

COMMUNITY PARTNERSHIPS/SEMINARS



*Silver Wheelers
Bike Club*



Enjoy the beauty of the Nashua River Rail Trail, 94 Gilson Road in Nashua with a friendly group of Greater Nashua Citizens. Walk at your own pace and enjoy the stunning scenery. Hosted in collaboration with the Nashua Senior Activity Center and Nashua Parks & Recreation.

Fridays 9-10 AM

Meet at the Nashua Rail Trail on Gilson Rd. at 8:45 am and leave promptly at 9 am. Enjoy a great ride with your peers amid beautiful surroundings. Contact Cathy Barrett at cbarrett@nashuaseniorcenter.org to be added to the email list.

Thank you to our **BUSINESS MEDIA SPONSORS**

ST. JOSEPH HOSPITAL
A Member of Covenant Health

and **Fairview Senior Living**

Zis-Sweeney & St. Laurent
Funeral Home

NSAC Week at Boston Billiard Club & Casino!



Charitable Gaming that Benefitted the Nashua Senior Activity Center

Thank you to all who supported our Nashua Senior Activity Center week at Boston Billiard Club and Casino. And a big thank you to Boston Billiard Club and Casino for being our charitable gaming sponsor.

55 Northeastern Blvd., Nashua, NH 03062
603-943-5633 www.BostonBilliardClub.com

VETERANS COFFEE CLUB

Join us with Barney Barbera, Chairman, City of Nashua Mayor's Veterans Council

Friday July 14 and August 11
9:30 am - 11:00 am
in the NSAC's Coffee Talk Lounge.

Free and open to the public! Learn about VA benefits and share memories of your time in the service. Feel free to bring photos.

Health Clinics *NEW DATES*

Foot Care Clinics by Home Health & Hospice in the NSAC Health Rm:
July 7, 10, 17, 19, 21 AND August 4, 14, 16, 18, 21
Times: 9:20 am-12 pm. Call 603-689-2899 to schedule an appointment.

Home Health & Hospice Care

Parish Nurse Program: July 11, 25 August 8, 22 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.



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.



Wed., July 19, 2023 North Shore Music Theater

Revisit the world's most beloved musical. **THE SOUND OF MUSIC** tells the tale of a young nun who is dispatched to serve as governess for the seven children of a widowed naval captain. Her growing relationship with the children, coupled with her generosity of spirit, gradually captures the heart of the stern captain. Includes lunch at the Davensport Yacht Club with your choice of Chicken Piccata or Baked Haddock.

Cost: \$167 Departs 10:15A/Returns 6:30P

Squam Lake Cruise
(Holderness, NH)
August 19, 2023



Begin the day at Hart's Turkey Farm Restaurant where it feels like Thanksgiving all year round. Your lunch choices today are Turkey Dinner (with all the fixings), Roast Beef Dinner or Broiled Haddock. After lunch we make our way to Holderness, NH, for a 90 minute Squam Science Center Lake Cruise to experience the beauty of Squam Lake and learn about the natural forces that created this lake, the wildlife that makes it so special and the people who have enjoyed it for over 5,000 years. (Binoculars are available for wildlife viewing). (Must have 35 attendees).

Cost: \$ 139.00 Depart: 10:00 am Return: 5:00

Friday August 4, 2023

7-Seas Whale Watch & The Beverly Depot



Today's adventure starts with an early lunch at the Beverly Depot, an historic 1890's working Train Station. (Selections include 6oz. Sirloin, Chicken Marsala, or Baked Haddock.)

Next, we are off to Gloucester, which is in close proximity to two major feeding areas for great whales, where you will board the Seven-Seas for an exciting whale watch. You will get to spend some time with the whales, receive a sophisticated narration about the whales, their habitat, and the importance of preserving the ocean environment. (Must have 35 attendees).

Cost \$ 162 Depart: 8:45 am Return: 7:00 pm

JERSEY BOYS

Theatre by the Sea, Wakefield, RI
Thurs, September 7 (Cost: \$166 pp)



The story of Frankie Valli and the Four Seasons. They worked their way up from the streets of New Jersey to the heights of stardom. **Lunch at the Theatre;** Departs 8:45A; Returns 7:15P

Wed., September 27, 2023
North Shore Music Theater

While spying on their wives at a "girls night out," a group of unemployed steelworkers from Buffalo hatch a bold and unclothed plan to make some quick cash. As they conquer their fears, self-consciousness, and prejudices, the lovable misfits come to discover that they're stronger as a group, and the friendship they find in each other gives them the courage to "let it go."

Lunch at the Davensport Yacht Club with your choice of Chicken Piccata or Baked Haddock

Cost: \$167; Departs: 10:15 am; Returns: 6:30 pm



Wed., October 18, 2023
Ogunquit Playhouse



Some call it "musical comedy heaven. Others call it "the most uproarious new musical in years." Tootsie is a Tony award-winning laugh out loud love letter to musical theater.

Lunch at Jonathan's Restaurant before the show.

Cost: \$170 pp. Departs 10:00 am/Returns 6:30 pm

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

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.*

2023

Spotlight on South Dakota — Sept. 26—Oct 2
Discover Canyon Country — Sept. 29—Oct. 6

2024

Spotlight on Nashville — March 2024
Sunny Portugal — May 2024