

COMMUNITY PARTNERSHIPS/SEMINARS

Pet Therapy Dog 2nd Thursdays
July 11, August 8, 2024, at 10:30 am

Retired Senior Relations Officer from the Nashua PD Jane Constant and her dog Carly will be visiting the Nashua Senior Center the **2nd Thursday of each month..**



thank you to our

BUSINESS MEDIA SPONSORS



Health Clinics *NEW DATES*

Foot Care Clinics by Home Health & Hospice in the NSAC Health Rm:
July 5, 8, 15, 17, 19 AND August 2, 12, 16, 19, 21
Times: 9:20 am-12 pm. Call 603-689-2899 to schedule an appointment.

Home Health & Hospice Care

Parish Nurse Program: July 9, 23; August 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.



HearingLife

is hosting
FREE HEARING SCREENINGS

Walk-Ins Welcome!

Free Open to the Public



WEDNESDAY, August 7, 2024
9 am to 12 pm
Nashua Senior Activity Center
70 Temple Street, Nashua



Coffee with a Cop



2nd Tuesdays
10 AM



Learn about scams, safety, and other topics pertinent to seniors.

July 9 August 13

Join us on **THE 3RD WEDNESDAY OF EACH MONTH AT 12:30 pm**



for a FREE fun way to exercise your mind while trying to remember trivia. Teams are formed depending on the number of players. Pre-register at the front desk: 603-889-6155.

Trivia prizes are sponsored by
Zis-Sweeney & St. Laurent Funeral Home

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.



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 Returns: Approximately 6 PM



Monday, July 22, 2024 Cost: \$179 DEPART:7:15 AM RETURN: Approximately 7:00 PM

After arriving in Point Judith, Rhode Island, you will board the Block Island Ferry for an invigorating one-hour ride to this most scenic area. After your cruise arrives on the island, a native Block Island guide will show you the sights of this beautiful resort and tell you all about its remarkable history. A scrumptious luncheon that includes your choice of pan-seared chicken breast, pasta pomodori, or flame-grilled salmon awaits you at the National Hotel. This unique property offers Victorian charm and fine cuisine along with an ocean view. Then, you’ll have time to browse the specialty shops and enjoy the atmosphere in this very elegant resort before boarding the 4:00 PM ferry back to the mainland. (Must have 30 attendees.)



The Mail Boat Run with lunch at DiMillo's

Thursday, August 1, 2024

Cost: \$166

Departs: 6:45 am; Returns: Approx. 6:15 pm

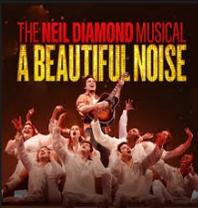


Today, we travel to Portland, Maine, where we will begin our day by boarding The Maquoit II as she sets out on her Mail Boat Run. Pack your hat and sunscreen (there is inside seating as well) for this 2.5 hour journey stopping at five islands to unload cargo and mail. This narrated experience shows the true workings of this coastal port. Upon return, our motor coach will bring us to DiMillo’s floating restaurant for a delicious luncheon (please select — lobster roll with fries and slaw or baked stuffed chicken breast). After dining and taking in the fantastic views, some time will be allotted for shopping. For reservations, please contact the Trip Office at 603-816-2645.

Land and Sea Tour of Newport, Rhode Island Tues., August 20, 2024

Cost: \$189 pp Departs 7:15 am / Returns 8:00 pm

Upon arrival in Newport, RI, we’ll enjoy a tour of the charming, historical streets aboard a classic Newport trolley. This narrated tour includes Ten Mile Ocean Drive and Bellevue Ave. We’ll have lunch at Johnny’s at the Windham Resort, after which we will board the Coastal Queen for a narrated, two-hour excursion to take in the views from the water, including several lighthouses and a stunning coastline.



The Neil Diamond Musical “A Beautiful Noise” Sunday, September 22, 2024, 1 PM Cost \$149

Performing Arts Center (Orchestra Seating) Providence, RI. Departs 8:15 am Returns 6:30 pm The Los Angeles Times: The story of the legendary Neil Diamond comes to life on stage in an uplifting new Broadway musical, A BEAUTIFUL NOISE: THE NEIL DIAMOND MUSICAL, featuring all his hit songs including “Sweet Caroline”, “America”, and “Cracklin’ Rosie”. You will arrive at the Providence Place Mall at about 10:15 am and will have an hour and a half on your own to enjoy an ice cream cone or a cup of coffee and a pretzel maybe at The Cheesecake Factory or Panera Bread.

Then, you will board the bus to the Performing Arts Center.



MILLION DOLLAR QUARTET Wed., October 2, 2024; Showtime: 2 pm; Cost: \$185

North Shore Music Theater; Lunch at Davensport Yacht Club; Departs: 10:15am; Returns: 6:30pm

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 is an irresistible tale of broken promises, secrets, & celebrations.

MORE TRIP INFORMATION

2024 MULTI-DAY TRIPS: Travel Social: Join Collette Tours for a travel presentation on Ice-land and Cowboy Country, two of our 2025 tours on Thursday, July 25th at 10:00 am! Please call in at 603-816-2645 to sign up to attend. Also, please bring any ideas for future travel destinations.



Fall In New Hampshire October 10, 2024 Cost TBA

Depart: 10:45 am Return: 6 pm

Fall is so beautiful in NH! Today we travel to Troy where we will enjoy a delicious luncheon at the Inn at East Hill Farm. We are then met by our step on guide for a narrated tour of 6 covered bridges in Cheshire County. Farm Stand Stop on route home—more information after July 1st.



HOLIDAY BOSTON POPS Friday, December 6, 2024

Show at 3 PM Cost: \$194 per person. Depart: 10:45 am Return 6:30 pm

Join us for a dazzling, engaging performance by America's Orchestra and relish the elegance of historic Symphony Hall.

Enjoy a luncheon at Maggiano's Restaurant.

Nashua Senior Activity Center *INFORMATION*

CURRENT OPERATING HOURS:

Monday, Tuesday, Wednesday: 9 am - 4 pm ~ Thursday: 9 am - 7 pm ~ Friday: 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 10:15 to 11:30 am & 12:30 to 1:45 pm.

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

MEDICARE OUTREACH SEMINARS 4th Friday of every month 10—11 am Hosted by Service Link To register, please call 603-889-6155 or visit the Front Desk.



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

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MOVE AND GROOVE—MOVEMENT FOR MOBILITY

This class will focus on improving balance and stability through movement patterns. The movements will include forward and backward steps, as well as turning and using our arms while moving. Class is under the direction of Fred Daniels from Center for Physical Therapy and Exercise and starts on September 10, 2024. The class will meet Tuesdays and Thursdays from 12:00 to 12:45 for 8 weeks. Class cost is \$30.00 Members only. Checks made payable to CPTe and paid on the first day of class. Participation limited to 16. (Call or stop by the front desk to register). **MEMBERS ONLY**

8-week class

Starting September 10, 2024

Tuesday and Thursday 12 noon to 12:45 pm

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.



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www.nashuaseniorcenter.org



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