

## COMMUNITY PARTNERSHIPS/SEMINARS

### Join Us for an Exciting Day!

Saturday, October 1 from 9 am to 1 pm



The Nashua Telegraph's



# Motor Mania Car Show



The Nashua Senior Center's



Join The Telegraph, in partnership with the Nashua Senior Activity Center, on Saturday, Oct. 1, at the Nashua Senior Center, 70 Temple St, for the 13th Annual Motor Mania Car Show and an Open House at the Nashua Senior Center. The entry fee for the car show is \$25 per car with all entry proceeds going to the Nashua Senior Center. Eight awards will be presented.

The event will feature 60 cars, a variety of vendors, food, and tours of the Senior Center. Sponsorship opportunities still are available for both the event and special insert appearing in The Telegraph the weekend of the event. Limited vendor slots available. For additional information, contact Telegraph Publisher and Editor Matt Burdette at [mburdette@nashuatelegraph.com](mailto:mburdette@nashuatelegraph.com) or Judy Porter at [jporter@nashuaseniorcenter.org](mailto:jporter@nashuaseniorcenter.org).

Local vendors and non-profits already include: Humana, Harvard Pilgrim Health Care, Tindon Senior Services, Zis-Sweeney & St. Laurent Funeral Home, Nashua Lions Club, Fairview Senior Living, Nashua Crossings, Ledgewood Bay at Milford, Villa Crest Nursing & Retirement Ctr., Dr. Woods Hearing Ctr., Southern NH Vertigo & Balance Ctr., Rose Haven at Merrimack, and BRB TV Channel 96 (Nashua Public TV).

## Bridges

BY EPOCH  
MEMORY CARE ASSISTED LIVING  
AT NASHUA

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

### Lunch and Learn #1:

Wednesday, Sept 7 — 11:30 am to 1:00 pm

“Is it Normal Aging or Memory Loss?”

### Lunch and Learn #2:

Wednesday, Oct 5 — 11:30 am to 1:00 pm

“Proactive Brain Health”

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.

## Movement for Mobility

Fred Daniels from the Center for Physical Therapy & Exercise will be offering this program.

### 8 Week Class

Meets on Tuesdays and Thursdays  
beginning Tuesday, Sept 20, 2022

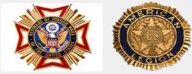
12:30pm—1:00pm

Please call the Front Desk  
at 603-889-6155 to register.



Improving your balance, coordination, and endurance can be challenging. “Movement for Mobility” improves all three together. Participants will be engaged in various movement patterns with the help of music combining fitness and dance. If you can stand, you can do this class. The class is free and only available to members.

## COMMUNITY PARTNERSHIPS/SEMINARS



**VETERANS' COFFEE CLUB with Barney Barbera, Chairman,**  
of the City of Nashua Mayor's Veterans' Council  
**Sept 13 and Oct 11 — 2:00 pm - 3:00 pm**



Free and open to the public!

Held the 2nd Tuesday of each month in the NSAC Coffee Talk Lounge. Learn about VA benefits you may not know about & share memories of your time in the service. Feel free to bring photos to share.

### Greater Nashua Mobile Outreach

Senior Center's Parking Lot

Walk up for the following services:

Adult Immunizations: Influenza, COVID-19 (Janssen/Johnson & Johnson), Pneumonia, Hepatitis A, Hepatitis B, Shingles (wait list only), Td (Tetanus, Diphtheria), Tdap (Tetanus, Pertussis, Diphtheria), Dtap, MMR, Varicella, Polio, Rotavirus, Hib, Meningitis, and HPV.

- Sexually Transmitted Disease (STD), Human Immunodeficiency Virus (HIV), & Hepatitis C (HCV) testing, counseling, and referral to services.

Pricing for services may vary. Some clients will have no fees. No one will be turned away due to inability to pay.

Call Front Desk for  
September and October dates and times.



Beasley & Ferber  
The Elder & Disability Law

**Monday, October 3**  
**1 to 3 pm**  
**Nashua Senior Ctr**



### I'VE SAVED FOR A LIFETIME, AND NOW I COULD LOSE IT ALL?

Don't miss this powerful educational session with critical guidance on grandchildren's trusts for education; trusts for children with special needs; and how the SECURE Act affects your ability to create a multi-generational legacy.

Register at [www.beasleyferber.com](http://www.beasleyferber.com)  
or call 1-800-370-5010

(More seminars being held throughout NH!  
See the website for a full listing.)

### Rivier Nurse Wellness Clinics

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

**Wed., Sept. 21, 2022**

**Wed., Oct. 19, 2022**

**Wed., Nov. 30, 2022**

**Wed., Dec. 14, 2022**

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,  
Pulmonary Function, Skin Cancer Check,  
Cholesterol, and Medication Reconciliation.



### Medicare Open Enrollment Information Tables In the NSAC Lobby

**Wednesday, October 12**

Anthem 10am-12pm

**Tuesday, October 18**

Tindon Senior Services 9am-2pm  
(Representing a variety of insurance companies)

**Wednesday, October 19**

Harvard Pilgrim Health Care 9am-12pm

**Wednesday, November 2**

Tindon Senior Services 9am-2pm  
(Representing a variety of insurance companies)

**Friday, November 4**

Harvard Pilgrim Health Care 9am-12pm

**Thursday, November 17**

Anthem 10am-12pm

## Health Clinics

**Foot Care Clinics by Home Health and Hospice Care:** Sept 2, 12, 19, and 21; Oct 3, 7, 17, and 19; Nov 4, 14, 16, and 21; AND Dec 2, 12, 19, and 21. Times: 9:20 am-12 pm.  
Call 603-689-2931 to schedule an appointment.

**Home Health  
& Hospice Care**

**Parish Nurse Program:** Sept 13 and 27 AND Oct 11 and 25 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

### Seminar



Southern New Hampshire  
**Vertigo &  
Balance**  
Center

**Tues., September 13 at 10 am**

**Inner ear disturbances account for 85% of dizzy disorders. Learn what can be done to diagnose and treat these disorders.**

**Free and open to the public. Registration required. Stop by the Front Desk or call 603-889-6155.**

**Hosted by the Southern NH Vertigo and Balance Center.**



**The Annual NSAC Board Meeting  
will be held on**

**Thursday, October 27 at 3 pm**

**Please preregister at the Front Desk by  
October 20 so we can prepare seating and  
refreshments accordingly.**



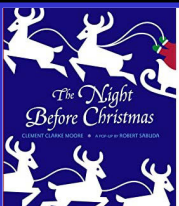
Boston Billiard  
55 Northeastern  
Blvd.  
Nashua

**Charitable Gaming Nights to Benefit the Nashua Senior Activity Ctr**  
**Monday, August 29, 2022 to Sunday, September 4, 2022**  
**8:00 am to 4:00 am**

Try your luck at various card games such as 21 stud, Ultimate Texas Hold 'Em, Crazy 4 Poker and more! Take a chance on the Roulette Wheel! Have a fun night out and support the Nashua Senior Center. 35% of the proceeds from these days is donated to the Nashua Senior Center. This amazing fundraiser helps the Center provide services to the senior population in the greater Nashua area.

## DAY TRIPS

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, Monday-Thursday: 9am-11:30am or Margo Bell at 603-816-2643 or email [mbell@nashuaseniorcenter.org](mailto:mbell@nashuaseniorcenter.org). 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.



### 'Twas the Night Before....

**By Cirque du Soleil**

Date: November 27, 2022 (Sunday)

Cost: \$185.00 pp

Depart: 8:15 am (Park and Ride, Exit 8)

Return: 3:30 to 4:00 pm

Today's adventure takes us to Boston to see Cirque Du Soleil's "Twas the Night Before..." at the Boch Ctr. This show is an exhilarating spin on the beloved Christmas tale, and marks Cirque du Soleil's first-ever Christmas production in New England. The show brings love, Christmas cheer, acrobatics & lovable characters that will create new holiday traditions for families to treasure. Breakfast at Maggiano's in Boston included.

### SOCIAL SECURITY

**Sept 29, 2022 - \$128 per person**  
**Newport Playhouse & Cabaret Restaurant**  
**(Yes, this is really happening!)**

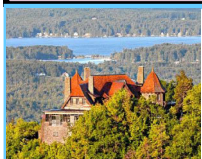
This hilarious Broadway comedy surrounds a married couple who are art dealers. Their domestic tranquility is shattered upon the arrival of the wife's goody-goody nerd of a sister, her uptight CPA husband, and her archetypal Jewish mother. They are there to try to save their college-student daughter from the horrors of living only for sex. The comic sparks really begin to fly when the mother hits it off with an elderly minimalist artist who is the art dealer's best client.

Enjoy a delicious buffet in the dining room before entering the theatre for this hilarious play. After the show it's back to the dining room for dessert and a cabaret show.

**Departs:** 8:45 am (Exit 8 Park & Ride) - **Returns:** approx. 6:30 pm



## DAY TRIPS



### Castle in the Clouds October 20th - \$119 per person

Enjoy the foliage of New England! This adventure takes you north to visit the beautiful Castle in the Clouds! This magnificent 5200 acre estate, belonging to eccentric millionaire Thomas Plant, commands panoramic views of Lake Winnepesaukee and the surrounding mountains, meadows & streams. Needless to say, the views are breathtaking! Prior to the Castle visit you will enjoy a delightful luncheon at Hart's Turkey Farm and a quick stop at Moultonborough Country Store before returning to Nashua.



### at The North Shore Music Theater

Wednesday, Nov 2, 2022  
\$155 per person

This musical tells the story of Charlie Price who inherits a shoe factory from his father. To save the business, Charlie forms an unlikely partnership with cabaret performer and drag queen, Lola. With Lola's help, Charlie develops a plan to produce a line of high-heeled boots. In the process, he and Lola discover that they are not so different after all. Includes lunch at the Danversport Yacht Club with your choice of Chicken Piccata or Baked Haddock.

**Departs:** 10:15 am (Exit 8 Park & Ride)

**Returns:** approximately 6:30 pm

**Saturday, December 3, 2022**

**Showtime: 4 pm**

**Cost: \$142 by October 25**

Come join us and get into the Yuletide Spirit by attending **CHRISTMAS TIME** at the Reagle Music Theatre in Waltham, MA. Some of the show's offerings in our Center Orchestra seating: Santa's Workshop, a Victorian Christmas, the Living Nativity, the Teddy Bears Nutcracker, a sing-along, & the Parade of the Wooden Soldiers.

Luncheon at the Chateau Restaurant before the show with a choice of baked lasagna w/meatballs, chicken marsala with penne, haddock at Germaine (baked with cream/Swiss cheese) with rice florentine/vegetable).

**Departs: 12 pm from Exit 8; Returns: 7:45 pm**



### 2022 Holiday Boston Pops



Cost: Approximately \$169 per person

We are waiting for the confirmation of the December date.

Join the Boston Pops and the renowned Keith Lockhart for a sensational afternoon of music at Boston's Symphony Hall. Enjoy an included luncheon in Boston, prior to the 4:00pm matinee show. (First Balcony Seats).

Please call the travel office at 603-816-2645 to be added to the interest list. Stay tuned for more information . . .

**Do you have a suggestion on a trip or event you would like to see us offer? We are always looking to add new and exciting excursions or events and would love your input!**

**Call the Trip Office at 603-816-2645**

## MULTI-DAY TRIPS

*Pick up a flyer at the NSAC for full details*

*\*Prices quoted are per person based on double occupancy. Prices are subject to change.*

**California Dreamin': Monterey, Yosemite & Napa:** October 2022 with air from Boston (\$3,199)

**Spotlight on Santa Fe Holiday:** Nov/Dec 2022 with air from Boston (\$2,399) \*save \$100 pp—book by 5/27/22

Visit our website: [www.nashuaseniorcenter.org/news](http://www.nashuaseniorcenter.org/news) for the latest updates and information.

## NSAC INFORMATION

### CURRENT OPERATING HOURS:

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

**NSAC COVID-19 Recommendations:** The population we serve at The Nashua Senior Activity Center falls into the high risk category. Therefore, it is highly recommended that all visitors continue to wear a mask and required that unvaccinated visitors wear a mask when inside our facility. When in effect, mask mandates from the City of Nashua will be adhered to and strictly enforced. We continue to monitor the latest developments on the Covid-19 pandemic and changes or restrictions to our hours or the services we provide may be necessary based on CDC recommendations. For the latest information call 603-889-1655.

**Inclement Weather Closings:** The Nashua Senior Activity Center follows Nashua Public School's announcements regarding weather related closings and delays. Please watch WMUR or check WMUR.COM



**ROUND AGAIN SHOP:** Monday & Thursday 9 am to 3 pm ~ Tuesday & Wednesday 9 am to 3 pm ~ Friday 9 am to 12:00 pm. FREE SPREE on the first Monday of every month: current members can choose one FREE OUTFIT. Must show your current NSAC membership card to receive this promotion - ask for details. Donations are accepted by appointment only on Tuesday & Wednesday mornings and are limited to two kitchen sized bags. Call Margo Bell at 603-816-2643 to schedule a donation.



**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.

Limited to two people at a time. Reserve a 45 minute time slot no more than 48 hours in advance. Members must agree to abide by the established policies.



**FITNESS ROOM ORIENTATION WITH KEVIN:** The 1st & 3rd Wednesday of the month at 10:15 am. 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:** Monday - Thursday 9 am to 4 pm. Reservation not required - check in at the Front Desk. \$3/ members & \$5 non-members (per person).



**MUSIC WITH BENES:** Monday & Thursday 10:30 to 11:45 am & 12:30 to 1:45 pm.



**OLDE TYME PICKERS:** 1st Tuesday of the month — 2 to 4 pm; 3rd Tuesday of the month — 7 to 9 pm



55 Northeastern Blvd.  
Nashua, NH 03062

NSAC Members  
can play pool for FREE at  
Boston Billiard Club & Casino  
Monday – Thursday  
12:00 pm - 3:00 pm

You must show your NSAC  
membership card for  
this benefit. Call Cathy Barrett  
at 603-816-2647  
for more information.



Nashua Lions Club  
has a bin in the NSAC  
lobby to encourage the  
recycling of household  
bags & wrap for Trex's  
earth friendly composite  
decking & railing.

*thank you* to our

**BUSINESS MEDIA SPONSORS:**



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 \$2.00)

**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**

Non Profit Org  
US Postage  
**PAID**  
Nashua, NH  
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.***

### **FOLLOW US ON SOCIAL MEDIA:**

[www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)



[www.facebook.com/nashuasac](http://www.facebook.com/nashuasac)



[@nashuaseniors](https://twitter.com/nashuaseniors)