

# Senior

## ACTIVITY CENTER

(Revised on March 21, 2024)

For April/May Classes

Also available on [www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)

DANCE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
<b>Beginners &amp; Intermediate Tap</b>	Monday 10:00 am	8 Weeks	May 27 <sup>th</sup>	\$56 mem \$ 66 non	May 20 <sup>th</sup>
<b>Beginners to Improve Line Dance</b>	Tuesday 10:00 am	<u>Drop in</u>		\$5 mem \$7 non	
<b>Improve to Intermediate Line Dance</b>	Tuesday 11:30 am	<u>Drop in</u>		\$5 mem \$7 non	



## SPRING FLING IS BACK!!!

Flyers with full details on this special promotion held the full month of May, will be available April 15th in front reception flyer rack. (Don't miss out on the chance to take free classes and win prizes)



## KICK OFF TO SUMMER BBQ!!!!

June 20, 2024

At the Nashua Senior Activity Center

Tickets go on sale April 15th

\$15/Members (Must present Membership card to get discount)

\$25/Non-Members (Deadline to purchase tickets is June 10th while supplies last)

For full details of the day's events please see current newsletter

EXERCISE					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
<b>Mat Yoga with Terri</b>	<b>Tuesday 10:15 am</b>	<b>6 Weeks</b>	<b>April 16th</b>	<b>\$36/mem \$46/non</b>	<b>April 9<sup>th</sup></b>
<b>"NEW" Yoga For Every One With Janice</b>	<b>Tuesday 10:45am</b>	<b>6 Weeks</b>	<b>April 16<sup>th</sup></b>	<b>\$36/mem \$46/non</b>	<b>April 9<sup>th</sup></b>
<b><u>Get Fit &amp; Strong</u> <u>With Kevin</u> <u>"New Day and Time"</u></b>	<b>Tuesday 1:30 pm</b>	<b>6 Weeks</b>	<b>April 16<sup>th</sup></b>	<b>\$36/mem \$46/non</b>	<b>April 9<sup>th</sup></b>
<b>Tai Chi/QiGong With Maria</b>	<b>Monday 10:00am</b>	<b>6 Weeks</b>	<b>April 15th</b>	<b>\$36/mem \$46/non</b>	<b>April 8<sup>th</sup></b>
<b>Tai Chi With Connie</b>	<b>Wednesday 1:00pm</b>	<b>6 Weeks</b>	<b>April 17<sup>th</sup></b>	<b>\$36/mem \$46/non</b>	<b>April 10<sup>th</sup></b>
<b>"NEW" Mat Pilates With Gen</b>	<b>Monday 12pm NOTE: New day and time</b>	<b>6 Weeks</b>	<b>May 20<sup>th</sup></b>	<b>\$36/mem \$46/non</b>	<b>May 13<sup>th</sup></b>
<b>"NEW" Chair Pilates With Gen</b>	<b>Monday 11:15 AM NOTE: New day and time</b>	<b>6 Weeks</b>	<b>May 20<sup>th</sup></b>	<b>\$36/mem \$46/non</b>	<b>May 13<sup>th</sup></b>
<b>Aerobics With Sylvie</b>	<b>Thursday 10:00am</b>	<b>6 Weeks</b>	<b>April 18<sup>th</sup></b>	<b>\$36/mem \$46 /non</b>	<b>April 11<sup>th</sup></b>
<b>Chair Yoga With Janice</b>	<b><u>Please note</u> Chair Yoga has been merged to Tuesday at 10:45am</b>	<b>With the Exercise and Balance/Yoga class</b>	<b><u>Pick up flyer with full description</u></b>		<b><u>This class is modified for those and designed for all levels</u></b>



Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
<b>*Tuesday Bridge</b>	<b>Tuesday 12:45 pm</b>	<b>Drop In</b>	<b>NOW AVAILABLE</b>	<b>\$3 mem \$4 non</b>	
<b>Four Aces Bridge</b>	<b>Thursday 9:30 am</b>	<b>Drop In</b>		<b>\$3 mem \$4 non</b>	
<b>*Tuesday Mah Jongg</b>	<b>Tuesday 1:00 pm</b>	<b>Drop In</b>	<b>NOW AVAILABLE</b>	<b>\$2 mem \$3 non</b>	
<b>Whist</b>	<b>Monday 1:00 pm</b>	<b>Drop In</b>	<b>TBD</b>	<b>\$3 mem \$4 non</b>	<b>Currently Not Available</b>
<b>*Pinochle</b>	<b>Monday 9:00 am</b>	<b>Drop In</b>		<b>\$2 mem \$3 non</b>	
<b>Cribbage</b>	<b>Wednesday 1:00 pm</b>	<b>Drop In</b>		<b>\$3 mem \$4 non</b>	
<b>TRIVIA</b>	<b>3<sup>rd</sup> Wednesday of each month 12:30pm</b>	<b>We ask that you preregister</b>	<b>Call or stop by front desk</b>	<b>Free 603 889-6155</b>	
<b>CHESS</b>	<b>Thursday 1:00pm</b>	<b>Drop in</b>		<b>\$2 mem \$3 non</b>	
<b>Table Tennis</b> (Now available)	<b>Friday 9-11:30am</b>	<b>Drop In</b>		<b>\$3 mem \$5 non Per person</b>	<b>Please pay at front desk prior to playing</b>
<b>"NEW HOURS" BILLARDS</b>	<b>Mon. 9-3:30pm Tues. 1-4pm Wed. 12:30- 3:30pm</b>	<b>Thurs. 9-4:00</b>		<b>\$3 mem \$5 non mem Per person</b>	<b>Please pay at front desk prior to playing</b>
	<b>For more info..</b>				
<b>Don't forget the Music Trivia Social In April!</b>	<b>See write up in newsletter</b>	<b>Limited space</b>			

## HOBBIES & SPECIAL INTERESTS *(continued from page 3)*

Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Music Group	Tuesday 9:15 am	Drop In		FREE	
Friends Making Music	Wednesday 10:15 pm	Drop In		FREE	
Silver Lining Chorus	Friday 10:30 am	Drop In		FREE	
Music with Benes	Monday & Thursday	Drop In	10:30-11:45am & 12:30-1:45pm	FREE	
Water/Oil Painting All Levels	Thursday 9:30 am	4 Weeks (2 hrs. each)	TBA	\$56 mem \$66 non	Currently Not Available
Knitting / Crochet Etc.	Wednesday 9:00 am	Drop In	Ongoing	FREE	
Quilting	Thursday 9:00 am	Call Cathy (603) 816-2647	Ongoing	Free mem \$5 non	
Book Club	1 <sup>st</sup> & 3 <sup>rd</sup> Friday 9:30 am		Ongoing	FREE	For full details Contact: Pat @ 603-921-4337
Bone Builders	Monday & Thursday 2:30 pm	Must Pre-Register Contact: Donna Konop 603-598-9421			

**Biking and Walking Group every Friday at 9am at the Nashua Rail Trail.**

**Coming soon .....(May) More info to come**





HEALTH / OTHER SERVICES					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
Foot Clinic	9:20-11am	<u>Call 689-2899</u> in the afternoon for an Appointment	Multiple Dates available	\$40.00	
*Sight Services	4 <sup>th</sup> Tuesday Of Month 1:30-3:00pm	Pre-Registration is Required			For More Information Call: (800)581-6881
Hearing Screening	Wednesday May 15 <sup>th</sup>	9am-1pm			
Reiki	3 <sup>rd</sup> Friday of Month 1:00-3:00pm	Call 262-9366 for an Appointment	TBA	\$20 (For a 30 min. session)	Currently Not Available
Parish Nurse Program	2 <sup>nd</sup> & 4 <sup>th</sup> Tuesday of month	10:30-11:30 am Drop In		FREE	
Rivier University Wellness Clinic	Wednesday 9:00-1:00pm	9am-1pm <u>Drop In</u>	April 17 <sup>th</sup>	FREE & Confidential	BMI, Blood Pressure, Lab Review, Glucose, A1C, Medication Reconciliation.....
Membership	Monday – Thursday 9-11:30 am	Drop In	VETS \$5 discount ➔	New Membership \$40/single \$60/double	For More Information Call: 816-2646

**FITNESS ROOM ORIENTATION WITH KEVIN** Every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month, Fitness Room Orientation at 2:30pm is available. Space is limited. Sign-ups are on a first-come, first-serve basis and opened to members only. To register, please call 889-6155 or visit the Front Desk prior to the date of training.

### **VETERANS YOGA PROJECT** (Drop in)



#### **Mindful Resilience:**

**A FREE class for veterans, first responders and their spouses only.** Veterans Yoga

Project has collected data for nine years documenting a decrease in pain and stress with improved quality of sleep for class participants. In 2008, 20,775 vets were served. Currently, there are programs across the US in 18 VAs, 17 Vet Centers, several fire and police departments, and dozens of community centers. All veterans, please bring your DD214 to the first class.

EVENING PROGRAMS					
Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
<b>Aerobics</b>	Monday 5:30 pm	6 Weeks	April 15 <sup>th</sup>	\$36 mem \$46 non	April 8 <sup>th</sup>
<b>Gentle Flow Mat Yoga</b>	Monday 5:30 pm	6 Weeks	May 13 <sup>th</sup>	\$36 mem \$46non	May 6 <sup>th</sup>
<b>Mat Yoga</b> Note: new time➡	Thursday 5:30 pm	6 Weeks	April 18 <sup>th</sup>	\$36/mem \$46/non	April 11 <sup>th</sup>

**DON'T FORGET TO PICK UP YOUR SPRING FLING FLYER (AVAILABLE APRIL 15<sup>TH</sup>)**

**WITH A LIST OF FREE CLASSES**

**PLEASE NOTE: ALL EVENING CLASSES ARE OPEN TO THOSE 18 AND OVER (Invite your family and friends)**

**Don't miss out on these classes!!!**

**(Day's and times above)**



**LOOK! TARA'S MIXING IT UP!**

**With**

**GENTLE FLOW YOGA IS BACK!!!!**

**Monday's at 5:30pm**



**Mat Yoga with Terri, Thursday Evenings at 5:30pm**

**Rest your body and mind with Terri's Mat Yoga Class held on Thursday evenings at 5:30pm.**



**Aerobics with Sylvie, Monday Evenings at 5:30pm**

**Join Sylvie for great work out while having fun and moving and grooving to the music!**

**\*Don't forget you can use the fitness room and play Billiards on Monday and Thursday evenings until 6:45pm**

**Please note to use the fitness room your must be a current member and complete the fitness room orientation. The annual fee for the Fitness room is \$30.00**