

ACTIVITIES (Cathy Barrett, Director)

Please Note: There are more activities listed in our 6-page Activities Schedule. Pick one up at the Front Desk or go on our website: www.nashuaseniorcenter.org for a full up-to-date listing. **As of the date of publication, the following offerings were still valid. Dates are subject to change.**

We are now taking names for the following interest lists:

Art, Cyber Security, Learning Spanish, Halloween Party, Evening Mah Jong, Evening Guitar, Giant Yahtzee, Nutrition, Photography, Sock Hop, Beginners Keyboard Lessons (day or evening), Halloween Social; Disaster Preparedness; How to Save in These Rough Times, Zumba. I would love to hear your interests or ideas for new classes - email them to me at: cbarrett@nashuaseniorcenter.org



Nashua Senior Activity Ctr
presents a musical variety
event with Peter J. Previte.

December 14 at 1:30 pm
(Snow Date: Dec 15)

Members: \$5.00 deposit
(Refunded to you at the door)

Non-members — \$5.00
(Non-refundable)

Peter's Holiday Hop is a concert and dance all rolled into one entertaining show with something for everyone. In addition to performing several holiday tunes, he will play rock & pop songs from the 50s, 60s, and 70s as well as classic country including line dance numbers.



Tickets are available at the front desk beginning November 7. Deadline to purchase tickets is December 8.



*With Respect, Honor and Gratitude,
we say Thank You!
to all our veterans for their service.*



To our wonderful cast

Join us on
**November 16 &
December 21**
at 12:30 pm

for a FREE fun way to
exercise your mind while
trying to remember trivia.

Teams are formed
depending on the number
of players. Sign up at
the front desk:
603-889-6155.



Tuesday Music Group:
Tuesdays at 9:15 am

Music Theory 102:
Wednesdays at 9:00 am

Friends Making Music:
Wednesdays at 10:15 am

Silver Lining Chorus:
Fridays at 10:30 am

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
Mule Train/Dominos: (Back in Sept)
Book Club: 1st & 3rd Friday - 9:30 am
(Space limited- call Pat at 603-921-4337)

All card games are drop-in.
(See Activities Schedule for pricing). No shared snacks are allowed. You may bring individual snacks.



COMMUNITY PARTNERSHIPS/SEMINARS

Medicare Open Enrollment Information Tables in the NSAC Lobby

Wednesday, November 2

Tindon Senior Services — 9am-2pm
(Representing a variety of insurance companies)

Thursday, November 3

United Healthcare — 9am-1pm

Friday, November 4

Harvard Pilgrim Health Care — 9am-12pm

Wednesday, November 9

United Healthcare — 10am-11am

Seminar: Introduction to Medicare

Free and open to the public. Registration required.
Call 603-889-6155.

Tuesday, November 15

United Healthcare — 9am-1pm

Anthem — 10 am — 1 pm

Wednesday, November 16

Daisy Benefits — 9am-12 pm

Thursday, November 17

Anthem — 10am-12pm

Humana — 10am Seminar



Medicare 101 from ServiceLink

Monday, Nov 14 — 10am-11am

Hillsborough County ServiceLink is designated as a New Hampshire State Health Insurance Program (SHIP) by Medicare. As such, ServiceLink provides information to beneficiaries and assists in understanding their health insurance coverage for those New to Medicare (NTM). It also assists individuals who may already have Medicare but still have questions. ServiceLink will assist with general navigation of Medicare benefits insurance.

If you have any questions, contact Hillsborough County ServiceLink at 603-644-2240. Free and open to the public. Registration is required. Call 603-889-6155 to reserve your seat.



for the
Nashua
Senior Center's



2023 Flea Market March 11, 2023

Tables will go on sale January 1, 2023.

Bridges by Epoch at Nashua is hosting
two free Lunch and Learns:

Lunch and Learn #1:

Thursday, November 3, 2022

11:30 am to 1:00 pm

"Caring Through the Holidays"

Lunch and Learn #2:

Thursday, December 1, 2022

11:30 am to 1:00 pm

"Beating the Winter Blues"



Each session will include a free chef-prepared lunch. The Lunch and Learns are free and open to the public, but seating is limited. Please reserve your seat by calling the Senior Center at 603-889-6155 or by stopping by the Front Desk.

Heart Health and Disease — How to Take Control of Your Health

Hosted by Village Medical™

at Walgreens

November 10, 2022 — 10 to 11 am

Free and open to the public.

Preregistration is required. Sign up at the
Front Desk or call the Ctr at 603-889-6155.



A Matter of Balance (CPTE)

8-week class — Tuesdays and Thursdays

12:30 pm to 1:30 pm

Start Date: December 6, 2022

A Matter of Balance is a program designed to teach people how to manage their lives with the goal of preventing falls. Each class will include discussion as well as exercises to help improve flexibility, strength, and balance. The class is under the direction of Fred Daniels from the Center for Physical Therapy and Exercise.

The class is free to members. Please have your membership card ready upon registration. There is a \$10 fee for non-members. Sign up is at the Front Desk at the Nashua Senior Activity Center. — 603-889-6155.

COMMUNITY PARTNERSHIPS/SEMINARS



VETERANS' COFFEE CLUB with **Barney Barbera**, Chairman,
of the City of Nashua Mayor's Veterans' Council

Nov 8 and Dec 13 — 2:00 pm - 3:00 pm

Free and open to the public!



Held the 2nd Tuesday 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.

Greater Nashua Mobile Outreach

Senior Center's Parking Lot

Walk up for the following services:

Adult Immunizations: Influenza, COVID-19 (Janssen/Johnson & Johnson), Pneumonia, Hepatitis A, Hepatitis B, Shingles (wait list only), Td (Tetanus, Diphtheria), Tdap (Tetanus, Pertussis, Diphtheria), Dtap, MMR, Varicella, Polio, Rotavirus, Hib, Meningitis, and HPV.

- Sexually Transmitted Disease (STD), Human Immunodeficiency Virus (HIV), & Hepatitis C (HCV) testing, counseling, and referral to services.

Pricing for services may vary. Some clients will have no fees. No one will be turned away due to inability to pay.

**Call Front Desk for
NEW DATES and times.**



**The Nashua Senior Activity Center is
proud to partner with the Nashua PAL
for the**

**Annual Christmas
Toy Drive**



**Donations of new items
may be made in the
lobby at the Nashua Senior Activity Center
starting Nov 1st through Dec 10th.**

thank you

to our **BUSINESS MEDIA
SPONSORS:**

ZIS-SWEENEY & ST. LAURENT
FUNERAL HOME
"Life Well Celebrated"



Rivier Nurse Wellness Clinics

9 am to 1 pm on the second floor of the
Nashua Senior Center, 70 Temple St.,
Nashua, NH, on the following days:

Wed., Nov. 30, 2022

Wed., Dec. 14, 2022



All clinics are **FREE** and **CONFIDENTIAL**
brought to you by Rivier University Nurse
Practitioner students.

The following checks are available: BMI,
Blood Pressure, Lab Review, Glucose—A1C,
Pulmonary Function, Skin Cancer Check,
Cholesterol, and Medication Reconciliation.

Help Support NSAC!
The Nashua Senior Activity Ctr can
receive a donation every time you
shop! Make sure you log in to:

www.smileamazon.com

**Create an account and choose:
Nashua Senior Activity Center
as your non-profit of choice!**



Health Clinics **NEW DATES**

Foot Care Clinics by Home Health and Hospice Care:

Nov 4, 14, 16, 18, and 21; AND Dec 2, 12, 16, 19, and 21.

Times: 9:20 am-12 pm. Call 603-689-2931 to schedule an appointment.

**Home Health
& Hospice Care**

Parish Nurse Program: Nov 8 and 22 AND Dec 13 and 27 from 10:30 am - 11:30 am. The Parish Nurse Program from St. Joseph Hospital is at the Nashua Senior Activity Center on the 2nd & 4th Tuesday of every month providing blood pressure checks, answering medication & lab questions, providing resources about dementia & more. Free & open to the public. Walk in clients are seen in order of arrival.



COMMUNITY PARTNERSHIPS/SEMINARS



Wednesday, Nov 16, 2022 at 10 am

Seminar

Inner ear disturbances account for 85% of dizzy disorders. Learn what can be done to diagnose and treat these disorders. Free and open to the public. Registration required. Stop by the Front Desk or call 603-889-6155. Hosted by the Southern NH Vertigo and Balance Center.



To all the volunteers, sponsors, and attendees of our Designer Bingo event! You are the reason it was such a huge success!

Thank you to the Nashua Telegraph for donating the proceeds from the Motor Mania event to the Center! And to all the vendors, volunteers, and sponsors of the Motor Mania event — thank you from the bottom of our hearts, because without you, none of this would have been possible!



Thank you

THANK YOU!

**WE WOULD LIKE TO THANK
BOSTON BILLIARD CLUB & CASINO**
for helping us raise over \$70,000 during the 2022
Nashua Senior Activity Center Charity Partner Week



DAY TRIPS

Day trips are offered throughout the year and open to NSAC members and non-members. For more information, contact the NSAC Trip Office at 603-816-2645, Monday-Thursday: 9am-11:30am or Margo Bell at 603-816-2643 or email mbell@nashuaseniorcenter.org. As of the date of publication all of the following trips were still valid. Dates are subject to change. Please ask about the cancellation policy.



'Twas the Night Before....

By Cirque du Soleil

Date: November 27, 2022 (Sunday)

Cost: \$185.00 pp

Depart: 8:15 am (Park and Ride, Exit 8)

Return: 3:30 to 4:00 pm

Today's adventure takes us to Boston to see Cirque Du Soleil's "Twas the Night Before..." at the Boch Ctr. This show is an exhilarating spin on the beloved Christmas tale, and marks Cirque du Soleil's first-ever Christmas production in New England. The show brings love, Christmas cheer, acrobatics & lovable characters that will create new holiday traditions for families to treasure. Breakfast at Maggiano's in Boston included.



Christmas Luncheon Show

Featuring the Malibu Brothers



Thurs, Dec 1, 2022 (Doors open: 11:15 am)

Castleton 58, Enterprise Drive, Windham, NH

Cost: \$77 per person (Transportation on your own)

The Malibu Brothers will have you up on the dance floor with music from Doo Wop to Country! Games, prizes and, of course, your choice for lunch: *Marinated Grilled Chicken w/Mango-Pineapple Salsa* **OR** *Pan Seared Pork Tenderloin w/Apple Mustard Demi*.

For more information and reservations, call Margo Bell at the Nashua Senior Center at 603-889-6155.