

## BOARD of DIRECTORS

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Finance Director,  
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### STAFF

#### Executive Director

**Margo Bell**

603-816-2643  
mbell@nashua  
seniorcenter.org

#### Program Manager

**Martha Ackerman**

603-609-7989  
mackerman@nashua  
seniorcenter.org

#### Activities Director

**Cathy Barrett**

603-816-2647  
cbarrett@nashua  
seniorcenter.org

#### Development Dir.

**Judy Porter**

603-816-2649  
jporter@nashua  
seniorcenter.org

#### Office Manager

**Rosemary  
Crawford-Smith**

603-816-2642  
rcrawford-smith@nashua  
seniorcenter.org

NASHUA

# SENIOR ACTIVITY CENTER

# NEWS

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

ISSUE #345

70 Temple Street, Nashua, NH 03060 ~ 603.889.6155  
[www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)

MAY/JUN 2025

## KICKOFF TO SUMMER BBQ



Thursday, June 19, 2025

9:30 am to 3:30 pm

at the Nashua Senior Activity Center



TICKETS: \$15/members; \$25/non-members

Deadline to purchase tickets: Tuesday, June 10, 2025

### THE DAY'S SCHEDULE

9:30 am to 12 pm Drop by the Exercise/Dance Room to visit your BBQ sponsors, purchase tickets for the raffle baskets, 50/50, and receive some giveaways.

**\*\*Make sure you visit each sponsor and have them mark your ticket so you can enter our VIP Lounge.**

9:45 am to 11:30 am VIP Lounge is open for coffee and donuts (sponsored by Home Instead). Music provided by The Bald Eagles.

11:30 am Dining Room doors open.

12:00 pm Lunch (BBQ with all the fixings) is served.

1:15 pm Live entertainment with singer/DJ Robyn Lynn, who will get the party going by singing and playing some of your all-time favorites.

2:45 pm 50/50 and raffle drawings



Robyn Lynn

Enjoy  
coffee and donuts  
sponsored by  
**home  
instead.**  
in the  
VIP Lounge

### BBQ SPONSORS

**GOLD:** Langdon Place of Nashua

**SILVER:** Triangle Credit Union, Home Helpers Home Care of Nashua, Hearing Life, United Healthcare, City of Nashua, Ledgewood Bay and Jerry Leavitt, Broker

**BRONZE:** Fairview Senior Living, Center for Physical Therapy and Exercise



## The Nashua Senior Activity Center

would like to thank all our sponsors for their support in our Frosting Frenzy event



### SIGNATURE SPONSOR

## BENCHMARK SENIOR LIVING

(The Arbors of Bedford, Nashua Crossings,  
The Birches at Concord, Benchmark at Rye)

*Thank  
you*

### VENUE SPONSOR

MARKET BASKET ■ LANGDON PLACE OF NASHUA  
BRIDGES BY EPOCH AT NASHUA

### Premier Sponsor

Triangle Credit Union ■ Joyful Choice Wellness ■ St. Joseph Hospital  
Shaheen and Gordon, P.A. ■ United Healthcare

### Elite Sponsor

Lions Club of Nashua ■ Choice Benefit Services

### Supporter Sponsor

Focused Eye Care ■ Comcast ■ ServiceLink ■ LOTW  
Southern NH Health ■ Eastern Bank ■ Franklin Savings Bank  
Eaton & Berube Insurance ■ Jeanne D'Arc Credit Union ■ Anthem  
Center for Physical Therapy and Exercise ■ Sunup Solar ■ Morneau Law

### Friend Sponsor

Home Instead ■ Northeast Delta Dental

### Floral Sponsor

Ledgewood Bay at Milford ■ Jerry Leavitt, Broker

### Dessert/Hors d'oeuvres Sponsors

Arbors of Bedford ■ Birches at Concord ■ Nashua Crossings  
Bridges by Epoch at Nashua ■ Courville at Nashua ■ Aynsley Place  
Merrimack Adult Day Health Center ■ Langdon Place of Nashua  
Benchmark at Rye ■ Hillsbrook Village

### Shooting Stars

Diane Siteman ■ Alpine Grove Event Centre ■ Chef Bailey Bocci  
Mike Morin ■ Chef Nicole Barreira ■ Sean McDonald ■ Susan Laughlin  
Molloy Sound and Video

Thank you to our celebrity judges: Sean McDonald, Anchor/Host, WMUR; Susan Laughlin, Food Editor, NH Magazine; and Chef Bailey Bocci, Personal Chef, BB's Kitchen.

*Thank you to our many volunteers!*



All proceeds benefit the Nashua Senior Activity Center, 70 Temple Street, Nashua, NH ■ 603-889-6155

"Celebrating over 45 years of service to the Nashua community"

www.nashuaseniorcenter.org ■ Facebook.com/nashuasac ■ @nashuaseniors on X

## Basic Eye Health

Wednesday, May 28, 2025

9:30 am to 10:30 am

Free & open to the public

sign up at the front desk

Hosted by Focused Eye Care

Dr. Kristen Bryant from Fo-

ocused Eye Care will present

a seminar on the essentials

of basic eye health, providing

the audience with informative

tips and information to en-

sure their continued vision

health.



## FILE OF LIFE

In an emergency when First Responders arrive on scene they are looking for important information about the person in need. A **File of Life** allows our First Responders to immediately begin the best possible treatment, notify loved ones, and pass this vital information to awaiting doctors in the emergency room. If you would like a **File of Life** or have questions, please contact Martha Ackerman at (603) 609-7989 or mackerman@nashuaseniorcenter.org. The **File of Life** is available at the Front Desk and was provided through a donation from the Nashua Lions Club.

## Christmas in July

On **Wednesday, July 9** we will celebrate **Christmas in July!** Come decked out in your favorite Christmas outfit, enjoy sweet treats, make a Christmas Ornament and have an early visit with Santa!

Mark your calendar and save the date. More details in the next newsletter.

## ACTIVITIES (Cathy Barrett, Director)

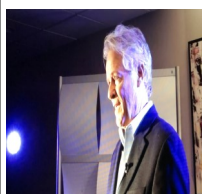
### Meet the Author . . .

#### IF THESE WALLS COULD TALK – CELEBRATING 100 YEARS OF THE RED ARROW, AMERICA'S MOST LOVED DINER by Mike Morin

June 11th at 1:00 PM—Pre-Register by June 4th at the Front Desk

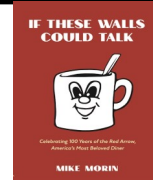
Free and open to the public

Not many restaurants make it 100 years. Manchester, New Hampshire's Red Arrow Diner has kept the comfort in comfort food while staying true to many original favorites. What will surprise even the old timers, are the many stories tied to unexpected people and organizations. There is an early Rockefeller connection while today's fans include local guy Adam Sandler, a Red Arrow regular. Also spotted, celebs from Kevin Costner to RuPaul to Barenaked Ladies. And of course, nearly every presidential hopeful for the past 40 years has slurped Red Arrow chili and even a couple lucky candidates have been de-virginized in a diner ritual that locals love. Quirky and adorable, the Red Arrow is the heartbeat of downtown Manchester.



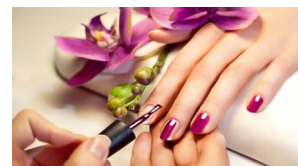
Mike enjoyed 53 years (1971-2024) as a radio personality in Washington, D.C., New York City, Boston and New Hampshire, locally on WZID-FM from 1994-2014.

His writing career began in 2004, where after 21 years, Mike produces a humor column every other Sunday for the *Nashua Telegraph*. He is a current contributor to *New Hampshire Magazine* and has had articles in the *Boston Globe* and *Chicken Soup for the Soul* books. His TV credits include work as a television weatherman and nine-years co-hosting nearly 300 candlepin bowling TV shows. Mike's first book, a career memoir, *Fifty Shades of Radio: True Stories of a Morning Radio Guy Being Wired, Tired and Fired*, came out in 2013. In 2019, he released *Lunch with Tommy and Stasia: TV's Golden Age of Candlepin Bowling*. In late 2022, he released his newest book, *If These Walls Could Talk*, on the history of New Hampshire's Red Arrow Diner, which turned 100 in October. He was a recipient of the Will Rogers Humanitarian Award in 2013 from the National Society of Newspaper Columnists. Mike lives in Nashua with Barbara Baker and their Westie dog, Portia Rose.



### “SPA TACULAR”

Rachel, a skilled and licensed esthetician and manicurist, made a huge hit with her new clients at the NSAC. Some indulged themselves with a facial while others held a conversation with Rachel while they were pampered with a manicure. Due to popular demand we will be offering more day and evening hours. Pre-registration and payment is required at the front desk.



#### Daytime Dates and Hours

May 29th 10 am to 2 pm

June 30th 11 am to 2 pm

July 10th and 14th 10 am to 2 pm

#### Evening Dates and Hours

May 15th and 22nd 4 pm to 7 pm

June 5th and 12th 4 pm to 7 pm

July 7th and 14th 4 pm to 7 pm



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

Pick up flyer for additional services and prices.

#### REIKI with Jane

#### EXCITING NEWS!

**We now have a massage table for your comfort!**

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, May 14th and June 18th. By appointment only.

Donation to instructor is appreciated. Call 603-889-6155





## ACTIVITIES (Cathy Barrett, Director)

### TRIVIA TUNES WITH VINNY

**Wednesday, July 23rd 1:30-2:30 PM**  
**Nashua Senior Activity Center**  
**Fee: \$3/ Members & \$5/ Non-Members**  
**(Purchase tickets by July 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!



### WHAT .....

### YOU DIDN'T GET A CHANCE TO TRY HOOP YOGA???

Here's your second chance!

**"FREE" Meet and Greet May 12th at 6 pm at the Nashua Senior Center**  
 Must Pre-Register at the front desk by May 8th

Join Hoop Yoga instructor, Shelly Toomey, for this fun, meditative, and uplifting class. Using the hula hoop in your hands while seated is a wonderful way to connect with your body. You will be guided to flow and breathe through simple, yet challenging movements with and without the hula hoop. Shelly will help with building confidence while you strengthen your core. No hula hoop experience required. Hula hoops will be provided.

Following the Free Meet & Greet class we will be offering a 6 week session beginning on Monday, May 19th. Fee: \$36/Members & \$46/Non-Members. Pre-registration at the Front Desk and payment is due by May 14, 2025.



### Brain Games

Lower your brain age in minutes a day! We invite you to try something new. Brain games will help boost your reasoning and thinking more. Come join us on Thursday, May 22nd at 1PM. We ask, although there is no fee to attend, that you pre-register by May 15th.



### Beginners Tap is Back!

It's not too late for newbies to sign up for beginners tap. A new eight week class will start on June 2nd. Pre-registration and payment is due by May 27th. Fee is \$56 for members and \$66 for non-members.



**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.



### 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 Lee Newcomb at [lan4pal@gmail.com](mailto:lan4pal@gmail.com) to be added to the email list.

## COMMUNITY PARTNERSHIPS/SEMINARS

### EVENING PROGRAMMING

#### **Dot Mandela Workshop**

**Monday, May 12 from 6:00 – 8:00 p.m.**

#### **Dot Mandela Workshop**

**Cost: \$49**

Come learn how to Dot Paint a Mandela. Mandela art is a form of meditation, self-expression, and creativity. You will receive your own started kit that includes all the tools you will need to make 2 boards.

**Registration and payment due by May 1**



#### **Hand The Light Candle Making Workshop**

**Monday, June 2 from 6:00 – 8:00 p.m.**

#### **Hand The Light Candle-Making Workshop**

**Cost: \$49**

This candle workshop, inspired by the natural world, reflects the serenity and wonder of nature. Join Akvile from Hand the Light as we learn to make 2 hand-crafted candles in tins. All supplies will be provided. **Registration and payment due by May 23.**



#### **Power of Sound Healing**

**Monday, June 9 from 6:00 – 8:00 p.m.**

#### **Power of Sound Healing**

**Cost: \$30**

Join Katrina Forest for a deeply restorative sound bath, designated to soothe the nervous system, reduce stress, and promote inner peace. Through the harmonic vibrations of crystal singing bowls, chimes and gentle percussion, you'll enter a state of deep relaxation. Sound Healing helps relieve stress and anxiety, supports deep relaxation & better sleep and encourages emotional balance and clarity.

**Registration and payment due by May 23.**



#### **Bird of Paradise Painting Class**

**Monday, June 23 from 6:00 – 8:00 p.m.**

#### **with Marie Gagnon**

**Cost: \$55**

In this acrylic painting class for beginners taught by artist Claire Gagnon, students will paint with the brush or a palette knife. This class is designed for beginners and advanced painters. All supplies provided.

**Registration and payment due by June 6.**



### ***Move & Groove: Movement for Mobility***

Join Fred Daniels from the Center for Physical Therapy & Exercise (CPTE) for an 8 week class starting July 8, 2025. Meets Tuesdays and Thursdays 12:15—1 pm. Class will focus on improving balance through movement patterns. Exercises include forward and backward steps, turning and proper arm placement/movement. Element of fun with music and rhythm is included.

**Members only.** Cost: \$30 made payable to CPTE at first class

**Registration begins June 6th. Sign-ups are at the Front Desk.**

### **Langdon Place of Nashua Presents...**



**Langdon Place of Nashua**  
SENIOR LIVING COMMUNITY

### **The Dementia Experience**

At the Nashua Senior Activity Center  
70 Temple Street, Nashua NH 03060

Date: Wednesday, May 21, 2025

Time: 9:30 am—12:00 pm

Five people per time slot: 9:30, 10:15, or 10:45

The Dementia Experience is a powerful, 30-minute interactive training using sensory modifications. Participants will engage in typical daily activities while encountering what it feels like to live with dementia.

Please contact Denise Blair to sign up for the experience or any questions at 603-888-7878 ext. 236 or [dblair@langdonnashua.com](mailto:dblair@langdonnashua.com)

The experience will be in 45 minute increments.

### **TD Safe Security Awareness for Everyone ROADSHOW**

**WHEN: June 10, 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 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.

Free and Open to the Public sign up at Front Desk

America's Most Convenient Bank  
MEMBER FDIC



## COMMUNITY PARTNERSHIPS/SEMINARS

### Financial Wellness Workshop Series Budgeting 101 June 4, 2025 10—11 a.m.

This course reviews the importance of a budgeting, how a budget impacts your financial success, necessary items to budget, and finally, how to apply those items in monthly Budget Worksheet (Excel), and a short review of budgeting apps. This is a workshop with two short breakout sessions, so couples are encouraged to attend together. Start telling your dollars what to do and how to work for you!

Free workshop Registration is required  
Please call 603-889-6155 or stop by the front desk.



*thank you*

to our

**BUSINESS SPONSORS**



## Health Clinics **NEW DATES**

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

May 2, 12, 16, 21 AND June 6, 9, 18, 20, 23

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



### Parish Nurse Program: May 13, 27, June 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.



### **VOLUNTEERS**

Volunteers play an important role at the Nashua Senior Activity Center. The time and talents of these individuals are truly valued and appreciated. Positions include: Front Desk, Membership Office, Travel Office and Special Events. 3-4 hour shifts available. All require training & a weekly commitment.. If you have some available time & an interest in doing some volunteer work, please contact Martha Ackerman at 603-609-7989.

### **FREE BALANCE SCREENING** (Members only)

Are you afraid of falling? In constant pain?  
On Wednesday, May 28, from 12—2 pm Zachary Mercier, PT, DPT and team from Center for Physical Therapy and Exercise will perform free 20 minute balance/pain screenings at the Nashua Senior Activity Center. Please register at the front desk.

### **Notary Public Service**

The Senior Center now offers free Notary Public Services. Please call Martha Ackerman (603)-609-7989 for an appointment.

### 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**

### **Medicare Tabling in Lobby**

**ANTHEM**—Choice Benefit Services, Perry Cataldo—First Tuesday of each month, 9 am—12 pm

Krystal Agostini Villa—Third Thursday of each month, 9A-12P  
Krystal can assist with Spanish/English translation.)

**Choice Benefit Services**—Perry Cataldo—Third & Fourth Tuesdays of each month; 9A—12P

**Jerry Leavitt, Broker**—First & third Monday 9A-12P

**UNITED HEALTHCARE**—Choice Benefit Services, Perry Cataldo—Second Tuesday each month; 9A-12P

**Daisy Benefits**, Catherine Perkins— First Wednesday of each month; 9 am-12 pm

### **Transportation Questions?**

Meet with Donna Marceau, Regional Mobility Manager to discuss concerns pertaining to Transportation/Mobility issues in Greater Nashua. Save the dates: June 20, September 26 and December 19 all at 10 am



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

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

### 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

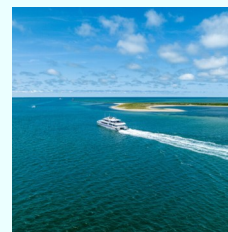
The Essex's Steam Train and Riverboat's 2 ½ hour journey begins at the historic 1892 Essex Station for a 12-mile round trip into the Connecticut River Valley. Board the *Becky Thatcher* riverboat and cruise along the Connecticut River for a full display of deep-water coves, inlets, marshes, wildlife 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**

**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 4<sup>th</sup> 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**



### Shen-Yun. . .China before Communism

A show the world loves... Shen Yun is coming to Boston and Providence in the spring of 2026. Interested in being added to the list? Call Martha Ackerman (603) 609-7989 to be added to the list. Dates and times to be announced in January.

**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](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 Wizard of Oz

**Date: July 16, 2025 Cost: \$185 Depart: 10:15 am Return: approximately 6:30 pm**

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.



**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.**

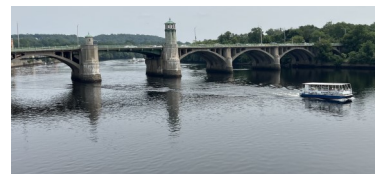


**Wednesday, August 6**

### Newburyport Harbor Cruise with lunch

Experience sights and sounds, and feel of beautiful Newburyport Harbor, the Great Salt Marsh, and the Merrimack River. Enjoy lunch at Michael's Harborside.

**Depart: 8:30 a.m. Return 5:30 p.m. Cost: \$165.00**



### GREASE — the Musical

At the North Shore Music Theatre

**Date: August 20, 2025 Cost: \$185 Depart: 10:15 AM Return: approximately 6:30 PM**

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.



**September 11**

### Sunapee Harbor Lunch Cruise with lunch

Enjoy the beautiful scenery of Lake Sunapee, see magnificent homes, unimpeded views of Kearsarge and Sunapee Mountains, and 3 historic, still operating lighthouses. Mystery stop on the way home.

**Depart 8:45 a.m. Return: 5:00 p.m.**

**Cost: \$129.00**



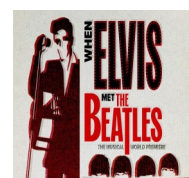
**September 24**

### When Elvis Met the Beatles in Ogunquit with lunch

The Ogunquit Playhouse presents When Elvis met the Beatles. This show features the hits of both Elvis and the Beatles. Based on the secretive meeting between these music sensations in August 1965. Enjoy lunch at Jonathan's before the show.

**Departs: 9:45 a.m./ Returns: 6:30 p.m.**

**Cost: \$155.00**





## MORE TRIP INFORMATION

**2025 OVERNIGHT: With Collette Tours      America's Cowboy Country August 2025.**

### Multi-Day Trips

Join us Thursday, May 1, at 10:00 a.m. for a Meet and Greet with Best of Times Travel Coordinator, Kim. Kim will be here to outline the 4 multi-day trips (*Montreal & Quebec Getaway, Lake George Balloon Festival, Christmas in New York, and an Eastern Caribbean Cruise*) the Senior Center is offering. Please sign-up at the Front Desk. Light refreshments will be served.

### Save the Date!


October 9	LaBelle Winery and Van Otis Chocolates	
October 22	The Cher Show at the North Shore Music Festival	
October 29	Celebrating Octoberfest at the Inn at East Hill	
December ?	Boston Pops	December 14 Cirque du Soleil Boston


## 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.


 **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. In the lounge  
**MUSIC WITH JUKEBOX JIMMY:** Monday 10:30 to 11:45 am. In the lounge  
**SINGING MUSIC GROUP OPEN MIC:** Tuesday 9:15 to 11:45 am in the music room  
**FRIENDS MAKING MUSIC:** Wednesday 9 to 11:30 am in the music room (instruments)  
**MUSIC WITH THE BALD EAGLES:** Wednesday 10:30 to 11:45 am & 12:30 to 1:45 pm in lounge  
**MUSIC WITH JUST JIM:** Thursday 10:30 to 11:45 am. In the lounge  
**SILVER LINING CHORUS:** Friday 10:30 am to 12:00 noon in the music room



 **OLDE TYME PICKERS:** 3rd Tuesday of the month - 7 pm to 9 pm

 **COFFEE WITH A COP** 2ND Tuesdays at 10 AM—learn about scams, safety, and other topics pertinent to seniors. May 13 and June 10

 **VETERANS COFFEE CLUB**—Friday, May 9 and June 13—NSAC Education Room 9:30 to 11 am



**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



**Peer Support Group for Blind and Vision-Impaired Older Individuals**  
**June 24, 2025 1:30pm—3:00pm at the**  
**Nashua Senior Center 70 Temple St. Nashua**  
*“Service Link and Nashua Senior Center activities”*  
**Zoom/phone remote instructions call 606-271-3537 by**  
**June 23**



**FUTURE  
IN SIGHT**

**Meeting MAY 13th, 2025**  
**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.**

## 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.**



### **FOLLOW US ON SOCIAL MEDIA:**

[www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)



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