

COMMUNITY PARTNERSHIPS/SEMINARS



Peer Support Group for Blind and Vision-Impaired Older Individuals

Tuesday, October 22, 2024

1:30pm—3:00pm

Wrap up and planning for 2025

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

Medicare Q&A

Did you know . . .
some companies will REIMBURSE you for classes you take at the Nashua Senior Center?

Get the answer to this and many more questions about Medicare at any one of the following Q&A sessions.

FREE! Schedule for Medicare Information

AETNA – Second Wednesday of each month
9A-12P in lobby (Perry Cataldo from Choice Benefit Service)

AETNA – Fourth Wednesday 9A-10A (Medicare 101)
(Perry Cataldo from Choice Benefit Service)

ANTHEM – First & third Tuesday of each month in NSAC lobby
(Perry Cataldo from Choice Benefit Service); 9A-12P

CATHERINE PERKINS, SENIOR HEALTH ADVISOR –
Second Thursday of each month starting in September;
9A-11A in NSAC’s lobby

JERRY LEAVITT, SENIOR HEALTH ADVISOR –
Second Monday of each month in NSAC’s lobby from 9A-12P;
and Fourth Thursday of each month, 9A-10A, the Medicare
Question and Answer seminar

SERVICELINK – Fourth Friday of each month; 10A (Sign-up required)
Seminars for those new to Medicare.

UNITED HEALTHCARE – Second Tuesday of each month; 9A-10A
(Perry Cataldo from Choice Benefit Service) (Medicare
Questions and Answers)
Walk in. No sign-up required.

70 Temple Street
Nashua, New Hampshire

VETERANS COFFEE CLUB

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

Friday September 13 and October 11
9:30 am - 11:00 am
in the NSAC’s Education Room.

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

SAVE THE DATE
SEPTEMBER 25 9:30-10:30 am

Making your Money last through Retirement-
Join Edward Jones professionals as they discuss how to
have funds through your retirement and achieve your
retirement goals. The coffee is on us.

Location: Nashua Senior Activity Center
70 Temple Street, Nashua,
Hosted by Edward Jones Financial Advisor **Nick Brigham**
Free and open to the public. See flyer.
Sign up at Edward Jones 603-594-8829

NSAC Week at Gate City Casino!

Charitable Gaming that Benefitted the Nashua Senior Activity Center

Thank you to all who supported our Nashua Senior Activity Center week at Gate City Casino.
A big thank you to Gate City Casino for being our charitable gaming sponsor.



Silver Wheelers
Bike Club

Meet at the Nashua
Rail Trail on Gilson Rd. at 8:45 am and
leave promptly at 9 am. Enjoy a great ride with
your peers amid beautiful surroundings. Contact
Lee Newcomb at lan4pal@gmail.com to be added
to the email list.

WALKING CLUB

Senior **FRIDAYS 9AM-10AM**
NASHUA RIVER RAIL TRAIL
TRAILHEAD LOCATED AT 94 GILSON RD, NASHUA NH
STARTING MAY 10TH

COMMUNITY PARTNERSHIPS/SEMINARS

Pet Therapy Dog 2nd Thursdays
Sept. 12, Oct. 10, 2024, at 10:30 am

Retired Senior Relations Officer from the Nashua PD, Jane Constant, and her dog Carly will be visiting the Nashua Senior Center the **2nd Thursday of each month**.



thank you to our

BUSINESS SPONSORS

 **aetna**
medicare solutions



 **ST. JOSEPH HOSPITAL**
A Member of Covenant Health

Health Clinics **NEW DATES**

Foot Care Clinics by Home Health & Hospice in the NSAC Health Rm:
September 6, 9, 16, 18, 20 AND October 4, 16, 18, 21, 28
Times: 9:20 am-12 pm. Call 603-689-2899 to schedule an appointment.

Home Health & Hospice Care

Parish Nurse Program: September 10, 24; October 8, 22, from 10:30 am - 11:30 am

The Parish Nurse Program from St. Joseph Hospital is at the Nashua Senior Activity Center on the 2nd & 4th Tuesday of every month providing blood pressure checks, answering medication & lab questions, providing resources about dementia & more. Free & open to the public. Walk-in clients are seen in order of arrival.

 **ST. JOSEPH HOSPITAL**
A Member of Covenant Health

Rivier Nurse Wellness Clinics



9 am to 1 pm on the second floor of the Nashua Senior Ctr, 70 Temple St., Nashua
Wednesday Oct. 16, Monday Nov. 18

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.

Join us on **THE 3RD WEDNESDAY OF EACH MONTH AT 12:30 pm**



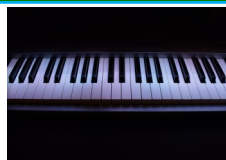
for a FREE fun way to exercise your mind while trying to remember trivia. Teams are formed depending on the number of players. Pre-register at the front desk: 603-889-6155.

Trivia prizes are sponsored by
Dignity Memorial



Meeting **SEPTEMBER 10th, 2024 at 1:00 PM & OCT 8th**, at the Nashua Senior Activity Center, 70 Temple Street, Nashua NH. Meetings will be held on the 2nd Tuesday of each month from September through May from 1:00 PM to 2:30 PM.

NEEDED: Keyboard Player



for NSAC Silver Lining Chorus
Requirements

2 to 4 Daytime Performances per month at Assisted Living Care

We sincerely apologize for the following names of donors that were missing from our Annual Appeal Donation Acknowledgement in the July/August 2024 Newsletter. Thank You!

ABS Cleaning Company, Inc.	Sheila Caron	Paul & Esther Gerstner
Donald Affeldt	Kenneth W. Chapman	Anita Gervais
American Legion Post 3	Paula M. Cook	Ronnie & Debra Gilbert
Annette Anctil	Jean Coyle	Regina Gilbertson
Catherine Z. Andruskevich	Sally F.Curtis	Michael & tammie Golden
Greg & Pam Andruskevich	Judith Daigle	Vera Kay Golden
Esther Arlan	Fred Day-Lewis	Bogdan Golja
Rosemary Audette	William Defeo	Devina Green
Sharon Bates	Laurette Delisle	Claire Guenther
Eleanor Bellantoni	Susan DeLuca	Kathy Hardy
Carolyn A. Bender	Antoinette A. Drouart	Stuart & Annie Jeans
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Patty Burbank	Helen Fitzgerald	Dan & Carol Kelly
Barbara Butler	Robert & Therese Fontaine	George H. King
Richard & Jill Cane	David Fredette	Beverley Kneeland
Bill & Cecile Carlton	Gail Gelarderes	Jack & Lori Law

VETERANS YOGA PROJECT

Mindful Resilience

Tuesdays at 1:00 pm

A **FREE** class for veterans, first responders, and their spouses only. The Veterans Yoga Project has collected data for nine years documenting a decrease in pain and stress with improved quality of sleep for class participants.

Currently, there are programs across the US in 18 VAs, 17 veteran centers, several fire and police departments, and dozens of community centers.

Space is limited. Pre-register at the Front Desk: 603-889-6155.

All veterans, please bring your DD214 to the first class.

