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NASHUA

SENIOR ACTIVITY CENTER NEWS

Celebrating 45 years of service to the Nashua community

ISSUE #336

70 Temple Street, Nashua, NH 03060 ~ 603.889.6155
www.nashuaseniorcenter.org

NOV/DEC 2023

Flea Market!

Sat, November 4, 2023 — 9 AM to 2 PM

Senior Activity Ctr, 70 Temple St, Nashua (**FREE PARKING**)

This Flea Market will showcase 30+ vendors selling both new and used merchandise, a book sale, a “fill-a-bag” for \$5 sale (on clothing only) at the Round Again Shop, a raffle, and more! Volunteers to help with the event are needed. Limited “treasure” donations will be accepted by appointment only. Raffle items graciously accepted.

Vendor space is available after Sept 1. Tables are \$25 each. For information on table reservations, volunteering, or to make an appointment for donations, contact Margo at 603-816-2643.

Nashua Senior Center and Zis-Sweeney & St. Laurent Funeral Home

Free Christmas Dinner - Pick up at

Zis-Sweeney & St. Laurent Funeral Home

26 Kinsley St, Nashua

Sunday Dec. 24 8:30 a.m.-10:00 a.m.

Full ham or turkey dinner delivered to your car

Reservations for a meal must be made in person at the Nashua Senior Activity Center. You will be given a ticket that you will need to hand in for your meal. Limit to 1 meal per person.

GRACIOUSLY SPONSORED BY

ZIS-SWEENEY & ST. LAURENT
FUNERAL HOME
“Life Well Celebrated”



FESTIVAL OF WREATHS

TABLETOP TREES AND CENTERPIECES

Senior Activity Center

70 Temple Street Nashua, NH

Friday, December 1 — 4:00 pm—7:30 pm

Saturday, December 2—8 am—12 pm

Stroll through amazing creations from local individuals and organizations.

Attendees can vote for trees in categories such as People’s Choice,

Most Charming, Most Festive, and Most Creative.

Everything will be raffled. Raffle Tickets: Strip of 10—\$5

To donate a tabletop tree, wreath, or centerpiece, contact

Martha Ackerman at jamamc@comcast.net / 603-438-9338

Or Judy Porter at jporter@nashuaseniorcenter.org / 603-816-2649

Senior
ACTIVITY CENTER

FREE ADMISSION

ACTIVITIES (Cathy Barrett, Director)

We, here at the Nashua Senior Activity Center, want each and every veteran to know how appreciative we are of your sacrifice and service to keep this country free.

**VETERANS YOGA PROJECT**

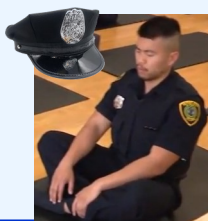
Mindful Resilience
Tuesdays at 1:00 pm

A **FREE** class for veterans, first responders, and their spouses only. The 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 veteran 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.

**VETERANS COFFEE CLUB**

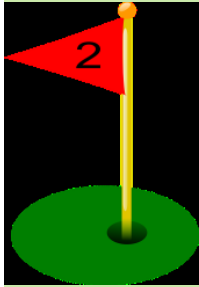
Join us with Lewis Chipola, Chairman,
City of Nashua Mayor's Veterans Council

Friday, November 10 and December 8
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 to share. For more information, call 603-759-2478.



ACTIVITIES (Cathy Barrett, Director)



2023 Golf League

Although this year ran an all-time record for rain, our golfers were determined to get out and golf. This league was filled with golfers who just wanted to get out of the house and have some fun. The season ended with a nice Pizza Party that was sponsored by Whip-Poor-Will. To end the season everyone got to enjoy a delicious Banquet at The Barn Yard Café. We'd like to thank



John and Lee for assisting with the Golf League this year. They both were brand new to the league and were brave enough to take on a huge group. We appreciate all your hard work and dedication to this year's league!

2023 Senior Golf League Results and Awards

Tournament Results

2023 Senior League Champions

Barry Jordan and Ernie Baigorria

2023 Senior League Runner-ups

Diane Goulet and Sean Fornash

2023 Senior League 3rd Place

Hank Bernardini and Alice Comerford

2023 Senior League 4th Place

Al Monterio and C. Foster Smith

Season Awards

First Half Winners

Foster Smith and Al Monterio

Runner-up teams (Three-way tie)

Hank Bernardini and Alice Comerford*

Carolyn Sirois and Mike Golden

Geoff Prost and Tony Fantasia

*Winner due to tie breaker

Second Half Winners

Ernie Baigorria and Barry Jordan

Second Half Runner-up team

Diane Goulet and Sean Fornash



(For a full list of Scramble Results and Awards please see posted list by Golf Picture on second floor of NSAC)

ACTIVITIES (Cathy Barrett, Director)

Please Note: There are more activities listed in our 6-page Activities Schedule. Pick one up at the Front Desk or go on our website: www.nashuaseniorcenter.org for a full up-to-date listing. **As of the date of publication, the following offerings were still valid. Dates are subject to change.**

Thank
You



GO BOOMERS GO! Annual Variety Show

Congratulations to all that made this show a success!

A special thanks to Director Kathy Lovering, Piano Accompanist Dick Leombruno, Lights and Sound Production John Franzini, cast, volunteers, staff, and the awesome audience!

Editor's note: Thanks to Cathy Barrett and Brenda Perrier for all you did as well!



Hola informal social group to sharpen your Spanish skills!

We want to congratulate our beginners' Spanish students who just graduated. For those of you that would like to meet weekly to practice, what you have learned, we are offering an informal social gathering on Thursday Mornings at 10am starting November 16th.

Nashua Senior Activity Center

Tuesday, December 12, 2023

1:30-3:30

**Tickets: \$5 deposit/ Members (refund at door)
\$7/Non Members (not refundable)**

(Purchase tickets by December 5th)



DJ/Singer Robyn Lynn is back to bring some Holiday Cheer. She will get the party rolling by singing some of your Holiday favorites and playing with some dance music. The afternoon will be filling with Dance, Sing-A-Longs and Games. Don't forget to take a chance on 50/50 tickets and there will be some yummy refreshments!

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.



Tuesday Music Group:

Tuesdays at 9:15 am

"T Street Ensemble":

Wednesdays at 9:00 am

Friends Making Music:

Wednesdays at 10:15 am

Silver Lining Chorus:

Fridays at 10:30 am

Pinochle: Mondays - 9:00 am

Bridge: Tuesdays - 1:00 pm

Mah Jong: Tuesdays - 1:00 pm

Cribbage: Wednesdays - 1:00 pm

4 Aces/Bridge: Thursdays - 9:30 am

Mule Train/Dominos: (Back in Sept)

Book Club: 1st & 3rd Friday
- 9:30 am (Space limited- call
Pat at 603-921-4337)

All card games are drop-in.



COMMUNITY PARTNERSHIPS/SEMINARS



Bridges by Epoch at Nashua is hosting free Lunch and Learns:

Lunch and Learn:

Thursday, December 7, 2023

11:30 am to 12:30 pm

“Proactive Brain Health”

Each session will include a free chef-prepared lunch. Seating is limited. Sign up at the Senior Center's Front Desk.



We never know when an emergency will occur — be it medical, weather, fire, personal injury, etc. Do you know what you would need during an emergency? Do you have an emergency support group with names and phone numbers written down?

The Nashua Division of Public Health & Community Services has developed an in-depth, three-step personal Emergency Action Plan. This is a clear, concise booklet that prompts you for details you may never have thought you would need — until an emergency actually happens!

Join us for a very informative seminar on

Tuesday, November 7, 2023 at 10:00 AM

in the Nashua Senior Center's Education Rm

Space is limited. Please call 603-889-6155 or visit the Front Desk to sign up.

You will gain a wealth of knowledge on how to protect yourself and your family during emergencies. You will also receive a booklet the Division has prepared for you to record and retain this vital information.

Rivier Nurse Wellness Clinics



9 am to 1 pm on the second floor of the Nashua Senior Ctr, 70 Temple St., Nashua

Nov. 15 Dec. 6

All clinics are FREE and CONFIDENTIAL brought to you by Rivier University Nurse Practitioner students. The following checks are available: BMI, Blood Pressure, Lab Review, Glucose—A1C, Cholesterol, and Medication Reconciliation.

Grant funded by Saab Family Foundation and the United Way of Greater Nashua.

Why Volunteer ?

VOLUNTEER



Volunteering brings people together by creating camaraderie and team work.

It supports personal growth and self-esteem by understanding your community's needs.

Volunteering gives you a chance to give back and **YOU** can make a difference.

So, if you have a few extra hours, consider donating your time to volunteer at the Nashua Senior Activity Center.

VOLUNTEERS NEEDED !

For details, please contact Marc Maurais, Program Manager at 603-816-2648 or by e-mail: mmaurais@nashuaseniorcenter.org

LANGDON PLACE OF NASHUA PRESENTS

THE DEMENTIA EXPERIENCE

MONDAY, NOVEMBER 13, 2023

9:00 AM—12:00 PM (30 MINUTE SESSIONS)

LOCATION: Nashua Senior Center

The Dementia Experience is a powerful, 30-minute interactive training using sensory modifications. Participants will engage in typical daily activities while encountering what it feels like to live with dementia.

For registration: Please contact Denise Blair, Director of Marketing and Admissions at 603-888-7878 or denise.blair@genesishcc.com

The Experience will be in 30 minute increments

Langdon Place of Nashua
A Senior Living & Memory Support Community

