

## ACTIVITIES (Cathy Barrett, Director)

We invite you to enter the new year to look toward the promise of new beginnings and adventures.



We have many different types of activities, trips, and events scheduled for 2023.

*Come check it out!*

### Get Fit & Strong!

*> New Day & Time <*

Kevin will teach a six-week class on  
**Tuesdays at 1:30 pm**  
beginning January 10 at the  
**Nashua Senior Activity Center.**

Fee is \$36/members & \$46/non-members.  
Pre-registration and payment is due by January 3.



**Get Fit & Strong Fitness Class** is a non-impact 45-minute exercise class for adults age 55 and beyond that is held one day a week. The class is designed to assist with building and maintaining muscle strength, better movement, and balance which are all necessary for daily activities. Participants are taught proper exercise technique and exercises are modified as needed.

**DON'T  
FORGET!**

**DON'T  
FORGET!**

**DON'T  
FORGET!**

All our ongoing classes listed in the Activities

**LOOK!** Tara's mixing it up!  
with

### Tara's Gentle Yoga Classes

Monday, January 9 at 5:30 pm  
(for six weeks)

Fee: \$36/members; \$46/non-members  
Registration & payment due by January 5.



Terri & Sylvie will be back in January to offer their six-week evening classes!

### Aerobics Class with Sylvie

5:30 pm Mondays starting January 9

### Mat Yoga Class with Terri

5:30 pm Thursdays starting January 11

\$36/members & \$46/non-members

(Pre-registration and payment due by January 5)



## Nashua Senior Golf League

2023

Hello, Everyone!

It's hard to believe Spring is right around the corner. We would like to invite members 50 and over to play in our 2023 Nashua Senior Golf League. This will be our 26th season. We will be playing Monday Mornings at the Whip-Poor-Will Golf Course.

For those interested in playing in this year's league, please call 603-889-6155 to have your name put on the interest list. We will contact everyone with more information as it becomes available.

## 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](http://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.**

### ***We are now taking names for the following interest lists:***

Art, Cyber Security, Learning Spanish, Halloween Party, Evening Mah Jong, Evening Guitar, Giant Yahtzee, Nutrition, Photography, Sock Hop, Beginners Keyboard Lessons (day or evening), Halloween Social; Disaster Preparedness; How to Save in These Rough Times, Zumba, Ping Pong. I would love to hear your interests or ideas for new classes - email them to me at: [cbarrett@nashuaseniorcenter.org](mailto:cbarrett@nashuaseniorcenter.org)

### ***Pocket Billiards for BEGINNERS***

Five one-hour semi-private instruction sessions.

Choose either the 1 pm or 2:30 pm class (Each class is limited to two people.)

Thursdays beginning February 20 -- \$20 members / \$60 non-members

1. The basics: stance, balance, hand bridge, and stroke
2. Shot alignment – physics class
3. Rules of popular pocket billiards games & game etiquette
4. Planning ahead
5. Graduation game at an off-site Nashua location

Classes are held at the 2nd floor pool table in the Card/Music Room at the NSAC (except for Session 5). Preference will be given to NSAC members.



**COMING SOON!**

**Friday**

**Ping Pong**

**Call 603-889-6155 to put your name on the interest list.**

### ***Learn Mahjong with Tim Adams***



4-week class starting Thurs., February 16 at 1 pm  
(with pre-registration by February 9)

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

(First come/first served basis. Space is limited.)

Mahjong is a game developed in the mid 1800s 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!

Join us on  
**January 18 & February 15**  
**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. Sign up at the front desk: 603-889-6155.



**Tuesday Music Group:**  
**Tuesdays at 9:15 am**

**Music Theory 102:**  
**Wednesdays at 9:00 am**

**Friends Making Music:**  
**Wednesdays at 10:15 am**

**Silver Lining Chorus:**  
**Fridays at 10:30 am**

**Pinochle:** Mondays - 9:00 am  
**Bridge:** Tuesdays - 1:00 pm  
**Mah Jong:** 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). No shared snacks are allowed. You may bring individual snacks.

