

ACTIVITIES (Cathy Barrett, Director)



Welcome back to all of you coming back from summer vacations! We have a lot coming up for you this fall.

SPECIAL FREE OFFERS TO MEMBERS ONLY

Paint your own Pumpkin

with Chelsea from Dignity Memorial at the Nashua Senior Activity Center, Thursday, September 26th at 1 pm
Space is limited. Please preregister at the front desk by September 19th.



Learn Mah Jongg with Tim Adams

4 week class starting Thursday, October 3 from 1—3 pm

\$15 Deposit to be returned at completion of all four classes.

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 is limited: **Registration & payment due at the front desk by Sept. 26th.**



HOUSEPLANTS 101

Wed. October 23rd at 11am
Pre-register by October 16th

\$5/Deposit/refundable at completion of class Elizabeth will teach you the benefits of houseplants and how to care for them. As part of this class everyone will be able to pot their own plant from fresh cuttings of existing plants that we provide.(all materials will be provided)

1. Choose Healthy Houseplants.
2. Consider Your Light and Space.
3. Complement Your Decor.
4. Select Your Potting Soil Mix.
5. Water Indoor Plants Properly.
6. Fertilize Indoor Plants Regularly.
7. Control Houseplant Pests.

Three-day Chrome Computer Classes for Beginners

Dates: **Tue, Wed, Thu—October 15, 16,17 Time:10 am**

Free for 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 five students. Please pre-register by October 8th—one 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 note: For first time students only!

3 Week Intro to Beginner Pool Lessons with David

Thursday's starting on October 3rd.

(3) semi-private half-hour sessions. Choose from 1:30 – 2:00 or the 2:15 to 2:45 time (Space is limited) Ever want to play pool, but didn't want to embarrass yourself? Then this Special Intro Set of Lessons is for you. You'll quickly become comfortable with the basics and look like you know what you're doing. Even if you don't really know what you're doing. Positive attitude required. A bit of hand-eye coordination helps. Deposit of \$5.00 refunded at completion.



ACTIVITIES (Cathy Barrett, Director)



IT'S SPOOKY . . . VINNY IS BACK!



Tuesday, October 29th 1:30-2:30 PM

Place: Nashua Senior Activity Center

Fee:\$3.00/Members & \$5.00/Non-Members Purchase tickets by October 24th.

Includes entertainment and light refreshments.

Looking for something **fun** to do? Grab some friends and join Vinny for the upcoming Trivia and Tunes game. Trivia and Tunes combines questions designed specifically for seniors across a broad variety of categories with musical clues. This month's theme is Halloween related!

Computer/phone assistance

If you have questions about your windows/mac/ipad/chromebook or phone, sign up for a 1 hour session at the Nashua Senior Center. First sessions will be offered Tuesday, September 17th. Fee: for 1 hour session is \$5/ Members and \$7/Non-Members per person. Space is limited. Register by one week prior to class starting.



REIKI with Jane



Reiki is a relaxing alternative healing technique working with energy to bring the body into balance to promote health and healing. Introductory offer to be held on Thursday, September 19th, and Thursday, October 17th. By appointment only. Donation to instructor is appreciated. Call 603-889-6155



Smart Phone Beginner Photography Class

Starting on Thursday, October 3rd at 9am
 Fee: \$55/Members and \$90/Non-Members
 (Preregister by September 28th)

In this **7 wk Beginner Smartphone Photography** class you will learn how to use the camera on your phone, how to edit and share those images, as well as learn basic rules of composition and artistry. This is a hands-on class that will culminate with an art show reception during the last class day. Each student will have 2 matted prints as entries into the show. First, second, third places and Best in Show will be awarded. This class is for you if you want to get better at taking photos with your phone or just enjoy photography and want to learn more.

Editing Photography Class

Starting on Thursday, October 3rd, 10:15 am
 Fee: \$55/Members and \$90/Non-Members
 (Preregister by September 28th)

In this **7 week Smartphone Photography class** you will build on the skills and knowledge gained in the beginner class to continue to expand and improve your photography skills. We will discuss lighting, advanced composition, the story-telling element of photography, focus on how to edit your images right from your phone and more! **It is highly recommended that you have completed the beginner level class before enrolling.** The class will culminate with an art show reception during the last class day. Each student will have 2 matted prints as entries into the show.

PHOTO EXHIBIT Come check out the beautiful photos taken by both of our Photography classes on **November 14th at 10am!!** This is free and open to the public.



..... **October 7, 2024**
Doors Open: 5:30 pm
Games Start: 6:30 pm

Get your tickets now for the Nashua Senior Center's first annual Meat Bingo! The event will be held at the Senior Center at 70 Temple Street in Nashua. Prizes include the following:

CASH BAR:
Beer, Wine,
Hard Seltzer

3 lbs. bacon and 3 dozen eggs
6 rib eye steaks
Six one-pound salmon filets
5 lbs. sea scallops
5 lbs. shrimp
Gift Cards
..... and more!

**CASH
CONCESSIONS**

50/50 RAFFLE

TICKETS

Call Margo Bell at 603-816-2643 for more information or for tickets.

\$40 for two sets of three cards

TO INCREASE YOUR CHANCES (AT THE EVENT ONLY):

Purchase an additional set for \$5 (Limit of 5 sets)



Event benefits the Nashua Senior Activity Center
Over 45 years of service to the Nashua community



FREE MEET & GREET

with Art instructor Claire
Monday, Sept 23rd at 1 pm
(please preregister at front desk so we can reserve your seat)

Claire has been teaching art for more than 6 years at Chez Claire Art School in Lowell, MA and will be here to share the different art classes she has to offer. We invite all you art lovers to check out what she has to offer and explore your interests for upcoming classes. Following this Free Meet & Greet Claire will offer her Spring Tree Painting Class to get us started.

Spring Tree Painting Class:

Monday, Oct 21st from 10 am-12pm

Fee: Members/\$35 & Non Members/\$55

Registration & Payment is due by October 14th

In this one day acrylic painting class for beginners taught by artist Claire Gagnon, students paint with a brush or palette knife. Each student paints their own version of the spring tree, while following the steps under Claire's guidance. She will walk you through the steps one by one. Join this class to relax, socialize, and have fun with your friends. All levels are welcome. No prior experience needed. All supplies will be provided.

Dear Members,

Discounts on classes, entrance to social and special events, participation in other activities and more are privileges of membership. Therefore, membership cards must be presented at the time of registration in person. You could keep a picture of the front and back of your card on your phone for your convenience.

EVENING PROGRAMS

Don't forget our evening programs are open to those 18 and over!

(Pick up an Activities Schedule in the front reception area or go on our website for the latest info).

Monday 5:30pm **Aerobics Class** with Sylvie

Monday 5:30pm **Mat Yoga** with Tara

Thursday 5:30pm **Mat Yoga** with Terri