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STAFF

Executive Director

Margo Bell
603-816-2643
mbell@nashua
seniorcenter.org

Activities Director

Cathy Barrett
603-816-2647
cbarrett@nashua
seniorcenter.org

Development Dir.

Judy Porter
603-816-2649
jporter@nashua
seniorcenter.org

Office Manager

Jodie Surprenant
603-816-2642
jsurprenant@nashua
seniorcenter.org

NASHUA

SENIOR ACTIVITY CENTER

NEWS

ISSUE #323

70 Temple Street, Nashua, NH 03060
603.889.6155

www.nashuaseniorcenter.org

JULY/AUG 2021



Monday, September 27th 2021

Doors open: 5:30 PM - Game starts: 6:30 PM

Tickets go on sale July 1st

\$40 in advance - \$50 at the door (if available)

(Limited to 100 - must be 18)

Chances to win ten designer handbags valued at over \$3,000!

Door prize and gift certificates to restaurants, stores and more!

Additional Bingo chances for each handbag will be available.

Heavy appetizers sponsored by Bridges by Epoch at Nashua
Cash Bar

Sponsorship available— Contact Judy Porter @ 603-816-2649 jporter@nashuaseniorcenter.org



MARC JACOBS



MICHAEL KORS

DOONEY & BOURKE

kate spade

NEW YORK

Look What's New at The Nashua Senior Activity Center!

The Round Again Shop Has Re-Opened!!!

Shop on Mondays & Thursdays
9 AM—3 PM (masks required inside shop).

* Jewelry table will be back in July *

Donations on Tuesday & Wednesday mornings by appointment only. Call Margo Bell at 603-816-2643 to schedule a time for donation. (limit of 2 kitchen bags per appointment)

- **Billiard table is now open by appointment!**
- **First in-house fundraiser "Designer Purse Bingo" scheduled for September 27th!**
- **Flea Market slated for November! More information will be in the next Newsletter.**
- **Sight and Hearing Clinics are currently scheduled! Other health clinics will slowly be resuming.**
- **Library re-opening date will be announced soon! Donations will be by appointment only and limited to two grocery bags.**

EXTENDED FITNESS CENTER HOURS!

The Fitness Room is now open until 4:00 PM!

There is a limit of two people at a time. Please visit or call the Front Desk to reserve a 45 minute time slot no more than 48 hours in advance. Members must agree to abide by the established policies.



COMPUTER LOUNGE

The Computer Lounge is now available until 4:00 PM!

There is a limit of two members at a time. Please visit or call the Front Desk to book a one-hour/45-minute time slot no more than 48 hours in advance. Members must agree to abide by the established policies.



NASHUA SENIOR ACTIVITY CENTER **Updated COVID-19 Recommendations and Guidelines**

The population we serve at The Nashua Senior Activity Center falls into the high risk category and therefore it is **highly recommended** that visitors **continue to wear a mask** while using our facility to protect their own health as well as the health of our members, volunteers, staff and guests.

In accordance with the updated guidelines from the City of Nashua, members, program participants and staff of The Nashua Senior Activity Center who are **fully vaccinated** may utilize our facilities and participate in programs without a face mask. However, mask wearing is encouraged and visitors or staff who wish to continue to wear a mask will be fully supported.

Fully vaccinated is defined as:

- 2 weeks after the second dose in a 2-dose series, such as the Pfizer or Moderna vaccines
- OR
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson's Janssen vaccine

If you do not meet the above requirements, you are **NOT** considered fully vaccinated and **are required to wear a mask when inside our facility**. We will not be requiring proof of vaccination but are relying on the integrity of our members and guests to follow this guidance based on their vaccination status.

Additional sanitizing stations are located throughout the building (*frequent hand washing is encouraged*)

REVISED OPERATING HOURS:

Monday – Wednesday: 9:00 AM—4:00 PM, Thursdays: 9:00 AM—7:30 PM, Fridays: Closed*

**except pre-registered classes and by appointment*

Class sizes have been reduced ~ Credit card payments are preferred

(Pre-registration and social distancing required)

Check Program Schedule for available activities

ACTIVITIES (Director, Cathy Barrett)

PLEASE NOTE

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

We are now taking names for the following interest lists:

Sock Hop, Piano Lessons, Nutrition, Garden Club, Giant Yahtzee, Corn Hole, Cyber Security, Paint Your Own Pottery and Photography.

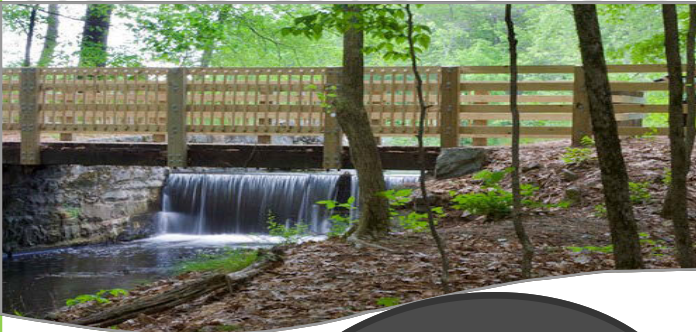
I would love to hear some of your interests or ideas for new classes.

Please email your ideas to me at: cbarrett@nashuaseniorcenter.org

NEW SUMMER PROGRAMS!

We are constantly adding new day and evening classes including NEW SUMMER PROGRAMS!
There are too many to list in this newsletter, so please pick up our Activities Schedule at the Front Desk or go on our website: www.nashuaseniorcenter.org for a full listing.

WALKING CLUB



Fridays 9 AM - 10 AM
NASHUA RIVER
RAIL TRAIL

Trailhead located at:
94 Gilson Road
NASHUA NH

Come enjoy the beauty of the Nashua River Rail Trail with a friendly group of greater Nashua citizens. Walk at your own pace and enjoy the wonderful scenery.

We are excited to announce:
We are starting the Walking Club backup in collaboration with Nashua Parks and Recreation.

Questions? Call 603-589-3370



Bone Builders Is Back !

Improve your strength and balance with **Bone Builders!**

Monday and Thursday 2:30—3:30.

Newcomers must provide a physician's release to participate and all participants must be fully vaccinated.

Current COVID practices are in effect.

Pre-registration required - RSVP to:
Donna Konop: 603-598-9421



This is a free class though donations are welcome!

Basic Guitar Strummers

Starting July 19th 1 PM

Join this class with your instrument and enjoy its unique sound with others in an educational and fun song circle. Benefits from the acoustic guitar include increased relaxation and enhanced creativity. Requirements include knowledge of tuning the guitar, forming basic chords and strumming, since the goal will be to all play together with popular songs. This class is directed by professional guitarist and educator Mike Loce.

4 week series; 6 students max per class. 45 min lesson with 5-10 min "setup/discussion" section. Pre-registration & payment is due no later than July 12th. Fee: \$75/Members & \$85/Non Members.

BIKE CLUB

Calling all Bikers of all levels.

We meet on Fridays at 10 AM.

Locations to be determined by the group.

For more information please email:

cbarrett@nashuaseniorcenter.org



Billiards is Resuming!!!

The pool table will be open for play during NSAC open hours of operation.
The fee per player is Members \$3 - Non-Members \$5 for a 90 minute session.
For full details and NSAC guidelines please pick up a flyer at the front desk.

