

COMMUNITY PARTNERSHIPS/SEMINARS



2023 Annual Giving

All members will receive our annual Appeal mailing in early November. Many ask why they should donate to the Nashua Senior Center's Annual Appeal since they already pay a membership fee and for classes. The fact is that the 100% self-funded Nashua Senior Activity Center depends on your donations to keep operating. Every day the Center is open it costs approximately \$1,600 but approximately only \$115 is generated from membership dues. The remaining expense must be generated by rentals, class fees, retail sales, trips, fundraising events, and donations. Each and every donation makes a difference to the NSAC's mission as a resource in the Greater Nashua area.

We encourage everyone to give generously and donate to the Annual Appeal.



A MATTER OF BALANCE

Instruction by Center for Physical Therapy and Exercise (CPTe)

A Matter of Balance is a fall prevention class that combines exercise and discussion with the goal of preventing falls. This class will meet twice a week for eight weeks. Class start date is **January 23, 2024**. Must preregister by stopping at the front desk at the Senior Center. Limited to 16 participants. 8 week class (12:00—1:00) Tuesday and Thursday. Members only: Cost \$20.00 (made payable to CPTe on the first day of class).



Breakfast with Santa



Saturday, Dec 2, 2023

8 am to 11 am

Tickets are available at the door.



Tickets: \$9 — adults;
\$5 — children 5 to 12;
Children under four are free.

The Nashua Lions Club is sponsoring its annual **Breakfast with Santa** event to benefit the Nashua Senior Activity Center.

Enjoy a delicious breakfast of eggs, French toast, sausage, coffee and OJ and then visit with Santa.



New toys will be collected for Nashua PAL.

The Nashua Senior Activity Center is proud to partner with the Nashua PAL for the

Annual Christmas Toy Drive



Donations of new items may be made in the lobby at the Nashua Senior Activity Center starting Nov 1st through Dec 10th.



FREE

2nd & 4th Tuesdays



10 AM

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

Coffee with a Cop

Nov 14, 28

Dec 12, 26

FITNESS ROOM TRAINING WITH KEVIN



Fitness Room training is available every **1st & 3rd Tuesday of the month**. Space is limited. Sign-ups are on a first-come, first-served basis and open to members only. To register, please visit the Front Desk or call 603-889-6155.

COMMUNITY PARTNERSHIPS/SEMINARS



Join the Nashua Senior Activity Center or renew your membership and get the code for **\$10 off the performance of Gerald Charles Dickens** at the Nashua Center for the Arts.



NOTE: Current members should contact the Membership Office for the code.

Thank you to our **BUSINESS MEDIA**

Zis-Sweeney & St. Laurent
Funeral Home

Fairview
Senior Living

ST. JOSEPH
HOSPITAL
A Member of Covenant Health



Peer Support Group for Blind and Vision-Impaired Older Individuals

**October 24, 2023 from
1:30pm—3:00pm**

Wrap-Up and Planning for 2024
Nashua Senior Center, 70 Temple Street, Nashua

MEDICARE/INSURANCE

information

For Open Enrollment, Medicare/Insurance Representatives will have informational tables in the lobby of the Nashua Senior Activity Center, 70 Temple St, Nashua on multiple days and times. Please check with the Front Desk for dates and times.



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 beginning September 1, 2023.



Health Clinics **NEW DATES**

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

November 3, 13, 14, 17, 20 AND December 1, 11, 15, 18, 20

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

**Home Health
& Hospice Care**

Parish Nurse Program: November 7, 21; December 12, 26 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 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.

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



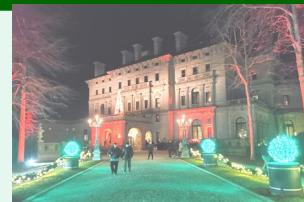
The Holidays at the Newport Marble House

Wednesday, November 29, 2023

Cost : \$137

Departs: 9:30 am from Park & Ride at Exit 8

Returns: Approximately 8:30 pm



Elegantly decorated for the holidays, enjoy a beautiful tour of the Newport Marble House Mansion. You'll begin with a full-course luncheon at Johnny's Restaurant followed by a stop to shop at the Brick Marketplace on the Newport Harbor. Then, the magic of the holidays comes alive as you take a 90-minute tour of the Marble House, a legendary Newport opulent Gilded Age mansion. For reservations, please contact the Trip Office at 603-816-2645.



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 Ofc (603-816-2645) for reservations.

Do you have a suggestion on a trip or event you would like to see us offer? We are always looking to add new and exciting excursions or events and would love your input!

Call the Trip Office at 603-816-2645



2024 Season

Now taking names for NSMT shows. Trip includes ticket, luncheon, and transportation. Please call the Center's Trip Office at 603-816-2645 and leave your name and number if you are interested in any of the following shows (more information will be available in the January/February issue):

Jersey Boys (May 2024)

Fiddler on the Roof (June 2024)

Million Dollar Quartet (Sept 2024)

2023 Holiday Boston Pops

Conducted by
Lockhart



Thursday, December 7, 2023

Showtime: 3 pm

Cost: \$174 per person

Join us for a dazzling, engaging performance by America's Orchestra and relish the elegance of Boston's historic Symphony Hall. Lunch at Maggiano's is included prior to the show.

Depart Exit 8: 10:45 am; Return: 6:30 pm

For more information and reservations, call Margo Bell at the Nashua Senior Center at 603-889-6155.

MORE TRIP INFORMATION

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

Sunny Portugal — May 2024



Looking to see how you can help in the Trip Office

Monday through Thursday 9—11:30 AM?

For details, please contact Marc Maurais, Program

Manager, call the front desk at 603-889-6155 and ask to be transferred.

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