

ACTIVITIES (Director, Cathy Barrett)

We are now taking names for the following interest lists: Cyber Security, Evening Mah Jong, Evening Guitar, Evening Yoga, Giant Yahtzee, Nutrition, Paint Your Own Pottery, Photography, Piano Lessons, Sock Hop, Understanding Your Apple iPhone & Understanding Your Android Phone. I would love to hear some of your interests or ideas for new classes. Please email your ideas to me at: cbarrett@nashuaseniorcenter.org

PLEASE NOTE: As of the date of publication, the following offerings were still valid. Dates are subject to change. Pick up an Activities Schedule at the Front Desk or go on our website: www.nashuaseniorcenter.org for a full up-to-date listing.

Wishing You All A

HAPPY ★ NEW ★ YEAR

The New Year is a time for new beginnings and new adventures! It is a time to take care of yourself mind, body and spirit. Check out our current offerings and try something new!

Silver Lining Chorus

The Silver Lining Chorus at the Nashua Senior Activity Center is looking for people who like to sing and wish to share their talent by bringing a lot of happiness and joy to people throughout the Greater Nashua and Manchester areas!

Our chorus is unique because there are not a lot of senior centers that have their own choral group. We have been performing for over 15 years and do about 30 performances a year!

The Chorus is led by Judy Hayward, a professional show director who donates her time. Our members range in age from 60's to 90's but that doesn't stop us from having a lot of fun! The songs we sing are familiar show tunes, classical, popular and country & western. We perform at nursing homes, assisted living communities, senior centers, senior apartment communities and for other groups and organizations. Our audiences so appreciate our performances; our talent is the gift we share with them and their response is their gift to us! We also perform at the Nashua Senior Activity Center's Annual Senior Variety Show!

You don't have to be a member of the Nashua Senior Activity Center to participate with the choral group, so come and be a part of this wonderful experience where you will have the opportunity to meet new people and participate with a singing group who have a good time together! Rehearsals take place every Friday from 10:30 to 12:00 noon in the music room at NSAC.

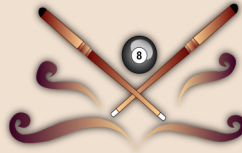
For more information, please call:
Frank Sullivan at 603-508-2898 or
Cathy Barrett at 603-816-2647.



ACTIVITIES (Director Cathy Barrett)

Pocket Billiards for **BEGINNERS**

Five one-hour semi-private instruction sessions
Thursdays at 1:30pm, beginning January 20th
\$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 at an off-site Nashua location

Class size is limited to two beginners per session and 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.



Senior **GOLF** League:

2022 Informational Meeting - Monday, March 21st - 10 am
This will be our 25th Anniversary!!!!

Hello everyone, as most of you know Hank Bernardini is passing on the baton to Eric Dunkle & Phil McLaughlin who will Co-Chair this year's Golf League. We truly appreciate all Hank's hard work and dedication! From what I hear he still plans on golfing with all his fellow golfers this year. We would also like to give thanks and a warm welcome to Eric and Phil for offering to run the 2022 Nashua Senior Activity Center Golf League.

This year we would like all golfers to be signed up and paid for by **March 14th**. Fee's are **\$75 per person** and you must be a current member of the Nashua Senior Activity Center. There will be a sign-up sheet at the Front Desk. Please **PRINT** your **name, email address** and **phone number** on the form so we have complete & accurate information. Spring will be here before you know it!



Tuesday Music Group: 9:15 am -12:00 pm

Wednesday "Music Theory 102": 9:00 am - 10:00 am

Wednesday "Friends Making Music": 10:15 am

Friday Silver Lining Chorus: 10:30 am

Tuesday Music Group: Open to anyone interested in solo performance work, improving music skills, social interaction and having fun! Mostly vocals however we are joined by instruments such as ukulele, harmonica, accordion, cello and even flute! When the mood strikes, we may all join in for a good old fashioned sing-a-long. Plenty of music to choose from with Dick Leombruno providing keyboard accompaniment.

Wednesday "Music Theory 102": This on-going class will provide a review of the basics of melody & harmony with hands on rhythm playing and a more in depth study of intervals, chords and transposing. Participants include beginners to advanced so every effort is made to meet each individual level of knowledge and experience.

Wednesday "Friends Making Music": Please come join a group of "FRIENDS MAKING MUSIC"! If you play an instrument, this is an outlet for your talent, an opportunity to meet new people and have a good time making music with friends! Call Will Landry at (603) 888-0435 for details.

Come Play Chess

Inviting all levels of
**Chess players to join in on a
 weekly game starting on
 Thursday, February 10th at 1 pm.**

**Please call 603-889-6155 or stop
 by the Front Desk to pre-register
 for the first week. See activities
 schedule for pricing.**



Come join us on

**January 19th & February 16th
 at 12:30 pm**

for a fun way to exercise your
 mind while trying to remember
 "Trivial Facts"!



Teams are formed depending on the number of players.

FREE-call 603-889-6155 or sign up at the Front Desk.



For those interested in cribbage:

We will be resuming in March,
 please call 603-889-6155
 or stop by the Front Desk to add
 your name to the interest list.

Pinochle: Mondays 9 am

Bridge: Tuesdays 1 pm

Mah Jong: Tuesdays 1 pm

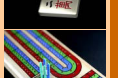
Cribbage: Wednesdays 1 pm (March)

4 Aces/Bridge: Thursdays 9:30 am

Book Club: 1st & 3rd Friday 9:30 am
 (Space limited - call Pat at 603-921-4337)

**All card games are drop-in with
 pricing for members & non-members
 (See Activities Schedule for pricing).**

**At this time, no shared snacks are
 allowed. You may bring individual
 snacks.**



BILLIARDS:

By reservation for a 90 minute session.
 The fee per player is:

Members \$3 - Non-members \$5

To reserve, please contact the Front Desk.



COMMUNITY PARTNERSHIPS/SEMINARS



MEDICARE 101

**Free seminar
answering your questions on
MEDICARE**

The first Thursday of every month at 5:30 PM

January 6th & February 3rd, 2022 at 5:30 pm

Registration required. Please sign up at the Front Desk
or call 603-889-6155.

Hosted by Dorrie Dobens from *The Lenny Dobens Agency*.



NEW VETERANS YOGA PROJECT

Tuesdays at 1:00 pm

Mindful Resilience

A FREE class for veterans, first responders, and their spouses only. Veterans Yoga Project has collected data for nine years documenting a decrease in pain and stress with improved quality of sleep for class participants. In 2008, 20,775 vets were served. Currently, there are programs across the US in 18 VAs, 17 Vet Centers, several fire and police departments, and dozens of community centers.

Space is limited. Pre-register at the Front Desk or call Cathy Barrett. All veterans, please bring your DD214 to the first class.



The Nashua Transit System

will be hosting an informational table
in the lobby of the
Nashua Senior Activity Center on
Monday, January 10th 2022
9:00 am to 1:00 pm

Stop in to learn more about the services they provide!



Coming in February of 2022!

MEAT BINGO

at

**The
Club
National**

(date & time to be announced soon)

Posture Training Class with Fred Daniels from the Center for Physical Therapy and Exercise

**This FREE 8 week class will meet twice per week
for 30 minutes
on Mondays and Thursdays from 11:30 am-12:00 pm
Starting: Monday January 24th**

Standing up straight and good posture are important beyond
looking good. Good posture reduces the risk of falling,
reduces the stress on your back, reduces back & neck pain,
takes pressure off your organs, improves digestion
and makes you look taller!

This class will help you find your correct posture position and
with exercises help you stay in a good posture position.

Stand up straight and improve your health at the same time!

Registration required. Please contact
the Front Desk at 603-889-6155 to register.



55 Northeastern Blvd.
Nashua, NH 03062

**NSAC Members can play pool for FREE
at Boston Billiard Club and 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.**

VETERANS' COFFEE CLUB with Barney Barbera



Chairman, City of Nashua Mayor's Veterans' Council
January 11th & February 8th

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.



**Check back after
January 24, 2022
for information on
Tax Assistance Programs.**