

ACTIVITIES (Cathy Barrett, Director)

# TRIBUTE TO VETERANS!



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 (starts in November)

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 8 and December 13

9:30 am - 11:00 am

in the NSAC's Education Room.

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



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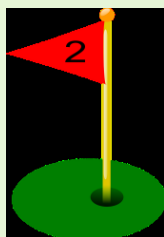


### What A Colorful World! Annual Variety Show

**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, Activities Director, for all you did as well!



# GOLF LEAGUE



It was another great year on the golf course. A heart felt Thank You to our fearless leader Hank Bernadini and his righthand man Phil McLaughlin for their many hours of hard work. Hats off to our starters Rick Carbonneau, Lee Menegoni and our jack of all trades, Armand Lussier with all their help to run the league smoothly.

**CONGRATULATIONS TO ALL OUR NASHUA SENIOR 2024 GOLF LEAGUE WINNERS!**

<b>Champions:</b>	<b>Ralph Griffin &amp; Paul Roach</b>
<b>2nd Place:</b>	<b>Brian Curd &amp; Jim Battis</b>
<b>3rd Place:</b>	<b>Larry Siegel &amp; Larry Nutting</b>
<b>4th Place:</b>	<b>Dennis &amp; Mattie Burns</b>

As usual this has been a great group of people who were out to have fun. I want to thank all of you that helped with the Golf Banquet. It was a big help. We look forward to inviting you all back next year for the Nashua Senior Activity Center's Golf League. Look for the sign-up information in your 2025 January/ February Newsletter.

Warmly,  
Cathy Barrett  
Activities Director





**TD SAFE**  
Security Awareness for Everyone  
**ROADSHOW**

**WHEN**

Wednesday, November 13<sup>th</sup>  
2:00p.m.

**WHERE**

Nashua Senior Activity Center  
70 Temple St, Nashua NH

Presented by

TD Bank

To register ahead:

Call the Nashua Senior Activity Center

603-889-6155

It's important to protect yourself from financial fraud and identity theft, so consider attending the TD SAFE Roadshow.

- Hear about the latest scams and how to protect yourself
- Learn tips for detecting and avoiding fraud
- Keep your assets SAFE



SCAN THE QR CODE OR VISIT  
td.com/fraudprevention



America's Most Convenient Bank\*  
Member FDIC

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

BY EPOCH  
MEMORY CARE ASSISTED LIVING  
AT NASHUA

**Wednesday, Dec.11 2024, 11:30 am to 12:30 pm**

**"Is It Normal Aging or Is It Memory Loss"**

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

**REIKI with Jane**



Reiki is a relaxing alternative healing technique working with energy to bring the body into balance to promote health and healing. Introductory offer to be held on Wednesday, November 13th and Thursday, December 12th. By appointment only. Call 603-889-6155 . Donation to instructor is appreciated.



**Coffee with a Cop**

**2nd Tuesdays**

**10 AM**



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



**November 12**

**December 10**

Nashua Senior Activity Center  
Serving the 50+ Community

NASHUA SENIOR ACTIVITY CENTER PRESENTS

**A TASTE OF TWO HOUSES**

RAMBLING HOUSE  
HOME OF TaleSpinner BREWERY

Averill House  
VINEYARD

Tuesday December 3  
Nashua Senior Activity Center  
70 Temple Street

**facebook.com/nashuasac**

**Posture Training for Health and Stability**

with Fred Daniels from Center for Physical Therapy & Exercise  
Tuesdays and Thursdays beginning January 9, 2025 at 12:15 pm to 1:45 pm for 6 weeks

**Members only.**

Cost: \$25 payable to CPTe at first class  
Limited Space

There are many elements of good posture and everyone can improve their posture. This training class will help you understand the physical pieces that make up good posture, and then practice exercises and stretches to train your muscles to maintain good posture.

**Please Register at the Front Desk**



**Paint Your Own Ornament**

Paint your Holiday Ornaments with Chelsea from Dignity Memorial  
Thursday, November 14th at 1 pm.

Please pre-register at the front desk by November 7th.