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NASHUA

SENIOR ACTIVITY CENTER

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

NEWS

ISSUE #346

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

JUL/AUG 2025

Wednesday, July 9, 2025

2 pm



Nashua Senior Activity Center
70 Temple Street, Nashua

Join us on July 9 all decked out in your favorite Christmas outfit as we celebrate **Christmas in July!** Enjoy sweet treats, make a Christmas ornament to take home, and write Christmas cards to our troops overseas and here at home. Santa will stop by with an early Christmas gift for everyone.

This is a **free event**, but you do need to sign up at the Front Desk. Deadline to sign up is July 7, 2025.

Refreshments sponsored by



Monday, September 22, 2025

Doors open: 5:30 PM

Games begin 6:30 PM

\$50/advance; \$60/at door (if available)

**Ticket sales limited to 100
beginning July 1, 2025**

**Chances to win ten
designer handbags
valued at over \$4,000!**

**For tickets contact Margo
Bell at 603-816-2643**

**Must be
18 years old or older**

**Door prizes and gift certificates to restaurants, stores & more!
Heavy appetizers, 2 beverages, bingo sheets and daubers included in ticket price.**

**Sponsorships available - Contact Judy Porter:
603-816-2649 or jporter@nashuaseniorcenter.org**

Graciously sponsored by

Signature: Langdon Place of Nashua

**Supporter: Shaheen & Gordon; Visiting Angels; Nashaway Woman's Club;
Morneau Law**

Thank you

to all the sponsors of the
Nashua Senior Activity Center's
2025 Kickoff to Summer Barbecue

GOLD

Langdon Place of Nashua
Alpha Home Care Solutions, Inc.

SILVER

City of Nashua
Hearing Life
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Jerry Leavitt, Broker
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Triangle Credit Union
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You are appreciated.

BRONZE

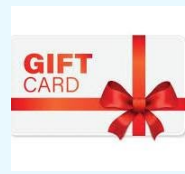
Center for Physical Therapy and Exercise
Fairview Senior Living

a special thank you to



for providing the coffee and donuts in the VIP Lounge

HUGE Gift Card Raffle



Take a chance to win
over \$1,000 of gift cards
to restaurants, grocery
stores, entertainment,
and more.

\$5 each or 5 for \$20

Raffle runs from 7/7/25
through 9/19/25

Tickets available at the
Front Desk of the Nashua
Senior Activity Center.



NSAC WEEK AT GATE CITY CASINO!

Charitable Gaming to Benefit
the Nashua Senior Activity
Center

Monday, July 7, 2025 to Sun-
day, July 13, 2025

8:00 AM to 4:00 AM

Try your luck at various card
games such as 21 Stud, Ultimate
Texas Hold 'Em, Crazy 4 Poker
and more! Take a chance on the
Roulette Wheel and the casino's
new gaming machines! Have a
fun night out and support the
Nashua Senior Center. 35% of
the proceeds from these days is
donated to the Nashua Senior
Center. This amazing fundraiser
helps the Center provide ser-
vices to the senior population in
the Greater Nashua area. *Help
us beat the amount raised at
our 2024 event!*



Ice Cream Social and Tribute Show

Get out of the hot sun and enjoy an ice cream
sundae with your favorite toppings while listening
to an exciting tribute show featuring some of
your favorite artists!

Senior Activity Center
Thursday, August 7, 2025
1:30 pm

Our Tribute Show will honor women of country music by
Robyn Lynn, the Beatles by Benes, and Neil Diamond by
Bill Barrett.



TICKETS:

\$5/Members; \$7/Non-members

Purchase your tickets

by July 31, 2025

Ice cream and toppings graciously
sponsored by United Healthcare



THANK YOU TO THE SUPPORTERS OF THE NASHUA SENIOR ACTIVITY CENTER

2024 ANNUAL APPEAL DONORS

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Benchmark at Rye	LaBelle Winery	Seacoast Repertory Theatre
Birches at Concord	Langdon Place of Nashua	Seashore Trolley Museum
Boston Duck Tours	Susan Laughlin	Jocelyn Sharp-Henning
Bridges by Epoch at Nashua	Lobster Boat	Heather Stickney
Bill Cahill Super Subs	Mallory Portraits	Marie St. Onge
Canobie Lake Park	Martignetti Companies of NNE	Strawbery Banke Museum
Faith Canner	Sean McDonald	Symphony NH
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Cathy Fariz	New Hampshire Boat Museum	YMCA of Greater Nashua
Gail Galipeau	North Shore Music Theatre	York's Wild Animal Kingdom

DONATIONS MADE IN MEMORY OF

Irene Arsenault	Deceased Cribbage Players	Matthew and Laurie
Athanasia's parents	Don Decker	Nancy McCallom
Rosemary Falcon Audette	Peter F. Desautels	Joanne Merwin
Laurent Beaudoin	Kaye Dorr	Patrick M. Meyer
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Pauline Davidson	Mary V. Martin	Kathy and John Zaccagnini
Fabian J. DeCarpis		

DONATIONS MADE IN HONOR OF

All Senior Center Volunteers	Friends	Senior Center Staff
"All You Do"	Judy Hayward SLC	Staff and Volunteers of NSAC
Margo Bell	Dick Leombruno	To support the Senior Center
Louise Burbank	Kenneth G. Lima	The Center's staff and volunteers
Every day of the year	David and DonnaLee Lozeau Family	The great volunteers in the trip office

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

ACTIVITIES (Cathy Barrett, Director)



Nashua Senior Activity Center's

Senior Concert

Directed by Kathy Lovering

**Saturday, October 18, 2025
at 2 pm**

at the Nashua Senior Activity Center
70 Temple Street, Nashua

Tickets go on sale August 4, 2025

Advance tickets: \$10

At the door: \$12

Children 10 and under: \$10

(until sold out)

Enjoy an afternoon of fun and music. Performances include songs, dances, instrumentals and more. Please support this amazing event!

**OPEN TO
THE PUBLIC**

"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

10 am to 2 pm

July 10th, 14th and August 1st

Evening Dates and Hours

July 7th and 14th 4 pm to 7 pm

Basic Manicure with regular polish **\$30** or Gel **\$35** Facial Express **\$40**

Pick up flyer for additional services and prices.



ROCK PAINTING CLASS

August 14, 2025 at 1 PM

at the Nashua Senior Activity Center

Free and Open to the public.

Pre-register by August 7th.



This encourages people to leave rocks painted with inspiring messages along the path of life.

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.



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, July 23rd and August 20th. By appointment only.

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

ACTIVITIES (Cathy Barrett, Director)

TRIVIA TUNES WITH VINNY

Sponsored by Faith Canner

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!



Balance and Stability

Join Fred Daniels from the Center for Physical Therapy & Exercise (CPTe) for an 8-week class starting September 9, 2025. Meets Tuesdays and Thursdays 12:15—1:00 pm. Class will focus on exercises and stretches to increase strength, flexibility, coordination, stability and balance.

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

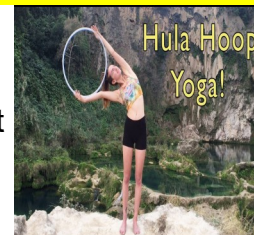
Registration begins July 3.

Sign-ups are at the Front Desk.

Hoop Yoga Class

3 week session

Monday, July 14, 2025 at 6 pm at the Nashua Senior Activity Center



Fee: \$18/members; \$24/non-members

See Flyer for details.

Register by July 7th at the Front Desk.

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 Wednesday, August 6th at 1PM. We ask, although there is no fee to attend, that you pre-register by July 30th.



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 August 1st. Pre-registration and payment is due by July 28th.

Fee is \$56 for members and \$66 for non-members.



Free Cribbage Lessons I am taking names for those interested in taking 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.

Fall Harvest Craft Fair — Saturday, October 4 — 8:00 a.m. – 2:00 p.m.

40 + vendors, huge vendor raffle, bake sale and café.

Vendor space: Contact Martha: 603-609 7989 or

mackerman@nashuaseniorcenter.org.



Saturday, November 1, 2025 — 9 AM to 2 PM

Senior Activity Ctr, 70 Temple St, Nashua (**FREE PARKING**)

This Flea Market will showcase 30+ vendors selling both new and used merchandise, a book sale, a "fill-a-bag" for \$5 sale (on clothing only) at the Round Again Shop, a raffle, and more! Volunteers to help with the event are needed. Limited "treasure" donations will be accepted by appointment only. Raffle items graciously accepted.

Vendor space is available after Sept 1. Tables are \$25 each. For information on table reservations, volunteering, or to make an appointment for donations, contact Margo at 603-816-2643.



COMMUNITY PARTNERSHIPS/SEMINARS



SPOT THE SCAM WORKSHOP
Tuesday, September 9, 2025
11 am to 12 pm

Registration required at Front Desk, or call

603-889-6155. Open to the public and free. Nashua Senior Center 70 Temple Street, Nashua NH. Sponsored by Jeanne D'Arc Credit Union;
 Free Lunch generously provided by Life Care Centers of America. See Flyer for details.



thank you

to our

BUSINESS SPONSORS



Health Clinics **NEW DATES**

Foot Care Clinics by Home Health & Hospice in the NSAC Health Rm:
July 14, 16, 18, 28 AND August 1, 11, 15, 20, 25

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



Parish Nurse Program: July 8, 22, August 12, 26, 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.



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.

Essex Steam Train and Riverboat Lunch Excursion Thursday, July 10, 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 Steak Tips, 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

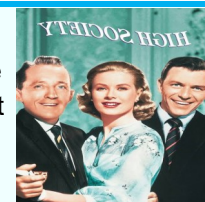
Wednesday, July 30, 2025

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

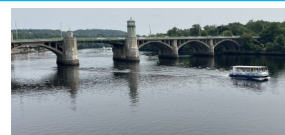
Depart: 9:45 a.m. Return: 6:30 p.m.



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**

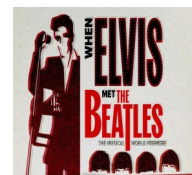
Enjoy the beautiful scenery of Lake Sunapee, see magnificent homes, unimpeded views of Kearsarge and Sunapee Mountains, and 3 historic, still operating lighthouses. Mystery stop on the way home.

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

**October 9****WINE AND CHOCOLATE**

Come enjoy the fall foliage views overlooking the vineyard at LaBelle Winery in Amherst. Your visit includes a winery tour while tasting 4 wines and lunch. We will head to Van Otis Chocolate where talented chocolatiers cover the history of Van Otis while demonstrating chocolate dipping and sharing plenty of chocolate samples to taste.

Departs: 10:30 a.m. Return: 4:30 p.m. Cost: \$142.00

**October 22****THE CHER SHOW at North Shore Music**

This extravagant musical features three powerhouse performers embodying Cher at the different stages of her life and will take your breath away with hundreds of Bob Mackie's dazzling Tony-Award winning Broadway costumes.

Depart: 10:15 a.m. Return: 6:30 p.m. Cost: \$185 per person

**October 29****Celebrating Oktoberfest at the Inn at East Hill**

Enjoy a traditional Oktoberfest luncheon including braised sirloin, chicken schnitzel, German potato salad, apple streudel, and more. Stop at Pickety Place to visit

Departs: 10:30 a.m. Returns: 4:00 p.m. Cost: \$119 per person

**Sunday, December 14****Cirque Du Soleil**

Cost \$154 per person

You are in for a holiday treat at the Wang Theater! The show is based on Clement Moore's "A Visit from Saint Nicholas" and is set in modern day with pop interpretations of classic Christmas carols. Watch jaw-dropping highwire acts and acrobats somersaulting through the air. Lunch is on your own at The Prudential Center (list of restaurants included in the brochure)

Depart: 10:15 a.m.

Return 7:00 p.m.

CIRQUE DU SOLEIL.



Friday, December 5, 2025 Holiday Boston Pops Lunch at Maggianos 3 pm Matinee Cost: \$192

MORE TRIP INFORMATION

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

Multi-Day Trips

Montreal & Quebec Getaway—August 12-15

Join us as we explore 2 of Canada's greatest cities in this wonderful 4 day/3 night getaway in Montreal. Our visit includes old Montreal, a stop at the summit of Mt. Royal, a guided tour of Notre-Dame Basilica, Olympic Park, and the Botanical Gardens. In the evening try your luck at the Montreal Casino. In Quebec, our tour includes Old Quebec, Basilica of Saint-Anne de Beaupre, Montmorency Falls. On the way home we will stop at the Citadelle for guided tour with the changing of the guard. Information and details are on the flyers in the trip office.

Lake George Balloon Fest—September 19-21

Every year hundreds of balloons fill the sky with their fun shapes and brilliant colors. Watch them fill the air, take off, and fly off dozens at a time. Enjoy time at the Norman Rockwell Museum and a dinner cruise on Lake George. Information and details are on the flyers in the trip office.

Christmas New York Style—December 7-8


Eastern Caribbean Cruise—February 7-15, 2026


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. July 8 and August 12

 **VETERANS COFFEE CLUB** Friday, July 11 and August 8—NSAC Education Room 9:30 to 11 am



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) Reservations required Call 603-882-2106
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
PAID
 Nashua, NH
 Permit # 103

Quit Claim Deed Fraud

September 9th 9:30—10:00 am

Learn about this fraud from Asst. Attorney General
 Nancy DeAngelis. Free and open to the public.

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

Save the Date:

The **Tilted Wood Cornhole Group** weekly tournament begins **Monday, August 25.**

Bags fly at 7:00 p.m. in the Green Room at the Nashua Senior Activity Center.

\$20.00 per week to compete.

See the flyer for more

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



Save the Date: Starting Monday, September 29 at 5:30 p.m. Zumba Gold with Iraida Munoz

NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

Monday through Friday: 9:15 am to 11:30 am

Membership Office Hours:

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.

**PLEASE CHECK
YOUR CARD!**

Expiration Date:

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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