You will be provided with the results and recommendations on improving your balance and stability. *Hosted by CPTe.*

WEIGHT MANAGEMENT PROGRAM

Dates: Mondays, September 12 thru November 7, 2016

Time: 10:15-11:15am

This practical 8-week program will include exercises and lectures to help you start adding weight management to your life. Topics include: the value of physical activity, nutrition guidelines, healthy recipes, vitamins/supplements, and more. Fee for the program is \$25 for members and \$35 for nonmembers. Checks made payable to CPTe. Register and pay at the Front Desk by September 2, 2016. Hosted by *Center for Physical Therapy.*

VETERANS' COFFEE CLUB

Date: Tuesday, October 18, 2016

Time: 10:00-11:00am

Learn about VA benefits you may not know about and share memories of your time in the service. Feel free to bring photos to share. Free and open to the public! Coffee and donuts will be served. Hosted by David Teed, Veteran Liaison, *Compassionate Care Hospice.*

A MATTER OF BALANCE

Dates: Wednesdays, September 21 thru November 9, 2016

Time: 10:00am-12:00pm

Many older adults restrict their activities due to concerns about falling. A Matter of Balance is an 8-week, award-winning program designed to manage falls and increase activity levels. In the program, you will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. The fee for the program is \$15. Register at the Front Desk. Please contact Fred Daniels (CPTe) at 603-880-0488 with any questions.

DIABETIC SHOE CLINIC

Date: Wednesday, October 12, 2016

Time: 12:00-3:00pm

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 October 7, 2016. Hosted by *Charron Medical Services.*

FREE WELLNESS CLINICS AND SEMINARS

“Feel Good Fridays”

Rivier University Wellness Clinics

All clinics are FREE and CONFIDENTIAL and brought to you by Rivier University Nurse Practitioner students.

September 23, 2016

November 4, 2016

October 14, 2016

December 2, 2016

All clinics are held from **9:00am** to **2:00pm** on the second floor of the Nashua Senior Activity Center. The following checks are available:

BMI

Blood Pressure

Cholesterol

Glucose - A1C

Lab Review

Medication Reconciliation

Pulmonary Function

Skin Cancer Check

Thanks to a \$5000 grant from the TD Charitable Foundation to purchase the necessary test kits.

Friday, September 23, 2016 Offerings

9:00am-2:00pm

Free or Reduced Cost Flu Shots

Walgreen's

9:00am-2:00pm

Free Glaucoma Screenings

Nashua Eye Associates

9:00am-10:00am

Hypnosis in Healthcare *

Learn how integrative health approaches can help with pain, improve health, and quality of life.

Monarch Health Coaching

10:00am-11:00am

Movement and Posture to Manage Daily Aches and Pains *

Learn simple moves to improve your quality of life.

Acupuncture & Everything Wellness

11:00am-12:00pm

Better Living with Osteoporosis *

Northeast Rehabilitation

12:00pm-1:00pm

Preparing for Your Future *

Willis Sloat, Esq. – SK Lawyers

1:00pm-2:00pm

5 Warning Signs of Alzheimer's - Before Memory Loss *

Learn key information to know when to seek medical help.

Bridges by Epoch Memory Care

Friday, October 14, 2016 Offerings

9:00am-12:00pm

Memory Screening *

Free, private 15-minute sessions
The Arbors of Bedford

9:00am-10:00am

Everything You Wanted to Know About Hospice But Were Afraid to Ask *

Compassionate Care Hospice

10:00am-1:00pm

Experience Reiki

Free demonstrations and information on Reiki
New England Reiki Center

10:00am-11:00am

Change Your Diet to Boost Energy and Feel Better *

Boost your energy by making better food choices
Acupuncture & Everything Wellness

1:00pm-3:00pm

Free or reduced cost immunizations *

City of Nashua Health Dept.

ALL “FEEL GOOD FRIDAY” PROGRAMS ARE FREE AND OPEN TO THE PUBLIC

* For sessions indicated, please register at the Front Desk at the Nashua Senior Activity Center or by calling (603) 889-6155.

DAY TRIPS

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

FOXWOODS CASINO TRIP

Monday, September 12, 2016

Cost: \$35.00 per person

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

Returns: 6:30-7:00pm

"WICKED"

Providence Performing Arts Center

Saturday, October 1, 2016

Cost: \$135.00 per person

Back by popular demand, this award-winning musical takes audiences to a time before Dorothy lands in Oz. Two small girls meet in Oz. One, born with emerald green skin, is smart, fiery, and misunderstood. The other is blonde, beautiful, ambitious, and popular. How these two girls grow to become Elphaba "The Wicked Witch of the West" and Glenda "The Good Witch of the East" makes for a truly memorable story that has thrilled generations for many years. Trip includes lunch on your own at Providence Place before the 2:00pm show. Trip includes transportation and gratuity.

Departs: 10:00am - Park and Ride, Exit 8

Returns: 6:00-6:30pm

A CELEBRATION OF CHRISTMAS

Grappone Center, Concord, NH

Tuesday, December 6, 2016

Cost: \$84 per person

Come together for a Celebration of Christmas. You will be entertained by Nashville recording artist Jenny Casey. Jenny has been entertaining audiences from Nashville to Europe with her beautiful voice. She will be singing your traditional favorite Christmas songs. This is a Christmas party that you won't soon forget! Trip includes lunch, transportation, and gratuities.

Departs: 10:00 am - Park and Ride, Exit 8

Returns: TBA

"SPAMALOT"

North Shore Music Theater

Wednesday, September 28, 2016

Cost: \$125.00 per person

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. Enjoy show-stopping musical numbers featuring flying cows, killer rabbits, and taunting Frenchmen. Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities.

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: \$125.00 per person

Shakespeare's two young lovers, Romeo and Juliet, are transported to modern day NYC and 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, transportation, and gratuities.

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

Returns: 6:00-6:30pm

MILLION DOLLAR QUARTET

Ogunquit Playhouse

Wednesday, November 2, 2016

Cost: \$125 per person

On December 4, 1956, four young musicians: Elvis Presley, Jerry Lee Lewis, Carl Perkins, and Johnny Cash gathered at Sun Records in Memphis for what would be one of the greatest jam sessions ever. Million Dollar Quartet brings that legendary night to life. A score of rock hits including "Blue Suede Shoes," "Fever," "Sixteen Tons," and many more are performed. Trip includes lunch at Jonathan's, transportation, and gratuities.

Departs: 10:30am - Park and Ride, Exit 8

Returns: TBA

DAY TRIPS and MULTI-DAY TOURS

CHRISTMAS IN THE BERKSHIRES

Red Lion Inn

Wednesday & Thursday, December 7-8, 2016

Cost: \$279 per person double; \$357 single

Treat yourself to this magical getaway in the Berkshires. Take a break from the hustle and bustle of the season and enjoy the simple things in life. Our overnight accommodations are at the historic Red Lion Inn. Your trip includes dinner and breakfast in the Red Lion dining room, Holly Days at the Tower Hill Botanical Gardens, Bright Nights at Forest Park, special Parade of Trees at the Berkshires Museum, and a visit to the Norman Rockwell Museum.

Departs: TBA - Park and Ride, Exit 8

Returns: TBA

MULTI-DAY TOURS

THE HAMPTONS - September 18-19, 2016

MICHIGAN- MACKINAC ISLAND -

September 25-October 2, 2016

LANCASTER GETTYSBURG - Sept. 7-10, 2016

THE AZORES - September 25-October 2, 2016

NEW YORK CITY - October 26-28, 2016

POLAND - October 27-November 6, 2016

AUSTRIA & GERMANY MAGICAL

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

HAWAII - March 10-19, 2017

CANYON COUNTRY - May 15-23, 2017

ICELAND MAGICAL NORTHERN LIGHTS -

November 4-10, 2017

NEW ORLEANS, MEMPHIS, & NASHVILLE -

November 5-12, 2017

TRAVEL SOCIAL

Monday, September 12, 2016

1:00-3:00pm

Featuring Music Cities, Wine Country, Hawaii, and Iceland (in search of the Northern Lights). Sign up in Trip Office or by calling 603-816-2645.

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 **Thursday, October 6, 2016** and **Friday, October 7, 2016** from **9:30am-12:30pm** each day. The fee for the course is \$15 for AARP members and \$20 for nonmembers. 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 Nashua Senior Activity Center Front Desk at 603-889-6155 to register.



NOTES FROM THE ACTIVITIES DIRECTOR, CATHY BARRETT

Jewelry Making Class

Join Laura for a free Meet & Greet on **Thursday, October 6, 2016** at **1:00pm** and see what you can create in the upcoming jewelry making class. We encourage you to bring your ideas. The four-week course begins on **Thursday, October 13, 2016**, at **1:00pm**. Fee is \$40/members and \$50/nonmembers and includes materials for two projects. Registration and payment is due by October 7, 2016.

Ukulele Interest Group

Do you play or have you ever thought of learning to play the Ukulele? We are now taking names of those interested in joining a group. Contact the Front Desk to sign up.



Thursday Evening Zumba & Yoga Classes

Beginners Zumba starts on **Thursday, September 22, 2016**, at **5:30pm**. Preregistration and payment is due by September 15, 2016. The fee for 4-week sessions is \$24/members and \$34/nonmembers.

Yoga classes start on **Thursday, September 15, 2016**, at **4:00pm** and **5:30pm**. Preregistration and payment is due by September 9, 2016. Fee for 6-week sessions is \$35/members and \$45/nonmembers.

Thursday Evening Card Groups

We are taking names of those interested in playing card games on Thursday evenings. Contact the Front Desk or call 603-889-6155 with the name of the card game you would like to play.

Pickle Ball

Fall is a great time to get out and play Pickle Ball. If you haven't tried this game, you don't know what you're missing. For more details, flyers available in the front reception area.

United Way 25th Annual Day of Caring

More than 300 people from Nashua-area businesses are expected to volunteer at local nonprofit organizations for United Way Nashua's 25th Annual Day of Caring. This event links hundreds of people in Southern New Hampshire with nonprofit health and human service agencies that provide volunteer opportunities. We are happy to announce we will have 4-6 volunteers working on projects at the Nashua Senior Activity Center on **Wednesday, September 14, 2016**. Let's all give them a warm welcome. Thank you United Way and volunteers!

ART CLASSES

New four-week oil painting and water color classes (all levels) begin on **Thursday, September 8, 2016**, at **9:30am**. Fee is \$55/members and \$65/nonmembers. Preregistration and payment due by September 1, 2016 at the Front Desk.

DANCE, DANCE, DANCE

Pick up a flyer at the front reception area or visit our website for information on our new beginner, intermediate, and advanced **tap dance** classes and beginner and intermediate **line dance** classes.

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 to come sing and have fun.

Nashua Senior Activity Center**Hours of Operation**

Mon, Tues, Wed, & Fri: 9:00am-4:00pm
Thurs: 9:00am-7:00pm

Nashua Senior Activity Center**will be closed on:**

Monday, September 5, 2016
Labor Day Holiday

Monday, October 10, 2016
Columbus Day Holiday

Thursday, October 20, 2016
City of Nashua Day

Code of Conduct

The Board of Directors has adopted a Code of Conduct for Nashua Senior Activity Center membership. The Code of Conduct is posted on our website: www.nashuasenior-center.org/member-code-of-conduct.

Volunteer Opportunities

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 Front Desk.

Membership Committee Members - under the leadership of Board member June Caron, the Membership Committee seeks ways to increase and retain membership at the Nashua Senior Activity Center. The committee is composed of board members, staff members, and engaged volunteers. We are seeking 2 more volunteers to join the committee. Meetings are held on the fourth Thursday of each month from 11:30am-12:30pm, with the exceptions of July, August, and December. Volunteers should have a willingness to occasionally represent the NSAC at various community events. If you are interested in joining this important committee, please send a letter of interest via email to egormley@nashuasenior-center.org.

Senior Council Members - the Senior Council assists members with concerns and presents new ideas to the NSAC staff. The council meets on the third Thursday of each month from 12:00-1:00pm. If you are interested in joining the Senior Council, please send a letter of interest via email to mbell@nashuaseniorcenter.org.

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, shoes, 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.

After Summer Clearance Sale:

Monday-Friday,

September 12-16, 2016

Every day is fill-a-bag for \$4.00

Designer Boutique

Our boutique is open to the public
Wednesdays: 10:00am-1:00pm
The Designer Boutique is located on the second floor. Items for sale are name brands (some new with tags) and include clothing, shoes, pocketbooks, jewelry, and more. We have a collection of evening-wear for any formal occasion. You will find some great deals! Everyone is welcome. Donations to the boutique are greatly appreciated.

Wednesday 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 **September 7th and 21st** and **October 5th and 19th**.

Visit our library on the second floor where inventory is constantly updated and the selection is extensive. Some books are available for sale: hard-cover books \$1 and paperback books are 4 for \$1.

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 nonprofit 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).

DINING FOR A CAUSE



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September 29, 2016

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603.886.4132

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unodoughraisers.com

PRESENT THIS TO YOUR SERVER

Photo: Don Corporation © 2014

Senior education workshops, presented by **Southern NH Services**, are offered at the Nashua Senior Activity Center monthly. They are free and open to the public.

Monday, September 12, 2016, at 1:00pm

"Common Disaster Myths and Emergency Preparedness" presented by Justin Kates, Director of Emergency Management, City of Nashua.

Monday, October 17, 2016, at 1:00pm

"Managing Your Medications" presented by Walgreens Pharmacy.

Contact Beth Todgham, Nashua Community Coordinator, Southern NH Services Seniors Count at 603- 889-3440, ext. 132, or via email at btodgham@snhs.org for further information.

Congregate Lunch - As part of 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.

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 2nd floor of the Nashua Senior Activity Center. Walk-ins are welcome **Monday through Friday** between **9:00am-4:00pm**.

Shop Amazon - The Nashua Senior Activity Center receives a donation every time you shop on Amazon.com if you create a log-in account and choose Nashua Association for the Elderly, Inc. on <http://www.smile.amazon.com>.

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

Non Profit Org
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Nashua, NH
Permit # 103

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 dollars (\$35) 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**, and in May and June on **Thursdays** from **4:00-6:30pm**. 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 (no photo) to be returned. Members must present their membership card to receive discounted rates.

Room Rentals at the Nashua Senior Activity Center

The Nashua Senior Activity Center offers classrooms and function rooms that can be rented when not in use by NSAC programs. The space is ideal for business meetings, workshops, club meetings, classes, support groups, celebrations, bridal and baby showers, and more. The facility is handicapped accessible, air conditioned, provides ample parking, and is centrally located. Contact Margo Bell at 603-816-2643 or via email mbell@nashuaseniorcenter.org for more information.

Members receive special rates!