

COMMUNITY PARTNERSHIPS/SEMINARS



Paint a Sun-Catcher!

Join us for an exciting evening of creativity and fun as our friends at Zis-Sweeney & St. Laurent Funeral Home host a sun-catcher painting craft night—Fresh-baked cookies will be provided!

When? Thursday, May 26 at 5:00pm

Where? The Nashua Senior Activity Center

Free and open to the public but registration is required.
Sign up at Front Desk or call 603-889-6155.



- Every 20 minutes an older adult dies from a fall.
- 1 out of 5 falls cause serious injury such as head trauma/fracture.
- Inner-ear disturbances account for 85% of dizzy disorders.
- Untreated mild hearing loss tripled the risk of an accidental fall.

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 & Southern NH Vertigo & Balance will be hosting a FREE seminar on:

Vertigo & Balance
May 17th, 2022 at 2 pm

at the
Nashua Senior Activity Center

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



BEASLEY & FERBER

The Elder and Disability Law Firm

End-of-Life Planning:

Three Keys to Avoiding Financial Ruin

Thursday, June 2nd 1:00—3:00 pm
at the Nashua Senior Activity Center

A long-term care crisis can devastate a family and its finances. Nobody "wants" to go to a nursing home ... and almost nobody "needs" to lose their life savings if it happens. At this legal seminar, Attorney Ted Beasley will discuss how to protect against the potentially catastrophic effects of a nursing home stay; bullet-proofing trusts from nursing home costs; shielding inheritance funds from outside creditors and divorcing spouses of adult children; avoiding the costly and public probate process and more.

The seminar is highly engaging, conversational in nature and is a no-pressure event.

Special guest Greg Gagne of Affinity Investment Group will provide important financial and economic insight.

Call the 1-800-370-5010 to register.

GET UP AND GO

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

6 Week Class
Starts: May 24, 2022
Tuesday & Thursday
10:30—11:00



Learn exercises and practice activities helping people safely and efficiently get out of a chair, get in and out of bed and up off the floor!!!

Free to Members / \$10 Non-Members
Register at the Front Desk

Join Jerry from HUMANA on Wednesday, May 18th at 10:00 am
For Living Healthy Beyond 100

Want to live to 100 or beyond? Learn some things centenarians have in common and tips for increasing your chances of living your best life into the triple digits! Please pre-register with the front desk one week prior (FREE)



The Humana Van with Jerry will be in the Nashua Senior Activity Center Parking lot from
11 am—1 pm on Wednesday May 11th & Wednesday June 15th.



Corn Hole!

COMMUNITY PARTNERSHIPS

Nashua Senior Activity Center Spotlight

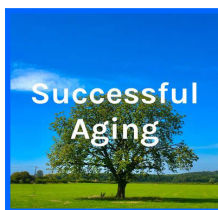


Tune in on the last Monday of the month at 8:30 am for an update on activities and other NSAC happenings!

Thank you to the anonymous grantor who made this possible.

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.



VETERANS' COFFEE CLUB with Barney Barbera



Chairman, City of Nashua Mayor's Veterans' Council
May 10th and 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.



BUSINESS MEDIA SPONSORS:



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.

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.

NEW VETERANS YOGA PROJECT

Mindful Resilience - Tuesdays at 1:00 pm

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.

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: 603-889-6155.

All veterans, please bring your DD214 to the first class.



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



Health Clinics

Foot Care Clinics by Home Health and Hospice Care: May 6th, 9th, 16th 18th & 27th and June 3rd, 13th, 15th, 20th & 24th 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: May 10th & 24th and June 14th & 28th, 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.



HEARING CLINICS: May 17th and June 21st 2022 from 10:00 am - 12:00 pm. Free 15-minute hearing screenings and hearing-aid checks are offered by Hearing Life on the 3rd Tuesday of each month. Reserve a time slot by contacting the Front Desk at 603-889-6155 one week prior to the clinic date.

