

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 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, Understanding Your Apple iPhone, & Understanding Your Android Phone.

I would love to hear your interests or ideas for new classes - email them to me at: cbarrett@nashuaseniorcenter.org



Ice Cream Sundae Social

With live music from our very own infamous Basement Boys!

Senior Activity Center

Wednesday, August 17th at 1:30pm

Tickets: \$5/Members & \$7/Non Members

Purchase tickets no later than August 11th

Come on down and enjoy an afternoon with our infamous Basement Boys Benes, Jim Smith, Dick Leombruno, and Jim Lampropulos, all members of the Nashua Senior Activity Center. They will share their collective talent while taking you down memory lane with some of your favorite tunes. Don't forget to top your afternoon off with an ice cream sundae and try your luck on 50/50.



Thanks to all of you that participated in the Spring Fling. It's always a great time to get out and try classes and activities for free.

A special thanks goes out to our terrific instructors who donated their time and our prize donors to help make this event a success! Congratulations to all our door prize winners.

Prize Donors: Bill Cahills Super Subs, Chuck Auto, Diane Siteman and Nashua Senior Activity Center.



Silver Wheelers Bike Club

Fridays at 10 am at the Nashua Rail Trail



Pinocle: 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

Mexican Mule Train/Dominos: (Back in September)

Book Club: 1st & 3rd Friday - 9:30 am

(Space limited - call Pat at 603-921-4337)

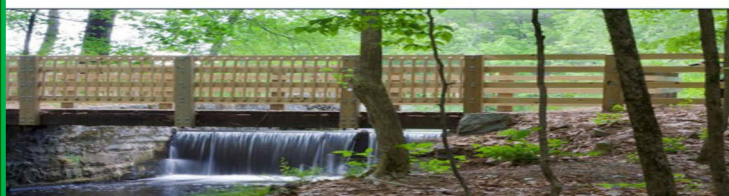
All card games are drop-in with pricing for members & non-members (See Activities Schedule for pricing).



Nashua
NEW HAMPSHIRE'S GATE CITY

Senior
ACTIVITY CENTER

WALKING CLUB



Come enjoy the beauty of the Nashua Rail Trail with a friendly group of Greater Nashua Citizens.

Walk at your own pace and enjoy the wonderful scenery.

Questions? Call us at 603-589-3370

FRIDAYS 9 AM to 10 AM - 94 Gilson Road Nashua



Come join us
on
**July 13 &
August 17**
at **12:30 pm**

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

MUSIC

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
(Off July to August 19)

Join Jerry from HUMANA

The Humana Van will be in the Nashua Senior Activity Center Parking lot from

11 am—1 pm on Wednesday, July 13

and

11 am —1 pm on Wednesday, August 10



COMMUNITY PARTNERSHIPS/SEMINARS



Retirement: Making Your Money Last

Presented by the Edward Jones Team

Thursday, September 22nd at 6pm
At the Nashua Senior Activity Center



We'll discuss ways to help you work toward achieving your retirement goals - what matters most to you. And, we'll focus on how to provide for your income needs, including your retirement income for the future. We'll also explore how to address key concerns such as inflation, health care expenses, market volatility, and unexpected events. This session is free and open to the public. Because there is limited space, please preregister by September 15 at the Front Reception Desk or call (603) 889-6155.



The Nashua Telegraph's

Motor Mania Car Show and Nashua Senior Center

Senior
ACTIVITY CENTER



Open House

October 1, 2022

Greater Nashua Mobile Outreach

10 am to noon

Thursdays: July 21 & August 25

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), and 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.



Older Individuals who are Blind and Vision Impaired Program

Peer Support Group for Seniors with Vision Loss

8/23/22 from 1:30-3:00pm

Latest Assistive Technology updates with Guest Speaker
Nashua Senior Center, 70 Temple Street, Nashua NH

Or join us remotely # 1-657-390-7987

10/25/22 from 1:30-3:00pm

Wrap up and Planning for 2023!

Nashua Senior Center, 70 Temple Street, Nashua NH

Or join us remotely # 1-657-390-7987



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



6 Week Class
Starts: July 12
Tuesday & Thursday
12:30pm—1:30pm

More information will be available July 1.

COMMUNITY PARTNERSHIPS/SEMINARS

Nashua Senior Activity Center Spotlight



Tune in on the last Monday of the month at 8:30 am for an update on activities and other NSAC happenings!

VETERANS' COFFEE CLUB with Barney Barbera

Chairman, City of Nashua Mayor's Veterans' Council

June 14th 2022—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.



Nashua Senior Activity Center Podcast

Each episode features industry professionals discussing topics of interest to seniors and their families. Episodes can be heard on Anchor, Radio Public, Breaker, Google Podcasts, Spotify & Apple Podcasts.



BUSINESS MEDIA SPONSORS:



LIONS
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.

BOSTON BILLIARD CLUB & CASINO
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.



RECYCLE BEYOND THE BAG
Recycle your household bags & wrap into a Trex Earth-Friendly bench for the community!

FROM THE STORE
✓ Produce bags ✓ Store bags ✓ Ice bags

FROM YOUR PANTRY
✓ Ziploc® & other reclosable bags ✓ Cereal box liners ✓ Case overwrap ✓ Bread bags

FROM YOUR FRONT DOOR
✓ Newspaper sleeves ✓ Dry cleaning bags ✓ Bubble wrap ✓ Plastic e-commerce mailers

Plastics must be clean, dry and free of food and organic residue

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
To reserve your spot or for more information about the
Meals on Wheels Restaurant Voucher Program call Carol at 603-424-9967

MEALS ON WHEELS
HILLSBOROUGH COUNTY

Health Clinics

Foot Care Clinics by Home Health and Hospice Care: July 11th, 18th, 20th and August 8th, 15th, & 17th from 9:20 am-12 pm. Clinics are held the 1st and 4th Friday, 2nd & 3rd Monday, and the 3rd Wednesday of each month. Call 603-689-2931 to schedule an appointment.

Home Health
& Hospice Care

Parish Nurse Program: July 12th & 26th and August 9th & 23rd, 2022 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.



Rivier Nurse's Wellness Clinics return in the Fall!

DAY TRIPS

Day trips are offered throughout the year and are open to NSAC members and non-members. For more information, contact the NSAC Trip Office at 603-816-2645, Monday - Thursday: 9 am - 11:30 am or Margo Bell at 603-816-2643 or email 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.

Lake Winnepesaukee Cruise w/ Buffet Luncheon

July 6, 2022 ~ \$119.00 per person

Travel to the NH Lakes region and visit Lake Winnepesaukee for a delightful summer sail upon the 230 ft. M/S Mount Washington. Boarding from Weirs Beach, you'll delight in the beautiful vistas of the White Mountains. Enjoy a relaxing, splendid day as your Captain sails from port to port. Your narrated tour of this immense lake also includes a delicious, full course, buffet luncheon and a visit to Moulton Farm Market where farm-fresh vegetables, cakes, pies and more are available for purchase.

Departs: 8:30 am (Exit 8 Park & Ride)

Returns: Approximately 5:30 pm



Newport Spectacular

July 27, 2022 - \$109.00 per person

This adventure takes us to beautiful Newport, RI. Upon arrival we will visit The Breakers, Newport's most majestic grand mansion, built by the Vanderbilt Family, with over 70 spectacular rooms, and artwork inspired by 16th century palaces. After your tour enjoy a delicious luncheon at Johnny's Restaurant. You will wrap up your day at the Brick Marketplace on Newport Harbor, where you will have time on your own to visit specialty shops and waterfront attractions, or just marvel at the visiting yachts from around the world.

Departs: 8:00 am (Exit 8 Park & Ride)

Returns: Approximately 5:30 pm



Spirit of Boston
August 12, 2022
\$129.00 per person

Boston is always a favorite destination...breathtaking wonder of the harbor, beautiful skyline, deep history and more. After a brief driving tour of the Boston Common and Public Gardens, you will board the luxurious Spirit of Boston Yacht for a two hour cruise and dine on their delicious buffet with entrees to certainly satisfy all taste buds. After your sail, it is off to the North End where you will have time on your own to explore bakeries, shops, and the beautiful Rose Kennedy Greenway.

Departs: 8:30 am (Exit 8 Park & Ride)

Returns: approximately 5:30 pm



The Buddy Holly Story

North Shore Music Theatre
Wednesday, August 24, 2022 \$155
per person

Follow the incredible journey of Buddy Holly's meteoric rise to stardom in the golden days of rock-n-roll in this dynamic tribute musical featuring hits like *Peggy Sue*, *Oh Boy*, *Maybe Baby*, & *That'll Be The Day*! Buddy's story is a joyous celebration of this musical legend and has had audiences around the globe dancing in their seats! Includes lunch before the show at the Danversport Yacht Club with your choice of Baked Haddock or Boneless Chicken Breast.

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

Returns: approximately 6:30 pm



Ogunquit Playhouse
Wednesday, September 7th
\$162 per person

With lunch before the show at Warren's Lobster House Musical adaption of the film which follows a young composer who takes a job as a high school teacher while starting a family. His temporary job stretches over four decades.

Departs: 9:45 am (Exit 8 Park & Ride)

Returns: approximately 6:30 pm

SOCIAL SECURITY

September 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 dealers' 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:** approximately 6:30 pm