

ACTIVITIES (Director Cathy Barrett)

The following classes are subsidized by a grant from



Basic Guitar Strummers



Monday, November 8th
12:30 pm
\$20 members
\$40 non-members

So you play guitar? Would you like to develop this skill more? Music is a language. Join this 4 week 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.

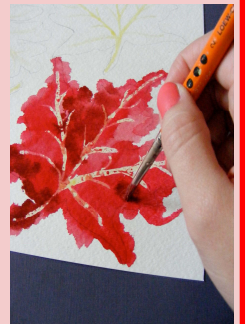
Class is taught by professional musician & educator, Mike Loce.

Beginners Water Color Class With Diane Bluff

Starts Tuesday, November 16th
at 1:00 pm

\$40/members & \$66non-members

Start with the basics in this 4 week Beginners Water Color Class. Registration and payment is due no later than November 9th. Pick up a flyer and supply list at the Front Desk.



House Plants 101 With Heleene

November 17th at 2:30 pm
\$5/members—\$10 non-members
 (all materials included)



Registration & payment due no later than November 10th

Learn the basics of house plant care, avoiding pests and how you can propagate plants to make more from the plants you already have. At the end of the class you will leave with your own baby spider plant to nourish and watch grow.

Make Your Own Holiday Wreath November 18th, 2 - 4 pm *(class full) November 22nd, 2 - 4 pm

Artist Diane Siteman will teach you how to make your very own Holiday Wreath! Registration & payment due by November 15th.

\$15/members & \$25/non-members
 All materials will be provided.



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

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.

Pinochle: Mondays 9:00 am

Bridge: Tuesdays 1:00 pm

Mah Jong: Tuesdays 1:00 pm

Cribbage: Wednesdays 1:00 pm

4 Aces/Bridge: Thursdays 9:30 am

Book Club: 1st & 3rd Friday 9:30 am
 (Space limited - call Pat at 603-921-4337)

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

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



BILLIARDS:



By reservation for a 90 minute session

The fee per player is:

Members \$3 - Non-members \$5

To reserve, please contact the Front Desk

COMMUNITY PARTNERSHIPS/SEMINARS

Medicare Open Enrollment Information:



THE
LENNY DOBENS
AGENCY
Est. 1958

The Lenny Dobens Agency will hold a Medicare Seminar at the NSAC on **November 4th & December 2nd 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 **November 15th 2021 from 1pm to 3pm.** Pre-registration is required. Call Jerry Leavitt with questions and to register at 603-930-9063.



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



Harvard Pilgrim
Health Care

Contact Robin Chouiniere from Harvard Pilgrim Health Care at 603-656-9531 with your Medicare questions.

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:



Ann-Marie Gallant
Realtor with Keller Williams Realty
is thrilled to present the class:
"Downsizing"

Tuesday, November 16th from 1-2 pm

Help! What do I do with all my stuff?

Ann-Marie will give you the resources to help you with downsizing.

This class is free, but pre-registration is required no later than Tuesday, November 9th. Contact the Front desk at 603-889-6155.

St. Joseph's Senior Hospital Behavioral Health Unit

It has been estimated that some 15-20% of adults aged 60 and over experience some form of behavioral health disorder. This can occur in the form of severe depression, anxiety, bi-polar or other disorders.

In response to this need, St. Joseph's Hospital has opened their new 24 bed Senior Behavioral Health Unit providing services locally for older adults experiencing significant behavioral/emotional symptoms.

Peter Burke, Community Education Manager at SBHU will host an informational table in the NSAC lobby on:

Tuesday Nov. 9th from 9 am-12 pm

Peter will also host a free seminar where he will speak about the new inpatient behavioral services for seniors being offered at St. Joseph, and outline ways to access the intake process. Please plan on attending to learn about this exciting new behavioral health resource in Nashua. Registration required - call the Front Desk at 603-889-6155

Thursday, December 2, from 5:30 to 6:30 pm



Core/Back Stabilization Class with Fred Daniels from the Center for Physical Therapy and Exercise

**This free 8 week class will meet Thursdays
from 2:00 - 2:45 pm**

Starting November 18th

Our core muscles are critical for balance and mobility. Weak and/or tight core muscles can increase your risk of back pain and falls. CPTE's Core/Back Stabilization Class will help it's participants increase the strength and flexibility of these muscles. Exercises will include the big exercise balls & getting on the floor. This class is limited to 10 participants. Call the Front Desk at 603-889-6155 to register.



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.**

COMMUNITY PARTNERSHIPS

WE WOULD LIKE TO THANK BOSTON BILLIARD CLUB & CASINO

FOR HELPING US RAISE OVER \$70,000
DURING THE 2021

NASHUA SENIOR ACTIVITY CENTER
CHARITY PARTNER WEEK!



The Nashua Senior Activity Center is proud to partner with Nashua PAL for the Annual Christmas Toy Drive

Donations of new items
may be made in the lobby of the
Nashua Senior Activity Center
now through December 10th



Thank you to our friends at
Bridges by Epoch
for hosting their
BBQ Fundraiser
in benefit of the
Nashua Senior Activity Center!

BUSINESS MEDIA SPONSORS:



Harvard Pilgrim
Health Care



Nashua Senior Activity Center Spotlight



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

*Thank you to the anonymous grantor
who made this possible.*

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.

Meals on Wheels of Hillsborough County

Community Dining Program at the Nashua Senior Activity Center
Balanced meals are being served to those 60 years of age or older (suggested donation \$2.00)

Monday through Friday from 11:45 am to 12:30 pm

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



AARP Foundation Tax-aide is
looking for compassionate and
friendly people to join our team of
volunteers for the upcoming tax
season. IRS/Tax-aide trained
volunteers provide free, in-person
or virtual assistance by preparing tax returns or serving
in other ways such as marketing & volunteer recruitment,
organizing client paperwork, managing computer
equipment, acting as interpreters or making sure that
everything runs smoothly. There is a role for everyone!
This year we will continue to offer NO CONTACT or
entirely VIRTUAL tax services while hoping to meet in
person with volunteers and taxpayers once again.

To learn about our volunteer opportunities visit
aarpfoundation.org/taxaide, call **603-230-4121** or email
NH Tax-Aide Foundation at nhtaxaidepvs@gmail.com

VETERANS' COFFEE CLUB with Barney Barbera



Chairman, City of Nashua Mayor's Veterans' Council

December 9th 9:00 am - 10:00 am

(No meeting on Veteran's Day - November 11th)

Free and open to the public!

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

Learn about VA benefits you may not know about &
share memories of your time in the service.

Feel free to bring photos to share.

