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NASHUA

SENIOR ACTIVITY CENTER

NEWS

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

ISSUE #344

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

MAR/APR 2025



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.

Frosting Frenzy and More...

An Executive Chef Competition

Wed. May 7 6pm-9pm

Alpine Grove Banquet Facility, Hollis NH

**Tickets on sale now at the Nashua Senior Center,
online at nashuaseniorcenter.org**

The Nashua Senior Center is pleased to present its new premier event, "Frosting Frenzy and More..."

An Executive Chef Competition, hosted by Mike Morin and Chef Nicole Barreira. 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. Celebrity judges Sean McDonald-Anchor/Host, WMUR; Susan Laughlin-Food Editor, NH Magazine; and Chef Bailey Bocci-Personal Chef, BB's Kitchen.

Luxury gift basket raffle, 50/50 and cash bar also available. Tickets are \$60 each/reserved table of 10 \$550. VIP early admission tickets (5:15 entry) \$80 each/reserved table \$750. Tickets may be purchased at the Nashua Senior Center, 70 Temple St, Nashua or online at www.nashuaseniorcenter.org

This event is the largest fundraiser to benefit the Nashua Senior Activity Center. The Center has served the 50+ Nashua community for more than 45 years.



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 welcomed week of event.

For information contact Margo 603-816-2643



Kick Off To Summer BBQ June 19, 2025

At the Nashua Senior Activity Center 9:30-3:30pm

9:30-12:00pm Sponsors, Give Aways, Door Prizes, Raffles, 50/50 and more!

Visit your vendor tables from 9:30 to 12 in the Exercise Dance Room

11:30am Dining Room Doors Open

12:00pm Lunch is Served

1:15pm Live entertainment with Singer/DJ Robyn Lynn

SPONSORS to date are:

Langdon Place of Nashua, Hearing Life, Triangle Credit Union



VIP Lounge
featuring coffee and donuts
sponsored by Home Instead

Join us for our 3rd Annual Summer BBQ which will include a full BBQ Chicken Dinner and an afternoon of music and fun! Tickets go on sale at the front reception desk on April 1st \$15 Members and \$25/Non-Members. This event is expected to be a sellout. (Deadline to purchase tickets is June 10th while supplies last)

Senior GOLF League

2025 Informational Golf Meeting

Monday, March 17th - 10 am

The League is full but we have a wait list at the front desk. Golf Start Date is April 21, 2025, at Whip-Poor-Will Golf Course in Hudson. Welcome back to this year’s leaders, Hank Bernardini and Phil McLaughlin

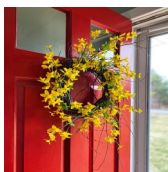


8 Week Beginner’s Keyboard Lessons

Scott will teach you the basics of keyboard technique and music reading, and you will learn to play easy songs in a fun, relaxed atmosphere. We will meet once a week on Friday afternoons from 12:30pm - 1:30pm. This 8-week class will begin on March 28th. Please buy **Faber’s Adult Piano Adventures All-in-One Piano course book**. This book is available on Amazon, numerous online retailers, and can also be picked up at Barnes and Noble locations. Fee is \$100 for members and \$150 for non-members. Registration and payment are due by March 21st. Pick up flyer at the Senior Center reception area.

Make Your Own Wreath—March 31st 10 AM

It is time to start celebrating Spring with a fresh new wreath for your front door. Members \$25, non-members \$35. There is a \$10 material fee to be paid to instructor at class. Pick up a flyer at front reception area. (Pre-register and pay by March 24th.).



ACTIVITIES (Cathy Barrett, Director)

Look What's New!

Health & Wellness Series:

We are excited to offer this package deal at a low price of \$38/Members and \$58/Non-Members
Pick up a flyer for full description of classes in front reception area.

- *Hoop Yoga: March 24th at 6pm (open to the first 12 people who sign up)
- *Yoga for Everyone: Tuesday, April 1st at 10:45am
- *Get Fit & Strong: Tuesday, April 1st at 1:30pm
- *Brain Games: Wednesday April 2nd at 11:00am
- *Tai Chi: Wednesday, April 2nd at 1pm
- *Aerobics: Monday, April 7th at 5:30pm
- *Tai Chi: Monday, April 7th at 10:00am
- * Mat Yoga: Tuesday, April 8th at 10:15am
- *Lunch and Learn: Meaningful Connections and Activities Wednesday, April 9th at 11:30
(Must preregister at front desk one-week prior space is limited)
- *Aerobics: Thursday, April 10th at 10:00 am
- *Reiki Meet & Greet: Thursday, April 10th at 11:00am
- *Mat Yoga: Thursday, April 10th at 5:30pm
- *Essential Oils: Thursday, April 10th at 6:30 pm
- *Healthy Smoothies April 16th at 10 am
- *Music Trivia with Vinny: April 23rd at 1pm (Must preregister at front desk.)

PLEASE NOTE: As part of the Health Wellness Series, these students will have the first opportunity to sign up starting March 6th. Open enrollment for everyone else will be March 13th.

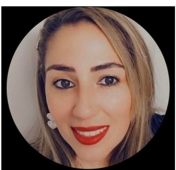
***Extra fee for classes below. (Reiki and Treat Yourself)**



Reiki Sound Practitioner

Experience a Transformative Sound Healing Journey with N.R. Guidance
Monday, April 17th at 6-7:30pm
\$30/Members & \$35/Non-Members

Step into a peaceful and transformative space as Nicole, founder of *N.R.Guidance* and a dedicated holistic healing practitioner, invites you on a powerful *Sound Healing Journey*. Through the enchanting sounds of the Native American Flute, the soothing resonance of crystal bowls, and the gentle guidance of breathwork, this event offers a soft introduction to the profound healing power of your breath and vibration. Nicole's mission is to empower others to heal from within, teaching how breath, sound, and vibration can unlock inner strength and balance. This session will leave you feeling deeply connected, re-centered, and inspired to embrace your personal healing journey. Don't miss this unique opportunity to experience relaxation, renewal, and empowerment!
(Pick up flyers with full details in front reception area) Deadline by April 10th.



YOU DESERVE TO TREAT YOURSELF!

Basic Manicure with regular polish \$25 or Gel \$35 Facial Express \$40

Rachel is a skilled and dedicated Licensed Esthetician and Manicurist who will be here at the Nashua Senior Center to offer Mani's and Facial's along with additional services.

To learn more about Rachel, you may pick up a flyer in the front reception area, which includes her Bio and a full-service list. Available dates will be included in the flyer.

Ukrainian Easter Egg History and Painting Class

Come join Katie on Monday, April 14th at 1 pm . Katie will share the history and tradition of Pysanky. Hands on workshop where you will also paint your own Ukrainian Easter Egg. Fee for members is \$25, non-members \$35. Registration and payment is due by April 7. Flyer available in rack at reception area.



ACTIVITIES (Cathy Barrett, Director)

Don't Miss Out. . . .



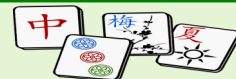
PHOTO EXHIBIT

March 20th at 10am

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



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



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!

TRIVIA TUNES WITH VINNY

Wednesday, April 23rd 1:00-2:00 PM
Nashua Senior Activity Center
Fee: \$3/ Members & \$5/ Non-Members
(Purchase tickets by April 16th)



This month's Trivia and Tunes game will be an all categories theme, along with the usual song clues from the artists that you grew up listening to!



Meet the Author . . .

March 27th at 10:00 am at the Nashua Senior Activity Center

Laura Pointer will share her father's story (William "Tex" Pointer) with us. This book was written in the 1950s by her dad. The manuscript was found after he passed away. This is his story of what hate, ignorance, poverty, and racism can do to a nation.

What if you could change the direction of your life? Would you have the strength to make sacrifices to get there? Bill Pointer had that strength. In these pages, you will see the price he paid for security and happiness. His life started out just like most people. There was mom, dad, friends, school, several jobs, and the ambition to get ahead. But that is where the similarity ends. Bill's journey through life was full of pain and misery and fear. Every day was an uncertainty to Bill. This story is about the past and the future of a race, as well as that of a person.

Please call 603-889-6155 or stop by the Front Desk to register. Space is limited so we ask that you preregister by March 20th.

Free Cribbage Lessons I am taking names for those interested in taking March Cribbage lessons on Tuesdays at 10 am. Space is limited, you must pre-register at the front desk. First come, first served. You will be called with a start date.

Meet and Greet Beginners Tap Rosemary, our tap teacher, invites all those who always wanted to learn to tap dance, to come to a free meet and greet on March 10th at 10 am. Please pre-register by calling 603-889-6155 or stop by the front desk.



COMMUNITY PARTNERSHIPS/SEMINARS

VETERANS COFFEE CLUB
 Join us with Lewis Chipola, Chairman,
 City of Nashua Mayor's Veterans Council
Friday March 14 and April 11
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.

March 11 April 8

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.

SPOT THE SCAM
 Build Your Defenses with our Spot the
 Scam Workshop
Tuesday, April 8, 2025 11 AM to 12 PM
 Nashua Senior Activity Center, 70 Temple Street
 Join us to learn how to Spot the Scam to protect your
 personal information and your money. **Jeanne D'Arc**
 Financial Wellness experts will teach you red flags to
 watch out for and the techniques criminals use to commit
 fraud,. Registration is required. Sign up for the Spot the
 Scam workshop and lunch at the Senior Center's Front
 Desk or call 603-889-6155. Free and Open to the public.
 See flyers for more details. Lunch hosted by
 Life Care Centers of America

Get Up and Go
 Join Fred Daniels from the Center for Physical Therapy
 & Exercise (CPTe) for a 6 week /12 sessions class.
 Scheduled dates are Tuesdays and Thursdays from
 12:15 to 12:45 starting May 6, 2025.
 Get Up and Go—as we get older moving around can
 be more challenging. Getting out of a chair, getting in
 and out of bed, getting down and up from the floor can
 be difficult. This class will focus on strength, flexibility
 and safe effective techniques for accomplishing these
 tasks.
Members only. Cost: \$30 payable to CPTe at first class
Please Register at the Front Desk after March 5

Free Tax Preparation Continues to April 9, 2025
 Wednesday's until Wednesday, April 9th

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

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

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

America's Most Convenient Bank
 MEMBER FDIC

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.

thank you to our **BUSINESS SPONSORS**







Health Clinics *NEW DATES*

Foot Care Clinics by Home Health & Hospice in the NSAC Health Rm: **Home Health & Hospice Care**
March 7, 20, 19, 21, 24 AND April 4, 14, 16, 18, 28
Times: 9:20 am-12 pm. Call 603-689-2899 to schedule an appointment.

Parish Nurse Program: **March 11, 25, April 8, 22, 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

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**



FUTURE IN SIGHT Meeting MARCH 11th, 2025 & APRIL 8th at 1:00 PM , 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.



Peer Support Group for Blind and Vision-Impaired Older Individuals

April 22, 2025 1:30pm—3:00pm

Prescription Drug Options and coverage for seniors. Nashua Senior Center, 70 Temple Street, Nashua, or join us remotely by Zoom Phone. Regular remote attendees will receive Zoom Phone instructions and code. Anyone else who wishes to join remotely must call 603-271-3537 no later than a day before the meeting for Zoom instructions and code.

Medicare Tabling in Lobby

ANTHEM—First and third Tuesday of each month, 9 am—12 pm (Perry Cataldo from Choice Benefit Service)
 First and third Thursday of each month, 9 am-12 pm (Krystal Agostini Villa)

UNITED HEALTHCARE—Second Tuesday of each month, 9 am-12 pm (Perry Cataldo from Choice Benefit Service)
 First Wednesday of each month, 9 am-12 pm (Catherine Perkins from Daisy Benefit)

Stay tuned for hearing clinic dates from Hearing Life.



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 Martha Ackerman at mackerman@nashuaseniorcenter.org or call 603-609-7989. 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.



St. Patrick's Day Celebration

at the Danversport Yacht Club

Friday, March 14, 2025 — Cost: \$139 per person

with *The O'McMurphy Brothers and the Fabulous Fiona Finely*



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.

Depart 10:30 am Return 4:30 pm

Sandwich Glass Museum Friday, April 25, 2025

Located in the heart of historic Sandwich, Massachusetts, the Sandwich Glass Museum is a must-see destination for anyone interested in the art of glassmaking. Step back in time as you explore the museum's galleries, filled with beautifully crafted glass pieces from local artisans. Watch a glass blowing demonstration. Lunch at the Sagamore Inn. Choice of Baked Haddock or Braised Pot Roast.



Departs: 9:30 a.m. Return: 5:00 p.m. Cost: \$137 per person

Gloucester Lobster Bake Cruise Wednesday, May 21, 2025

We will board the Beauport Princess for a 2 ½ hour cruise narrated by the local captain. Enjoy great view from the inside or enjoy the large outside decks with a salty breeze. You will have a traditional New England Lobster Bake Buffet which includes New England Clam Chowder, 1 ¼ lb steamed lobster, BBQ chicken, poppyseed coleslaw, potato salad, corn-on-the cob with chocolate mousse for dessert. We will stop in Rockport for some shopping.



Departs: 8:45 p.m. Returns: 5:30 p.m. Cost: \$178

Essex Steam Train and Riverboat Lunch Excursion Thursday, June 12, 2025

The Essex's Steam Train and Riverboat's 2 ½ hour journey begins at the historic 1892 Essex Station for a 12-mile round trip into the Connecticut River Valley. Board the *Becky Thatcher* riverboat and cruise along the Connecticut River for a full display of deep-water coves, inlets, marshes, wildlife and rocky shoreline...simply breathtaking! Lunch includes a choice of Braised Porchetta, Chicken Francaise or Eggplant Rollatini. All served with garden salad and peach crisp for dessert.



Departs: 8:00 a.m. Return: 5:30 p.m. Cost: \$168

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 Martha Ackerman at mackerman@nashuaseniorcenter.org or call 603-609-7989. 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.

Thursday, June 26, 2025 Nantucket Fast Ferry Join us for a tranquil voyage and a refreshing day on beautiful Nantucket Island. You'll take the Hy-Line high speed ferry for a 1-hour trip to Nantucket. Once on Nantucket Island, you'll enjoy a narrated sight-seeing bus tour. Great restaurants, shops, whaling museums and much, much more, all await you after the tour. Lunch on the return trip home at Lorenzo's Italian Restaurant. Enjoy a dinner buffet that includes rosemary herb roasted chicken, baked shells parmigiana, baked haddock, salad and frappoli cookies. **Depart: 6:15 a.m. Return: 8:30 p.m. Cost: \$259 per person**



Friday, July 4, 2025 Boston Harbor and USS Constitution Viewing Cruise Celebrate America! Join us for a 2-hour cruise on the Lexington on July 4th as we sail alongside the USS Constitution for the festivities and learn about the proud history of our nation! To celebrate the birth of the US navy, the USS Constitution leaves its berth in Charlestown and cruises to Castle Island at the entrance of the harbor and fires her cannon salute. Breakfast at Maggiano's before the cruise. Time in Quincy Market after the cruise.

Depart: 6:45 a.m. Return: 4:00 p.m. Cost: \$164 per person



Wednesday, July 30, 2025 High Society The Ogunquit Playhouse presents **High Society** on Wednesday, July 30 at 2:00 p.m. High Society is Cole Porter's sparkling musical, based on The Philadelphia Story, is filled with romantic comedy, glitters with wit and sophistication. Enjoy lunch before the show at Jonathan's Restaurant.

Cost \$161

Depart: 9:45 a.m. Return: 6:30 p.m.



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



MORE TRIP INFORMATION

2025 OVERNIGHT: With Collette Tours

America's Cowboy Country August 2025.

Volunteers Wanted

Travel Office volunteer needed to train in and cover travel office as a substitute. Duties include: answering and returning calls in the trip office. Sign-ups over the phone and in person, taking/receipting and processing payments. (Call Margo 603-816-2643 for more information.)


Save the Date!


July 30	High Society in Ogunquit with lunch -\$161.00
August 6	Newburyport Harbor Cruise with lunch -\$165.00
September 11	Sunapee Harbor Lunch Cruise with lunch - \$129.00
September 24	Elvis Meets the Beatles in Ogunquit with lunch - \$155.00
October 9	Bath, Maine, City of Ships Walking Tour
October 21	Mystery Show
October 29	The Inn at East Hill Octoberfest Luncheon with the Oompah Band \$119.00
November	Christmas at the Castle


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. Fill-a-bag for \$5 first and third Mondays and the third Tuesday monthly. **MEMBERS ONLY** enjoy the FREE SPREE monthly on the first Monday and the third Tuesday. Must show your current NSAC membership card to receive this promotion - ask for details. There is a two-bag limit on donations, no appointment necessary.

 **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. We ask that all books be odor free.

 **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 12:45 to 2:45 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

Non Profit Org
 US Postage
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 Permit # 103

WALKING CLUB

Senior ACTIVITY CENTER

FRIDAYS 9AM-10AM
 NASHUA RIVER RAIL TRAIL

TRAILHEAD LOCATED AT 94 GILSON RD, NASHUA NH
 STARTING MAY 10TH



Silver Wheelers Bike Club



Meet at the Nashua Rail Trail on Gilson Rd. at 8:45 am and leave promptly at 9 am. Enjoy a great ride with your peers amid beautiful surroundings. Contact Cathy Barrett at cbarrett@nashuaseniorcenter.org to be added to the email list. All interested bikers will have a meet and greet on Wednesday, March 26th at 11:30 am at NSAC.

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