

ACTIVITIES (Director, Cathy Barrett)

We are now taking names for the following interest lists: Cyber Security, Evening Mah Jong, Evening Guitar, Garden Club, Giant Yahtzee, Nutrition, Paint Your Own Pottery, Photography, Piano Lessons, Sock Hop, Understanding Your Apple iPhone & Understanding Your Android Phone. 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 FALL PROGRAMS!

What a great time we had this summer, but the fun doesn't have to end yet!

Join us for some of our ongoing outdoor programs this Fall!

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.



PLEASE NOTE: As of the date of publication, the following offerings were still valid. Dates are subject to change.

WALKING CLUB

FRIDAYS 9AM—10AM



Nashua Senior
NEW HAMPSHIRE'S GATE CITY

ACTIVITY CENTER

Come enjoy the beauty of the Nashua River Rail Trail, 94 Gilson Road in Nashua NH with a friendly group of greater Nashua citizens. Walk at your own pace and enjoy the wonderful Fall scenery. Hosted in collaboration with The Nashua Senior Activity Center and The Nashua Parks & Recreation Dept. Call 603-589-3370 with any questions.



Brain Boot Camp with Jerry from Humana

Monday, September 20th 12:30 PM

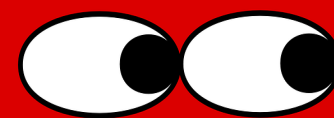
This FREE seminar is designed to give you information on how to keep your brain healthy and strong as you age. Jerry will also explain the myths and misunderstandings surrounding Dementia. Space is limited. Pre-register at the Front Desk by September 15, 2021. 603-889-6155

NSAC BIKE GROUP

Calling bikers of all levels. We meet Fridays at 10 AM. Locations to be determined by the group.



For information please call Cathy at 603-816-2647 or email: cbarrett@nashuaseniorcenter.org



Look What's Back!



Pinochle—Mondays 9:00 AM

Bridge—Tuesdays 1:00 PM

Mah Jong—Tuesdays 1:00 PM

Book Club—1st & 3rd Friday 9:30 AM

(Starts 9/17/21—space limited—call Pat at 603-921-4337)

All card games are drop-in with pricing for members and non-members. (See Program Schedule for pricing)

At this time, no shared snacks are allowed. You may bring individual snacks.



Tuesday Music Group: 9:15 AM—12:00 PM

Wednesday "Music Theory 102": 9:00 AM—10:00 AM

Wednesday "Friends Making Music": 10:15 AM

Friday Silver Lining Chorus: 10:30 AM (Starts: 9/10/21)

Tuesday Music Group: Open to anyone interested in solo performance work, improving music skills, social interaction and having fun! Mostly vocals however we are joined by instruments such as ukulele, harmonica, accordion, cello and even flute! When the mood strikes, we may all join in for a good old fashioned sing-a-long. Plenty of music to choose from with Dick Leombruno providing keyboard accompaniment.

Wednesday "Music Theory 102": This on-going class will provide a review of the basics of melody & harmony with hands on rhythm playing and a more in depth study of intervals, chords and transposing. Participants include beginners to advanced so every effort is made to meet each individual level of knowledge and experience.

Wednesday "Friends Making Music": Please come join a group of "FRIENDS MAKING MUSIC"! If you play an instrument, this is an outlet for your talent, an opportunity to meet new people and have a good time making music with friends! Call Will Landry at (603) 888-0435 for details.

TRIVIA PURSUIT: It's a game not unlike the board game, Trivial Pursuit, where a question is asked and your team decides on an answer. Points are given for each correct answer as you build a score that competes with another team. Come alone or bring your friends, it's about an hour of fun! **September 22nd & October 20th 2021 - 12:30 PM** (FREE—please sign up 1 week in advance)



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The following classes are subsidized by a grant from



Ukulele Ensemble - Ukulele Fun Continues! Mondays: September 20th & November 1, 2021 1:45 PM ~ free/members - \$10/non-members

Keep on strumming and singing! The Ukulele Ensemble class is for intermediate players who have already taken Mike's intro class and have the fundamentals down of holding the instrument, forming chords, switching chords & strumming in time. Songs will be provided in PDF format.

September 20th - October 18, 2021

12:30 PM

\$20 members/\$40 non-members

Why not play the guitar? This program is for beginners who have an acoustic guitar. We will review basic concepts such as holding the instrument, tuning, forming chords and learning how to strum rhythms. A goal of this class is to learn to play simple songs. All the necessary musical foundations are presented in a relaxed and entertaining manner. Music materials will be provided as PDF files for printing and bringing to class.

Guitar for
Newbies

Basic Guitar
Strummers

November 1st - November 22, 2021

12:30 PM

\$20 members/ \$40 non-members

Do you play guitar? Would you like to develop this skill more? Music is a language. Join this class with your instrument and enjoy it's unique sound with others in a fun and educational song circle. Prior guitar playing experience, such as forming chords and strumming is required. Health benefits from playing guitar in a group with others include relaxation and enhanced creativity.

**These classes are taught by professional musician and educator, Mike Loce.
Space is limited, so sign up now!**

Water Color Paint Techniques with Diane Bluff

Diane has always had a passion for art & studied several mediums in her art career but enjoyed Water Color the best!
Meet & Greet on Tuesday, September 21st at 1 PM
Come learn more about Diane & she'll share her portfolio!



4 Week Water Color Paint Techniques Class Starts Tuesday October 5, 2021 ~ 1-3 PM \$56/members & \$66/non-members

Pick up a supply list and class syllabus at the Front Desk. Registration & payment due September 28th.



Make Your Own Fall & Holiday Wreaths

at the Nashua Senior Activity Center



Fall Wreath Class: September 23, 5-7 PM

& Holiday Wreath Class: November 18, 2-4 PM

Our very own talented Diane Siteman will teach you how to make your very own Fall Wreath at the September class or Kissing Ball or Holiday Wreath in the November class! Sign up for one or both classes! Registration & payment due one week prior to the date of class. **\$15/members & \$25/non-members** (per class—materials included)

4 Week Harmonica Lessons

Taught by a professional musician

Thursday's at 2pm - starting October 7th

\$20/members - \$40/non-members

Starter kit available for additional purchase of \$28.00

Registration & payment due no later than September 30th

For full details, pick flyer up in the front reception area.



Baking Techniques with Chef Reggie

Learn to make delicious cakes, cookies and pies.

3 classes in this session: Thursdays Oct. 7, 14, 21, 2021—\$20/session

Samples of the food he creates will be available for attendees to taste.

Class is limited to 10 attendees and you must be a current member of the NSAC.



CORNHOLE: Join Jerry from **Humana** September 14th 11 AM— 1 PM in the NSAC parking lot.

Pickle Ball Lessons Update: Many thanks to our awesome instructor John Croes for volunteering to teach multiple Pickle Ball classes through the summer! We all appreciate his time, expertise and patience. Everyone had a great time, even with the ups and downs of the crazy weather!

Pickle Ball is a nice way to meet people, get out and get active! For those who would like to continue playing this fall, please email: cbarrett@nashuaseniorcenter.org



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

COMMUNITY PARTNERSHIPS/SEMINARS

Medicare Open Enrollment Information:



The Lenny Dobens Agency will hold a Medicare Seminar at the Nashua Senior Activity Center on **October 7th at 5:30 PM**. Pre-registration is required. Contact the Front Desk to sign up at 603-889-6155. For additional questions, contact Dorrie Dobens at 603-882-6591.



Jerry from Humana will be at the Nashua Senior Activity Center on **October 18th & November 15th from 1 PM to 3 PM**. Pre-registration is required. Contact Jerry Leavitt with questions and to register at 603-930-9063.



Harvard Pilgrim Health Care will be available in the NSAC parking lot on: **October 14th, from 9:30 AM—11:30 AM, October 21st from 1 PM—3 PM, & October 26th from 2 PM—4 PM**. Pre-registration is not required. Contact Robin Chouiniere at 603-656-9531 with questions.



Health Markets will host an informational booth at the NSAC on **October 12th & November 16th from 9 AM-12 PM**. Information from various companies will be available. Pre-registration is not required. Contact Brittany Robichaud for more information: 978-645-1234.



Remembering When

The office of the NH Fire Marshal presents **Remembering When A Fire and Fall Prevention Presentation for Older Adults!**
September 30, 2021 at 1:00 PM at the NSAC
Pre-Register by calling the Front Desk at 603-889-6155

Remembering When is a comprehensive fire and fall prevention program for older adults. The workshop covers 16 key fire and fall safety messages. **Remembering When** has adopted a nostalgia theme that includes safety messages presented through discussion, music, and props. The program demonstrates how older adults can help themselves live safely at home for as long as possible. They can teach you these strategies and help prevent the unthinkable!

Probate Estate Administration v. Trust Administration: A Comparative Overview



Join Attorney Sarah Paris from Morneau Law as she teaches how to navigate Probate and the appropriate uses of Trusts to avoid it during this interactive seminar.

Thursday, Nov. 4, 2021 5:30 PM - 6:30 PM

Free and open to the public. Please reserve a seat by registering at the Front Desk: 603-889-6155.

Hosted by:



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.



Atty Edward Beasley



Greg Gagne, ChFC

**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, October 28, 2021 - 1:00 - 3:00 PM
Nashua Senior Activity Center

To register, call Beasley & Ferber: 1-800-370-5010

The Elder and Disability Law Firm

Concord, Bedford, Nashua, Exeter NH & North Andover MA

www.beasleyferber.com

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. Pre-register at the Front Desk or call Cathy Barrett. All veterans, please bring your DD214 to the first class.

COMMUNITY PARTNERSHIPS



AARP Safe Driving Class

Monday October 18th & Tuesday October 19th 2021—9:30 AM - 12:30 PM

Participants in the AARP “Smart Driver” course will learn how issues ranging from medication to the newest auto technology can affect driving ability and skills.

This two day class is being held at the Nashua Senior Center and is open to everyone and all ages; you do not need to be a member of AARP to attend this course. Space is limited. To register, please call the Nashua Senior Center at 603-889-6155.

The fee for this course is: **\$20/AARP members & \$25/non-AARP members** (payable by check at the start of the course)

Note: Certain insurance companies recognize that completion of this course may qualify you for a reduction in your auto insurance premiums.

NSAC Week at Boston Billiard Club & Casino!!!

Come in to Boston Billiard Club & Casino between

Monday 9/13/21 through Sunday 9/19/21 from 11:30 AM—1 AM

Nashua Senior Activity Center is the charity partner for the entire week!

Try your hand at poker and several other table games all while helping to support a great cause! Boston Billiards will donate 35% of that week's proceeds to NSAC!

We want to thank Boston Billiards, for helping us raise over \$67,000 of much needed revenue at our 2020 event!



55 Northeastern Blvd.
Nashua, NH 03062
603-943-5633

www.BostonBilliardClub.com

Nashua Senior Activity Center Spotlight



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.



55 Northeastern Blvd.
Nashua, NH 03062

NSAC Members can play pool for FREE at Boston Billiard Club and Casino.

Monday – Thursday: 12:00 PM – 3:00 PM

You must show your NSAC membership card for this benefit.

Call Cathy Barrett at 603-816-2647 for more 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.

Join Fred Daniels from the

Center for Physical Therapy & Exercise for Balance & Stability (CPTE)

Eight week class (twice per week ~ 30 minutes per class)

Monday & Thursday 1 PM ~ Start date: Monday October 18, 2021

Free members / \$10.00 non-members

Balance and stability are things we want to improve because we want to be more mobile, maintain our independence and have fewer falls. The Balance & Stability class will focus on exercises and stretches to increase strength, flexibility, coordination, stability and balance. We may not improve your dancing, but we can help to decrease your falls! The class is limited to 15 participants. Call the Front Desk at 603-889-6155 to register.



Meals on Wheels of Hillsborough County

The Community Dining Program has resumed at the Nashua Senior Activity Center and the Grab n' Go program has ended. Balanced meals are being served Monday through Friday at 12:00 PM.

For more information and to reserve your spot, call Carol at 603-424-9967.

VETERANS' COFFEE CLUB

with Barney Barbera

Chairman of the City of Nashua Mayor's Veterans' Council

September 9th & October 14th 9 AM—10 AM

Held the 2nd Thursday of each month—NSAC Coffee Talk Lounge

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.

September 9th we'll be joined by Chelsea Neeley, Director of Advanced Planning from Zis-Sweeney and St. Laurent Funeral Home who will be talking about Veteran's Funeral Benefits.

