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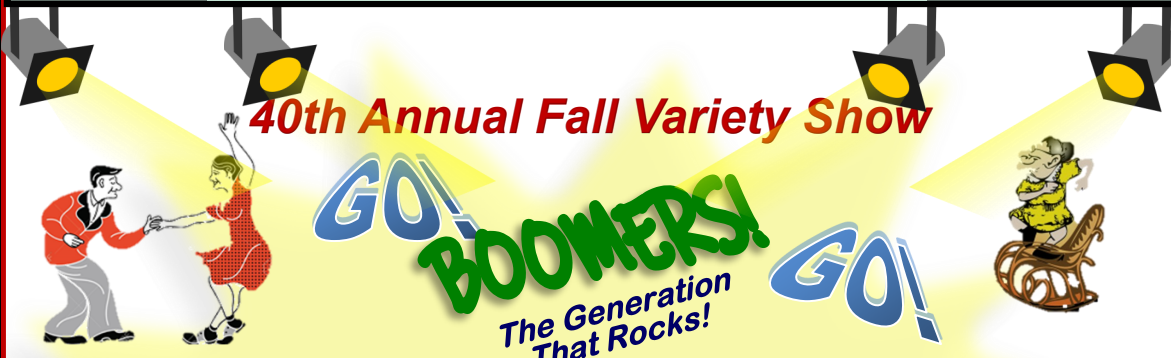
SENIOR ACTIVITY CENTER NEWS

Celebrating 45 years of service to the Nashua community

ISSUE #334

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

JUL/AUG 2023



40th Annual Fall Variety Show

The Senior Activity Center in Nashua is pleased to announce its 40th Annual Musical Variety Show, **"GO BOOMERS!"**

Enjoy this musical trip that will take you on a journey through 1946—1964 directed by Kathy Lovering. This year's show will be packed with entertainment and is expected to be a sellout. Don't miss out on this spectacular show! Enjoy this musical trip that will take you on a journey through 1946-1964. This year's show will be packed with entertainment and is expected to be a sellout. Don't miss out on this spectacular show! **SEE PAGE 3 FOR DETAILS**

**GRACIOUSLY
SPONSORED BY**

Venue

Humana

Langdon Place of Nashua

Supporter

Village Medical

Center for Physical

Therapy & Exercise

Nashaway Womens Club

Custom

Surrogate Sons LLC



Monday, September 25, 2023

Doors open: 5:30 PM - Game begins 6:30 PM

Tickets go on sale July 3, 2023

**\$40 in advance - \$50 at the door (if available)
(Limited to 100 - must be 18)**

**Chances to win ten designer handbags valued
at over \$3,000!**

**Door prizes and gift certificates to restaurants,
stores & more!**

Heavy appetizers & cash bar

Sponsorship available - Contact Judy Porter:

603-816-2649 or

jporter@nashuaseniorcenter.org

ACTIVITIES (Cathy Barrett, Director)



40th Annual Musical Variety Show, **"GO BOOMERS!"**

This year's musical will star over 70 seniors, who will wow you with their collective talent. Enjoy a variety of dances, solos, Silver Lining Chorus, along with some specialty acts. The show is a major fundraiser for the Center as well as being an excellent opportunity to celebrate the positive side of aging. Enjoy quality time out with family and friends.

Sunday, October **TBA**

Tickets go on sale on August 14, 2023:

Tickets: \$12 (advanced); At door: \$15 (until sold out)

Children 10 and under: \$10

For more information call Cathy at (603) 816-2647.

THANK YOU!

TO ALL THE SPONSORS OF THE NASHUA SENIOR ACTIVITY CENTER'S 2023 BBQ



Humana
Langdon Place of Nashua
Premier Rehab and Healthcare



Ann-Marie Gallant REALTOR
with Keller Williams Metropolitan
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Center for Physical Therapy & Exercise (CPTE)

THANK YOU TO THE SUPPORTERS OF THE NASHUA SENIOR ACTIVITY CENTER

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... and to the many donors who choose to remain anonymous

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DONORS

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Chef Bailey Bocci/Bridges by Epoch	Gunstock Mountain Resort	New England Patriots	Strawbery Banke Museum
Boston Duck Tours	Hart's Turkey Farm Restaurant	NH Fisher Cats	Chef Guy Streitburger/ The Arbors of Bedford
Boston Red Sox	Hermit Woods Winery	NH Motor Speedway	Tarbin Gardens
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June Caron	Hills Nashua	North Shore Music Theatre	The Cheesecake Factory
Cedar's Mediterranean Foods	Instant Brands-Corning Ware	Old Sturbridge Village/ Coggeshall Museum	The Cozy Tea Cart
Robin Chouiniere	World Kitchen	Palace Theatre	UMass Lowell Athletics
Clark's Bears	Institute of Contemporary Art	Pat's Peak	UNH Athletics Department
Coca Cola Beverages NE	Chef Joanne Johnston/ Nashua Crossings	Peabody Essex Museum	Wright Museum of World War II
Copper Door Restaurant	King Arthur Flour	Pearla Adult Day Care	YMCA of Greater Nashua
Costco Wholesale	Sharon Kunz	Chef Brian Pelletier/ The Huntington at Nashua	York's Wild Animal Kingdom
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Foxwoods Resort Casino	Lost River Gorge & Boulder Caves	Lisa Proulx	
Fresh of Nashua	Sean MacDonald	Seacoast Repertory Theatre	
Chef Joseph Gerber/The Birches at Concord	Molloy Sound & Video	Seashore Trolley Museum	
	Montshire Museum of Science	Jocelyn Sharp-Henning	
		Chef Rejean Sheehy/ The Courville at Nashua	

DONATIONS MADE IN MEMORY OF

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DONATIONS MADE IN HONOR OF

Foot Care Clinic Workers (HHH)	Frank McGrath	Nashua Senior Center Staff
Madeleine Lajoie	Nashua Senior Center Volunteers	Gerry Prunier
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ACTIVITIES (Cathy Barrett, Director)



Three-day Chrome Computer Class for Beginners

Dates: Mon, Wed, Fri -- July 17, 19, 21 – Time: 10 am

Fee: \$10/members; \$25/non-members

(Plus \$10 deposit for Chromebook. If you complete all three classes, you can keep your Chromebook and will be reimbursed your \$10.)

Class is limited to six students. Please pre-register by July 10th.

Why should seniors use a Chromebook? Chromebooks are user friendly and easy for seniors to navigate. Chromebooks are low-maintenance and perform their own automatic updates, eliminating the need for you to manually update the system. They have robust built-in security features ensuring multiple layers of protection. These laptops are lightweight, making them easy to carry around and use on the go. They also have a long battery life, allowing seniors to use the device without the need for frequent charging. **Please pick up a flyer with full details at the front reception area.)**



Ice Cream Sundae Social

With live entertainment by
Bobby G.

Senior Activity Center

Thursday, August 17th 6–8 PM

Tickets: \$5/Members & \$10/Non Members

Purchase tickets by August 10th

Since 1992, Bob performs a one man show singing "live" to prerecorded orchestrations. His 3 octave range with falsetto, allows him to switch styles with ease, singing the styles of "Sinatra to Doo Wop and more." In 2007, Bob performed in Las Vegas with well known musician, Ty Lemley. You can find Bob, known as "Bobby G," entertaining at local restaurants, functions, assisted living facilities. He continues to "dazzle" audiences with his amazing voice...



Food graciously sponsored by Fairview Senior Living.

Ali Cali Photo

Professional HEADSHOT SESSIONS

Come get a professional photo taken of **YOU!**

You have hundreds of photos of your children and grandchildren, but how many do they have of **YOU?** Your kids and grandkids will thank you for sharing a beautiful, updated, professional photo of yourself! And, we all love seeing a great photo of ourselves, too!

Ali Cali Photo will be holding sessions between 9am and noon on August 15, at the Nashua Senior Activity Center. Pick up a flyer at front reception for full details.

You must sign up for a timeslot before picture day in order to keep wait times down and make it as easy as possible for everyone.

Session fee for members is \$20 and non-members is \$25. Please note that due to the nature and limited number of sessions available, **the session fee is non-refundable.** No-shows will not be reimbursed. Pre-registration and payment is due by August 8th.

Photo sessions will last 5 minutes and you will choose your favorite photo on site immediately following your session.

The session fee includes the time taking the photograph and one 5x7 print of your favorite image. Additional options for prints and digital files will be available for purchase the day of your session. Please have cash or check when you sign up for your session **and** for any additional purchases you may wish to make the day of your session.

DON'T FORGET THESE TWO NEW 6 WEEK CLASSES!

Pick up Activities Schedule for the next 6 week session dates

Yoga for Everyone

with Janice Tuesday's at 10:45 AM



PILATES CLASSES WITH GEN ON WEDNESDAY'S

Mat Pilates at 10 AM
Chair Pilates at 11 AM



Thanks to all of you that participated in the Spring Fling. It's always a great time to get out and try classes and activities for free.

A special thanks goes out to our terrific instructors who donated their time and our prize donors to help make this event a success! Congratulations to all our door prize winners.

Prize Donors: Bill Cahills Super Subs, Chuck Auto, Hudson Dairy Queen, Lobster Boat, Lucy Gagnon, Charlie's Diner, Diane Siteman and Nashua Senior Activity Center.

COMMUNITY PARTNERSHIPS/SEMINARS



FREE SEMINARS ON HOW TO SAFELY AGE IN YOUR HOME HOSTED BY NH LEGAL ASSISTANCE

There's No Place Like Home

THURSDAY JULY 27 1PM-2 PM

Nashua Senior Center, 70 Temple St, Nashua NH
FREE AND OPEN TO THE PUBLIC (Presented in English)

Older Americans overwhelmingly want to stay in their homes as they age but sometimes this goal can seem like a challenge. Meet this challenge head on by learning about steps that will help you be aware and prepared. Join New Hampshire Legal Assistance attorney Judith Jones to learn about common issues faced by older adults and provide strategies to help you stay in your home. We will explore information from the pamphlets "7 Ways to Help You Stay in Your Home" and "Returning Home after a Hospital or Rehabilitation Stay" including how to prepare for a medical emergency, as well as understanding and maximizing public benefits, including Medicare and Medicaid.

No hay lugar como el hogar

THURSDAY AUGUST 3 5PM-6PM

Nashua Senior Center, 70 Temple St, Nashua NH
FREE AND OPEN TO THE PUBLIC (Presented in Spanish)

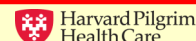
La mayoría de los americanos mayores desean quedarse en sus hogares al envejecer pero a veces esta meta puede parecer un reto. Haga frente a este reto conociendo los pasos que le ayudarán a estar consciente y preparado.

Acompañe al personal de New Hampshire Legal Assistance, Liliana Neumann, Coordinadora del Acceso al Idioma, y a la Abogada Judith Jones para conocer acerca de problemas comunes a los que se enfrentan los adultos mayores y para proporcionar estrategias para ayudarle a permanecer en su hogar. Exploraremos la información de los panfletos "7 Maneras para Ayudarle a Permanecer en su Hogar" y "Regresando al Hogar después de una Hospitalización o una Estadía en un Centro de Rehabilitación", incluyendo como prepararse para una emergencia médica, así como entender y maximizar los beneficios públicos, incluyendo Medicare y Medicaid.



Reception to Celebrate the 45th Anniversary of the Nashua Senior Activity Center. Thursday Sept. 14, 5-6pm at the Nashua Senior Activity Center, 70 Temple St, Nashua NH. Please join us to mark the 45th Anniversary of the Nashua Senior Center. Remarks by Mayor Jim Donchess and others.

Celebrating 65



Thursday, September 7th 5pm-7pm

a Point32Health company

Whether your retirement is fast approaching or still a few years away, it's never too early to start planning. Harvard Pilgrim's **Celebrating 65®** is a FREE educational seminar that makes it easier to plan for a healthy future. With answers to common questions about Social Security, Medicare, and your retirement health plan options, **Celebrating 65®** provides the information you need to enjoy the road ahead. Join us in person or virtually. It's free to attend. To register, call 888-980-6131 or visit harvardpilgrim.org/Celebrating65. Hosted by Harvard Pilgrim HealthCare a Point 32 Health Company

Move & Groove: Movement for Mobility



Eight-week class starting Aug 15, 2023
(Tuesday & Thursday)
12:30 pm to 1:15 pm

This class, taught by Fred Daniels of CPTe, will focus on improving balance and stability through movement patterns. The movements will include forward and backward steps as well as turning and using our arms while moving. The goal is to improve mobility and balance while we move. We will also add an element of fun by using music and rhythm to improve our movement.

Cost for eight-week session is \$20/members & \$30/non-members. Sign up at Front Desk. Payment is made payable to CPTe on first day of class. Participation is limited to 16.

Center for Physical Therapy & Exercise

is hosting free educational sessions
for members at the Nashua Senior Center.

Call 603-889-6155 to reserve your seat.

Tuesday, July 11, 2023 1:30 pm to 2:30 pm

"Parkinson's & Other Neurological Conditions: Ways to Treat It"

Speaker: Livia Gosselin, OT

Thursday, August 17, 2023 1:30 pm to 2:30 pm

"Long COVID: Why It Exists and How to Treat It"

Speaker: Rebecca Choubah, OT

Thursday, September 21, 2023 11:30 am to 12:30 pm

"Importance of Mobility for Physical & Mental Health"

Speakers: Fred Daniels and Mabel Parks

