

## ACTIVITIES (Cathy Barrett, Director)

Hola, únase a nosotros para conocer y saludar gratis a Maritza!

### FREE MEET & GREET WITH MARITZA!

Thursday, September 21st at 10am

Come meet Maritza. She will give you an overview of her upcoming Basic Spanish class that you will be able to use in your daily communications. (Preregister by September 14)



### FIVE-WEEK BASIC SPANISH CLASS

Thursday, October 5 at 10am

Preregistration and payment are due by September 28

Fee: \$8/members & \$20/non-members



Have you wanted to learn some basic Spanish so you can understand or communicate with those who speak Spanish? Maritza has her own technique in teaching the basics. Week one through four you will learn to communicate with others. On week five of the class, you will have the opportunity to enjoy a delicious Spanish dish while using the Spanish that you learned.

### VETERANS YOGA PROJECT

Mindful Resilience  
Tuesdays at 1:00 pm

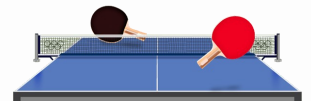


A **FREE** class for veterans, first responders, and their spouses only. Veterans Yoga Project has collected data for nine years documenting a decrease in pain and stress with improved quality of sleep for class participants.

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.

### ATTENTION! ALL PING PONG PLAYERS



All players must limit their play time to two hours. Please pick up availability schedule (Fridays from 9 am to 12 pm) at the Front Desk.



All current members can play ping pong **FREE** from July 11, 2023 through September 29, 2023. As a special promotion for our members, non-member fee is \$5 per person.



Current member fee (\$3/person) will resume on October 2, 2023.

### ATTENTION: ALL POOL PLAYERS



All players must limit their play time to two hours. Please remember that you still need to check in at the Front Desk.



All current members can play pool **FREE** from July 11, 2023 through September 29, 2023. As a special promotion for our members, non-member fee is \$5 per person.



Current member fee (\$3/person) will resume on October 2, 2023.



Free Pilates Class with Gen on September 20th,  
9 am Mat Pilates, 10 am Chair Pilates

Pick up a schedule for the next six-week session.

### TWO NEW SIX-WEEK CLASSES!

*Gen's Pilates Classes on Wednesdays*

Mat Pilates at 10 AM  
Chair Pilates at 11 AM

### 2 Week Crochet Fabric Rug Class

Learn an easy skill, designed for all levels in two easy sessions! Our instructor Katherine, will instruct you in how to make a comfy rug by using a "Q" hook and the single crochet stitch; crochet fabric strips into colorful comfy rugs. Monday, September 25th 1-3pm, Monday October 2nd 1-3pm Fee: \$25/Members and \$35/Non Members (plus minimal material fee). Pick up a flyer at front reception area for full details. Space is limited. Please pre-register by September 18th.



*Crocheted Rug*

## 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](http://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.**

### **We are now taking names for the following interest lists:**

Art, Bike Club, Cyber Security, Learning Spanish, Evening Mah Jong, Evening Guitar, Giant Yahtzee, Nutrition, Photography, Sock Hop, Pickleball Lessons, Disaster Preparedness; Zumba. I would love to hear your interests or ideas for new classes - email them to me at: [cbarrett@nashuaseniorcenter.org](mailto:cbarrett@nashuaseniorcenter.org)

### **BEGINNER'S KEYBOARD LESSONS**

8 week class - starts Monday, October 2nd at 11:30 am  
It's never too late to learn! Join us as we share the fun of making music in this 8-week beginner keyboard class! Throughout the course, you'll continue learning the basics you need to play songs within the group & on your own! Space is limited. Pre-registration and payment is due no later than September 25th.

Members \$50 / non-members \$100

(Plus materials fee of \$8.99 - payable at the 1st class)  
Headphones are available for purchase.

***Subsidized by a grant from the Saab Family.***



### **INTERMEDIATE KEYBOARD LESSONS**

8 week class - starts Monday, October 2nd at 12:30 pm  
*It's never too late to learn! Join us as we share the fun of making music in this 8-week intermediate keyboard class! Please pick up a flyer with full description of this class.* Space is limited. Pre-registration and payment is due no later than September 25th..

Members \$50 / non-members \$100

(Plus materials fee of \$8.99 - payable at the 1st class)

Headphones are available for purchase.

***Subsidized by a grant from the Saab Family.***



### **Three-day Chrome Computer Class for Beginners**

First Session: Dates: Wed, Thu, Fri -- October 4, 5, 6 -- Time: 11 am

Second Session: Dates: Tue, Thu, Fri—October 10, 12, 13—Time: 11 am

Fee: \$10/members; \$25/non-members

(Plus \$10 deposit for Chromebook. If you complete all three classes, you can keep your Chromebook and will be reimbursed your \$10.)

Class is limited to six students. Please pre-register by 1 week prior to date of class.

**Why should seniors use a Chromebook?** Chromebooks are user friendly and easy for seniors to navigate. Chromebooks are low-maintenance and perform their own automatic updates, eliminating the need for you to manually update the system. They have robust built-in security features ensuring multiple layers of protection. These laptops are lightweight, making them easy to carry around and use on the go. They also have a long battery life, allowing seniors to use the device without the need for frequent charging. ***Please pick up a flyer with full details at the front reception area.***

Chromebooks generously donated by United Way of Greater Nashua

***Subsidized by a grant from the Saab Family.***

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



**Center for Physical Therapy & Exercise** is hosting this free educational session for members at the Nashua Senior Center. Call 603-889-6155 to reserve your seat.

### "Importance of Mobility for Physical & Mental Health"

Speakers: Fred Daniels and Mabel Parks

**Thursday, September 21, 2023**  
11:30 AM to 12:30 PM



### Core/Back Stabilization Class

**Fred Daniels**

**Center for Physical Therapy and Exercise**



**Tuesdays & Thursdays**  
**Starts October 17, 2023 (8 weeks)**

**Members only. Cost \$20**  
**(payable to CPTE on the first day of class)**

Our core muscles are critical for balance and mobility. CPTE's Core/Back Stabilization Class will help its participants increase the strength and flexibility of weak and/or tight core muscles. Exercises will include the big exercise balls and getting on the floor.

Limit of 15 participants!  
Register at the Front Desk.

### 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.



**The Annual NSAC Board Meeting**  
will be held on

**Wednesday, October 25 at 3 pm**



Please pre-register at the Front Desk by **October 18** so we can prepare seating and refreshments accordingly. Or call 603-889-6155 to register.



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

### Lunch and Learn:

**Thursday, September 7, 2023**  
11:30 am to 12:30 pm

**"Alzheimer's: The Effect on Family"**

**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.

BEASLEY & FERBER

*The Elder and Disability Law Firm*

### I'VE SAVED FOR A LIFETIME, AND NOW I COULD LOSE IT ALL?

- What if I lose my house and life savings to a nursing home stay?
- What if after my death, my adult child divorces or dies? Will my estate transfer to their spouse? What about my grandchildren?
- What if my adult child is battling creditors or addiction and inherits the estate?

Don't miss this powerful educational session with critical guidance on grandchildren's trusts for education, trusts for children with special needs, and how the SECURE Act affects your ability to create a multi-generational legacy.

**Thur, Oct 19 — 1 PM to 3 PM at the Nashua Sr Ctr**  
Register at [www.beasleyferber.com](http://www.beasleyferber.com) or call 1-800-370-5010

### Lifetime Documents: Are You Prepared?

Have you ever wondered what would happen if you could not make medical or financial decisions for yourself? This seminar will focus on the documents that help a person make those important medical and financial decisions during their lifetime when they are unable to make their own. Feel free to ask questions and get involved! Morneau Law is partnering with the Nashua Senior Activity Center to present this important information to you. It is **FREE** and **OPEN TO THE PUBLIC**.

**Thursday, October 19, 2023**  
**5 PM to 7 PM**

Please reserve a seat by calling 603-889-6155 or stop by the Front Desk.





## COMMUNITY PARTNERSHIPS/SEMINARS



to all our wonderful sponsors who graciously supported the Nashua Senior Activity Center during its



event

### Venue

Humana

Langdon Place of Nashua

### Supporter

Village Medical

Center for Physical Therapy & Exercise

Nashaway Womans Club

Shaheen & Gordon, P.A.

### Bar

Surrogate Sons and Daughters

### Desserts

Bridges by Epoch at Nashua



**2nd & 4th  
Tuesdays**



**10 AM**

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

## Coffee with a Cop

Sept 12, 26

Oct 10, 24

Nov 14, 28

Dec 12, 26

## Get Your Flu Vaccine!

The Nashua Division of Public Health and Community Services will hold a **FREE Flu Vaccine Clinic** at the Nashua Senior Center on **September 28th, from 9:30 to 11:30 am.** Late September and early October are the best time to get your flu vaccine.

Do I qualify? What you need to know:

1. **HIGH DOSE** is recommended for individuals 65+ (bring your Medicare card) and **YOU MUST BE A RESIDENT OF NASHUA. OR a City of Nashua Employee 65+ OR Retiree 65+ .**
2. **STANDARD DOSE** is available for uninsured NH residents, OR insured Nashua residents, OR City employees, OR retired Nashua City employees.

Please call the Nashua Senior Activity Center at 603-889-6155 to register. Drop ins ok

## NEW HAMPSHIRE SAFE STREETS AND ROADS FOR ALL

**Wednesday, September 13  
10am-11am**

Learn more about motor vehicle and pedestrian safety, including Jessica's Law, car seat safety, what you should do in a motor vehicle stop, traffic laws, and more.



**Free and open to the public.**

**No registration required.**

Presented by the Nashua Police Dept

hello.

My name is Marc Maurais, and I am the new Program Manager at Nashua Senior Activity Center. After over 30 years as a high school athletic director, teacher, and coach, I look forward to meeting and working with each of you. Stop in for a visit or if I can help.



### VETERANS COFFEE CLUB

Join us with Barney Barbera, Chairman, City of Nashua Mayor's Veterans Council

**Friday September 8 and October 13**

**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.

### Rivier Nurse Wellness Clinics



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

**Sep. 20    Oct. 11    Nov. 15    Dec. 13**

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.

### Edward Jones

Andy Whigham,  
Financial Advisor

**SAVE THE DATE**  
**October 5, 2023**  
**6:00pm**

### Social Security: Your Questions Answered

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

**Free and open to the public.**

Sign up at the Front Desk to reserve your seat.