

# Mark your Calendar



## GERALD CHARLES DICKENS EVENT

Details are still being worked out for the tour. Call the Nashua Senior Activity Center at 603-889-6155 to add your name to an interest list & for updates!



## Symphony NH Holiday Concert at NSAC

**Tuesday, December 7th  
1:30 pm**

Granite State Quartet was founded in the beginning of 2020 by 4 amazing Symphony New Hampshire string players: Kun Shao, Aleksandra Labinska, Seeun Oh, and Youngsook Lee. Their wide-ranged repertoire has covered Classical, Jazz, Broadway and even cinematic music. GSQ is committed to bringing diverse chamber music programs to NH beyond the symphony orchestra concert & can't wait to perform for the Nashua Senior Activity Center! Treat bags will be provided to participants courtesy of Fairview Senior Living!

This event is limited to 60 attendees and is free for members. A **refundable \$5 deposit** will be required to sign up along with a current NSAC membership card. Membership card will also be required on the day of the event to receive your refund. The price for non-members is \$10 and is not refundable. Deadline to purchase tickets is November 30th.




## Christmas Holiday Raffle Extravaganza

Tickets go on sale November 15th

Be sure to check our lobby  
for all the great prizes!

## ART EXHIBIT & SALE

**THURSDAY, DECEMBER 9th**

**10am - 2pm**

**at the Nashua Senior Activity Center**

Colorful Compositions to "Light up Your Life" or to give as a gift! Come have lunch and see the paintings from Mary Crump's painting classes.

Please pre-register with Meals on Wheels prior to Dec. 9th by calling 603-424-9967 if you plan on having lunch.



## FLEA MARKET

**Save the Date:**

**Spring Indoor Flea Market**

**Saturday, March 12, 2022**

**9am-2pm**

Vendor space available -  
tables are \$25.00 each  
and go on sale December 15th.

For more information  
and to reserve your spot,  
contact Margo at 603-816-2643.

## Night of Tribute Music in Celebration of Jerry Jean with the "Olde Tyme Pickers"

**Tuesday, November 16th from 7pm - 9pm**



Come join us as we celebrate the 30 years of great music Jerry brought to NSAC! Jerry Jean and his Bluegrass Buddies (now called the "Olde Tyme Pickers") entertained in the NSAC dining room on the 3rd Tuesday of every month since 1989! Sing, play or just listen along as we pay tribute to Jerry's life & music at this special event! This celebration is free and all are welcome!

## ACTIVITIES (Director, Cathy Barrett)

**We are now taking names for the following interest lists:** Cyber Security, Evening Mah Jong, Evening Guitar, Evening Yoga, 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](mailto:cbarrett@nashuaseniorcenter.org)

**We had a great season with all our outdoor programs & look forward to starting them back up in the Spring!**

**Many thanks to:**

- The Nashua Parks & Rec. Dept. and all our staff and friends who joined us during our Friday Walking Program.
- Our fun group of Pickle Ball players and our wonderful instructor John Croes!
- Lee Newcomb and all the bikers who participated in the Bike Club!

**PLEASE NOTE:** As of the date of publication, the following offerings were still valid. Dates are subject to change. Pick up an Activities Schedule at the Front Desk or go on our website: [www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org) for a full up-to-date listing.



## FEATURING NSAC'S YOGA CLASSES



### **Some Benefits of Yoga:**

Yoga improves strength, balance & flexibility ~ Yoga helps with back pain relief  
 Yoga can ease arthritis symptoms ~ Yoga benefits heart health  
 Yoga relaxes you, to help you sleep better ~ Yoga can mean more energy & brighter moods  
 Yoga helps you manage stress ~ Yoga connects you with a supportive community  
 Yoga promotes better self-care

### **Yoga by Janice**

Janice has completed her E-RYT 500 hour yoga training and has been teaching Chair Yoga for over six years in southern New Hampshire senior centers.

#### **Exercise for Balance/With Chair Yoga:**

A yoga practice of pranayama (breath work), meditation and asanas (yoga poses) sitting and standing with a chair. Focus will be on strengthening balance. A practice for mind, body and soul.

#### **Chair Yoga:**

Practice yoga seated in a chair with breath work, meditation and yoga poses for mind, body and soul. Chair yoga is a great way to get the health benefits of yoga while safely seated in a chair.



### **Yoga with Terri**

Yoga became Terri's second career after discovering her passion of taking care of people during her 31 years in the medical field. She has 200 hours of Yoga training which included completing Restorative Yoga/Yoga Nidra training and receiving Reiki II Attunement. Terri is also a Reiki Master. Terri's classes provide a gentle approach to the fundamentals of Yoga and are great for all levels.

#### **Gentle Flow Mat Yoga & Meditation:**

Great for stretching & flexibility.  
 Day & evening classes available.

#### **Mindful Resilience: Tuesdays at 1:00 pm**

Veterans Yoga is offered free to Veterans, spouses & first responders. Proof required; please bring your DD214 to your first class. For full details please pick up a flyer at the Front Desk.

Go to [www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org) or pick up an Activity Schedule for the dates & times of all the upcoming Yoga Classes.

**Golf News:** It was a great, successful golf year and lots of fun for everyone! We had a golf scramble and a pizza party. Winners of the scramble were **Ron Cote, Anne Sirois, Frank Davis & David Bernardini** with a score of 33—3 under par! We had a great full golf banquet with music, fun, prizes and delicious food catered by McNulty & Foley. Thank you to **Cathy Barrett** and **Judy Porter** for the set up and take down. Thank you as well to **Jim Smith** for the fantastic music and to **Diane Siteman** for the beautiful centerpiece arrangements - the little golf guy was a great idea!

Sincere appreciation also goes out to **Hank Bernardini** for his years volunteering as the league coordinator. Hank's attention to detail and many hours spent with league record keeping were a tremendous effort & the Nashua Senior Activity Center extends a heartfelt thank you!

### **2021 Golf League Champions:**

**1st-Alice Comerford & Henry Bernardini**    **3rd-Don Vincent & Frank (hole in one) Kaminski**  
**2nd-Rick Carbonneau & Armand Lussier**    **4th-Geoffrey Prost & Helen Fitzgerald**

