

## COMMUNITY PARTNERSHIPS/SEMINARS

**FREE**

**INFORMATION SESSION**



### *Homeowner Property Tax Exemption/Credit*

**Saturday, December 14, 2024  
10 am to 12 pm**

**at the Nashua Senior Activity Center  
70 Temple Street, Nashua**

Did you know that seniors may receive relief from property taxes? Representatives from the City of Nashua Assessor's Office will provide information and guidance regarding property tax relief programs that grant partial or complete exemptions from property taxes for qualified homeowners.

Exemptions are a reduction in the assessed value of a home by a specified amount and corresponding reductions in property taxes. Many exemption/credit programs specify eligibility criteria, such as: older adults, people with disabilities, widows, veterans and disabled veterans who have a permanent service-connected disability. In some cases, income guidelines must be met. In others, income is not a factor.

To register, visit or contact the Front Desk at 603-889-6155 by December 10, 2024.

### SAVE THE DATE

**NOVEMBER 4th 5:30-6:30 pm**

### **Retirement Making Your Money Last**

Whether you're thinking about retirement or have recently retired, you'll learn strategies designed to last throughout your retirement years. We hope you and a guest will join us.

Location: Nashua Senior Activity Center  
70 Temple Street, Nashua,

Hosted by Edward Jones

Financial Advisor **Nick Brigham**

**Free and open to the public.** See flyer.

Sign up at Edward Jones 603-594-8829 by Nov. 4th.

## Medicare Q&A

*Did you know . . .*

*some companies will REIMBURSE you for classes you take at the Nashua Senior Center?*

Get the answer to this and many more questions about Medicare at any one of the following Q&A sessions.



### **Schedule for Medicare Information**

**AETNA** – Second Wednesday of each month  
9A-12P in lobby (Perry Cataldo from Choice Benefit Service)

**AETNA** – Fourth Wednesday 9A-10A (Medicare 101)  
(Perry Cataldo from Choice Benefit Service)

**ANTHEM** – First & third Tuesday of each month in NSAC lobby  
(Perry Cataldo from Choice Benefit Service); 9A-12P

**CATHERINE PERKINS, SENIOR HEALTH ADVISOR** –  
Second Thursday of each month starting in September;  
9A-11A in NSAC's lobby

**JERRY LEAVITT, SENIOR HEALTH ADVISOR** –  
Second Monday of each month in NSAC's lobby from 9A-12P;  
and Fourth Thursday of each month, 9A-10A, the Medicare  
Question and Answer seminar

**UNITED HEALTHCARE** – Second Tuesday of each month; 9A-10A  
(Perry Cataldo from Choice Benefit Service) (Medicare  
Questions and Answers) Walk in. No sign-up required.



70 Temple Street  
Nashua, New Hampshire

**Flea Market!**

**Sat, November 2, 2024 — 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.

## COMMUNITY PARTNERSHIPS/SEMINARS



**Save the date: February 8, 2025**  
7:00 PM Meat Bingo at Club National to benefit the Nashua Senior Activity Center

thank you

to our

**BUSINESS SPONSORS**



**SAVE THE DATE March 8, 2025**  
The next flea market will be held on Saturday March 8, 2025  
Tables will go on sale January 2, 2025.



## Health Clinics **NEW DATES**

**Foot Care Clinics by Home Health & Hospice in the NSAC Health Rm:**  
November 1, 15, 18, 20 AND December 6, 9, 16, 18, 20  
Times: 9:20 am-12 pm. Call 603-689-2899 to schedule an appointment.

**Home Health & Hospice Care**

**Parish Nurse Program:** November 12, 26; December 10, 24, 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.



### Rivier Nurse Wellness Clinics



9 am to 1 pm on the second floor of the Nashua Senior Ctr, 70 Temple St., Nashua  
Monday Nov. 18

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.

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.

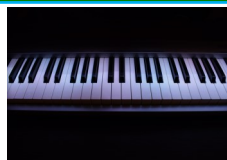
Trivia prizes are sponsored by Dignity Memorial



Meeting **NOVEMBER 12th, 2024 at 1:00 PM & DECEMBER 10th**, at the Nashua Senior Activity Center, 70 Temple Street, Nashua NH.

Meetings will be held on the 2nd Tuesday of each month from September through May from 1:00 PM to 2:30 PM.

## **NEEDED: Keyboard Player**



for NSAC Silver Lining Chorus  
**Requirements**

2 to 4 Daytime Performances per month at Assisted Living Care

**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](http://www.nashuaseniorcenter.org/news) for the latest updates and information.

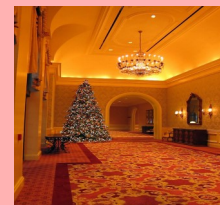
**All day trips depart from the Exit 8 Park & Ride unless otherwise notified.**



### The Holidays at the Breakers Sunday, November 24, 2024

**Cost \$145 per person**

Join us on this delightful trip that includes a tour of the "Breakers", a full course luncheon and a visit to Newport's Brick Marketplace on the harbor. You will enjoy a wonderful lunch at Johnny's Restaurant, then stop at the Brick Marketplace on the harbor, hosting some 25 + shops. Then, the magic of the Holiday comes alive at the beautiful, holiday adorned Breakers Mansion. You'll then return home with fond memories of beautiful festive Newport, RI.



**Depart: 9:45 am Return Approximately 8:00 pm**



### 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.

# TITANIC... The Exhibition

**Monday, December 16, 2024; Cost: \$179**  
**The Castle Park Plaza in Boston**  
**With lunch at the Chart House**



*Titanic The Exhibition* is an interactive exhibition showcasing over 300 artifacts from Titanic and her sister ships and from famous films to tell the chronological, dramatic tale of the design, creation, launch, maiden voyage and tragedy of the largest and most luxurious ship in the world at the time. You will receive a boarding pass corresponding with a passenger on the ship. This will allow you to relate to the individual story of your passenger as you explore the first, second and third class galleries and the artifacts from each.

Following your incredible experience you will enjoy a three-course luncheon at the Chart House in Boston. There you will enjoy your choice of either Grilled Atlantic Salmon with lemon shallot butter or Chicken Romano with Romano cheese crust and lemon shallot butter. Then you will board the bus for home.

**Depart: 9:30 am; Return: Approximately 4:30 pm**



## MORE TRIP INFORMATION

**2025 OVERNIGHT: With Collette Tours**

**Iceland March 2025,**

**America's Cowboy Country August 2025.**

**Travelers please note:** Special requests such as dietary or seating for medical reasons must be made at the time of the original booking. No request can be guaranteed. Travelers with medical issues or who have special physical needs must travel with a companion who can offer assistance.

**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**

## 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 12:30 to 2:30 pm.

**MUSIC WITH JUKEBOX JIMMY:** Monday 10:30 to 11:45 pm.

**MUSIC WITH THE BALD EAGLES:** Wednesday 10:30 to 11:45 am & 12:30 to 1:45 pm

**MUSIC WITH JUST JIM:** Thursday 10:30 to 11:45 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**