

COMMUNITY PARTNERSHIPS/SEMINARS

thank you

to our

**BUSINESS
MEDIA
SPONSORS**


Zis-Sweeney & St. Laurent
Funeral Home

 **Senior**
ACTIVITY CENTER

The Nashua Senior Activity Center is seeking applicants for positions on the Advisory Council. The Council's purpose is to serve as good-will ambassadors for the Nashua Senior Activity Center and foster open, positive, and solution-oriented communication among the members, staff, and the Board. If you are interested or would like to learn more, applications will be available at the Front Desk.



Health Clinics **NEW DATES**

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

January 5, 8, 17, 19, 22 AND February 2, 12, 16, 21, 26

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

**Home Health
& Hospice Care**

Parish Nurse Program: January 9, 23; February 13, 27 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.



THANK YOU!!! Sincere,
heartfelt, thanks to Elizabeth
Cepaitis, an amazing volunteer,
who has graciously been
ecorting all day-trips for the last several years.
Your tireless commitment, attention to detail,
organizational/people skills have been truly
appreciated!



VOLUNTEER NEEDED

Choral Director for NSAC Silver Lining Chorus

Keyboard/Piano Player

Requirements

Weekly practices

**2 to 4 Daytime Performances per month at
Assisted Living Care Facilities.**

**For more information, contact Cathy at
603-816-2647**



**Peer Support Group for Blind and
Vision-Impaired Older Individuals
February 27, 2024 1:30pm—3:00pm**

Adjustment to Vision Loss with Guest Speaker
Nashua Senior Center, 70 Temple Street, Nashua
or join us remotely at #1-551-258-6181

Fun was had by all at our Holiday Social.
The crowd enjoyed refreshments, singing,
dancing and games. Many thanks to our
anonymous entertainment donor and
Ledgewood Bay for donating yummy refreshments for all.



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, Mon-Thurs: 9am-11:30am or Margo Bell at mbell@nashuaseniorcenter.org or call 603-816-2643. 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. Visit our website: www.nashuaseniorcenter.org/news for the latest updates and information.

All day trips depart from the Exit 8 Park & Ride unless otherwise notified.

Maple Madness Luncheon and Sugarhouse Tour with Magical Show



Thurs., March 28, 2024
Cost: \$125

Enjoy a scrumptious lunch at the Inn at East Hill Farm located at the base of Mt. Monadnock in Troy, NH. Then, enjoy a 45-minute magic show by Jason Purdy. Afterward, travel to the award winning Ben's Sugar shack in Temple, NH for a tour of their maple sugaring process.

Departs: 10:30 am; Returns: 5:00 pm



Wed., May 15, 2024
Showtime: 2 pm
North Shore Music Theater
Cost: \$185

Lunch at the Davensport Yacht Club

They were just four guys from New Jersey until they sang their very first note. They had a sound nobody had ever heard before. But while their harmonies were perfect on stage, off stage it was a very different story. They became an international sensation.

Departs: 10:15 am; Returns: 6:30 pm

Fiddler on the Roof



Wed., June 12, 2024
Showtime: 2 pm
North Shore Music Theater
Cost: \$185

Lunch at Davensport Yacht Club

Revisit one of the world's most beloved musicals. Follow Tevye, a poor milkman who is searching for husbands for his daughters to uphold his family's religious and cultural traditions in their small pre-revolutionary Russian village.

Departs: 10:15 am; Returns: 6:30 pm



Friday, July 5, 2024 — 2 PM
at the Boston Opera House
Cost: \$179

He is one of the greatest entertainers of all time. Now, Michael Jackson's unique and unparalleled artistry comes to you as MJ, Broadway's four-time Tony Award winning hit! MJ features over two dozen hit songs from his solo career & time with the Jackson 5 as it makes its way across the country. Prior to the two-hour, 30-minute show, lunch will be on your own at the many options available at the Prudential Center. From there, it's off to the Boston Opera House to enjoy MJ in your orchestra section seat with all its incredible sounds and choreography! **Departs: 10 AM from Park & Ride at Exit 8** **Returns: Approximately 6 PM** Contact the Trip Office (603-816-2645) for reservations.

MILLION DOLLAR QUARTET



Wed., October 2, 2024
Showtime: 2 pm
North Shore Music Theater
Cost: \$185

Lunch at Davensport Yacht Club

Set on 12/4/1956, an extraordinary twist of fate brought together Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley at Sun Records in Memphis for one of the greatest jam sessions ever. MILLION DOLLAR QUARTET brings to life an irresistible tale of broken promises, secrets, and celebrations. **Departs: 10:15 am; Returns: 6:30**



INTEREST LISTS FOR 2024 DAY TRIPS

- > Nunsense (Newport Playhouse)
- > Frozen (Ogunquit Playhouse)
- > Block Island (July)
- > Cirque du Soleil/OVO (July/August)

Lists will be available in the Center's Trip Office. Please leave name, phone number, and number of tickets you need. More details to follow.

MORE TRIP INFORMATION

2024 "Trips in the Works" — Check back after January 10 for complete details.

American Heritage Museum

Approx. \$120 pp (in April)

Visit the museum for one-of-a-kind historical experiences dating from the Revolutionary War to today. The museum is located in Hudson, MA. Your lunch is included at the beautiful 1716 Longfellows Wayside Inn.

Norman Rockwell Museum

Cost: \$134 (in May)

The Norman Rockwell Museum sits on 36 acres in Stockbridge, MA, his home for 25 years. Tour his home and studio, enjoy paintings, and more. Prior to the tour, you will enjoy lunch at the 1773 Red Lion Inn.

Martha's Vineyard

Approx. Cost: \$179 (in June)

Limit: 42 people

Cost includes transportation, ferry to-and-from island, bus tour of island. Time on your own to have lunch and shop. A buffet dinner on the mainland is included.

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.*

2024: Spotlight on Nashville — March 2024 and Sunny Portugal — May 2024

In case of inclement weather, please watch WMUR TV Channel 9 or check online at wmur.com

Nashua Senior Activity Center 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



ROUND AGAIN SHOP: Monday — Thursday 9 am to 3 pm ~ Friday 9 am to 12:00 pm. FREE SPREE on the first Monday of every month and on the third Tuesday: current members can choose one FREE OUTFIT. Must show your current NSAC membership card to receive this promotion - ask for details. There is a two-bag limit on donations, no appointment needed.



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. Members must have completed training and agree to abide by our cleaning protocol.



FITNESS ROOM ORIENTATION WITH KEVIN: The 1st & 3rd Tuesday of the month at 2:30 pm. 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: Check in at the Front Desk. \$3/members & \$5 non-members (per person). Monday: 9-3:30 PM, Tuesday, 1-4PM, Wednesday, 12:30—3:30 PM, Thursday, 9-4:30 PM. Friday not available. Call Cathy for further information. 603-816-2647.



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



OLDE TYME PICKERS: 3rd Tuesday of the month — 7 pm to 9 pm



MEALS on WHEELS
HILLSBOROUGH COUNTY

**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 \$3.00)

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



www.facebook.com/nashuasac



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