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**NASHUA**

# NEWS SENIOR ACTIVITY CENTER

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

ISSUE #350

70 Temple Street • Nashua, NH 03060 • 603-889-6155  
[www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org)

MAR/APR 2026



## Nashua Senior Activity Center

*Presents an Irish Social Featuring*



**Harper  
Regina Delaney**

**Sings and plays  
traditional Irish music**

*Thursday, March 12, 2026*

*(Snow Date: April 2, 2026)*

*Doors Open: 1:30 pm*

*at the Nashua Senior Activity Center*

**Tickets available at NSAC:**

**\$5/members; \$7/non-members**

**Ticket Sale Deadline — March 5, 2026**

**Light refreshments will be available.**



Come join Irish harper, Regina Delaney, for a musical journey to Ireland. With tunes, songs, poetry, and dances, Regina will have your toes tapping and your voices singing.

**50/50**



**Kick Off to Summer BBQ will be held on Thursday,  
June 18, 2026. See page 4 for more information.**



## Flea Market!

**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.

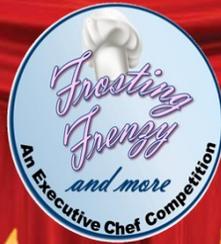
Vendor space is available after January 1. Tables are \$25 each. For information on table reservations, volunteering, or to make donations, contact Margo at 603-816-2643.

**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



*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)



Looking for NSAC's **COMPLETE LISTING** of activities/classes?  
Ask for a printout at our Front Desk or check online at  
[www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org) the activity schedule is on the home page



### KICKOFF TO SUMMER BBQ

June 18, 2026

9:30 am to 3:30 pm

at the Nashua Senior Activity Center

9:30 am to 12:00 pm:

Sponsors (in the Exercise/Dance Rm)

Give Aways, Door Prizes, Raffles, 50/50 & more!



#### TICKETS

On sale at the Front Desk starting April 1, 2026 (while they last!)  
\$15/members and \$25/non-members (purchase deadline: June 9)

Join us for our Fourth Annual Summer BBQ including a complete BBQ chicken dinner and an afternoon of music and fun celebrating our country's 250th anniversary!  will sponsor coffee and donuts in the VIP Lounge.

Get your tickets early . . . This event is expected to be a sellout!



#### 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.

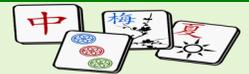
We will meet once a week on Friday mornings from 10:45 am to 11:45 am. This eight-week class will begin on April 3. Please buy **Faber's Adult Piano Adventures All-in-One Piano course book**. This book is available on Amazon, through numerous online retailers, and can also be picked up at Barnes and Noble locations. Registration and payment are due by March 26. Pick up a flyer at the Senior Center reception area.



#### Learn Mah Jongg with Tim Adams

6 week class starting Wednesday, April 8th 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 and how to set up and play the game. You will also learn the use of the tiles and interpretation of the card. We look forward to seeing you! Space Limited: Registration & payment due at the front desk by April 1st! "Space is limited"

#### TRIVIA TUNES WITH VINNY

Sponsored by Faith Canner

Thursday, April 30th —1:30-2:30 PM

Nashua Senior Activity Center

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

(Purchase tickets by April 23rd.) 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)

### "NEW" Water Color Classes

**"Free" Meet & Greet on Monday, March 23<sup>rd</sup> at 1pm**

**Come meet Kristine Mancuso an Artist, Instructor that has been teaching art in NH for over 20 years.**



**Following the Free Meet and Greet we will be offering a  
4 Week Class starting Monday March 30<sup>th</sup> 1-3pm.**

Come join me and explore the magic of watercolor. No experience is necessary. Students will learn to work with watercolor practicing various techniques and color theory. Each week we will have fun developing new skills and painting simple watercolor paintings. (Flyer available with full details in front reception area)

**Fee: members: \$60, non-members: \$80 (plus a \$10 material fee due to instructor on the first day of class). Registration and payment is due by March 23<sup>rd</sup>.**

### 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 2 six week classes starting Thursday, March 5<sup>th</sup>. 10 am is Chair Pilates Level I class, and at 11 am is Chair Pilates Level II.**

**Registration and Payment are due by February 26<sup>th</sup>. Fee: \$36/Members; \$46/Non-Members**

### "NEW" 4 Week Tai Chi class with Jenny.

**Thursdays at 1:00 p.m. starting March 19<sup>th</sup>.**

This Tai Chi series is designed to be gentle, accessible, and beneficial for all. Each class will begin with a warm-up and simple exercises to activate the Chi (life energy), followed by foundational Tai Chi forms and movements. We will explore how Tai Chi supports joint health, balance, brain function, and overall energy flow. Whether you're new to Tai Chi or have some experience, this class welcomes all levels and physical abilities. Pick up flyer in front reception area for full details.

**\$24 for members \$34 for non-members Registration and payment due by March 12.**



**"New" Coming soon:** Semi Private Personal Training Classes with Sharon. Join us for a free informational meet and greet on March 25<sup>th</sup> at 1 pm. Pre-register by March 20. Pick up flyer at front reception area.



### 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 18<sup>th</sup> at 10am. "

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

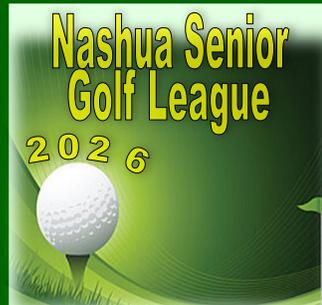
#3 "Reading the River": Wednesday April 22<sup>nd</sup> at 10am

#4 "Our Neighbor, the Nashua" Wednesday, May 13<sup>th</sup> at 10am

### Legacy Stories Video Meet & Greet Free – March 25<sup>th</sup> at 1 pm

Preserve your memories or your parents' stories! Local videographer Kevin offers **free life-story video interviews** — relaxed chats about favorite memories, family moments, and life lessons.

- 45–60 min session, you choose what to share
  - Edited video gifted to you/family
  - Kids/grandkids welcome to join
- Pre-register at the Front Desk by March 20<sup>th</sup>.



**Calling all Golfers, Spring is just around the corner. The Nashua Senior Activity would like to invite members 50 and over to plan in our 2026 Nashua Senior Golf League. This will be our 29<sup>th</sup> season! We will be playing Monday Mornings at the Whip-Poor-Will Golf Course. For those interested in playing this year we will start taking sign-ups February 23<sup>rd</sup>.**

**Registration Fee is \$85.00. Please note space is limited and is on a first come, first serve basis. Our fearless leaders Hank Berdnardini and Phil McLaughlin have offered to run the league again this year. They will be hosting an informational meeting at the Senior Center on March 16<sup>th</sup> at 10am to go over details of this year's league.**

## 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**

### *Technology Help Desk with Dean*

Dean is available the 4<sup>th</sup> Wednesday of every month from 9:00 a.m. to 12noon in the education room to answer any of your technical questions regarding cell phone, tablets, laptops and more. Whether you are 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. Upcoming dates: March 24, April 22, May 27 and June 24.



#### 7 Week Beginner Photography Class

**Tuesday, April 7th 10—11 AM**

In this **beginner** smartphone photography class you will learn how to use the camera on your phone, how to edit and share those images, as well as learn basic rules of composition and artistry.

This is a hands-on class that will culminate with an art show reception. Awards will be given for first, second, third places and Best in Show. This 6 week class is for you if you want to get better at taking photos with your phone or just enjoy photography and want to learn more. The class material will be adapted to match the needs and level of knowledge of the class.

**Fee: \$65/Members and \$85/Non-Members plus \$10 materials fee for book and matted prints to be paid 1st week of class Registration & Payment is due no later than March 25th**

#### 7 Week Intermediate Photography Class

**Tuesday, April 7th 11:30—12:30 PM**

In this **intermediate** Smartphone Photography class you will build on the skills and knowledge gained in the beginner class to continue to expand and improve your photography skills.

We will discuss lighting, advanced composition, the story-telling element of photography, focus on how to edit your images right from your phone and more!

The class will culminate with an art show reception. Each student will have 2 matted prints as entries into the show. It is recommended that you have completed the beginner level class before enrolling.

**Fee: \$65/Members and \$85/Non-Members plus \$10 materials fee for book and matted prints to be paid 1st week of class Registration & Payment is due no later than March 25th**



## Beginners Line Dance Lessons



**For those who are just learning line dance we will be offering a six week session April 13th at 10 am. Pre-registration and payment is due by April 6th, \$38 for members, \$48 for non-members. Pick up flyer in front reception area for full details.**

## PROGRAMS (Martha Ackerman, Manager)

### EVENING PROGRAMMING

Haven't tried **Restorative Yoga**? Here's your chance! Join Sharon on **Tuesday, March 24 at 5:30 p.m. for a 1 hour 1 evening 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 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: yoga mat, 1 bolster, 2 yoga blocks, 1 blanket (or large towel). **Registration deadline March 20.** See Flyer

Join Sharon on **Tuesdays at 5:30 p.m. for a 6-weeks class starting March 31 for Mat Pilates.**

Mat Pilates is a floor-based workout using your body weight to build core strength, improve flexibility, and tone muscles through controlled, precise movements. Pilates is gentle on joints, improves posture, balance, mobility, and focuses on the mind-body connection. I look forward to sharing the benefits of pilates with you on the mat. Please bring your own props: mat, pilates magic circle, small 9" soft fitness ball.

**Registration deadline March 27.**  
**See flyer for details**



**Hoop Yoga Continues!** Haven't tried Hoop Yoga yet? Here's another chance!

Join Shelly Toomey on **Mondays at 6:00 p.m. for a 6-week class starting March 23 for Hoop Yoga**

Hoop yoga is a 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. Build confidence while strengthening your core. No hula hoop experience needed and hula hoops will be provided. Registration and payment due by March 16th, Members \$36 Non-members \$46



Your dedication and commitment to our mission has made a positive impact in our Senior Center community. The Senior Center will recognize one registered volunteer each month, and the volunteer will be recognized for their dedicated service to the Senior Center.



#### **JANUARY VOLUNTEER OF THE MONTH**

Meet **Ginny Guinesso**...

Ginny Guinesso has been selected to be the Nashua Senior Activity Center's January Volunteer of the Month.



After retirement, Ginny joined the Nashua Senior Activity Center and has been a library volunteer for 12+ years. Ginny loves books and loves to read. She enjoys good conversation and being with people. Ginny is an active participant in Fred Daniel's CPTe Posture Training for Health and Stability class for several sessions. When not volunteering at the Senior Center, Ginny generously takes care of her friends and neighbors by driving them to their doctor appointments, shopping and various other appointments. ***"I love to read. I love it when people come into the library and we can talk about books and other interests that we share."***

#### **FEBRUARY VOLUNTEER OF THE MONTH**

Meet **Hank Bernardini**...

Hank Bernardini has been selected to be the Nashua Senior Activity Center's February Volunteer of the Month.



Hank's passion for golf is what brought him to the Nashua Senior Center. Here he worked with Barney Barbera and Dick Price to build a successful 70+ player golf league that today still plays on Mondays at Whip Poor Will Golf Course in Hudson, NH. He often talks about the friendships he has made, the fun golf scrambles, pizza parties, and year-end banquets he organized with prizes and raffles.

***"It's a lot of work but I love doing it"***

Hank has also enjoyed some other activities at the Senior Center. He has traveled on some Senior Center trips, attended Fire and Fusion, brought his grandchildren to Breakfast with Santa and was a faithful follower of Gerald Dickens every year when he performed in Nashua..

Volunteers play an important role at the Nashua Senior Activity Center. The time and talents of these individuals are truly valued and appreciated. If you have some free time and an interest in doing volunteer work please contact Martha Ackerman at 603-609-7989.



**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.

**Tuesday, March 10, 2026 Andy Cooney Irish Celebration**

**Nashua Senior Center and Best of Times Travel Proudly Present**

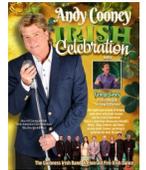
Andy Cooney Irish Celebration with George Casey Irish Comedian "The King of Blarney" at the Davensport in Danvers, MA.

**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!

Meal: Corned Beef and Cabbage or Baked Scrod

**Cost: \$142**



**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 14, 2026 Ain't Too Proud Ogunquit Playhouse**

The electrifying Broadway Musical that follows the Temptations' extraordinary journey from the streets of Detroit to the Rock & Roll Hall of Fame. This thrilling story of brotherhood, family and loyalty is set to the beat of the groups treasured hits, including "My Girl" and "Just My Imagination" and so many more. Enjoy lunch at Jonathan's before the show. **Depart: 10 am Return: 6:30 pm Cost: \$189**



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

**Departs: 9:00 a.m. Returns: 6:00 p.m. Cost: \$149**  
Wait List Only



**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: \$235**



**Wednesday, June 24, 2026 Mt. Washington Cog Railway & Lunch at the Mt. Washington Hotel**

**The 6288' Summit of Mt. Washington:** "The 2<sup>nd</sup> Greatest Show on Earth", is what P.T. Barnum proclaimed in 1869 after arriving at the top of the highest peak in the Northeast on the Mt. Washington Cog Railway. Enjoy a 3-hour round trip that includes a 1-hour layover at the top, plenty of time to explore the Visitor's Center and rooftop observation deck, interactive weather exhibit and even send a postcard with a unique Mt. Washington post mark from the summit Post Office. Enjoy a delicious seasonal lunch at the historic Omni Mt. Washington Hotel.

**Depart: 6:30 a.m. Return: 5:30 p.m. Cost: \$199**



**Wednesday, July 15, 2026 Celebrating 250 Years Tall Ships**

Set sail on The Spirit of Boston for a 2 hour cruise on Boston Harbor and view the majesty of the Tall Ships. Enjoy a delicious lunch buffet while taking in the beauty of the Tall Ships while anchored. Spend 2 hours exploring the sights or hop aboard a tall ship for a closer look.

**Depart: 7:45 am Return: 4 pm Cost: \$170**



**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.**

**Thursday, July 30, 2026**

**Ethan Allen Lake Champlain Lunch Cruise & Living the Dream Alpaca Farm**

Cruise Lake Champlain on the Ethan Allen. Hop aboard and lose yourself in the breathtaking scenery of Lake Champlain, where every snapshot is postcard perfect. Enjoy the 90-minute scenic narration cruise while enjoying the chef's seasonal lunch. As we head back to New Hampshire, we'll stop at Living the Dream Alpaca Farm in Quechee. Meet the rescue alpacas. You will have the opportunity to get up close and personal with the friendly alpacas. Learn interesting facts about these adorable, docile and soft creatures. You'll have a chance to shop in the gift shop.

**Depart: 7:30 a.m.**

**Return: 6:00 p.m.**

**Cost: \$170**



**Tuesday, August 11, 2026**

**Isles of Shoals and Foster's Clambake**

Our day will start with lunch at Foster's Clambake in York, Maine. Enjoy a complete Lobster Lunch with all the fixings (lobster, steamers, mussels, corn-on-the-cob, roasted potatoes, and blueberry crumb cake), there is a BBQ chicken and vegetarian option available. After lunch we set sail on the historic Isles of Shoals and Portsmouth Harbor Cruise. Come aboard the Victorian style M/V Thomas Leighton for a cruise and experience the fascinating legends of our legendary New Hampshire & Maine Seacoast. Little known but historically crucial, the legendary Isles of Shoals, located 9 miles off our coast, are an intriguing archipelago of 9 islands steeped with history.

**Depart: 10:00 a.m.**

**Return: 6:00 p.m.**

**Cost: \$149**



**Thursday, September 3, 2026**

**Boston Harbor Bingo Cruise**

Looking for the perfect blend of relaxation and excitement? Join us on September 3 for a fun afternoon on the water that includes Boston Harbor sights and the historic city skyline, a gourmet buffet lunch, 3 rounds of high-stakes bingo, great prizes and an onboard DJ with everything from classic line dances to top-40 hits!

**Cost: \$149.00**



**Wednesday, September 30, 2026**

**Meredith Turkey Train**

The Turkey Train whistle will blow as we board the Turkey Train out of Meredith, NH. This 2-hour train ride follows the scenery along the western shores of Lake Winnepesaukee, and Paugus Bay while passing along the Weirs Beach Boardwalk. While on board the Turkey Train, enjoy a delicious lunch catered by Hart's Turkey Farm. Lunch includes roast turkey, mashed potatoes, stuffing, butternut squash, gravy, cranberry sauce, rolls and apples crisp for dessert.

**Depart: 11:30 a.m.**

**Return: 5:30 p.m.**

**Cost: \$148**



**Wednesday, October 21, 2026**

**John Mellencamp's Small Town**

**A World Premiere John Mellencamp Musical**

Step into the story of a small town in free-fall. Including John Mellencamp's greatest hits, this isn't just a musical—it's a pulse-pounding story of the men and women living on the edge of the promise. Follow Jack and Diane, two star-crossed lovers refusing to let the world break them or bury their youthful fire. Through the echoes of "Hurts So Good," "Lonely Ol' Night," "Small Town," and the iconic "Jack and Diane," witness a multigenerational community at a crossroads, making tough choices in a desperate bid for a better life. Enjoy lunch at Jonathan's Restaurant with choice of Chicken Piccata or Baked Lemon Scrod

**Depart: 10:00 a.m.**

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

**Cost: \$189**

## 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

Monday March 23, April 13



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 United Way of Greater Nashua.

thank you

to our

**BUSINESS SPONSORS**



Hearing Life will conduct free hearing tests **Wednesday, April 15, 2026** from 9—10:30 am. Free and open to the public



## Health Clinics **NEW DATES**

**Foot Care Clinics by Home Health & Hospice in the NSAC Health Rm:**  
For dates and times and to schedule an appointment call 603-689-2899.

**Parish Nurse Program:** March 11, 25, April 8, 22 from 10:30 am - 11:30 am

The Parish Nurse Program from St. Joseph Hospital is at the Nashua Senior Activity Center on the 2nd & 4th Tuesday of every month providing blood pressure checks, answering medication & lab questions, providing resources about dementia & more. Free & open to the public. Walk-in clients are seen in order of arrival.



### Medicare Q&A Resources

**Choice Benefit Services**—Perry Cataldo—Every Tuesday of each month; 9A—12P in NSAC's lobby

**Daisy Benefit**—Catherin Perkins—First Wednesday of each month, 9A—12P in NSAC's lobby

The Nashua Senior Activity Center in partnership with the United Way will host the **Memory Café** on Wednesday: **March 11, April 8, May 13, and June 10 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.

Thank you to our community partners at Bridges By Epoch, Life Care Centers, and Nashua Post Acute Care for their assistance.



## COMMUNITY PARTNERSHIPS/SEMINARS

### You can win this GORGEOUS quilt created by the Senior Center Quilters

Tickets: \$1 each or six tickets for \$5

(available at the Front Desk or online at [nashuaseniorcenter.org](http://nashuaseniorcenter.org))

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



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

Proceeds benefit the Nashua Senior Activity Center Permit #25-0102

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.**



### Notary Public Service

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

Lower your brain age in minutes a day! We invite you to try something new. Brain games will help boost your reasoning and thinking.



Wednesday, March 18 1 p.m. Pre-Register at the Front Desk by March 11. 603-889-6155



### SENIOR WALKING CLUB

**FRIDAYS 9AM—10AM**  
**NASHUA RIVER RAIL TRAIL**  
TRAILHEAD LOCATED AT 94 GILSON RD,  
NASHUA NH  
**STARTING MAY 8TH**



SENIOR WALKING CLUB IS WEATHER DEPENDENT

### 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.

**STARTING MAY 8TH**

### Best of Times presents...

Boothbay Harbor, Freeport, Cabbage Island, Maine Lobster Bake – July 21-23

Break for Moose at the Grand resort Hotel at Sunday River – October 8-10

Christmas New York Style – December 8-9

Flyers are in the Trip Office

### 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.**

A poster is available at the Nashua Senior Center.

## COMMUNITY PARTNERSHIPS/SEMINARS

### LANGDON PLACE OF NASHUA PRESENTS

#### THE DEMENTIA EXPERIENCE

See flyers in lobby of NSAC for details

9:00 AM—12:00 PM (30 MINUTE SESSIONS)

LOCATION: Nashua Senior Center

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.

For registration: Please contact Denise Blair, Director of Marketing and Admissions at 603-888-7878 or [dblair@langdonnashua.com](mailto:dblair@langdonnashua.com)

The Experience will be in 30 minute increments.



### Monday Morning Movies

Third Monday of each month 10 am to 12 pm  
Nashua Senior Activity Center.

For Monday, March 16: **EASTER PARADE**

For Monday, April 20: **MEET ME IN ST. LOUIS**

A Free Benefit for our **members only**.

Light refreshments will be available. Members need to sign up at the Front Desk one week prior to the movie. Grant funded by anonymous donors.



### Peer Support Group for Blind and Vision-Impaired Older Individuals April 27, 2026 1:30pm—3:00pm Nashua Senior Activity Center

“About Future in Sight: NH’s oldest organization service Blind and Visually Impaired”



FUTURE  
IN SIGHT

### MEETINGS

March 10 & April 14 at 1 pm  
Nashua Senior Center, 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.

### A MATTER OF BALANCE

Tuesdays and Thursdays beginning April 28, 2026 for 6 weeks at 12:15 pm

This program is designed to teach people how to manage their lives with the goal of preventing falls. The program includes discussion on various topics related to fall prevention as well as exercises to improve flexibility, strength, and balance. If you have concerns about falling and want to learn about ways to prevent falls, this class is for you!

The program is for **members only**. Cost is \$30 Payment is due at first class. Please make check payable to Fred Daniels. Sign up begins March 10, 2026 Please Register at the Front Desk



### Property Tax Relief Assistance Friday, May 8th 10:00 am to 2:30 pm

Tax volunteers will be available to assist those who qualify for a refund from the NH Homeowners Property Tax Relief for the property taxes they paid to their city or town. To qualify for tax relief The Adjustable Gross Income (AGI) for Single filers must be \$37,000 or less or \$47,000 or less for Married Filing Jointly or Head of Household filing statuses. Your AGI can be found on line 11a of Form 1040, or Form 1040SR. This is a **free service and there is no age limit to qualify**. You must bring a copy of your final property tax bill for 2025 and a copy of the 2025 federal income tax return for each adult over 18 who owns or lives in the home. In April, call **Pauline at 603-888-2554 for an appointment**.



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.

## 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 1:45 pm in lounge

**MUSIC WITH JUST JIM:** Thursday 10:30 to 11:45 am, 12:45 to 1:45 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, MAR 13 and APR 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**

**FREE**

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

**MARCH 10    APRIL 14**

**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)

**MEALS on WHEELS** Monday to Thursday from 11:45am to 12:30pm Call 603-882-2106  
 HILLSBOROUGH COUNTY 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

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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.

### 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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www.nashuaseniorcenter.org

 www.facebook.com/nashuasac

 @nashuaseniors