

## COMMUNITY PARTNERSHIPS/SEMINARS

### **MEDICARE 101**

**FREE SEMINAR ANSWERING YOUR QUESTIONS ON MEDICARE**

**THE FIRST THURSDAY OF EVERY MONTH AT 5:30 PM**

MAY 6, 2021 at 5:30 pm

Registration required. Please sign up at the Front Desk or call 603-889-6155.

Hosted by Dorrie Dobens from *The Lenny Dobens Agency*.



## **I'VE SAVED FOR A LIFETIME, AND NOW I COULD LOSE IT ALL?**

- What if I lose my house and life savings to a nursing-home stay?
- What if after my death, my adult child divorces or dies? Will my estate transfer to their spouse? What about my grandchildren?
- What if my adult child is battling creditors or drug addiction and inherits the estate?
- Congress has killed the Stretch IRA. Learn the rules and how you can still use IRAs and Trusts to protect your children's inheritance.
- Learn how to structure your trust and IRA to care for a disabled or special-needs child.



Come relax and learn from the authors of Estate Planning for the Informed Consumer\* during this powerful, FREE educational session.

\*For the health and safety of our guests and speakers, this seminar will follow current COVID-19 protocols.

**Thursday, June 10th  
1:00 – 3:00 PM  
Nashua Senior Center  
70 Temple St., Nashua  
To register, call 1-800-370-5010**

**Beasley & Ferber  
The Elder and Disability Law Firm  
Concord, Bedford, Nashua, Exeter  
(NH) and North Andover (MA)  
www.beasleyferber.com**



Atty Edward Beasley



Greg Gagne, ChFC



### ***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 at 1:30 PM on the following dates:

- 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 are 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.

## COMMUNITY PARTNERSHIPS/SEMINARS



### **Pen Pals & Phone Friends for Seniors** Sponsored by United Way of Greater Nashua

Would you, or do you know of 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](mailto:mbell@nashuaseniorcenter.org)



**MEALS on WHEELS**  
HILLSBOROUGH COUNTY

### **Grab N' Go Meals**

**By: Meals on Wheels of Hillsborough County**  
Every Monday and Wednesday from 1:00 PM—2:00 PM

Meals on Wheels will provide freshly made lunch options created by Soel Sistas.  
For more information and to reserve your spot, call Carol at 603-424-9967.

**Please Note:** days and times are subject to change in subsequent months.

**Be sure to check out  
our giving page for  
this annual event:**

**GIVE TO LOCAL  
NONPROFITS ON**

**NH  
GIVES**

An initiative of NH Center for NONPROFITS

**JUNE 8-9, 2021  
5PM - 5PM**

[NHGIVES.ORG](http://NHGIVES.ORG)

**THANK YOU**

**Boston Billiards  
Club & Casino  
2020 Charitable  
Gaming Sponsor**

**Nashaway  
Woman's Club for  
their generous  
grant of \$500**

**BUSINESS MEDIA  
SPONSOR**



A Member of Covenant Health

## NSAC INFORMATION

**Did you know that the  
Nashua Senior Activity Center now has it's  
very own podcast?**

Each episode features industry professionals discussing topics of interest to seniors and their families. Episodes can be heard on Anchor, Radio Public, Breaker, Google Podcasts, Spotify and Apple Podcasts.



**VOLUNTEER**

Volunteers play an important role at the Nashua Senior Activity Center. The time and talents of these individuals is truly valued and appreciated. As we begin to look ahead there will be opportunities that may be of interest to you. If you have some available time and an interest in doing some volunteer work please contact Margo Bell at 603-816-2643.

Volunteer positions to include: Front Desk (3-4 hour shift), Round Again Shop (3-4 hour shift), Library (2-3 hour duration), Travel Office (3 hours). All posts require training and request a weekly commitment.

**Nashua Senior Activity Center Spotlight  
is coming back to:**



**Tune in on the last Monday of the month at 8:30AM  
for an update on activities and other  
NSAC happenings!**

Thank you to the anonymous grantor who made this possible.



Join us in welcoming **Jodie Surprenant** to the Nashua Senior Activity Center staff! In her new role as Office Manager, Jodie supports NSAC operations by overseeing the membership office, managing the fitness room, scheduling health clinics, lending her support to our fundraising and activity programs and is responsible for the production of The Nashua Senior Activity Center Newsletter. Jodie has many years experience working in both Office Administration and Management and is a welcome addition to our staff!

**NSAC INCLEMENT WEATHER CLOSINGS:  
Watch WMUR or check WMUR.COM**



## 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 — Thursday, 9 AM-11:30 AM or Margo Bell at 603-816-2643 or via email at [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org). PLEASE NOTE: As of the date of publishing all of the following day trips and multi-day tours were still valid. The dates are subject to change. Please ask about the cancellation policy.

### COG RAILWAY & MT. WASHINGTON Wednesday, June 30, 2021 Cost: \$163.00 \* per person



\*The cost of this tour has been increased due to additional Covid 19 protocols. Prior payments and reservations made before April 20, 2021 will be honored at the original price\*

Travel to the Mt. Washington Hotel for a tour and buffet lunch. Board the Cog Railway for a 3 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**

### Lights and Sights of Portland Harbor & Luncheon at DiMillo's Floating Restaurant

**Date: July 21, 2021 ~ Cost: \$140.00 per person**

This adventure takes you to Portland, Maine for a sightseeing cruise taking in the Lights and Sights of the harbor. During the 90 minute boat experience, you will view the iconic Lighthouses, forts and historic sights of Portland Harbor. Included lunch to follow at Di Millo's Floating Restaurant, please select baked stuffed chicken or lobster roll upon sign-up. Some time allowed, on your own, to explore the beautiful Old Port.

**Departs: 7:45 AM** (Exit 8 Park & Ride)  
**Returns: approx. 5:45 PM**



### At the Ogunquit Playhouse (Outdoor Pavilion) August 4, 2021 ~ Cost \$150.00 per person

(Ogunquit Playhouse will open it's new Outdoor Pavilion for their summer season. Performances will be 90 minutes long and all seating will be socially distanced in groups of 2)

Join us as we Escape to Jimmy Buffett's Margaritaville! Tap your toes, take it all in and your cares will melt away. Remember ... it's 5 O'clock somewhere! Luncheon included at Warren's prior to the show.

**Departs: 11:00 AM** (Exit 8 Park & Ride)  
**Returns: approx. 5:45 PM**

### 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 & gratuities.

*Please call 603-816-2645 to be put on the call list for when it is rescheduled.*

## 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 Smoky Mountains:** End of March 2022, with air from Boston (\$2999)

**Do you have a suggestion on a trip or event you would like to see us offer?**

**We are always looking to add new and exciting excursions or events and would love your input!**

**Call the Trip Office at 603-816-2645 ~ We are taking names for interest lists for the following events:**

**Lake Winnepesaukee Turkey Train ~ Castle in the Clouds / Mt. Washington Cruise ~ Newburyport Luncheon Cruise ~ Newport Rhode Island Dine & Sail, Fall Foliage Tours and The Van Gogh Exhibit.**



## 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  
US Postage  
**PAID**  
Nashua, NH  
Permit # 103

## 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 age 50 or older.

**Membership and Renewal Fees:** \$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 seniors 90 years 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.

## FOLLOW US ON SOCIAL MEDIA:

[www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)



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[@nashuaseniors](https://twitter.com/nashuaseniors)