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NASHUA

NEWS SENIOR ACTIVITY CENTER

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

ISSUE #349

70 Temple Street • Nashua, NH 03060 • 603-889-6155
www.nashuaseniorcenter.org

JAN/FEB 2026



MEAT BINGO

Hosted by



The
**Club
National**



Nashua, NH

Saturday, February 21, 2026

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

127 Pine Street, Nashua, NH

Event benefits the Nashua Senior Activity Center

*“Giving Back, Looking Forward...over 45 years
of serving the Nashua area 50+ community”*



Saturday, March 7, 2026 — 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 - New / Unused.

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

**Wednesday,
May 6, 2026**

6 pm to 9 pm

Alpine Grove Banquet Ctr
19 South Depot Rd
Hollis, NH

Hosted by
Mike Morin and
Chef Nicole Barreira



celebrates

**HOORAY
FOR
HOLLYWOOD!**

Celebrity Judges

Chef Bailey Bocci
Personal Chef
BB's Kitchen

Susan Laughlin
Food Editor

Special
Mystery Judge!!

Immerse yourself in the splendor of everything Hollywood 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 Hollywood-themed cake to present to the judges.

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

VIP EARLY ADMISSION (5:15 pm):

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

LIMITED NUMBER OF VIP TICKETS

Tickets available at the

Nashua Senior Activity Center, 70 Temple St,
Nashua, NH or call 603-816-2642



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



Great Food and Great Fun!
Join us for the
2026 Frosting Frenzy!



ACTIVITIES DIRECTOR (Cathy Barrett)



We invite you all to stay happy and healthy this new year by trying something new! Exercise your body and brain with some of these ideas. Take a Cribbage, Mah Jongg or Key Board Lessons, Exercise, Music and don't forget some of our exciting Day and Multi Day Trips. Get out with others and have fun!

Eight Week Beginner's Keyboard Lessons

Fee: \$130 members; \$160 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 10:45 am to 11:45 am. This eight-week class will begin on April 3. 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 March 26. Pick up a flyer at the Senior Center reception area.



Knitting, Crochet, etc. Group

Invites you all to bring any of your own needle point projects in on **Wednesday Mornings 9:30 – 11:30am**

"On Wednesday Mornings we meet the gals At first we're strangers, now were pals
Before we leave, we all agree, the luncheon place where we will be.
So now you know where we'll be, next Wednesday morning you and me."

Written by Beverley A. Kneeland



Learn Mah Jongg with Tim Adams

6 week class starting Wednesday, February 18th from 1—3 pm

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

Mah Jongg 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 February 11th! "Space is limited"



TRIVIA TUNES WITH VINNY

Sponsored by Ledgewood Bay at Milford

Tuesday, February 24th—1:30-2:30 PM

(Snow Date: Tuesday, March 3rd.)

Nashua Senior Activity Center

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

(Purchase tickets by February 18th) 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!



ACTIVITIES DIRECTOR (Cathy Barrett)



Beginners Line Dance Lessons



For those who are just learning line dance we will be offering a six week session February 23rd at 10 am. Pre-registration and payment is due by February 17th, \$38 for members, \$48 for non-members. Pick up flyer in front reception area for full details.

CHAIR PILATES IS BACK!



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.

Sharon will offer a six week Chair Pilates class starting on Thursday, January 15, at 11:00 am. Registration and Payment are due by January 8. Fee: \$36/Members; \$46/Non-Members

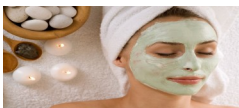


Irish Social

Mark your calendars for March 12, 2026

More information to follow.

Flyer will be available at the front desk area February 2.



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. Pre-registration and payment are required at the Front Desk.

Daytime Dates and Hours: February 12 and March 12 from 11 am to 3 pm

Evening Dates and Hours: February 26 and March 26 from 3 pm to 7 pm

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

Pick up flyer for additional services, dates, and prices at front reception desk.

Nashua Senior Golf League

2026

Calling all Golfers, Spring is just around the corner. The Nashua Senior Activity would like to invite members 50 and over to play in our 2026 Nashua Senior Golf League. This will be our 29th season! We will be playing Monday Mornings at the Whip-Poor-Will Golf Course. For those who are interested in playing this year see the March/April newsletter.

Our fearless leaders Hank Berdnardini and Phil McLaughlin have offered to run the league again this year.

ACTIVITIES DIRECTOR (Cathy Barrett)



Need Help with Technology?



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

SPONSORED BY UNITED WAY



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.

FREE for members (Non-members \$3)
Please have membership card present.

Sponsored by



Lower your brain age in minutes a day! We invite you to try something new. Brain games will help boost your reasoning and thinking. Call the front desk for February date and information. 603-889-6155

Beginners Tap is Back!

A new eight-week class will resume Monday, January 12, 2026. Pre-registration and payment are due by January 5.

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.



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.

January 28 and February 5, \$20 members, \$25 non-members

By appointment only. Call 603-889-6155.



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, from 9 am to 12 pm to answer any of your technical questions regarding phone, tablets, laptops and more. Drop-ins welcome. January 28, February 25, March 25



ACTIVITIES DIRECTOR (Cathy Barrett)



Nashua and Merrimack River Watershed, Presents Four Wonderful Educational Programs

(Pick up a flyer in the front reception area for full descriptions on upcoming programs)

#1 Semi Aquatic Mammals: Wednesday, February 18th at 10am. "Semi Aquatic Mammals of the Nashua and Merrimack River Watershed" is a one hour adult education program. This fun and informative presentation consists of original photographs and videos of otters, muskrats, beavers, and mink within the Nashua/Merrimack River watershed. Participants will learn about the physical adaptations, behaviors and diet of these four semi-aquatic mammals and their dependence on clean freshwater. We will discuss how otters and mink are surprisingly frequent visitors to urban sections of both rivers. Their presence is dependent upon good water quality and the maintenance of healthy greenspace along the rivers."

#2 "All the Water in the World": Wednesday, March 25th at 10am

#3 "Reading the River": Wednesday April 22nd at 10am

#4 "Our Neighbor, the Nashua" Wednesday, May 13th at 10am



Stop the Bleed is a class developed by the American College of Surgeons in collaboration with the Department of Defense (War). It covers what the average citizen can do to save a life (after calling 911) to stop life threatening bleeding. The class is free to participants. Gratuities gladly accepted. There will be a Certificate awarded to those who complete the class.

Class lasts about 1.5 hours (depending on the number of students).

Uncontrolled bleeding from traumatic injuries is a leading cause of preventable death. During bleeding emergencies, minutes can mean the difference between life and death. Recognizing the power that everyone has to prevent deaths from severe bleeding, ACS Stop the Bleed program teaches the public to safely respond to bleeding emergencies with three methods: Stay Safe, Start the chain of survival, Stop the bleed, Save a life.

Thursday, March 12, at 10 am. Please pre-register by March 5.

PROGRAMS (Martha Ackerman, Manager)

EVENING PROGRAMMING

Hoop Yoga Continues! 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

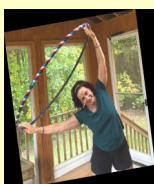
through simple, yet challenging

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, January 26 at 6:00 pm. Space is limited to 12 participants.



Haven't tried Restorative Yoga? Here 's your chance!

Join Sharon Noel on **Tuesday, January 13 at 5:30 p.m. for a 1 hour 1 evening of Restorative Yoga Specialty Class.**

Restorative Yoga is a slow, passive style yoga that involves holding the poses (asanas) for a longer period of time. The poses are held for 5-10 minutes using yoga props to fully support the body. The goal is to create an environment where you can slow down, connect with your breath, rest, and replenish your body. All poses are done seated on the mat.

I look forward to meeting and sharing this yoga class with you.

Please bring your own props to class: Yoga mat, 1 bolster, 2 yoga blocks, 2 blankets (or 2 large towels), and a small pillow to rest your head. **Fee: \$10 and space is limited to 12 participants. Register at the Front Desk by January 12.**

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.



NOVEMBER VOLUNTEER OF THE MONTH

Meet **Barbara Labrecque**...

Barbara Labrecque has been selected in a random drawing to be the Nashua Senior Activity Center's November Volunteer of the Month.



Barbara is from Portland, Maine. She came to Nashua to work at BAE Systems where she had a successful career for 31+ years. When Barbara retired, she wanted to try something new and different. She joined the Senior Center in 2014 and has been an active volunteer for 12 years. Because of her experience at BAE, Barbara was recruited to integrate the "PeopleTrack" system in the Center's Membership Office. This system keeps track of all the members and vital statistics regarding their membership. Once the system was operational, Barbara was responsible to train other volunteers in the Membership Office where she continues to volunteer every week.

Barbara's outgoing, friendly, personality is the reason she is called upon to take on various other volunteer responsibilities at the Senior Center. She plays an integral role in getting the raffle ready for Frosting Frenzy (Fire & Fusion), she volunteers at most of the Center's fundraisers and she is a strong ambassador for the Center – sharing her knowledge of programs, activities and services and all the positive things that happen daily at the Center. "I like doing what I do – it's fun to see people everyday and keep busy".

DECEMBER VOLUNTEER OF THE MONTH

Meet **Paul Cooper**...

Paul Cooper has been selected in a random drawing to be the Nashua Senior Activity Center's December Volunteer of the Month.

Paul was born in Westfield, MA and was raised and educated in New Ipswich, New Hampshire. Paul entered the service after finishing his education. He served three years in the army and when his tour of duty was complete, he returned to his family's home in Milford, New Hampshire.

Paul had a successful 44-year career at County Stores. Paul and his wife Kathleen joined the Senior Center in 2013 and have been faithful volunteers for 12+ years. Kathleen was volunteering in the Center's Thrift Store when she recruited Paul to come volunteer. Paul joined the team of volunteers who work the 2 annual Flea Markets. Paul and his team are responsible for organizing the book donations, pricing the books and making folks aware of the book sale. The Book Sale is an integral part of the Flea Market. The sale of these books generates income for the Center so that the Center can fund special programs and activities. Paul and his wife Kathleen participate in activities here at the Center – Movie Mondays and the Center's Socials are 2 of their favorite things to do. "The people are friendly and we have fun...that's why we come to the Nashua Senior Center."



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.



A big thank you to Kathy Peterson for donating back the 50/50 she won at the Senior Concert.

And a big thank you to Patricia Dillingham for donating back the 50/50 she won at the Holiday Social.

Notary Public Service

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

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.

Tuesday, March 10, 2026 Andy Cooney Irish Celebration

Nashua Senior Center and Best of Times Travel Proudly Present

Andy Cooney Irish Celebration with George Casey Irish Comedian "The King of Blarney" at the Davensport in Danvers, MA.

Andy Cooney—Christened by the New York Times as "Irish America's Favorite Son", has been taking the Irish American music scene by storm for the last 20 years with his unique tenor voice.

George Casey—It's a long way from County Clare, Ireland to Las Vegas, but that is the road that he has traveled to fulfill his life's mission: To make people happy!

Price: \$142 Meal: Corned Beef and Cabbage or Baked Scrod



Friday, April 10, 2026 Shen Yun Cost \$199

Shen Yun is more than just a performance—it's a revival of the beauty and goodness of China before Communism. With stories, and legends, vibrant costumes and backdrops, original music and a few surprises. Lunch is on your own at the Prudential Center.

Departs: 9:45 a.m.

Returns: 6:00 p.m.



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

See the animated classic, the Lion King, come to life with this stunning musical. You will enjoy vibrant artistry, unforgettable music, and exhilarating choreography. Lunch is on your own at Providence Place.

Departs: 9:00 a.m.

Returns: 6:00 p.m.

Cost: \$149



Wednesday, June 3, 2026 Mobsters and Lobsters Trolley Tour

Dive into the city's gritty underworld where narrated thrilling tales of the Italian Mafia, the Ponzi Scheme, Brinks robbery, and other stories are told. Talks of political corruption and old jails, the Boston Strangler, and other stories. Travel through South Boston, which is the core of all Irish Mob history. The last stop is at Tenean Beach, where several of Whitey Bulger's victims were recovered. This isn't your average sightseeing tour—this is an experience about Boston that you won't read in most history books.

Lobster or Steak Lunch at the Venetian Restaurant.

Departs: 8:00 a.m.

Returns: 5:30 p.m.

Cost: \$225



Wednesday, July 15, 2026 Celebrating America's 250th Anniversary

Save the Date: Enjoy lunch as you cruise alongside the Tall Ships in Boston Harbor. You will have 2 hours of free time to visit historic sights or board the Tall Ships for a closer look. Watch for flyer for final details.



Collette Tours presents... Multi-Day Trips

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. 603-816-2645

COMMUNITY PARTNERSHIPS/SEMINARS

Rivier Nurse Wellness Clinics

9 am to 1 pm on the second floor of the Nashua Senior Ctr, 70 Temple St., Nashua



See Flyer 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.

thank you

to our

BUSINESS SPONSORS



Health Clinics **NEW DATES**

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

January 12, 16, 21, 26 AND February 6, 9, 18, 20, 23

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



Parish Nurse Program:

January 13, February 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.



Medicare Resources

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

Choice Benefit Services—Perry Cataldo—Third & Fourth Tuesdays of each month; 9A—12P
Third Thursday of each month 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. November 10, 24.

The Nashua Senior Activity Center will host the **Memory Café** on Wednesday: **January 14, February 11 and March 11 from 10:00 – 11:30 a.m.** The Memory Café is a place where people experiencing cognitive challenges along with a caring family member or caretaker, can find social programming, friendship and acceptance.

Pre-registration is required: <https://tinyurl.com/nashuamemorycafeA> or call Martha at 603-609-7989.

St. Joseph Hospital also hosts a Memory Café on the 1st Tuesday of each month (<https://tinyurl.com/nashuamemorycafeC>), and the YMCA of Nashua hosts a Memory Café on the 2nd Saturday of each month (<https://tinyurl.com/uwgnmemorycafes>).

Both locations require pre-registration.

COMMUNITY PARTNERSHIPS/SEMINARS

You can win this GEORGEOUS quilt created by the Senior Center Quilters



- 72" x 84"
- 100% cotton
- Machine washable

Tickets: \$1 each or six tickets for \$5
(available at the Front Desk or online at
nashuaseniorcenter.org)

Drawing: Wednesday, April 1, 2026
(No need to be present to win.)

Proceeds benefit the Nashua Senior Activity Center

Permit #25-0102



Nashua Senior
ACTIVITY
CENTER
Serving the 50+ Community

Free Tax Preparation Beginning February 4, 2026

The IRS's volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs offer free basic tax return preparation to qualified individuals. While the IRS manages the VITA and TCE programs, the VITA/TCE sites are operated by IRS partners and staffed by volunteers who want to make a difference in their communities. The VITA program has operated for over 50 years.

Although all taxpayers are eligible for the tax preparation service, there are some restrictions. However, for the most part, taxpayers making \$67,000 or less, persons with disabilities, limited English-speaking taxpayers and taxpayers who are 60 years of age and older generally do not meet any restrictions.

Appointments are required and can be made by dialing 2-1-1

Wednesday's from February 4th to April 8th, 2026

- By appointment 9 am—2pm
- At Nashua Senior Activity Center
- Call 211 to make an appointment after January 14th

A poster is available at the Nashua Senior Center.

Join us **Wednesday, February 25, at 10 am** for a Meet and Greet with Best of Times Travel Coordinator, Kim. Kim will be here to outline the 4 multi-day trips the Senior Center is offering. Please sign up at the Front Desk. Light refreshments will be served.

Trips being planned:

Boothbay Harbor, Freeport, Cabbage Island,
Lobster Bake

Break for the Moose, Sunday River,
The Grand Resort Hotel

Christmas in New York

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

Sign up for a screening with an expert physical therapist on

Wednesday, February 2, 2026 between 12 pm and 2 pm

Learn how to prevent falls and how to improve mobility with simple, effective techniques.

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
February 24, 2026 1:30pm—3:00pm
Nashua Senior Activity Center
"NH State Library Talking Books Services and BARD"



Pet Food Pantry Collection



Our drive to collect pet food is ongoing.
The collection bin is in the lobby for donations.



FITNESS ROOM TRAINING *with Kevin*

Fitness Room training is available every
first and third Tuesday of the month.

Space is limited. Sign-ups are on a first-come, first-served basis and open to **members only**. To register, please visit the Front Desk or call 603-889-6155.



**FUTURE
IN SIGHT**

MEETINGS

January 13 & February 10 at 1 pm
Nashua Senior Ctr, 70 Temple St, Nashua

Meetings will be held on the second Tuesday of each month from September through May from 1:00 pm to 2:30 pm.



Posture Training for Health and Stability

With Fred Daniels of Center for Physical Therapy and Exercise

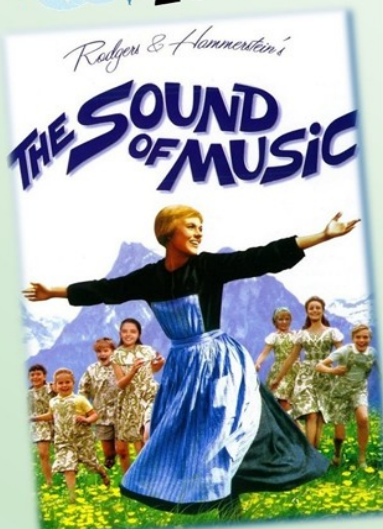
Tuesdays and Thursdays beginning **March 10, 2026 at 12:15 pm to 1:00 pm** for 6 weeks

MEMBERS ONLY Cost \$25 payable to CPTE at first class.

There are many elements of good posture and everyone can improve their posture. This training class will help you understand the physical pieces that make up good posture, and then practice exercises and stretches to train your muscles to remain in good posture.

Register at the Front Desk **after** January 6, 2026

January
26



10 am to 12 pm
at the
Nashua Senior Center

**A FREE BENEFIT
FOR OUR MEMBERS ONLY.**

**LIMITED SPACES
AVAILABLE**

Please register at the Front Desk
by one week prior to movie date.

**Grant funded by
anonymous donors.**



70 Temple Street, Nashua, NH 03060
 Website: nashuaseniorcenter.org
 Telephone: 603-889-6155

FEBRUARY
23


**Love is a
Many-Splendored
Thing**





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 is 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 JUKEBOX JIMMY: Monday 10:30 to 11:45 am, 12:45 to 2:45 pm 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 2:45 pm in lounge

MUSIC WITH JUST JIM: Thursday 10:30 to 11:45 am, 12:45 to 2:45 pm In the lounge

SILVER LINING CHORUS: Friday 10:30 am to 12:00 noon in the music room



VETERANS COFFEE CLUB

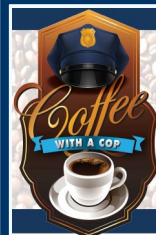
Join us with Lewis Chipola, Chairman,
City of Nashua Mayor's Veterans Council
Friday, JAN 9 and FEB 13

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.

JANUARY 13 FEBRUARY 10



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 \$4.00)

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

Food Pantry available on various days, call for information.

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

Inclement Weather: The Nashua Senior Activity Center follows the Nashua School District for inclement weather. If schools are closed, we are closed. If schools are on a delayed opening, we are on a delayed opening.

CLOSINGS:

The Nashua Senior Activity Center will be closed Thursday, January 1 in observance of New Year's Day; Monday, January 19, for Martin Luther King Jr. Day; Monday, February 16, for Presidents' Day.

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.



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