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NASHUA

SENIOR ACTIVITY CENTER

NEWS

*Giving back, Looking forward...over 45 years of serving
the Nashua area 50 +community*

ISSUE #343

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

JAN/FEB 2025



MEAT BINGO

Hosted by

The
**Club
National**

Nashua, NH

Saturday, February 8, 2025

7:00 pm (Doors open at 6:00 pm)

127 Pine Street, Nashua, NH

*Event benefits the Nashua Senior Activity Center
"Giving Back, Looking Forward...over 45 years of
serving the 50+ community"*

FILEA MARKET



Saturday, March 8, 2025

Storm date March 15

9 am to 2 pm

Nashua Senior Activity Center

70 Temple Street, 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! Any unwanted Christmas gifts would be greatly appreciated for the raffle. Vendor space is available: tables are \$25 each and will go on sale beginning January 2, 2025. For more information on table reservations, volunteering, or to make an appointment for donations, contact Margo at 603-816-2643.

The Nashua Senior Activity Center is proud to present its new premier event

Wednesday, May 7, 2025



6 pm to 9 pm

Celebrity Judges

Chef Bailey Bocci
Personal Chef
BB's Kitchen

Susan Laughlin
Food Editor
NH Magazine

Sean McDonald
Anchor/Host
WMUR

Hosted by
Mike Morin & Chef Nicole Barreira

Alpine Grove
Banquet Facility
19 South Depot Rd
Hollis, NH



Immerse yourself in the magic of everything Disney as you enjoy hundreds of appetizers and desserts. Vote for People's Choice-Appetizer and People's Choice—Dessert. Then watch as eight executive chefs have 30 minutes to decorate a Disney-themed cake to present to the judges.

Tickets: \$60 each/Reserved Table of 10: \$550

VIP EARLY ADMISSION (5:15 pm):

Tickets: \$80 each/Reserved Table of 10: \$750

LIMITED NUMBER OF VIP TICKETS

Tickets available at
Nashua Senior Activity Center
70 Temple Street, Nashua, NH



Event benefits the Nashua Senior Activity Ctr
Over 45 years of service to the Nashua community

ACTIVITIES (Cathy Barrett, Director)



**“TOMORROW IS THE FIRST BLANK PAGE OF A 365-PAGE BOOK.
WRITE A GOOD ONE”
BRAD PAISLEY**

Starting the New Year, our much loved Tai Chi Instructor, Connie Rock will be starting a new chapter in her life. She has decided to retire from teaching at the Nashua Senior Activity Center and begin some new endeavors. Connie has taught Tai Chi / Chi Gong at our center for over 18 years. Words can't express how much she will be missed. I will always remember how her students would always race to sign up to ensure they had a space in her class. We all wish you all the Happiness, Good Health and New Adventures!

COMING SOON!

*This Year's **ANNUAL BBQ**...Bigger and Better ...Save the date Thursday, June 19th. (Full Details in the March/April Newsletter)

TRIVIA TUNES WITH VINNY

Wednesday, February 12th -1:30-2:30 PM
(Snow Date: Wednesday, February 26th)

Nashua Senior Activity Center

Fee: \$3/ Members & \$5/ Non-Members

(Purchase tickets by February 5th)



February is a busy month, chock full of significant events. This month's Trivia and Tunes game will celebrate February, with questions related to Valentine's Day, President's Day, the Super Bowl and Black History Month, along with the usual song clues from the artists that you grew up listening to!

Computer/phone assistance offered

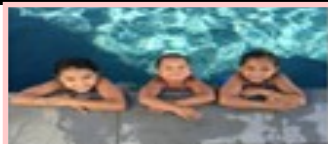
If you have questions about your windows/mac/ipad/chromebook or phone sign up for a 1 hour session at the Nashua Senior Center. First sessions will be offered January 29th. Fee: for 1 hour session is \$5/Members and \$7/ Non-Members. Space is limited, Register by January 22nd.



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 January 22nd and February 12th.. By appointment only. Donation to instructor is appreciated. Call 603-889-6155

ACTIVITIES (Cathy Barrett, Director)



Smart Phone Photography Class Meet & Greet

Thursday, February 6th at 10am

Snow Date: Thursday February 20th at 10am

We invite all that want to know more about our upcoming Smart Phone Photography Classes to attend. We will give you an overview on the two 7 week classes that we will be offering starting in March. The first class is Smart Phone Beginners Photography and the second class offered will be on Editing your Photos. (These classes are listed below with full details). At the Meet & Greet there will be some samples of previous students prints to give you an idea what you will be able to do after 7 weeks. It's amazing! (Please Preregister by February 3rd)

Smart Phone Beginner Photography Class

Starting on Thursday, March 6th at 10 am
 Fee: \$55/Members and \$90/Non-Members
 (Preregister by February 27th) Plus \$10 mat fee payable to instructor at first class.

This **7 wk Beginner Smartphone Photography** class you will learn how to use the camera on your phone, how to edit and share those images, as well as, learn basic rules of composition and artistry. This is a hands-on class that will culminate with an art show reception during the last class day. Each student will have 2 matted prints as entries into the show.

First, second, third places and Best in Show will be awarded. This class is for you if you want to get better at taking photos with your phone or just enjoy photography and want to learn more.

Editing Photography Class

Starting on Thursday, March 6th 11:15 am
 Fee: \$55/Members and \$90/Non-Members
 (Preregister by February 27th) Plus \$10 mat fee payable to instructor at first class.

This **7 week Smartphone Photography class** will build on the skills and knowledge gained in the beginner class to continue to expand and improve your photography skills.

We will discuss lighting, advanced composition, the story-telling element of photography, focus on how to edit your images right from your phone and more! **It is highly recommended that you have completed the beginner level class before enrolling.**

The class will culminate with an art show reception during the last class day. Each student will have 2 matted prints as entries into the show.



PHOTO EXHIBIT

March 20th at 10am

We invite everyone to the students Photo Exhibit to see their spectacular prints!



Maria Seovich will be taking over the Wednesday Tai Chi/ Qi Gong classes at 1 PM starting in January and invites all who are interested to attend. 6 week session starts on January 22nd.

Pre-register by January 15th.



Nashua Senior Golf League

2025

Calling all Golfers, Spring is just around the corner. The Nashua Senior Activity would like to invite members 50 and over to play in our 2025 Nashua Senior Golf League. This will be our 28th season! We will be playing Monday Mornings at the Whip-Poor-Will Golf Course. For those interested in playing this year we will start taking sign-ups February 24th. Registration Fee is \$85.00. Please note space is limited and is on a first come, first serve basis.

Our fearless leaders Hank Berdnardini and Phil McLaughlin have offered to run the league again this year. They will be hosting an informational meeting at the senior center on March 17th at 10am to go over details of this year's league.

Full Moon Painting Class

Tuesday February 25, 10 am to 12 pm
Snow date: Tuesday March 4, 10 am to 12 pm
Fee: \$35/Members & \$55/Non-Members
Registration and payment is due by February 13th



In this acrylic painting class for beginners taught by artist Claire Gagnon, students paint with the brush or the palette knife in a welcoming setting. This class is designed for beginners and is also well suited for advanced painters. Each student paints their own version of the full moon, while following the instructions. Claire will walk you through the steps one by one. Join this class to relax, socialize, and have fun with your friends. All levels are welcome. No prior experience needed. All supplies will be provided.

Learn Mah Jongg with Tim Adams
4 week class starting Thursday, April 3rd from 1—3 pm
\$15/members & \$25/non-members



New cards will be available for purchase from the instructor at the first class.

Mah Jong is a game developed in the mid 1800's in China and today is played by millions around the world. This beginner's class will introduce you to the game, tile uses and how to interpret the card, as well as how to set up and play the game. We look forward to seeing you! . Space Limited: Registration & payment due at the front desk by March 27th!



IRISH SOCIAL

Monday, March 17th
At 1:30PM

Tickets: \$5/Members & \$7/Non-Members
(Tickets can be purchased at front desk by March 11th)



The "Bald Eagles" will be swooping down from their perch high above the senior center to entertain one and all on this festive day. Come sing along, dance a jig and have a blast on St. Patrick's Day. The Bald Eagles will sing some Irish Music along with some of your 50, 60 and 70's favorite tunes. Light refreshments will be served.

Free Meet & Greet Tuesday, January 14th at 1:10
(see flyer for full details)

Let Wendy tell you how she will teach you to play piano.

Following the Meet & Greet Wendy will set up times for Tuesday afternoons to work with students that would like to work at their individual skill level (Please note you must preregister at the front desk).



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COMMUNITY PARTNERSHIPS/SEMINARS

VETERANS COFFEE CLUB
 Join us with Lewis Chipola, Chairman,
 City of Nashua Mayor's Veterans Council
Friday January 10 and February 14
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.

Coffee with a Cop
2nd Tuesdays
10 AM
FREE
Open TO THE PUBLIC
 Learn about scams, safety, and other
 topics pertinent to seniors.
January 14 **February 11**

Let's Chat Finances over Coffee
 Your Host: Nick Brigham, Financial Advisor with

 Second Thursday of every month from 9—10 am In
 the Nashua Senior Center's Coffee Talk Lounge.
 Come and ask Nick your general financial questions
 over a cup of coffee in a friendly, relaxed atmos-
 phere. Open to the Public.

Unclaimed Property Search
 The New Hampshire State Treasury's Abandoned
 Property Division will be on-site at the Nashua
 Senior Activity Center to assist with conducting an
 Unclaimed Property Search on
Thursday, January 30th, 2025 9 am to 12 noon.
 Unclaimed property consists of abandoned financial
 assets such as checking and savings accounts, unpaid
 wages, securities, life insurance payouts, uncashed
 checks, and the proceeds of safe deposit boxes that are
 without activity for a certain period of time. It does not
 include real estate or vehicles. They will assist in
 searching for and claiming abandoned funds.

TD Safe Security Awareness for Everyone
ROADSHOW
WHEN: March 11, 2025 11 am to 12 pm
WHERE: Nashua Senior Activity Center
70 Temple Street, Nashua
 It is important to protect yourself from financial fraud and identi-
 ty 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

TD Bank
 America's Most Convenient Bank
 MEMBER FDIC

A MATTER OF BALANCE
 with Fred Daniels from Center for Physical Therapy &
 Exercise Tuesdays and Thursdays beginning March 4,
 2025 at 12:15 pm for 8 weeks
Members only. Cost: \$30 payable to CPTe at first class
 This program is designed to teach people how to manage their
 lives with the goal of preventing falls. The program includes
 discussion on various topics related to fall prevention as well as
 exercises to improve flexibility, strength, and balance.
 If you have concerns about falling and want to learn about
 ways to prevent falls, this class is for you!
Please Register at the Front Desk

Free Tax Preparation Beginning February 5, 2025
 The IRS's volunteer Income Tax Assistance (VITA) and
 Tax Counseling for the Elderly (TCE) programs offer
 free tax return preparation to qualified individuals. The
 TCE program focuses on people who need assistance
 in preparing their tax returns, particularly those who are
 60 years of age and older (although there are no age
 restrictions). The TCE volunteers are IRS-certified and
 specialize in pensions and retirement-related issues
 unique to seniors, but will prepare tax returns for other
 taxpayers.
 Wednesday's from February 5th to Wednesday, April 9th

- By appointment 9 am—2pm
- At Nashua Senior Activity Center
- Call 211 to make an appointment after January 15th

 The VITA/TCE program does have some limitations on
 preparing some tax returns. A poster is available at the
 Nashua Senior Center.

COMMUNITY PARTNERSHIPS/SEMINARS



Bridges by Epoch at Nashua is hosting a free light continental breakfast and information learning session on

“Tips to Help Your Brain Health”

Wednesday, MARCH 12, 2025, 10:30 am to 11:30 am

Session includes a light continental breakfast. Seating is limited. Registration is required. Sign up at the Senior Center’s Front Desk, 70 Temple Street, Nashua or calling 603-889-6155.



to our

BUSINESS SPONSORS



A Member of Covenant Health

Health Clinics *NEW DATES*

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

January 3, 13, 15, 17, 27 AND February 7, 10, 19, 21, 24

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

Home Health & Hospice Care

Parish Nurse Program: February 11, 25, 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
Friday, February 21 (ends at noon)

Wednesday, March 19th

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 **JANUARY 14th, 2025 at 1:00 PM & FEBRUARY 11th**, 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 Facilities. For more information, contact Cathy at 603-816-2647



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.

Under Construction: NEW DAY TRIPS—STILL FINALIZING DETAILS Check back after Jan.15th.

| | | |
|---|---|---|
| Newport Playhouse (April) | Ogunquit Playhouse (throughout the year) |  |
| Broadway Across America | Nantucket (June) | |
| Boston Cruise—(on 4th of July) | Gloucester Lobster Cruise | |
| Maine—Portland—Diamond Pass Cruise | And more to come. . . . | |

St. Patrick’s Day Celebration

at the Danversport Yacht Club

with The O’McMurphy Brothers and the Fabulous Fiona Finely



Friday, March 14, 2025 — Cost: \$139 per person
Departure and Return Times: To be announced

If you can’t make it to Dublin this year, the next best thing will be to join the O’McMurphy Brothers and the Fabulous Fiona Finely for a celebration of all things Irish: the music, humor and heritage come alive with this trio of fun-loving Leprechauns! One of the best St. Patrick’s Days you’ll ever have! Enjoy a traditional lunch with corned beef and cabbage or boneless breast of chicken with homemade stuffing, potatoes, vegetable, dessert, coffee or tea.

The Wizard of Oz



Date: July 16, 2025

Cost: \$185

Join us at the North Shore Music Theatre and travel down the Yellow Brick Road with Kansas girl Dorothy and her loyal dog, Toto on their adventure to meet the Wonderful Wizard of Oz. Along her way she makes new friends, the Scarecrow, the Tin Man and the Cowardly Lion eventually discovering the true meaning of friendship and finding their way back home. Lunch included prior to show at the lovely Danversport Yacht Club. **Depart: 10:15 am** **Return: approximately 6:30 pm**

GREASE — the Musical

At the North Shore Music Theatre

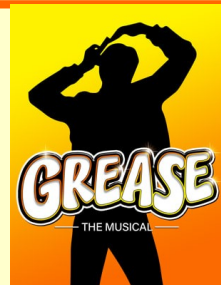
Date: August 20, 2025

Cost: \$185

GREASE is the Word! Dust off your leather jackets, pull out your poodle skirts and step back in time to the 1950’s. You’ll be dancing in your seats at this all new production. Relive the timeless story of bad boy Danny and new girl Sandy as they fall in love in the original high school musical. Lunch included prior to show at Danversport Yacht Club.

Depart: 10:15 AM

Return: approximately 6:30 PM



A Tony Winning Broadway Musical

To Be Announced **At NSMT** **Wednesday, October 29th, 2025** **Cost: \$185**
 Join us for a Tony Award-winning and not to be missed Broadway Musical at the North Shore Music Theatre. (Name to be announced after February 17th). Lunch included, prior to show, at the lovely Davensport Yacht Club. **Depart: 10:15 am** **Return: approx. 6:30 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**



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

NASHUA SENIOR ACTIVITY CENTER

Our Mission:

To promote healthy aging, independence and the well-being of older adults through health, wellness, educational, cultural and recreational programs and services.



Nashua Senior Activity Center
70 Temple Street
Nashua, NH 03060

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Nashua, NH
Permit # 103

NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

Membership Office Hours: Monday through Friday: 9:15 am to 11:30 am

Eligibility: Membership is open to anyone in the greater Nashua area age 50 or older.

Membership and Renewal Fees: \$40 per year for individuals;
\$60 per year for two individuals residing at the same address.

Membership Renewal by Mail:

Include a **self-addressed stamped envelope** to have your membership card and receipt mailed to you; otherwise, pick up your card and receipt when you visit the Senior Center.

Veterans Discount: Eligible military service veterans receive a \$5 discount.

Membership Fee Exemption: Membership fee is waived for seniors 90 years and older.

Payment: Cash, personal checks, credit cards, and debit cards are accepted.

Discounts on classes, entrance to social and special events, participation in other activities and more are privileges of membership. Therefore, membership cards must be presented at the time of registration.



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www.nashuaseniorcenter.org



www.facebook.com/nashuasac



[@nashuaseniors](https://twitter.com/nashuaseniors)