

Information to come in next newsletter

EXCITING RAFFLE!!

More than 15 deluxe prizes including designer purses, wine, gift cards and more....

Stay tuned . . .

DISASTER PREPAREDNESS

Thursday, February 25, 2021 ■ 1:00 pm

Location: Nashua Senior Activity Center

This class is designed to prepare you for surviving and recovering from a disastrous event. We will cover important topics such as what to do before a disaster strikes, financial preparedness, and some medical training. If you were forced to leave your home at midnight in a blizzard, do you know where you would go? Got gas? Know an alternative way to get there?

Fee: Free for members/\$15 for non-members
Pre-registration and payment are due by February 18, 2021.



NSAC INFORMATION

INCLEMENT WEATHER CLOSINGS: Watch WMUR or check the WMUR website for closure info.

**The Nashua Senior Activity Center will be closed on
Friday, December 25, 2020 (Christmas)**

DAY TRIPS

Day trips are offered throughout the year and open to NSAC members and non-members. For more information, contact the NSAC 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. Please ask about the cancellation policy.

PLEASE NOTE: As of the date of publishing this newsletter, all of the following day trips and multi-day tours were still valid. The dates are subject to change. More trips will be added and listed in the next newsletter.

KING TUT EXHIBIT

Boston, MA

Cost: \$89.00 per person

Wednesday, May 19, 2021

The exhibit, *King Tut: Treasures of the Golden Pharaoh*, will be at the Saunders Castle at Park Plaza as one of ten stops around the world. More than 150 artifacts from King Tutankhamun's tomb will be on display, including 60 that have never before left Egypt.

Trip includes time on your own for lunch, transportation, and gratuities.

Departs: 8:15 am Park and Ride Exit 8

Returns: 4:00 pm (approximately)

COG RAILWAY & MT. WASHINGTON

Wednesday, June 30, 2021

Cost: \$155 per person

Travel to the Mt. Washington Hotel for a tour and buffet lunch. Board the Cog Railway for a three-hour, six-mile round excursion. Informative and entertaining narration of the history of the Cog and mountain lore will be given. Trip includes lunch, transportation and gratuities. *Bring a jacket as the temperature is cooler than at the base.*

Departs: 7:45 am Exit 8 Park & Ride

Returns: 8:00 pm

THE BUDDY HOLLY STORY

North Shore Music Theater

Wednesday, August 18, 2021

Cost: \$140 per person

Follow the incredible journey of Buddy Holly's meteoric rise to stardom in the golden days of rock n' roll in this dynamic musical tribute. The story is a joyous celebration of a musical legend. Trip includes lunch at the Danversport Yacht Club, transportation, and gratuities. **Book before**

December 1, 2020 and receive a \$5 discount.

Departs: 10:15 am Exit 8 Park & Ride

Returns: 6:00 pm

MULTI-DAY TOURS

SOUTHERN CHARM

Charleston, Savanna, Jekyll Island

May 23 to 29, 2021

ALASKA LAND AND SEA

July 31, 2021



United Way
of Greater Nashua

Pen Pals and Phone Friends for Seniors

Sponsored by United Way of Greater Nashua

As the colder months arrive, more and more of us are going to be inclined to be inside and have less communication with neighbors and friends. Do you, or do you know a senior who would benefit/enjoy a weekly check-in call? United Way of Greater Nashua's new program, "Pen Pals and Phone Friends for Seniors," will provide an opportunity for individuals to connect. United Way volunteers will be calling isolated seniors for weekly check-in conversations and camaraderie. If you would like to receive calls, please contact Margo Bell at mbell@nashuaseniorcenter.org or (603) 816-2643.

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Self-care Tips for Your Start to 2021



Let's kick off 2021 with some good vibes . . . Heather Stickney, from the Arbors of Bedford, will provide two separate virtual seminars in January and February:

Thursday, January 28: Join Heather for “**Restart and Recharge for the New Year.**” Do you want more energy? This one-hour class will explore small ways to jumpstart your routine and start the year in a positive way.

Thursday, February 25: Heather will present “**The Gift You Give yourself...and Your World.**” Since this is the month of love, join the conversation about living our best life. Discussion includes tips to implement practical ways to create a life filled with love.

Each seminar is one hour (11 am to 12 Noon) and will be available via Zoom. To register, please call the Center's Front Desk at 603-889-6155. You will be given the Zoom link and password.

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
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NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

Membership Office Hours: Monday through Thursday: 9:15 am to 11:30 am during Phase 1

Eligibility: Membership is open to anyone in the greater Nashua area 50 years of age or older.

New Membership and Renewal Fees (effective January 1, 2018): \$40 per year for individuals; \$60 per year for two individuals residing at the same address.

Membership Renewal by Mail: Include a *self-addressed stamped envelope* to have your membership card and receipt mailed to you; otherwise, pick up your card and receipt when you visit the Center.

Veterans Discount: Eligible military service veterans receive a \$5 discount.

Membership Fee Exemption: Membership fee is waived for all seniors 90 years old and older.

Payment: Cash, personal checks, credit cards, and debit cards are accepted.

Use of the Membership Card: Members must present their card to receive member discounts.

Discounts on classes, entrance to social and special events, participation in other activities and more are privileges of membership. Therefore, membership cards must be presented at time of registration.

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