

COMMUNITY PARTNERSHIPS/SEMINARS

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



Lunch and Learn #1:
Thursday, February 2, 2023
11:30 am to 1:00 pm
“Coordinating a Caregiving Team?”

Lunch and Learn #2:
Thursday, March 2, 2023
11:30 am to 1:00 pm
“Alzheimer’s Risk Factors”

Each session will include a free chef-prepared lunch. The Lunch and Learns are free and open to the public, but seating is limited. Please reserve your seat by calling the Senior Center at 603-889-6155 or by stopping by the Front Desk.



Free Seminar

Vertigo & Balance
Wed., March 22, 2023 — 10 am
Nashua Senior Activity Center

Vertigo is the perception of movement/spinning either of the self or the environment. Dizziness, the general term that describes lightheadedness, a floating sensation or faintness. Imbalance or disequilibrium is a feeling of being off-balance or unsteady.

Dr. Jessica Woods of Dr. Woods Hearing and Southern NH Vertigo & Balance will host & present.

Stop by the Front Desk
or call 603-889-6155 to register.

**“Prevention Matters: Vaccines and Tests
What you need and when you need it.”**

Thursday, January 26, 2023
10 am to 11 am — Nashua Senior Center
Learn simple tips to take care of your overall health. Free & open to the public. Refreshments will be served. Registration is required. Sign up at the Front Desk.

Hosted by



**BECOME A
SPONSOR**

**The
Nashua Senior Activity Center**

Invites businesses to partner with us and become a sponsor of one of our three key fundraising events. There are sponsorship opportunities to fit every budget and great ways to partner with us to reach seniors in the greater Nashua area.

For more information, please contact Judy Porter at 603-816-2649 or email jporter@nashuaseniorcenter.org

**SPONSORS
needed**

Dr. Woods is hosting
Hearing Center

**Free
Hearing Tests**

Monday, January 30, 2023
9 am to 12 pm

Wednesday, February 22, 2023
9 am to 12 pm

Open to the public. Walk-in only.

**Thank you to Zis-Sweeney and Only Catering for donating
200 curbside Christmas dinners on Saturday, December 24.**
You enabled so many to enjoy a hot Christmas meal.



Free



BAYADA®
Hospice

**Public
is
Invited**

> The Dementia Experience —

Wednesday, April 19
Select from two sessions:

9:00 am to 9:45 am or 10:00 am to 10:45 am

Experience what it is like to have dementia in this seven-minute simulation. Discussion following. Light refreshments.

Limit of six people per session. Registration is required due to limited seating. Call 603-889-6155 or stop by the Front Desk.

> Hospice 101 — Bayada Hospice will staff tables in the NSAC lobby on the following dates to provide interactive information about hospice:

**Free
Gifts**

Monday, January 30
Wednesday, February 22
Wednesday, March 29

**Free
Gifts**



**We would like to thank the Nashua
Lions Club for sponsoring the Break-
fast with Santa event on December
3. There were so many little smiling**

COMMUNITY PARTNERSHIPS/SEMINARS



A Member of Covenant Health

COMPLETE YOUR ADVANCED DIRECTIVES:

March 22 — 9 am to 12 noon (Walk-in only)

May 23 — 9 am to 11:30 am (Walk-in only)

FREE — Social workers and parish nurses from St. Joseph Hospital will be on hand to answer questions as you complete your advanced directives. Documents will be witnessed and notarized on site.

HYPERTENSION, STROKE, AND YOU:

Wednesday, April 12 — 10 am to 11 am

FREE — Registration required.

Learn more about this very common yet dangerous condition.

BROWN BAG

MEDICATION RECONCILIATION:

More information coming soon.

In conjunction with St. Joseph Hospital and the Mass College of Pharmacy, pharmacy students will review all of your medications with you.

Rivier Nurse Wellness Clinics

9 am to 1 pm on the second floor of the Nashua Senior Center, 70 Temple St., Nashua

Mon., Jan. 30, 2023

Wed., Feb. 22, 2023

Wed., March 29, 2023

Wed., April 26, 2023



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.



The Nashua Senior Center Spotlight is back on WSMN **the first Wednesday of the month from 9 am to 10 am and live on Facebook.**

Join host George Russell as he welcomes Nashua Senior Center Development Director, Judy Porter, and Chelsea Graves, Manager of the Zis-Sweeney and St. Laurent Funeral Home. The show is graciously sponsored by the Zis-Sweeney and St. Laurent, Funeral Home.

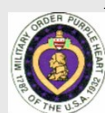


VETERANS COFFEE CLUB

Join us with Barney Barbera, Chairman, City of Nashua Mayor's Veterans Council

Second Tuesday of each month
9:30 am - 11:00 am held in the NSAC's Coffee Talk Lounge

Free and open to the public!



Jan 10	Jul 11
Feb 14	Aug 8
Mar 14	Sep 12
Apr 11	Oct 10
May 9	Nov 14
Jun 13	Dec 12

Learn about VA benefits and share memories of your time in the service. Feel free to bring photos to share. For more information, call 603-759-2478.

Help Support NSAC!

The Nashua Senior Activity Ctr can receive a donation every time you shop! Make sure you log in to:

www.smileamazon.com

Create an account and choose: Nashua Senior Activity Center



Health Clinics **NEW DATES**

Foot Care Clinics by Home Health & Hospice in the NSAC Health Rm:

January 6, 9, 18, 20, 23 AND February 3, 13, 15, 17, 27

Times: 9:20 am-12 pm. Call 603-689-2899 to schedule an appointment.

Home Health & Hospice Care

Parish Nurse Program: January 10, 24 AND February 14, 28 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.



COMMUNITY PARTNERSHIPS/SEMINARS



The Nashua Senior Ctr will be open for free tax preparation beginning February 1.

The Senior Center will operate as a Tax Counseling for the Elderly (TCE) site. TCE is generally for people 60 or older. Although the program focuses on tax issues unique to seniors, it is available to most taxpayers regardless of age and has no income restrictions.

TCE sites are operated by IRS partners and staffed by IRS certified volunteers.

- Tax Preparation at NSC:
- On Wednesdays from February 1 through April 12, 2023; 9:15 to 12:45.
- In-person tax preparation will be by appointment only
- How to make an appointment will be published at a later date.

olde Tyme Pickers

FREE

FUN!

Meets every 3rd Tuesday 7—9 pm
at the Nashua Senior Activity Center

Come enjoy this free evening of musical entertainment. If you like Bluegrass and a little Country, you will be guaranteed to have a fun night out. Sing-a-long, play-a-long or just tap your toes to the music. FYI—Lead is Bob Pope who has been a part of the program since its inception over 30 years ago. He is joined by other musical talents — some old and some new. (Other names for this group have been Nothin' Fancy, Temple Street Strummers and Pickers, and Jerry Jean and his Bluegrass Buddies.)



Get Up and Go!

6-week class
Starting February 21, 2023
Tuesday and Thursday
12:30 pm to 1 pm



Fred Daniels from the Center for Physical Therapy and Exercise will teach us exercises and practice activities to help us safely and efficiently get out of a chair, get in and out of bed, and up off the floor!

Materials fee:

\$15 payable to CPTE by check or cash.

Class is free to members/\$10 for non-members
Register at the Front Desk.

Thank You!
to

United
Way



Community Partner

*United Way's Community Impact Fund for a
\$1000/year grant for the next three years
to help fund the Rivier Nursing Clinics*

We are excited to announce our

Kick Off to Summer Luncheon



with entertainment to be held at the
Nashua Senior Activity Center.

Full details in the March/April newsletter.

