

## Health Clinics

Home Health  
& Hospice Care

### Foot Care Clinics by Home Health and Hospice Care

**November 8th, 15th, & 17th and December 13th, 15th & 20th 2021 from 9:20 am - 1:00 pm.**

Clinics are held the 2nd and 3rd Monday and the 3rd Wednesday of each month and the fee is \$35.00.  
To schedule an appointment, please call 603-689-2931.



### Parish Nurse Program

**November 9th and 23rd & December 14th and 28th, 2021 from 10:30 am - 11:30 am.**

The Parish Nurse Program from St. Joseph's Hospital hosts a clinic at the Nashua Senior Activity Center on the 2nd & 4th Tuesday of every month. They will be providing blood pressure checks, answering medication & lab questions and providing resources about dementia and more. Free and open to the public. Walk in clients will be seen in order of arrival.

### FLU CLINIC - November 10th from 1 pm—3 pm

The City of Nashua Community Health Division of Public Health and Community Services will be providing the following immunizations for adults and children: Flu Shot \$15.00 (free with Medicare Card), Pneumonia Shot \$10.00 and Tetanus Shot \$10.00. No one will be denied service for inability to pay. If you have Medicare, please bring your Medicare Card with you. Pre-register with the Front Desk at 603-889-6155.

### HEARING CLINICS

**November 16th & December 21st, 2021 from 10:00 am - 12:00 pm.**

Free 15-minute hearing screenings and hearing-aid checks are offered by Hearing Life on the 3rd Tuesday of each month. Reserve a time slot by contacting the Front Desk at 603-889-6155 one week prior to the clinic date.

### NSAC Updated COVID-19 Recommendations and Guidelines

Due to the rapid and alarming rise in COVID 19 cases, the CDC has issued new updated guidance on the use of masks in public indoor settings. To further reduce the risk of becoming infected with the Delta variant and transmitting it to others, it now recommends **everyone in areas of substantial or high community transmission wear a mask in public indoor settings, even if they are fully vaccinated.**

The population we serve at The Nashua Senior Activity Center falls into the high risk category and therefore it is **highly recommended** that all 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 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 strongly 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*)

Class sizes have been reduced ~ Credit card payments are preferred ~ Pre-registration and social distancing required

## DAY TRIPS

Day trips are offered throughout the year and are 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 publication 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.



### The American Heritage Museum & Longfellow's Wayside Inn!

**Wednesday, November 17, 2021**

**\$99.00 per person**

At the new American Heritage Museum in Hudson, MA you'll experience the story of America's Veterans told in chronological order from The Revolutionary War to The War on Terrorism. The AHM possesses the largest collection of armored vehicles in North America and will astound you with displays that bring to life the sacrifices, honor and integrity that American Veterans have displayed for over 246 years. After your tour you'll enjoy a delicious full course luncheon at the historic Wayside Inn. Then you'll have time to find a treasure in the gift shop, view the Grist Mill, The Redstone Schoolhouse and other sights!

**Departs: 8:30 am** (Exit 8 Park & Ride)

**Returns: approx. 6:00 pm**

### Yuletide Newport & The LaSalette Shrine

**Thursday, December 2, 2021**

**\$109.00 per person**



Embark on a delightful holiday tour combining the beautifully decorated mansions of Newport, RI and the magnificent lighting display of LaSalette Shrine!

You'll first visit Newport's grand Marble House Mansion fully decorated in holiday ornaments and displays followed by a delicious luncheon at an excellent Newport restaurant overlooking the waterfront. In the early evening a spectacle awaits you at LaSalette Shrine, where you'll view New England's largest and most colorful Christmas lights display!

**Departs: 8:00 am** (Exit 8 Park & Ride)

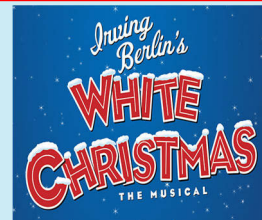
**Returns: approx. 7:00 pm**

### Irving Berlin's White Christmas Wednesday, December 15th 2021 ~ \$169/per person

The Ogunquit Playhouse's production of Irving Berlin's White Christmas returns to the Music Hall in Portsmouth NH. Packed full of dazzling dance numbers and iconic songs such as "Count Your Blessings Instead of Sheep" "Happy Holiday" "Sister" "Blue Skies" and the beloved title song as well as actors straight from Broadway. You aren't going to want to miss this "holiday card come to life". Lunch is included prior to the show at the Puritan Backroom restaurant in Manchester.

\*PLEASE NOTE: This is a holiday show and space may fill up quickly—please register by November 15th.

**Departs: 12:30 pm** (Exit 8 Park & Ride) **Returns: approx. 8:30 pm**



We are currently taking names for interest lists on the following performances:

Dear Evan Hansen, Ain't Too Proud—Life and Times of the Temptations, Donna Summer the Musical & Wicked  
Call the Trip Office at 603-816-2645 if you would like your name added to the interest list.

### MULTI-DAY TRIPS - Pick up a flyer at the NSAC for full details

- **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)
- **Trail Blazers—Houston/San Antonio/Fort Worth/Oklahoma City:** Late March/Early April 2022 (\$3,749)
- **Salute to Our Hero's—Annapolis MD/West Point NY/New London CT:** May 2022 (\$1049)
- **Washington DC:** September 2022 (\$929)
- **Alaska Discovery Land & Cruise:** July 2022, (\$5,649)

**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**

## NSAC INFORMATION



### **ROUND AGAIN SHOP OPEN: Monday & Thursday 9am - 3pm & Tuesday 11am - 2pm**

Jewelry table is available daily. Donations accepted 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).



### **LIBRARY HOURS: Monday - Thursday 9 am - 2 pm**

Donations are by appointment only and limited to two grocery bags - call 603-816-2643 to schedule a time.



### **FITNESS CENTER HOURS: Monday - Thursday 9 am - 4 pm & Friday 9 am - 12 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.



### **FITNESS ROOM TRAINING WITH KEVIN**

Fitness Room training is available the **1st and 3rd Wednesday of the month at 11:00 am**. Space is limited. Sign-ups are first-come, first-served. To register, please call 603-889-6155 or visit the Front Desk.



### **COMPUTER LOUNGE OPEN: Monday - Thursday 9 am - 4 pm & Friday 9 am - 12 pm**

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



### **MUSIC WITH BENES: Mondays & Thursdays in November—10:30 - 11:45 am & 12:30 - 1:45 pm**

### **MUSIC WITH JIM SMITH: Thursdays in December—10:30 - 11:45 am & 12:30—1:45 pm**



The Round Again Shop will be closed for a few weeks starting in mid-December for a flooring update—  
Call Margo Bell at 603-816-2643 for details on the exact closing & re-opening date.



**Volunteers play an important role at the Nashua senior activity Center.**

**The time and talents of these individuals are truly valued and appreciated!**

**If you have some available time & an interest in doing volunteer work, please contact:**

**Margo Bell at 603-816-2643**

**Positions include: Front Desk, Round Again Shop & Travel Office ~ 3-4 hour shifts available. All require training & a weekly commitment.**

### **NSAC Inclement Weather Closings:**

**Watch WMUR or check WMUR.COM**



### **GIFT CERTIFICATES TO THE NASHUA SENIOR ACTIVITY CENTER**

Make a great gift for any occasion!

*\*exclusions do apply - ask for details*

### **Help Support NSAC!**

The Nashua Senior Activity Center can receive a donation every time you shop!

Make sure you log-in to:

[www.smileamazon.com](http://www.smileamazon.com)

Create an account and choose:

**Nashua Senior Activity Center**  
as your non-profit of choice!

[smile.amazon.com](http://smile.amazon.com)



You shop. Amazon gives.

### **REVISED OPERATING HOURS:**

**Monday, Tuesday, Wednesday: 9 am - 4 pm ~ Thursday: 9 am - 7 pm ~ Friday: 9 am - 12 pm \***

**\*except pre-registered evening programs and by appointment \*subject to change**

We continually monitor the latest developments on the Covid 19 pandemic from the Centers for Disease Control and follow all guidance and recommendations regarding public health measures. Changes or restrictions to the services we provide may be necessary based on CDC recommendations. Call the Front Desk at 603-889-1655 for the most up to date information.

### **RENEWAL REMINDER**

Because of the COVID pandemic, we have had to temporarily switch the mailing of our newsletter to a mail house. This change has not allowed us to insert your membership renewal reminders in the newsletter, so many of you probably have not noticed that it's time to renew!

The staff and Board of Directors are all working hard to continue to safely add more programs and new benefits to your membership.

**Renew your Nashua Senior Activity Center membership in November or December of 2021, and your name will be entered for a special drawing. There will be one drawing each month and the winner will receive a \$25 gift card. All you need to do is to renew your membership, and you will be eligible for the prize, which will be mailed to you.**

**Congratulations to August winner: Naomi Collishaw and September winner: Viola Grondin!**

## 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  
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Nashua, NH  
Permit # 103

## NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

**Membership Office Hours:** Monday through Thursday: 9:15 am to 11:30 am

**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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