


COMMUNITY PARTNERSHIPS/SEMINARS





The Annual NSAC Board Meeting
will be held on
Wednesday, October 23 at 3 pm



Please pre-register at the Front Desk by
October 18th, so we can prepare seating and refreshments accordingly. Or call 603-889-6155 to



Coffee with a Cop
2nd
Tuesdays

FREE

Learn about scams, safety, and other



FITNESS ROOM TRAINING WITH KEVIN

Fitness Room training is available every **1st & 3rd Tuesday of the month**. Space is limited. Sign-ups are on a first-come, first-served basis and open to members only. To register, please visit the Front Desk or call 603-889-6155.




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

Wednesday, Sept. 11, 2024, 11:30 am to 12:30 pm
“Managing Challenging Symptoms of Dementia”
Each session will include a free chef-prepared lunch. Seating is limited. Sign up at the Senior Center’s Front Desk.

Langdon Place of Nashua Presents...

The Dementia Experience




Nashua Senior Center
70 Temple St, Nashua, NH 03060
Date: Tuesday September 24, 2024
Time: 9-11:30 am
Five people per time slot: 9:15, 9:45, 10:15, or 10:45
Must pre-register!
Contact Denise Blair to reserve your spot at denise.blair@genesishcc.com

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.

Please contact Meegan Lord, CDP MDEC with any questions about the Dementia Experience at 603-888-7878 ext. 238 or Meegan.lord@genesishcc.com

The Experience will be in 30 minute increments.



Core/Back Stabilization Class
with Fred Daniels from Ctr for Physical Therapy & Exercise
Tuesdays and Thursdays beginning November 12, 2024 at 12 pm for 8 weeks
Members only.
Cost: \$30 payable to CPTE at first class
Limit: 16 participants
Our core muscles are critical for balance and mobility. Weak and/or tight core muscles can increase your risk of back pain and falls.
CPTE’s Core/Back Stabilization Class will help its participants increase the strength and flexibility of these muscles.
Exercises will include the big exercise balls and getting

Upcoming Events—details in next newsletter!

PAL: toy collection will start in the lobby on November 1st.

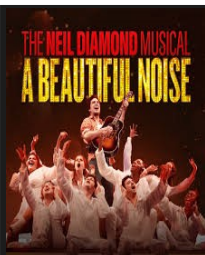
Breakfast with Santa presented by the Nashua Lions Club—December 7



Vitality for Living
genesishcc.com

DAY TRIPS are offered throughout the year and open to NSAC members and non-members. For more information, contact the NSAC Trip Office at 603-816-2645, Mon-Thurs: 9am-11:30am or Margo Bell at mbell@nashuaseniorcenter.org or call 603-816-2643. As of the date of publication all of the following trips were still valid. Dates are subject to change. Please ask about the cancellation policy. Visit our website: www.nashuaseniorcenter.org/news for the latest updates and information.

All day trips depart from the Exit 8 Park & Ride unless otherwise notified.



The Neil Diamond Musical “A Beautiful Noise” Sunday, September 22, 2024, 1 PM
Cost \$149 Performing Arts Center (Orchestra Seating) Providence, RI. Departs 8:15 am Returns 6:30 pm. The Los Angeles Times: The story of the legendary Neil Diamond comes to life on stage in an uplifting new Broadway musical, A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL, featuring all his hit songs including “Sweet Caroline”, “America”, and “Cracklin’ Rosie”. You will arrive at the Providence Place Mall at about 10:15 am and will have an hour and a half on your own to enjoy an ice cream cone or a cup of coffee and a pretzel maybe at The Cheesecake Factory or Panera Bread. Then, you will board the bus to the Performing Arts Center.



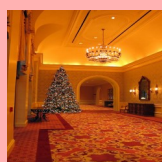
MILLION DOLLAR QUARTET Wed., October 2, 2024; Showtime: 2 pm; Cost: \$185
 North Shore Music Theater; Lunch at Davensport Yacht Club; Departs: 10:15am; Returns:6:30pm
 Set on 12/4/1956, an extraordinary twist of fate brought together Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley at Sun Records in Memphis for one of the greatest jam sessions ever. MILLION DOLLAR QUARTET is an irresistible tale of broken promises, secrets, & celebrations.



Fall in New Hampshire Thursday, October 10, 2024 Cost: \$125
 Depart: 10:30 am Return: 6 pm
 Fall is so beautiful in NH! Today we travel to Troy where we will enjoy a delicious luncheon at the Inn at East Hill Farm. We are then met by our step on guide for a narrated tour of 6 covered bridges in Cheshire County. A farm stand stop is scheduled on our way home.



The Holidays at the Breakers Sunday, November 24, 2024 Cost \$145 per person



Join us on this delightful trip that includes a tour of the “Breakers”, a full course luncheon and a visit to Newport’s Brick Marketplace on the harbor.

You will enjoy a wonderful lunch at Johnny’s Restaurant, then stop at the Brick Marketplace on the harbor, hosting some 25 + shops. Then, the magic of the Holiday comes alive at the beautiful, holiday adorned Breakers Mansion. You’ll then return home with fond memories of beautiful festive Newport, RI.
 Depart: 9:45 am Return Approximately 8:00 pm



HOLIDAY BOSTON POPS Friday, December 6, 2024 Show at 3 PM Cost: \$194 per person. Depart: 10:45 am Return 6:30 pm

Join us for a dazzling, engaging performance by America’s Orchestra and relish the elegance of historic Symphony Hall. Enjoy a luncheon at Maggiano’s Restaurant.

MORE TRIP INFORMATION

2025 OVERNIGHT: With Collette Tours
Iceland March 2025, America's Cowboy Country August 2025.

Travelers please note: Special requests such as dietary or seating for medical reasons must be made at the time of the original booking. No request can be guaranteed. Travelers with medical issues or who have special physical needs must travel with a companion who can offer assistance.


Stay Tuned . . . One more 2024 Day trip under construction. Watch Website or call the Trip Office at 603-816-2645 after September 1st.




Nashua Senior Activity Center **INFORMATION**


CURRENT OPERATING HOURS:


Monday, Tuesday, Wednesday: 9 am - 4 pm ~ Thursday: 9 am - 7 pm ~ Friday: 9am—12 pm
except pre-registered evening programs and by appointment—subject to change


 **ROUND AGAIN SHOP: Monday — Thursday 9 am to 3 pm ~ Friday 9 am to 12:00 pm.** FREE SPREE on the first Monday of every month and on the third Tuesday: current members can choose one FREE OUTFIT. Must show your current NSAC membership card to receive this promotion - ask for details. There is a two-bag limit on donations, no appointment needed.

 **LIBRARY: Monday - Thursday 9 am to 2 pm & Friday 9 am to 12 pm.** Donations are by appointment only and are limited to two grocery sized bags. Call Margo Bell at 603-816-2643 to schedule a donation.

 **FITNESS CENTER: Monday - Thursday 9 am to 4 pm & Friday 9 am to 12 pm.** Members must have completed training and agree to abide by our cleaning protocol.

 **FITNESS ROOM ORIENTATION WITH KEVIN: The 1st & 3rd Tuesday of the month at 2:30 pm.** Space limited - sign-ups are first-come, first-served. To register, please call 603-889-6155 or visit the Front Desk.

 **COMPUTER LOUNGE: Monday - Thursday 9 am to 4 pm & Friday 9 am to 12 pm.** Registration not required - first come first served. Members must agree to abide by the established policies.

 **BILLIARDS: Check in at the Front Desk. \$3/members & \$5 non-members (per person).** Monday: 9-3:30 PM, Tuesday, 1-4PM, Wednesday, 12:30—3:30 PM, Thursday, 9-4:30 PM. Friday not available. Call Cathy for further information. 603-816-2647.

 **MUSIC WITH BENES: Monday & Thursday 12:30 to 2:30 pm.**

MUSIC WITH JUKEBOX JIMMY: Monday 10:30 to 11:45 pm.

MUSIC WITH THE BALD EAGLES: Wednesday 10:30 to 11:45 am & 12:30 to 1:45 pm

MUSIC WITH JUST JIM: Thursday 10:30 to 11:45 pm.

 **OLDE TYME PICKERS: 3rd Tuesday of the month — 7 pm to 9 pm**

 **MEDICARE OUTREACH SEMINARS 4th Friday of every month 10—11 am Hosted by Service Link**
 To register, please call 603-889-6155 or visit the Front Desk.



MEALS on WHEELS
 HILLSBOROUGH COUNTY

Meals on Wheels of Hillsborough County
Community Dining Program at the Nashua Senior Activity Center:

Balanced meals are being served to those 60 years of age or older.
 (suggested donation \$3.00)

Monday to Friday from 11:45am to 12:30pm

NASHUA SENIOR ACTIVITY CENTER

Our Mission:

To promote healthy aging, independence and the well-being of older adults through health, wellness, educational, cultural and recreational programs and services.



**Nashua Senior Activity Center
70 Temple Street
Nashua, NH 03060**

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Permit # 103

NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

Membership Office Hours: Monday through Friday: 9:15 am to 11:30 am

Eligibility: Membership is open to anyone in the greater Nashua area age 50 or older.

Membership and Renewal Fees: \$40 per year for individuals;
\$60 per year for two individuals residing at the same address.

Membership Renewal by Mail:
Include a *self-addressed stamped envelope* to have your membership card and receipt mailed to you; otherwise, pick up your card and receipt when you visit the Senior Center.

Veterans Discount: Eligible military service veterans receive a \$5 discount.

Membership Fee Exemption: Membership fee is waived for seniors 90 years and older.

Payment: Cash, personal checks, credit cards, and debit cards are accepted.

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.



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