

ACTIVITIES (Cathy Barrett, Director)

**A New Year means a new chapter.
Hoping 2024 is an incredible part of your story.**

Nashua Senior Activity Center

presents

PETER J PREVITE **Songs of Ireland**



Irish Social

*Harrigan, Molly
Malone, Oh Danny
Boy, Dear Old
Donegal, An Irish Jig,
My Wild Irish Rose,
McNamara's Band,
When Irish Eyes Are
Smiling, Irish Lullaby,
Over The Rainbow,
Whiskey In The Jar,
Fields Of Athenry and
many more.*

MARCH 12, 2024

(MARCH 13 – SNOW DATE)

Show starts at 1:30

LIGHT REFRESHMENTS WILL BE AVAILABLE

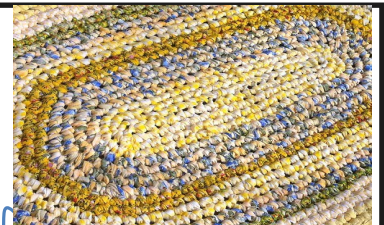
TICKETS: \$5 MEMBER

\$7 NON-MEMBER

***TICKETS MAY BE PURCHASED AT NSAC
TICKET SALE DEADLINE – MARCH 5**

2 Week Crochet Fabric Rug Class

Learn an easy skill, designed for all levels in two easy sessions! Our instructor Katherine, will instruct you in how to make a comfy rug by using a "Q" hook and the single crochet stitch. Crochet fabric strips into colorful comfy rugs. Two week class, Tuesdays, February 20th and 27th, at 10 AM. Fee: \$25/Members and \$35/Non Members (plus minimal material fee). Pick up a flyer at front reception area for full details. Space is limited. Please pre-register by February 13th.



Crocheted Rug

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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 encourage you to take full advantage of all the benefits of being a member of the Nashua Senior Activity Center.

*Membership

Just a reminder, if you're not a member, it's only \$40/single membership and \$60/for two people living at the same address. We offer a \$5 discount for veterans. (Membership is open to those 50 and over and not restricted to Nashua residents). Individuals 90 years or older receive complimentary membership.

Here are some perks just to name a few:

Discounts for Members

- *St. Patrick's Day Social tickets
- Annual BBQ with entertainment tickets
- *Many Class discounts, which includes but not limited to, Crafts, Exercise, Keyboard Lessons, Chrome, Mahjong, Cards.....and so much more
- *Exercise Fitness Room (Members Only)
- Irish Social (forwarding email with poster)
- Rug making Class

FREE For Members Only

- *Christmas Social
- *Dinner and a Movie at Chunky's (coming soon)
- *3 Craft Classes offered by Zis Sweeney St. Laurent
- *2 Free outfits a month from our Thrift Store
- *Trivia Tunes Social (coming soon)
- *Free Billiards and Ping Pong for the months of January and February

Nashua Senior Golf League

2024

Hello, Everyone!

It's hard to believe Spring is right around the corner. We would like to invite members 50 and over to play in our 2024 Nashua Senior Golf League. This will be our 27th season. We will be playing Monday Mornings at the Whip-Poor-Will Golf Course. For those interested in playing in this year's league, please call 603-889-6155 to have your name put on the interest list. We will contact everyone with more information as it becomes available. Coordination help by Hank Bernardini.

Join us on

THE 3RD WEDNESDAY OF EACH MONTH AT



12:30 pm

or a FREE fun way to exercise your mind while trying to remember trivia. Teams are formed depending on the number of players. Pre-register at the front desk: 603-889-6155.

Trivia prizes are sponsored by Zis-Sweeney & St. Laurent Funeral Home



Tuesday Music Group:

Tuesdays at 9:15 am

"T Street Ensemble":

Wednesdays at 9:00 am

Friends Making Music:

Wednesdays at 10:15 am

Silver Lining Chorus:

Fridays TBA

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.



COMMUNITY PARTNERSHIPS/SEMINARS



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

Lunch and Learn:

Wednesday, March 13, 2024

11:30 am to 12:30 pm

"Recognizing and Dealing with Caregiver Stress"

Each session will include a free chef-prepared lunch. Seating is limited. Sign up at the Senior Center's Front Desk.

Thank you to Bridges by Epoch at Nashua for sponsoring the Charcuterie Event that raised \$2,000 for the Nashua Senior Activity Center.

Rivier Nurse Wellness Clinics



9 am to 1 pm on the second floor of the Nashua Senior Ctr, 70 Temple St., Nashua

Jan. 31 Feb. 14 Mar. 13 Apr. 17

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, Cholesterol, and Medication Reconciliation.

Grant funded by Saab Family Foundation and the United Way of Greater Nashua.

Senior Community Outreach Event

Monday, January 22, 2024 at 11:15 am.

An informational presentation

Come hear the NH Department of Justice and the Hillsborough County Sheriff's Office speak about current trends in law enforcement. Learn about how to protect yourself from scams and fraud!

Guest Speakers:

Elder Abuse and Exploitation Unit from the NH Dept. of Justice,

Michael Merrifield, Deputy Sheriff, Hillsborough County Sheriff's Office. Pick up a flyer with full details.

LANGDON PLACE OF NASHUA PRESENTS

THE DEMENTIA EXPERIENCE

MONDAY, MARCH 25, 2024

9:00 AM—12:00 PM (30 MINUTE SESSIONS)

LOCATION: Nashua Senior Center

The Dementia Experience is a powerful, 30-minute interactive training using sensory modifications. Participants will engage in typical daily activities while encountering what it feels like to live with dementia.

For registration: Please contact Denise Blair, Director of Marketing and Admissions at 603-888-7878 or denise.blair@genesishcc.com

The Experience will be in 30 minute increments.

Langdon Place of Nashua
A Senior Living & Memory Support Community



We are excited to announce that our friends from Zis-Sweeney & St Laurent Funeral Home will be offering four free Craft Classes during our 2024 calendar year. Three of those classes are open to members only and one which will be offered free to members and non-members. The first class offered will be Small Bird House Painting. The remaining three will be announced in future newsletters.

Small Bird House Painting Class



This is a free class for current members with all materials included. Nashua Senior Activity Center March 21st at 1pm (Space is limited)

GET UP AND GO!

**6-week class
Starting March 12, 2024
12 Noon**

As we get older, moving around can be more challenging. Getting up out of a chair, getting in and out of bed, and getting down onto and up off of the floor can become particularly challenging. Fred Daniels from the Center for Physical Therapy and Exercise will teach us exercises and practice activities that will focus on strength, flexibility, and safe/effective techniques.



MEMBERS ONLY

**\$15 payable to CPTE on first day of class
Register at the Front Desk — Limit: 16 participants**

COMMUNITY PARTNERSHIPS/SEMINARS

Thank you to the following organizations for their help in providing **wonderful volunteers** for the Fall Variety Show and Flea Market :

Bishop Guertin Campus Ministry
Nashua High School North
National Honor Society
Nashua High School South Interact and
Nashua YMCA

SPONSORSHIP OPPORTUNITIES

Sponsorship Opportunities are available for our many programs, socials and events. There are many sponsorship levels with a wide range of benefits. Prices vary. Please contact Judy Porter, Development Director at 603-816-2649 or via email at jporter@nashuaseniorcenter.org for more information.



The Nashua Senior Ctr will be open for free tax preparation beginning February 7.

The Senior Center will operate as a Tax Counseling for the Elderly (TCE) site. TCE is generally for people 60 or older. Although the program focuses on tax issues unique to seniors, it is available to most taxpayers regardless of age and has no income restrictions. TCE sites are operated by IRS partners and staffed by IRS certified volunteers.

- Tax Preparation at Nashua Senior Center:
- On Wednesdays from February 7 through April 10, 2024; 9:00 am to 12:00 pm.
- In-person tax preparation will be done by appointment only. **Call 211 to make your appointment.**



VETERANS COFFEE CLUB

Join us with Lewis Chipola, Chairman,
City of Nashua Mayor's Veterans Council

Friday January 12 and February 9

9:30 am - 11:00 am

in the NSAC's Coffee Talk Lounge.

Free and open to the public! Learn about VA benefits and share memories of your time in the service. Feel free to bring photos.



FREE

**2nd & 4th
Tuesdays**



10 AM

Learn about scams, safety, and many other topics pertinent to seniors.

Coffee with a Cop

Jan 9, 23

Feb 13, 27

Volunteer Opportunities:

VOLUNTEER

Do you have three or 4 hours per week that you would be able to volunteer at the Nashua Senior Activity Center? This is a great opportunity to share your skills and meet great people.

Openings include:

Travel Office-In search of Wednesday and Friday morning Volunteers. Duties include: phone calling, trip registration, accepting and recording payments. Must be detail oriented. (9am-Noon)

Front Desk-seeking individual to work at the Reception Desk. Duties include answering phones, class registration/ payments. Must be able to work in a busy environment. (Some shifts have 2 volunteers)

Trip Escort-Individual(s) needed to escort day trips. Must be dependable, detail oriented, personable and have the ability to trouble shoot.

Applications are available at the Front Desk or you may call Margo (603) 816-2643 if you have questions.