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SENIOR ACTIVITY CENTER NEWS

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NASHUA

NSAC HAS REOPENED WITH PHASE I RESTRICTIONS

With reliance on guidance from the City of Nashua's Department of Environmental Health Services, the NSAC reopened its doors on Monday, July 27, 2020. This is Phase 1 of reopening with guidelines and restrictive policies in place. See page 3 for full description on what is being offered during this phase.

Just as we promised...

Festival of Springtime Raffle



See details on page 5.

Spring Fling returns in May!



Spring is just around the corner, and we have many special classes planned for the upcoming months including some **FREE BEES**.



What better way to kick off Spring than to try some free classes! During May, members and non-members will get the chance to sample a wide variety of classes, some held indoors at the Nashua Senior Activity Center and others at Greeley Park in Nashua. For additional information or to be placed on our "Interest List," call (603) 889-6155.

RENEWAL REMINDER

Because of the COVID pandemic, we have had to temporarily switch the mailing of our newsletter to a mail house. This change has not allowed us to insert your membership renewal reminders in the newsletter. So, many of you probably have not noticed that it's time to renew!

The staff and Board of Directors are all working hard to continue to safely add more programs and new benefits to your membership.

Renew your Nashua Senior Activity Center membership in March or April of 2021, and your name will be entered in that month for a special drawing. Simply, there will be one drawing each month (March and April), and the winner will receive a \$25 Market Basket gift card. All you need to do is to renew your membership, and you will be eligible for the prize, which will be mailed to you.

**NASHUA SENIOR ACTIVITY CENTER WELCOMES YOU BACK
WE HAVE MISSED YOU!**

PHASE 1 OF REOPENING — WHAT YOU CAN EXPECT:

- **MASKS MUST BE WORN IN THE BUILDING** (*per ordinance of the City of Nashua*)
- **Additional sanitizing stations are located throughout the building** (*frequent hand washing is encouraged*)



ABBREVIATED HOURS:

Monday – Thursday: 9:00am-2:30pm

Friday: Closed*

except preregistered classes and by appointment

**Programs outside these hours, by appointment, will be greeted by staff*

Class sizes have been reduced/Payments: credit card preferred

WHAT'S HAPPENING:

(Pre-registration and social distancing required)

Book Club: Ask for information

Building Tours: By appointment only

Coffee Lounge/Computer Room: By appointment only (see below).

Crafts/Arts: Quilting, knitting, art (no shared materials)

Exercise: Yoga, Chair Yoga, Personal Fitness, Tai Chi, Line Dancing, Aerobics, Balance. Register at the Front Desk.

Fitness Room: By appointment for 45-minute time slots. Call 48 hours in advance for appointment.

Membership Office: Open Monday –Thursday 9:15-11:30am. Renew at Front Desk 11:30 am-2:30 pm

Seminars/Workshops: Pre-registration required

PROGRAMS NOT AVAILABLE DURING PHASE 1:

Billiards, Bingo, Card and Board Games, Choral and Harmonica Groups

Coffee or water in lounge (water may be purchased at Front Desk)

Drop-in classes/workshops/seminars

Library (donations of books cannot be accepted at this time)

One-on-one health screenings and clinics

Thrift Shop is closed. (No donations or shoppers) at this time.



FITNESS CENTER

Use of the Fitness Room is limited to two people at a time for 45-minute sessions. Visit the Front Desk to reserve a time slot no more than 48 hours in advance. Membership cards **must** be presented when registering and members must agree to abide by the established policies. Fitness Center members' yearly renewals have been extended by four months.

COMPUTER LOUNGE

The Computer Lounge is open by appointment and limited to two members at a time for a one-hour/45-minute session. Membership cards must be presented when registering for a time slot.

Members must agree to abide by the established policies. Sign-up for time slots cannot be made more than 48 hours in advance. Check back for added times.

ACTIVITIES DIRECTOR (*Cathy Barrett*)

Now is the time to make sure we all keep fit mentally and physically. We are offering many classes including the newer ones listed below, and we are constantly adding new day and evening classes. There are too many to list in this newsletter, so please pick up our six-page Activities Schedule at the front reception area or go on our website www.nashuaseniorcenter.org for a full listing. I would love to hear some of your interests or ideas for new classes. Please email your ideas to me at cbarrett@nashuaseniorcenter.org

We are now taking names for the following interest lists:

Walking Program, Bike Club, Sock Hop, Coffee Club, Piano Lessons, Trivia, Nutrition, Garden Club, Giant Yahtzee, Corn Hole, Cyber Security, Drawing, Photography, and Positive Thinking

THURSDAY CHAIR YOGA WITH JANICE

New time is 10:45 am.

For the next class start date, please see the Activity Schedule online or pick one up at the Front Desk at the Nashua Senior Activity Center.

Chair Yoga is for **everyone**. It is a gentle form of yoga that is practiced sitting in a chair. The focus will be on **breath work, meditation, and gentle seated stretches**. Learn ways to quiet your mind and relax your body. There will be no standing poses in this class.

FITNESS ROOM TRAINING WITH KEVIN

Every **first and third Wednesday of the month**, Fitness Room Training is available at 11:15 am. Space is limited. Sign-ups are on a first-come, first-serve basis and opened to members only. To register, please call 889-6155 or visit the Front Desk.

2021 SENIOR GOLF LEAGUE INFORMATIONAL MEETING



It's not long now. Winter is just flying by. Can't you tell . . . the days are getting longer? Well, we can dream can't we? We're planning the golf meeting for March 22, 2021 at the Nashua Senior Activity Center. There will be reminders as we get closer. Golf start date will be April 19, 2021.

Just like last year, we would like all golfers to be signed up and paid for by the day of the golf meeting. There will be a sign-up sheet at the front desk of the Senior Center. Please print your name, e-mail address, and phone number on the form provided by Hank and turn it in when you pay. That's a real big help to get everyone's information correct.

For those who are new and haven't received a form, you may pick up and fill out a form at the time you register. This year we are limiting the league to 48 players and sign-ups will be on a first-come, first-serve basis.

The dues are going up this year to \$75 per person, and you must be a current Senior Activity Center member to participate. You know everyone likes the pizza party, the banquet, and all of those prizes. Come ready to have another year of fun!



MAKE YOUR OWN BURST-OF-SPRING WREATH

Wednesday, March 17, 2021 at 2pm (Approximately two hours)

Instructor: Diane Siteman ■ Fee: \$30/members and \$40/non-members
(Materials included.) Pre-registration and payment is due no later than March 10.

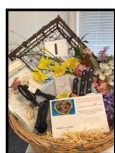
A grapevine wreath is a perfect base for you to decorate with a beautiful collection of springtime silk blooms and greens. Terra cotta pots, colorful birds, butterflies, bees, and other springtime novelties will be available for your use at no charge. After a long gray winter, the fresh colors and shapes will be a welcome addition to any room or door.

Festival of Springtime Raffle

Tickets: \$10 each or three for \$25

Available on online at nashuaseniorcenter.org
or at the Front Desk of the Nashua Senior Center

More than \$3,300 worth of prizes and 15 chances to win with every ticket



COOKING DELIGHT

\$50 Penzey Spice Gift Card, assorted kitchen utensils, Food Network Bowl set, spiced hot pad, wreath.
VALUE: \$150



RELAX AND ENJOY

Balvenie Scotch, glasses, Stonewall Kitchen pretzel-and-dip set.
VALUE: \$100



TAKE ME TO THE COSMOS

Stonewall Kitchen Cosmo Mixer, martini glasses, Grey Goose Vodka, shaker and assorted snacks. **VALUE: \$80**



INDOOR PICNIC

Three bottles of Mondavi wine, wine glasses, and snacks. **VALUE: \$100**



WINE AND DINE

Wine and glasses, A Lot of Thai gift card, T-Bones gift card, Cheesecake Factory gift card. **VALUE: \$130**



Lago Coral leather hobo designer purse with accessories. **VALUE: \$465**



WINE AND CHOCOLATE

Antique glass bowl, selection of Lindt chocolates, four gift cards for Chuck's Auto. **VALUE: \$275**



Kate Spade soft taupe large satchel designer handbag with accessories. **VALUE: \$419**



DINE OUT TONITE

Floral arrangement with gift cards to Parker's Maple Barn, Bertucci's, DW Diner, Pasta Loft, Mile Away, and Suzie's. **VALUE: \$180**



Coach soft taupe designer shoulder bag with accessories. **VALUE: \$395**



LOTTERY BASKET

Decorative floral basket with \$100 in lottery tickets. **VALUE: \$150**



Michael Kors dark khaki satchel designer purse with accessories. **VALUE: \$430**



BOWL AWAY

Handcrafted blown glass bowl, Lindt chocolates, Alec's Shoe Gift Card. **VALUE: \$250**



Fossil Bone and Brown satchel designer purse with accessories. **VALUE: \$158**



COFFEE 4 ME

Selection of five different Bone's Coffees, two mugs, four Starbucks gift cards. **VALUE: \$80**

SEMINARS/CLASSES

Visit our website: www.nashuaseniorcenter.org/news for the latest updates and information.

PLEASE NOTE

As of the date of this newsletter's publication, all of the following monthly offerings were still valid. All dates are subject to change.

A Matter of Balance (CPTE)

Eight-week Class (twice per week, 60 minutes per class)

11:00 a.m. to 12:00 p.m.

Mondays and Thursdays

Start Date: April 12, 2021

Do you have concerns about falling? Many older adults have concerns about falling, but they are not sure how to reduce their risk of a fall. "A Matter of Balance" is a program designed to teach people how to manage their lives with the goal of preventing falls. Each class will include discussion on various topics related to fall prevention, as well as exercises to help improve flexibility, strength, and balance. The 60 minute class will be held twice/week for 8 weeks. The fee for the 8 week class is \$15.00 for members, \$25.00 for non-members. The class is limited to 15 participants. Please call the Front Desk at (603)889-6155 to reserve your space-have membership number ready. Payment will be collected at first class and checks will be made payable to CPTE. This class is being taught by Fred Daniels from CPTE.



Guitar Meet and Greet

Join Mike Loce on March 22, 2021 at 1 pm at the Nashua Senior Activity Center to learn about the upcoming guitar lessons for newbies.

Please call 603-889-6155 to pre-register.

Guitar Lessons for Newbies

Why not play the guitar? This program is for beginners who have just obtained an instrument, where participants will review basic concepts such as holding the instrument (right handed), tuning, forming chords, and learning how to strum rhythms. A goal of this class is to learn to play 2/3-chord simple songs in a group format. All the necessary musical foundations are presented in a relaxed and entertaining manner by professional educator and musician, Mike Loce.

Four-week series starting on Monday, April 5, 2021 with six students max per class. Lessons are 35 minutes in length with a five-ten minute section for "setup/discussion." (total of 40-45 minutes)

Fee: \$20/members; \$40 non-members (subsidized by a grant)

Preregistration and payment is due no later than March 29, 2021. Please note that registration is open to members early starting March 2—11, 2021 and will be open to non-members from March 15—29.



NEW VETERANS YOGA PROJECT

Tuesdays at 1:00 pm

Mindful Resilience: A FREE class for veterans, first responders, and their spouses only. Veterans Yoga Project has collected data for nine years documenting a decrease in pain and stress with improved quality of sleep for class participants.

In 2008, 20,775 vets were served. Currently, there are programs across the US in 18 VAs, 17 Vet Centers, several fire and police departments, and dozens of community centers.

Space is limited so please pre-register at the Front Desk or call Cathy Barrett with any questions. All veterans, please bring your DD214 to the first class.

COMMUNITY PARTNERSHIPS/SEMINARS/CLASSES



Thinking of Selling Your House?

Ann-Marie Gallant, Realtor with Keller Williams Realty, will present a FREE class on Tuesday, March 30, 2021 at 1 pm. You will learn the pros and cons of fixing up your home before selling, **OR** selling as is — making sure you get what your house is worth. Seminar space is limited. To reserve your space, please pre-register by March 23, 2021.



SIGHT SERVICES FOR INDEPENDENT LIVING

New Hampshire Department of Education

Low Vision Peer Support Group

The Low Vision Peer Support Group will meet at the Nashua Senior Activity Center on the following dates:

- 4/27/2021 — Eye Health and Nutrition
- 6/22/2021 — How vision can be corrected and how magnification works
- 8/24/2021 — New and affordable assistive technology and rental/loaner programs
- 10/26/2021 — Wrap-up and planning

The purpose of these meetings is to provide information, resources, and support to any visually impaired New Hampshire resident age 55 and older.

Pre-registration is required. Please call the Nashua Senior Activity Center at 603-889-6155.

BUSINESS MEDIA SPONSORS



Breakfast Exchange Club—Nashua



Greenbriar



Synergy Home Care



VOLUNTEER INCOME TAX ASSISTANCE

Get your taxes done (virtually) for FREE by VITA volunteers & United Way of Greater Nashua

Due to COVID-19, AARP TaxAide will not be open at the Nashua Public Library, Nashua Senior Center, Hudson Library, and Hudson Senior Center this tax season.

Free income tax preparation services for individuals whose income is \$57,000 or less, and located in the Nashua and Hudson communities will be available by appointment only through VITA (Volunteer Income Tax Assistance) using IRS-certified volunteers. All tax returns will be prepared virtually. There will be no in-person contact between taxpayers and volunteers.

There are two options for having your taxes prepared:

(1) Drop-off locations by appointment: United Way of Greater Nashua, 20 Broad Street, Nashua: vita.uwgn@gmail.com

Hudson Library, 18 School Street, Hudson:
Hudson-VITA@comcast.net

(2) 100% Virtual On-Line Delivery: Scan your documents and email to VITA's secure email address.

Detailed instructions and all forms required can be downloaded at http://bit.ly/GreaterNashua_VITA_2021

For questions regarding the free tax preparation, call 603-204-0952.



Thank you to our 2020 Grantors



Harvard Pilgrim Foundation
NH Charitable Foundation
Anthem Blue Cross and Blue Shield
Humana
The Agnes M. Lindsay Trust
United Way of Greater Nashua

Nashua Rotary
Rotary Club of Nashua West
Saab Family Foundation
First Church
Citizen's Advisory Committee



Thank you to our 2020 COVID-19 Appeal Donors



Joann Andrews
Chase Barnes
Catherine Barrett
Thomas and Joan Bartlett
Bob Bean, Minuteman Press
Steven Boisvert
Jane Boland
Richard and Mary Brown
James and Gwen Brown
Louise Burbank
Priscille Butenhoff
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Richard Sanneman
Alfred and Carol Somers
Ed Steinberger
Frances Strack
George and Beth Todgham
Omer and Susan Waye
Barbara Weaver
Breakfast Exchange Club of Nashua
L O T W M
Right at Home - So. NH Team

... and thank you to the many donors who chose to remain anonymous!

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

◆ **POSTPONED UNTIL FALL 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.

Please call 816-2645 to be put on the Call List for when it is rescheduled.

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.

Departs: 10:15 am Exit 8 Park & Ride;

Returns: 6:00 pm



Pen Pals & Phone Friends for Seniors

Sponsored by United Way of Greater Nashua

During the colder months, more and more of us are 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 (603) 816-2643 or mbell@nashuaseniorcenter.org

MULTI-DAY TRIPS

(Flyers available soon)

Tropical Costa Rica: January 2022, with air from Boston (\$2198)

America's Music Cities: Early March 2022, with air from Boston (\$2999)

Bluegrass Country and Great Smokey Mountains: End of March 2022, with air from Boston (\$2999)

SAVE THE DATE: March 16, 2022 at 10am — Join the Zoom presentation for information on these tours. Call 603-816-2645 to register, and you will be given a Zoom link.

NSAC INFORMATION

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

