

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.**

Senior



2024 Informational Golf Meeting
Monday, March 18th - 10 am

The League is full but we have a wait list at the front desk.

Golf Start Date is April 22, 2024, at Whip-Poor-Will Golf Course in Hudson.

Welcome back to this year's leader, Hank Bernardini!

Learn Mah Jongg with Tim Adams
4 week class starting Thursday, April 4th
from 1—3 pm



\$15/members & \$25/non-members

(plus \$9 per card—paid directly to the instructor at 1st class)
Mah Jongg is a game developed in the mid 1800's in China and today is played by millions around the world. This beginner's class will introduce you to the game, tile uses and how to interpret the card, as well as how to set up and play the game. We look forward to seeing you!

Space Limited: Registration & payment due at the front desk by March 28th!



MAKE YOUR OWN BURST-OF-SPRING WREATH

Wednesday, April 10, 2024 at 4 pm (Approximately two hours)

Instructor: Diane Siteman Class includes all materials. Pre-registration and payment is due no later than April 3, 2024. Space is limited. Fee: \$25/members and \$35/non-members

Three-day Chrome Computer Classes for Beginners

Dates: Mon, Tue, Wed -- March 25, 26, 27 – Time: 1 pm **Or** Mon, Tue, Wed—April 15, 16, 17—Time: 9 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 1 week prior to class date.

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.)** **Please note: For first time students only!**



Join us on **THE 3RD**
WEDNESDAY OF
EACH MONTH 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. 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 Jongg: 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).



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"

Wednesday, June 12, 2024 11:30 am to 12:30 pm
"Meaningful Activities to do with a Loved One"

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

Rivier Nurse Wellness Clinics



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

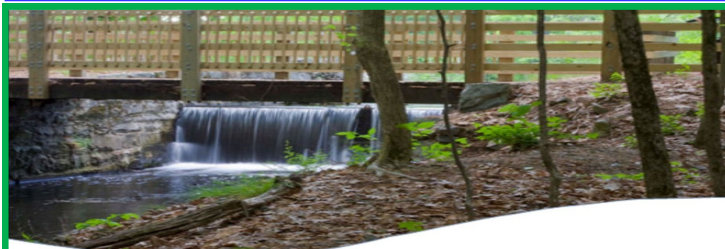
Mar. 13 Apr. 17

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.

Pet Therapy Dog will be visiting the Nashua Senior Center starting in the late spring. Retired Senior Relations Officer from the Nashua PD Jane Constant and her dog Carly will be visiting.

Please add your name to the visit interest list at the front desk. Dates and Times to be determined.



WALKING CLUB



FRIDAYS 9AM-10AM
NASHUA RIVER RAIL TRAIL

TRAILHEAD LOCATED AT 94 GILSON RD, NASHUA NH
STARTING MAY 10TH



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



UPCOMING EVENING FUNDRAISING EVENTS

LIMITED TO 40 PEOPLE

STAY TUNED FOR DATES AND TICKET PRICES

BUILD A HOLIDAY CHARCUTERIE BOARD

Hosted by Bridges by Epoch



BUILD A DISH GARDEN OR TERRARIUM

Hosted by Langdon Place of Nashua

Langdon Place of Nashua
 A Senior Living & Memory Support Community



ENJOY AN EVENING OF SELF CARE

Hosted by Joyful Choice Wellness

GET UP AND GO!

6-week class
Starting May 14, 2024
12 Noon

The course will be under the direction of Fred Daniels from CPTE. Good posture is critical for balance, stability, and looking good when you stand up straight. Good posture also helps with digestion and often reduces back and neck pain. The goals of this six week course are to practice good posture as well as increase strength and improve the flexibility of muscles.

MEMBERS ONLY

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



COMMUNITY PARTNERSHIPS/SEMINARS



Peer Support Group for Blind and Vision-Impaired Older Individuals

April 23, 2024 1:30pm—3:00pm

Community Resources for Vision Impaired, Future In Sight, AT in NH Program and Servicelink

Nashua Senior Center, 70 Temple Street, Nashua
or join us remotely at #1-551-258-6181

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 Center 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 March 9 and April 12

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.



Coffee with a Cop

2nd

Tuesdays

10 AM



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



MAR 12

APR 9



Hearing Life will be at the Nashua Senior Center on May 15th from 9—1 doing hearing checks. Walk ins only.



NEEDED: Keyboard Player

for NSAC Silver Lining Chorus

For more information, contact Cathy

at 603-816-2647

69% of seniors will need some sort of long-term care.

What's your plan to pay for it?

- Could I lose my home and life savings to a nursing home stay?
- What if my adult child divorces or dies?
- What if my adult child is battling creditors or addiction and inherits the estate?

If these, or questions like them, are keeping you up at night, don't miss this powerful educational session with key steps you can take to create a lasting legacy.

Join Attorney Edward Beasley of Donohue, Beasley & Ferber
and Gregory Gagne of Affinity Investment Group

Thursday, May 23rd, 1:00-3:00 PM

Nashua Senior Center, 70 Temple St., Nashua, NH

To register, go to www.docrlaw.com/seminars
or call **1-844-50-TRUST**



Donohue, Beasley & Ferber

ESTATE, TAX & ELDER LAW ATTORNEYS PLLC

Bedford • Boston • Concord • Exeter • Nashua • North Andover



Attorney
Edward Beasley



Special Guest:
Greg Gagne, ChFC