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NASHUA

# SENIOR ACTIVITY CENTER

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

# NEWS

ISSUE #347

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

SEP/OCT 2025



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 on sale now at the Front Desk.

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**

## Flea Market!

**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.



Monday, September 22, 2025  
Doors open: 5:30 PM  
Games begin 6:30 PM

> **SOLD OUT** <

## FALL HARVEST CRAFT FAIR

The Fall Harvest Craft Fair will be Saturday, **October 4 from 8 am – 2 pm** at the Nashua Senior Activity Center. The Craft Fair will highlight 40+ vendors showcasing their handmade art. We will have a yummy bake sale, a kitchen serving a delicious breakfast and lunch menu. The Round Again shop will be open for business. Admission and parking are free. **Volunteer bakers are needed.** Please contact Martha Ackerman at [mackerman@nashuaseniorcenter.org](mailto:mackerman@nashuaseniorcenter.org) or 603-609-7989 if you are able to bake or volunteer at the Craft Fair.



A sample of some of the vendors participating in this year's Craft Fair include: **Hillary's Craft Flair** selling homemade wreaths for all occasions; **Doilies by Lucy** selling assorted-size doilies for all Occasions; **Tastefully Simple** specializing in sauces, dips, spices and baking mixes; **Karen's Friends** selling fabric toys and witches; **Mikulis Crafts** selling beeswax candles and steam-bent ornaments; **Nolan James Botanicals** selling organic hair and skin products; **Makers House Homestead** featuring goat milk soap and bath products; **Whimsical Bottles** selling hand-painted recycled bottles with fairy lights; **Carla's Attic** featuring fabric baskets; **Jeanne's Creative Beading** selling glass beaded and gem stone jewelry; **Susan Boyd** showcasing jewelry art; **Linda Crocco's** artistry of hand-painted mini art, bookmarks, and cards; and **Bowls by Gary** showcasing hand-turned wooden bowls.



The Nashua Senior Activity Center  
is proud to announce its



**LAST CALL**

**One Grand Prize Winner  
of Gift Cards Totaling \$1,160**

**DRAWING: Friday, September 19, 2025 at 10 am**

**Tickets: \$5 each or five tickets for \$20**

**Available at the Senior Center, 70 Temple St,  
Nashua, or at [nashuaseniorcenter.org](http://nashuaseniorcenter.org)  
No need to be present to win.**

**All proceeds benefit the  
Nashua Senior Activity Center (603-889-6155)**

***You could win all these gift cards that total \$1,160:***

\$100 – Hannaford Gift Card; \$100 – Market Basket Gift Card; \$65 – Nashua Golden Nozzle Car Wash; \$50 – VISA Gift Card; \$50 – Bill Cahill's Subs Gift Card; \$50 – Fandango Gift Card; \$50 – T-Bones Restaurant Gift Card; \$50 – Alec's Shoes Gift Card; \$50 – Michael Timothy's Gift Card; \$50 – Shorty's Mexican Restaurant; \$50 – Giorgio's Gift Card; \$50 – Longhorn Gift Card; \$50 – AMC Gift Card; \$50 – Shaw's Gift Card; \$50 – Lowe's Gift Card; \$50 – Cheesecake Factory Gift Card; \$50 – Amazon Gift Card; \$50 – DW Diner Gift Card; \$25 – McDonald's Gift Card; \$25 – Dairy Queen Gift Card; \$25 – Chick-fil-A Gift Card; \$25 – Bass Pro Shop Gift Card; \$25 – Nadeau's Subs; \$20 – Target Gift Card

## ACTIVITIES DIRECTOR (Cathy Barrett)

### "Sunset Creek"

#### Acrylic Painting Class with Claire

**October 20 from 1-3 pm Fee: \$40/Members; \$60/Non-members  
(Registration and payment are due by October 9)**

In this acrylic painting class for beginners taught by artist Claire Gagnon, students paint with the palette knife or the brush 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 winter landscape, while following 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. Claire has been teaching art for more than seven years at Chez Claire Art School in Lowell. Pick up a flyer in the lobby.



#### Eight Week Beginner's Keyboard Lessons

**Fee: \$100 members;  
\$150 non-members**

Scott will teach you the basics of keyboard technique and music reading. You will learn to play easy songs in a fun, relaxed atmosphere. We will meet once a week on Friday mornings from 10:30 am to 11:30 am. This eight-week class will begin on September 26. Please buy **Faber's Adult Piano Adventures All-in-One Piano course book**. This book is available on Amazon, through numerous online retailers, and can also be picked up at Barnes and Noble locations.

Registration and payment are due by September 18. Pick up a flyer at the Senior Center reception area.



#### Need Help with Technology?

United Way of Greater Nashua is now offering **free one-on-one tech help** at the Senior Center!



Starting October 2, a trained Digital Navigator will be available every Thursday from **1 pm to 3 pm** to assist with things like setting up email, using smartphones and tablets, accessing online services, video calls, and more. Whether you're just getting started or need help with something specific, come by and get personalized support in a friendly, no-pressure environment.

Call the Front Desk (603-889-6155) to schedule an appointment.



United Way  
of Greater Nashua

**SPONSORED BY UNITED WAY**



### CHAIR PILATES IS BACK!

**Join Sharon for a FREE Meet & Greet class  
on Thursday, September 25 at 11:30 am**

Chair Pilates is a gentle, low impact, full body exercise option that will keep you active, more flexible and having more energy regardless of your age. It is a series of functional movements to help get you through your day and is suitable for all fitness levels.

**Following the free Meet & Greet, we will offer a three-week Chair Pilates class starting on Thursday, October 2 at 11:30 am. Registration and Payment are due by September 25.**

**Fee: \$18/Members; \$24/Non-Members**

**Interest Lists:** Jewelry making. Make your own greeting cards. Cultural classes. Diamond art. Would you like an event that adults and little ones in their lives can attend: a nature-based story time with a craft component that they can do together. (We would run it through school vacation.) Email me (Cathy Barrett) at [cbarrett@nashuaseniorcenter.org](mailto:cbarrett@nashuaseniorcenter.org) with any suggestions.



## ACTIVITIES DIRECTOR (Cathy Barrett)



### TRIVIA TUNES WITH VINNY

Sponsored by LedgeWood Bay

Wednesday, October 22nd 1:30-2:30 PM

Nashua Senior Activity Center

Fee: \$3/Members; \$5/Non-members

(Purchase tickets by October 15)

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!



Join us on the

**THIRD WEDNESDAY OF EACH MONTH AT 12:30 pm**

It is a great way to have fun and exercise your mind while trying to remember **trivia**. Teams are formed depending on the number of participants.

**Please note:** Starting in October, **FREE** for members (**Non-members \$3**)  
Both members and non-members must pre-register at the front desk by one week prior.



Lower your brain age in minutes a day! We invite you to try something new. Brain games will help boost your reasoning and thinking. Come join us on Monday, October 6 at 1 pm. We ask, although there is no fee to attend, that you pre-register by October 1.

### 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 October 6. Pre-registration and payment are due by September 30. Fee is \$56/members and \$66/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.



### Learn Mah Jong with Tim Adams

Six-week class starting Wednesday, October 1, from 1pm to 3 pm

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

Mah Jong is a game developed in the mid 1800s 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 is limited. Registration and payment are due at the Front Desk by September 24!

### Help Desk with Dean

Drop by and get personalized support in a friendly no-pressure environment. Instructor Dean will be here the fourth Wednesday of the month, starting October 22 from 9 am to 12 pm to answer any of your technical questions regarding phone, tablets, laptops and more. Drop-ins welcome.



## ACTIVITIES DIRECTOR (Cathy Barrett)

### UKESTRA PERFORMANCE

November 12, 2025 at 1:30 pm  
Nashua Senior Activity Center

The UKESTRA with Mike Loce is NH's original adult collaborative ukulele orchestra. Created in 2010 by educator and musician Mike Loce, the ensemble has played far and wide in the region, most recently staging a performance at Nashua's Center for the Arts in April 2025. They are pleased to bring their music to Nashua's Senior Activity Center, and this November's performance will include familiar pop classics and a special "TV SET" of theme songs from vintage television shows! For more information on the group, please check [ukestra.org](http://ukestra.org).



**Tickets:**  
**Members \$3**  
**Non-members \$5**  
**Purchase by November 5**



SAVE  
THE  
DATE!

## Holiday Social

December 10, 2025 at 1:30 pm  
**with the Bald Eagles**

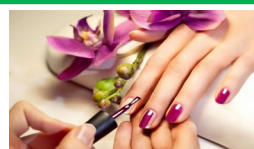
Here to entertain you at the Nashua Senior Center with all their holiday favorites

**Tickets go on sale November 3, 2025.**

**Members \$5 (refundable at the door); Non-members \$7 (non-refundable)**



### SPAtacular



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

**Daytime Dates and Hours:** September 4, 18 from 10 am to 2 pm

Basic manicure with regular polish \$30 or Gel \$35; Facial Express \$40

Pick up flyer for additional services, dates, and prices.



### REIKI with Jane

**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 Sept 17 and Oct 16. By appointment only. Donation to instructor is appreciated. Call 603-889-6155.

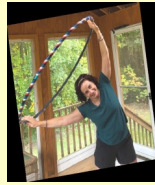


## PROGRAMS (Martha Ackerman, Manager)

### EVENING PROGRAMMING

#### Hoop Yoga Returns! Hoop Yoga instructor Shelly

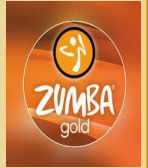
Toomey returns for this fun, meditative and uplifting class. Using the hula hoop is a wonderful way to connect with your body. You will be guided to flow and breathe through simple, yet challenging movements with and without the hula hoop. Shelly will help build confidence while you strengthen your core. No hula hoop experience needed. Hula hoops will be provided.



**Cost: \$40 For 6 weeks starting Monday, September 8 at 6:00 pm. Space is limited to 12 participants.**

#### Zumba Gold is here!

Join Iraidia Munoz for seven weeks—starting Monday, September 29 at 5:30 pm at the Nashua Senior Center for Zumba Gold.



**Cost: \$63 for seven weeks. Limited to 20 participants. Must have 15 for program to run.**

Zumba Gold is great for improving your cardiovascular health. It reduces stress and improves coordination and balance and it's just plain fun.

**Free Introductory Class on Monday, September 15 at 5:30 pm.**

#### Winter Wreath Making

Join us on Saturday, October 25 at noon at the Nashua Senior Center for an afternoon of creating a beautiful winter season wreath with assorted ribbons and embellishments. Keep the winter season alive with your hand-crafted wreath.



**Cost: \$80 includes all materials and refreshments. Limited to 10 participants.**

#### Cookie Decorating—Decorate Autumn & Thanksgiving Cookies

Have some fun on Monday, November 17 at 6:00 pm at the Nashua Senior Activity Center decorating cookies for Thanksgiving. Unleash your inner artist and decorate some delicious cookies. It's going to be a fun-filled evening of creativity and sweet treats.



**Cost: \$68 per person (includes supplies and refreshments).**

#### Christmas in October— Sea glass Christmas Tree



Langdon Place  
of Nashua  
SENIOR LIVING COMMUNITY

**at the Nashua Senior Activity Center  
Monday, October 27, 2025 5:30 pm**

Join Heather MacNeil from Langdon Place of Nashua for an evening of fun and creativity. Bring your friends, make new friends, enjoy some light refreshments while designing your own unique sea glass Christmas tree. Contact Martha Ackerman at 603-609-7989 or mackerman@nashuaseniorcenter.org for information. **Cost: \$50 per person** includes all supplies and light refreshments. Pre-registration is required. Sign up at the front desk by Monday, October 21, 2025.



#### Trick or Treat! Halloween is coming!

The Nashua Senior Center in partnership with S.C.A.R.E. (Secondhand Costume Annual Redistribution Effort) will be collecting new or gently used Halloween Costumes for area children.



"We believe that every little ghost and goblin deserves to experience all that is Halloween, but we also understand that families sometimes need to prioritize food and shelter over Halloween costumes and activities."

Help a child/family experience the magic of Halloween by providing costumes and accessories at no cost to those who need a little bit of help.

#### Collection Dates:

**Monday, September 15 – Friday, September 26.**  
**A collection bin is in the lobby.**

#### Winter is Coming!

**Winter Coat Drive: Monday, September 29—Friday, October 31**

The Nashua Senior Center in partnership with the United Way of Greater Nashua, will be collecting clean, gently used winter coats. The winter coats will be distributed to those in need so that they too can be warm this winter. The collection bin is in the lobby. Thank you!





## PROGRAMS (Martha Ackerman, Manager)

Thank you for making a difference by volunteering at the Nashua Senior Activity Center. Your dedication and commitment to our mission has made a positive impact in our Senior Center community. Beginning in November, the Senior Center will recognize one registered volunteer each month. One name will be randomly drawn each month, and the volunteer will be recognized for their dedicated service to the Senior Center. Watch this space starting in the November/December newsletter announcing the volunteer of the month.



### Notary Public Service

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

### 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, Store, Membership Office, Library, 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.



### Transportation Questions?

Meet with Donna Marceau, Regional Mobility Manager to discuss concerns pertaining to Transportation/Mobility issues in Greater Nashua. Save the date: September 26 at 10 am. Kerry Miller, Mobility Manager for the Nashua Transit System will be here to sign you up for a senior ID Card to ride the City Bus for free. Must be 60 or older and bring current ID (drivers license, non-driver ID or passport).

# THANK YOU

to all our wonderful sponsors  
who graciously supported the  
Nashua Senior Activity Center's



**Signature:**

**Langdon Place of Nashua**

**Supporter:**

**Shaheen & Gordon**

**Visiting Angels**

**Nashaway Woman's Club**

**Morneau Law**

**Advanced Hearing Center**

### Multi-Day TRIP INFORMATION

#### Collette Tours presents...

- Join us on Monday, September 15 at 10:00 a.m. in the Education Room for some light refreshments as Collette Tours presents their 2026 multi-day trips. The 2026 trips include an Alaska Land Only Trip, a Canadian Rockies and Glacier Trip and the once in a lifetime - Discover America's 250<sup>th</sup> Anniversary trip.
- A representative from Collette Tours will have travel brochures and be able to answer any of your questions regarding the 2026 trip schedule. Please sign-up at the front desk.

#### Multi-Day Trips

- Christmas New York Style—December 7-8—a 2 day (one night) trip
- Eastern Caribbean Cruise—February 7-15, 2026
- Discover America's 250th Anniversary—May 18-26, 2026
- Discover the Canadian Rockies & Glacier National Park—June 19-25, 2026
- Alaska: America's Last Frontier—August 2026
- Informational flyers and pricing are available in the Trip Office.

### LOCK IT UP! CAMPAIGN

**The Greater Nashua Prevention Coalition is coming to you!**

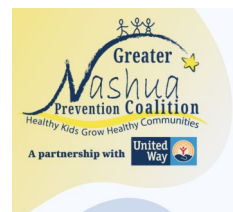
**Monday, September 8th 10 am—11 am**

Protect yourself and your family.

Lock boxes will control access, helping mitigate cognitive slip-ups, especially when seniors are managing 5-15+ pills daily.

Receive a free lock box and education!

Please sign up at the Front Desk.



**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.**

### 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**

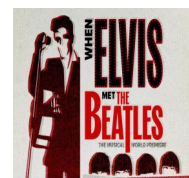


### September 24 When Elvis Met the Beatles in Ogunquit with lunch

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 29

### Celebrating Oktoberfest at the Inn at East Hill

Enjoy a traditional Oktoberfest luncheon including braised sirloin, chicken schnitzel, German potato salad, apple strudel, and more. Stop at Pickity 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 Cost: \$192

Join us for a dazzling, engaging performance by America's orchestra and relish the elegance of historic Symphony Hall. Enjoy lunch at Maggiano's Restaurant.

**Depart: 10:45 a.m.**

**Return: 6:30 p.m.**



### Save The Dates

Friday, April 18, 2026 **Shen Yun**—Wang Theater



Thursday, May 21, 2026 **Lion King**—Providence Performing Arts Center





## COMMUNITY PARTNERSHIPS/SEMINARS

### Introducing the Memory Café...

Starting **Wednesday, October 8 from 10:00 -11:30 am** the **Nashua Senior Activity Center** will host a **Memory Café** – a place where people experiencing cognitive challenges along with a caring family member or caregiver can find meaningful programming, friendship and acceptance.

The Senior Center is looking for a few volunteers the 2<sup>nd</sup> Wednesday of each month to help set-up, make coffee, clean-up and assist where needed.

Orientation provided. If interested, please contact Martha Ackerman (603-609-7989) or [mackerman@nashuaseniorcenter.org](mailto:mackerman@nashuaseniorcenter.org) for more information.



to our

**BUSINESS SPONSORS**



## Health Clinics **NEW DATES**

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

**September 5, 8, 17, 19, 22 AND October 3, 15, 17, 27**

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



**Home Health & Hospice Care**  
A Member of SOLUTIONHEALTH

### Parish Nurse Program: September 9. October 14, 28, 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**

**See Program Schedule for dates**



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.

### **Hearing Life** is hosting **Free Hearing Screenings**

Free! Open to the Public Walk-Ins Welcome!

No Appointment needed.

Wednesdays: September 10 and October 15

9 am to 11:30 am

Nashua Senior Activity Center  
70 Temple Street, Nashua



## Medicare Resources

**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

**United Health Care**—Open office hours Monday's 1—2 pm. September 8, 22 October 6, 27 November 10, 24.

## COMMUNITY PARTNERSHIPS/SEMINARS



### SPOT THE SCAM

Build your defenses with our Spot the Scam Workshop

**Tuesday, September 9, 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 snacks at the Senior Center's Front Desk or call 603-889-6155. Free and open to the public. See flyers for more details.

Snacks provided by Life Care Centers of America



### PROTECT YOUR ASSETS: WHAT YOU NEED TO KNOW TO COMBAT SCAMS

NH Banker's Association will lead a lively and informative discussion on the current scam and fraud trends.

Your local banking partners, the NH Department of Justice Elder Abuse and Exploitation Unit, and local law enforcement join forces to share insights and information. Free and open to the public.

**Where: Nashua Senior Activity Center  
70 Temple Street**

**When: September 24, 2025 10 AM**

*NH Department of Justice, Elder Abuse and  
Exploitation Unit  
Hillsborough County Sheriff's Office  
Primary Bank*

### Quit Claim Deed Fraud

Deed fraud occurs when scammers forge documents in order to facilitate fraudulent transfer of ownership in real property without the owner's knowledge.

Join Assistant Attorney General Nancy DeAngelis for a morning discussion on how to protect your home.

**Where: Nashua Senior Activity Center  
70 Temple Street**

**When: September 9, 2025 9:30—10:00 am**

Free and open to the public.

### Nashua PAL and Nashua Police Toy Collection



November 3—December 12

Collection box in the lobby for donations of new/gently used, unwrapped toys for Nashua kids.

### Humane Society for Greater Nashua Pet Food

Pantry Collection is ongoing and the collection bin is in the lobby for pet food donations.



### MOVE & GROOVE: MOVEMENT FOR MOBILITY

Tuesdays and Thursdays 12:15 –1:00 pm Begins Tuesday, November 4, 2025 (8 weeks)

The class will focus on improving balance and stability through movement pattern.

The movements will include forward and backward steps, as well as turning and using our arms while moving. Class is under the direction of Fred Daniels from CPTE.

**MEMBERS ONLY \$30** made payable to CPTE on first day of class. Register at the front desk starting September 9.



### Are you afraid of falling? Are you constantly in pain?

Sign up for a screening with an expert physical therapist on Wednesday,

September 24, 2025 between 12 and 2:00 pm:

- Learn how to prevent falls · Improve mobility with simple, effective techniques
- Stay independent!



**Sign up for a 15-minute screening to focus on the importance of balance and mobility to prevent falls and improve overall mobility. We will discuss risk factors, assessment techniques, and evidence-based interventions to enhance stability and reduce discomfort.**

Gain valuable insights into early detection and strategies to promote safer, more active lifestyles. **Free for Members only** Please sign up at the front desk

## COMMUNITY PARTNERSHIPS/SEMINARS



### Peer Support Group for Blind and Vision-Impaired Older Individuals

October 28, 2025 1:30pm—3:00pm

#### Wrap up and planning for 2026

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.



### WALKING CLUB



FRIDAYS 9AM-10AM  
NASHUA RIVER RAIL TRAIL  
TRAILHEAD LOCATED AT 94 GILSON RD, NASHUA NH  
STARTING MAY 10TH



Meeting September 9th, 2025 &

October 14th 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.



FUTURE  
IN SIGHT

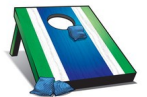
### Silver Wheelers Bike Club

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](mailto:cbarrett@nashuaseniorcenter.org) to be added to the email list.



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 play. Cash prizes and light refreshments...come check it out! Contact Martha Ackerman at 603-609-7989 or [mackerman@nashuaseniorcenter.org](mailto:mackerman@nashuaseniorcenter.org)



### Festival of Table Top Trees, Wreaths & Centerpieces

Our 3<sup>rd</sup> Annual Festival of Trees is fast approaching on Saturday, December 6 from 8:00 a.m. to 10:30 a.m.

Stroll through amazing creations from local organizations and individuals. Judging will include People's Choice, Most Charming, Most Festive and Most Creative. We are inviting you to participate by donating a fully decorated mini tree, wreath or centerpiece. Registration applications are now available.

To donate please contact Martha Ackerman ([mackerman@nashuaseniorcenter.org](mailto:mackerman@nashuaseniorcenter.org) or 603-609-7989) or Judy Porter (603-816-2649 or [jporter@nashuaseniorcenter.org](mailto:jporter@nashuaseniorcenter.org)).



### Breakfast with Santa

Save the Date: Saturday, December 6 from 8:00 a.m. to 10:30 a.m.

Come join the Nashua Lions Club in partnership with the Nashua Senior Activity Center and enjoy a delicious French Toast Breakfast with Santa. Santa and his Elves will be available for photos, coloring and craft projects. While here, stroll through our Festival of Table Top Trees, Wreaths and Centerpieces.

Tickets are available at the Front Desk.

Promote your business or share a holiday message on our Breakfast with Santa

#### Placemats.

Business card size ads are \$100 each. Placemat ad forms are now available. For more information please contact Martha Ackerman ([mackerman@nashuaseniorcenter.org](mailto:mackerman@nashuaseniorcenter.org) or 603-609-7989) or Judy Porter (603-816-2649 or [jporter@nashuaseniorcenter.org](mailto:jporter@nashuaseniorcenter.org)).








## 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



### VETERANS COFFEE CLUB

Join us with Lewis Chipola, Chairman,  
 City of Nashua Mayor's Veterans Council  
**Friday, SEP 12 and OCT 10**  
**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 to share. For more information, call  
 603-759-2478.








## Coffee with a Cop



### 2nd Tuesdays


### 10 AM



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

**SEPTEMBER 9**
**OCTOBER 14**





**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 Thursday from 11:45am to 12:30pm Call 603-882-2106 for reservations**

## **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

### **Nashua Senior Activity Center Annual Meeting**

Wednesday, October 22, 2025 at 3 pm

Please pre-register at the Front Desk by October 17 so we can prepare seating and refreshments accordingly.

Or call 603-889-6155 to register.



### **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.

***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)



[www.facebook.com/nashuasac](https://www.facebook.com/nashuasac)



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