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STAFF

Executive Director

Margo Bell
603-816-2643
mbell@nashua
seniorcenter.org

Activities Director

Cathy Barrett
603-816-2647
cbarrett@nashua
seniorcenter.org

Development Dir.

Judy Porter
603-816-2649
jporter@nashua
seniorcenter.org

Office Manager

**Rosemary
Crawford-Smith**
603-816-2642
rcrawford-smith@
nashuaseniorcenter.org

NASHUA

SENIOR ACTIVITY CENTER NEWS

Celebrating 45 years of service to the Nashua community

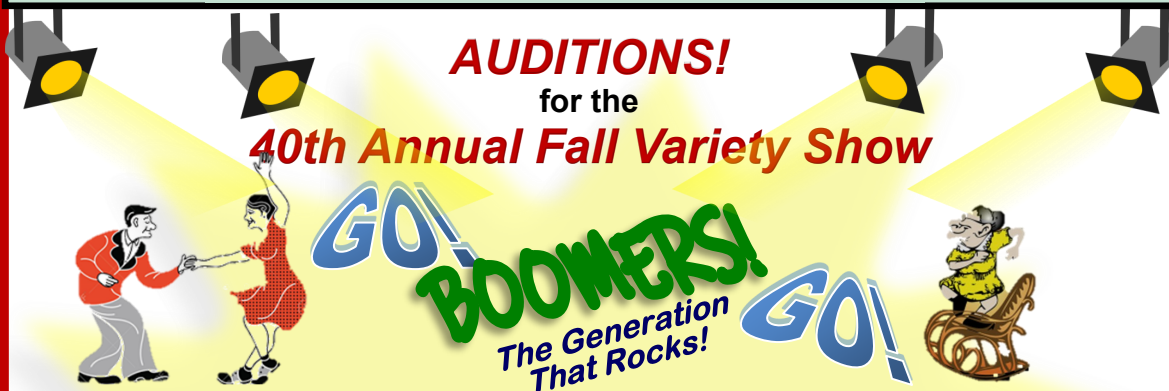
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70 Temple Street, Nashua, NH 03060 ~ 603.889.6155
www.nashuaseniorcenter.org

MAY/JUNE 2023

AUDITIONS!
for the
40th Annual Fall Variety Show

GO! BOOMERS! GO!
The Generation That Rocks!



For an overview of the upcoming show directed by Kathy Lovering and tips on how to prepare for the auditions, plan on attending our information meeting at **6 pm on Mon, May 22.**

To expedite the auditions, anyone who would like to try out should complete an audition form in the library with your music selection and give that to Cathy Barrett prior to the date of auditions. For questions or additional details, call Cathy at 603-816-2647.

Auditions will be held on Mon, June 12 at 6 pm at the Nashua Senior Center, 70 Temple Street, Nashua, NH

TICKETS:
Members \$10
Non-members \$20
Deadline: June 7

Kick Off To Summer BBQ
at the Nashua Senior Activity Center
June 15, 2023 ~ 9:30 AM—3:30 PM
9:30 AM -12:00 PM
Sponsors, Give-a-ways, Door Prizes/Raffles, 50/50, and more!
11:30 AM — Dining Room Doors Open
12:00 PM — Lunch is served
1:15 PM — Live entertainment

SURE TO BE A SELLOUT!



This is a "NEW EVENT" including a full BBQ chicken dinner and yummy strawberry shortcake! Not to mention an afternoon of music and fun! Tickets go on sale at the Front Desk on April 15.

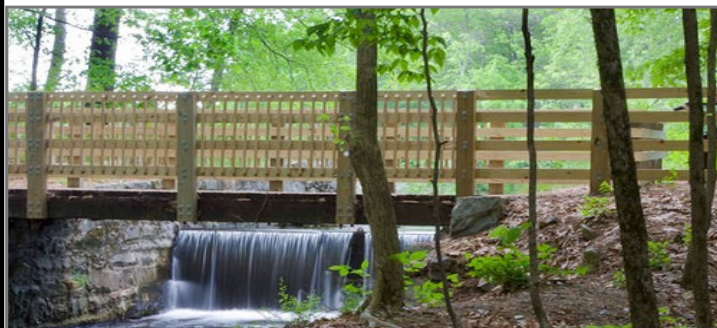
GOLD SPONSORS: Humana, Langdon Place of Nashua

SILVER SPONSORS: Elevance Health, Harvard Pilgrim Healthcare, Triangle Credit Union, Ann-Marie Gallant REALTOR, Keller Williams Metropolitan, Village Medical, and Zis-Sweeney and St. Laurent Funeral Home

BRONZE SPONSORS: St. Mary's Bank, Center for Physical Therapy & Exercise (CPTE)

ACTIVITIES (Cathy Barrett, Director)

WALKING PROGRAM



Enjoy the beauty of the Nashua River Rail Trail, 94 Gilson Rd in Nashua with a friendly group of Greater Nashua citizens. Walk at your own pace and enjoy the stunning scenery. Hosted in collaboration with the Nashua Senior Activity Ctr and Nashua Parks & Recreation.

Start Date: Fri, May 12 at 9 AM

Call 603-589-3370 with any questions



Yoga for Everyone with Janice



Janice has decided to combine her Exercise and Balance/Yoga class with Chair Yoga. This new class is designed for all levels.

Chair Yoga for all focuses on balance. You can remain seated the whole class or you can practice balance poses holding onto the chair. Yoga for mind, body, and spirit.

Tuesdays at 10:45 AM

Please see Activity Schedule for the next six-week session start date.

SIX-WEEK PILATES CLASSES WITH JEN

Starts on Wed., May 10

10 AM — Mat pilates

11 AM — Chair pilates

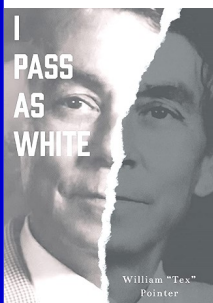
\$36/members & \$46/non-members

Pre-registration/payt due by May 3



Meet the Author . . .

May 19 at 9:30 am at the Nashua Senior Activity Center



Laura Pointer will share her father's story (William "Tex" Pointer) with us. This book was written in the 1950s by her dad. The manuscript was found after he passed away. This is his story of what hate, ignorance, poverty, and racism can do to a nation.

What if you could change the direction of your life? Would you have the strength to make sacrifices to get there? Bill Pointer had that strength. In these pages, you will see the price he paid for security and happiness.

His life started out just like most people. There was mom, dad, friends, school, several jobs, and the ambition to get ahead. But that is where the similarity ends. Bill's journey through life was full of pain and misery and fear. Every day was an uncertainty to Bill. This story is about the past and the future of a race, as well as that of a person.

Please call 603-889-6155 or stop by the Front Desk to register. Space is limited so we ask that you preregister by May 16.

SAVE THE DATE

Designer Bag



SAVE THE DATE

**Monday, September 25, 2023
at the Nashua Senior Activity Center**

Doors open at 5:30 pm. Game begins at 6:30 pm.

Tickets go on sale July 3.

Only 100 tickets — don't miss out!

Silver Wheelers Bike Club



Meet at the Nashua Rail Trail on Gilson Rd. at 8:45 am and leave promptly at 9 am. Enjoy a great ride with your peers amid beautiful surroundings. Contact Cathy Barrett at cbarrett@nashuaseniorcenter.org to be added to the email list.