

COMMUNITY PARTNERSHIPS/SEMINARS

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**ST. JOSEPH
HOSPITAL**

A Member of Covenant Health



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:

March 1, 11, 15, 18, 20 AND April 5, 8, 15, 17, 19

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

**Home Health
& Hospice Care**

Parish Nurse Program: March 12, 26; April 9, 23 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.



A Member of Covenant Health

FREE ESTATE PLANNING SEMINAR

PRESENTED BY:



**MORNEAU
LAW**

PLANNING AHEAD:

A SERIES ON ESTATE PLANNING & ADMINISTRATION

OPEN TO
THE PUBLIC!



Stacy A. Wardle
Attorney

NO COST
TO ATTEND!



Abigail J. Reville
Paralegal

JOIN US FOR PART 2: DISPOSITIVE DOCUMENTS

-PART 2 OF THIS 3-PART SERIES FOCUSES ON PASSING YOUR ASSETS TO YOUR INTENDED BENEFICIARIES-

MARCH 7, 2024 - 5:30PM

NASHUA SENIOR ACTIVITY CENTER

70 TEMPLE STREET, NASHUA, NH 03060

To Register, Call the Nashua Senior Activity Center (603)889-6155

INCLEMENT WEATHER CLOSINGS

The Nashua Senior Activity Center follows the Nashua School District's determinations for cancellations, delayed openings, and early dismissals due to weather conditions. The Center will close, delay opening, or close early as directed by the school system announcements. School District is posted on Channel 9. You can also check WMUR.com closings and delays and search for Nashua Senior Activity Center.

Medicare Outreach Seminars

The 4th Friday of every month 10—11 am
Hosted by Service Link

March 22—topic to be determined

April 26—New to Medicare

Sign up required at the Front Desk of the Nashua Senior Activity Center 70 Temple Street Nashua call 603-889-6155

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.



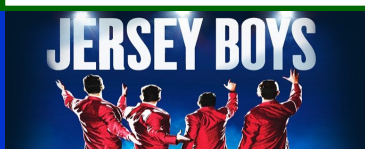
Maple Madness Luncheon and Sugarhouse Tour with Magical Show

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

AMERICAN HERITAGE MUSEUM Wednesday, April 17, 2024

Experience life in the trenches of WWI. See a piece of metal from the Twin Towers. See a piece of the Berlin Wall. Both men and women will be glad they came to visit this unique museum in Hudson, MA. Then we will enjoy a delightful luncheon at Longfellow's Wayside Inn in Sudbury. After lunch, we will stop at the Wayside Country Store for shopping or sweets. PLEASE NOTE: There is a lot of walking involved on this tour. The Museum and Inn have two levels but there is an elevator at both locations. Cost: \$120; Depart: 9:00 am; Return: 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



A Story to Shake the Conscience of the World.

Friday, April 26, 2024; 11 am; The Castle at Park Plaza (Boston);
Cost: \$148; Lunch at Maggiano's;

A must-see exhibition of more than 700 original objects of great historic and human value! No book, podcast, or history lesson can prepare you for the impact and power this extraordinary collection of artifacts holds. Most of these objects have never been shown to an audience in New England before, and this is the only time this exhibition will be on the East Coast during this tour. Departs: 9:30A; Returns: 4:30P

Fiddler on the Roof Wed., June 12, 2024; Showtime: 2 pm; Cost: \$185

North Shore Music Theater; 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: 10:15A; Returns: 6:30P



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



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

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

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

NORMAN ROCKWELL MUSEUM (May 30) — Lunch at the Red Lion Inn

Join us as we travel to the beautiful Massachusetts Berkshires. Today, you will discover the quaint village of Stockbridge which Norman Rockwell called his home for 25 years. Tour includes a delicious lunch at the famous Red Lion Inn. Then, it's on to the renown Norman Rockwell Museum! Plenty of time to experience the styling of this legendary artist. Cost: \$134; Depart: 8:30 am; Return: 6:30 pm

MARTHA'S VINEYARD (June 20) — Join us for a trip from Nashua to Martha's Vineyard. Upon arrival by ferry to Woods Hole Terminal, we will board a sightseeing bus for a tour of Martha's Vineyard. Lunch on your own in Edgartown. After lunch, we will travel back to the ferry where you will have about 45 minutes on your own for shopping or an ice cream. After that, we will board the ferry back to the Woods Hole Terminal and board a bus to take you to your included dinner buffet at Middleborough, MA. Cost: \$184; Depart: 6:30 am; Return: 8:30 pm

2024 MULTI-DAY TRIPS: Spotlight on Nashville (March) and Sunny Portugal (May)

Pick up a flyer at the NSAC for full details.

**Prices quoted are per person based on double occupancy and are subject to change.*

INTEREST LISTS FOR 2024 DAY TRIPS: Nunsense (Newport Playhouse); Block Island (July);

Frozen (Ogunquit Playhouse); and Cirque du Soleil/OVO (July/August)

Lists available in NSAC's Trip Office. Please leave your name, phone number, and number of tickets you need.


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


Inclement Weather Closings: The Nashua Senior Activity Center follows Nashua Public School's announcements regarding weather-related closings and delays. Please watch WMUR or check WMUR.COM

 **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**

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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



www.facebook.com/nashuasac



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