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STAFF

Executive Director

Margo Bell

603-816-2643
mbell@nashua
seniorcenter.org

Program Manager

Martha Ackerman

603-609-7989
mackerman@nashua
seniorcenter.org

Activities Director

Cathy Barrett

603-816-2647
cbarrett@nashua
seniorcenter.org

Development Dir.

Judy Porter

603-816-2649
jporter@nashua
seniorcenter.org

Office Manager

Rosemary

Crawford-Smith

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

NASHUA

NEWS

**SENIOR
ACTIVITY
CENTER**

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

ISSUE #351

70 Temple Street • Nashua, NH 03060 • 603-889-6155

www.nashuaseniorcenter.org

MAY/JUN 2026

KICKOFF TO SUMMER BBQ

Thursday, June 18, 2026

9:30 am to 3:30 pm

at the Nashua Senior Activity Center



**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!**

THE DAY'S SCHEDULE

9:30 am to 12 pm

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



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

9:45 am to 11:30 am

VIP Lounge is open for coffee and donuts—sponsored by home instead. Music provided by The Bald Eagles.

11:30 am

Dining Room doors open.

12:00 pm

Lunch (BBQ with all the fixings) is served.

1:15 pm

The Ukestra with Mike Loce will get you singing and toe-tapping as we celebrate the USA's 250th anniversary! Expect a unique selection of uplifting tunes that evoke optimism along with traditional patriotic songs.



2:45 pm

50/50 and raffle drawings

TICKETS:

On sale at the Front Desk (while they last!)

\$15/members; \$25/non-members — purchase deadline: June 9



Thank you!
GOLD
SILVER

To all the sponsors of the 2026 NSAC Kickoff to Summer BBQ:

Langdon Place of Nashua; Rockland Trust

Hearing Life; Triangle Credit Union; United Healthcare;

Alpha Home Care; Nashua Post Acute Care; Ledgewood Bay

A Special
THANK YOU
to



for providing the coffee and donuts in the VIP Lounge.



Thank you to our 2026 Sponsors

VENUE SPONSOR

**LANGDON PLACE OF NASHUA
BRIDGES BY EPOCH AT NASHUA**

Premier Sponsor

**Triangle Credit Union • Joyful Choice Wellness
Shaheen and Gordon, P.A. • United Healthcare**

Elite Sponsor

**Lions Club of Nashua • Choice Benefit Services
Alpha Home Care • Eastern Bank • Southern NH Health**

Supporter Sponsor

**LOTW • Nashaway Womans Club
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Home Instead • Northeast Delta Dental**

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Lifecare Centers of America

Dessert/Hors d'oeuvres Sponsors

**Arbors of Bedford • Choice Benefit Services
Bridges by Epoch at Nashua • Joyful Choice Wellness
Merrimack Adult Day Health Center
Hillsbrook Village at Allenstown
Nashua Crossings**

**Matera Health - Villa Crest Nursing & Retirement,
Maple Leaf Health Care Ctr., Epsom Health Care Ctr.**

Shooting Stars

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

Thank you to Club National for donating funds to us from their Meat Bingo in February.



Thank you to **FeedNH.org** for a generous \$5000 grant in support of our programs.



Thank you to the City of Nashua and the Gen Xpo for your generous donation of \$1000 raised from the event. Funds such as these allow us to continue to serve seniors and their families.



Monday, September 21, 2026

Doors open: 5:30 PM - Game begins 6:30 PM

Tickets go on sale June 1, 2026

\$50 in advance - \$60 at the door (if available)

(Limited to 100 - must be 18)

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

Door prizes and gift certificates to restaurants, stores & more!

Heavy appetizers and beverages

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

ACTIVITIES DIRECTOR (Cathy Barrett)



Thank you Veterans!

Giving back to our Veterans... Wednesday, June 3, 11 am—3 pm
 Rachel Lopez has been serving the community for many years, offering rejuvenating manicures, refreshing facials and relaxing chair massages. Rachel is offering complimentary mini-hand treatments tailored to your needs. This special offering is a small token of her appreciation to all those who have

served. Stop by, relax, and enjoy a moment of care and connection as she honors our veterans. Please pre-register at the front desk by May 27.

Celebrating Mother's Day! Monday, May 11, 9 am—3 pm

Treat yourself to a relaxing, feel-good, self-care designed to leave you refreshed and renewed.

Just in time for Mother's Day, enjoy a special, limited-time offer: a manicure and a 15 minute facial for only \$45.00. Appointments fill up quickly, so be sure to reserve your spot and enjoy some well-deserved pampering!

Registration and payment is due by May 7.

For additional services and price lists please pick up a flyer



Meet the Author, Mike Morin

TV's Golden Age of Candlepin Bowling

Monday, June 1, 2026 at 10am Nashua Senior Activity Center

(This event is free and open to the public. We do ask that you preregister by May 27th)

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

His writing career began in 2004, where after 21 years, Mike produces a humor column every other Sunday for the Nashua Telegraph. His TV credits include work as a television weatherman and nine-years co-hosting nearly 300 candlepin bowling TV shows.

Mike's first book, a career memoir, *Fifty Shades of Radio: True Stories of a Morning Radio Guy Being Wired, Tired and Fired*, came out in 2013. In 2019, he released *Lunch with Tommy and Stasia: TV's Golden Age of Candlepin Bowling*. In late 2022, he released his newest book, *If These Walls Could Talk*, on the history of New Hampshire's Red Arrow Diner, which turned 100 in October, 2022.

He was a recipient of the Will Rogers Humanitarian Award in 2013 from the National Society of Newspaper Columnists. *Book will be available for sale. Pick up a flyer at the front reception area.*

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 the activity schedule is on the home page



"NEW" Beginners Water Color Class

4 Week Class starting Monday May 11th 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 May 7th.

"NEW" 4 Week Tai Chi class with Jenny. Thursdays at 1:00 p.m. starting May 7th.

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 May 5.



Semi-private personal training classes with Sharon.

We still have space for Tuesday 4:15 evening classes. Call Cathy Barrett for more information. 603-816-2647



Nashua and Merrimack River Watershed,

Presents Our last of 4 Wonderful Educational Programs

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

#4 "Our Neighbor, the Nashua" Wednesday, May 13th at 10am Pre-Register by May 7th.



TRIVIA TUNES WITH VINNY

Sponsored by Faith Canner

Wednesday, July 22nd — 1:30-2:30 PM

Nashua Senior Activity Center

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

(Purchase tickets by July 14th.) 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!



Humanitarian Photographer Exhibit June 4th at 10:00 am

Gregory J. Kyer is a volunteer Humanitarian Photographer, recently living in Vietnam for the past four years. Greg worked to support nonprofits and NGOs to help raise awareness for their causes. Most of which served the poor and elderly.

Greg will exhibit his work at the Nashua Senior Activity Center, to share these experiences with a new audience. By capturing unique portraits of people living vastly different ways of life on the other side of the world, he hopes to inspire viewers to reflect on the larger world we all share — its beauty, its challenges, and the remarkable resilience of the human spirit that connects us across borders.

Exhibit is free, please sign up to attend at front desk by May 28th.



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 4th Wednesday of every month from 9:00 a.m. to 12 noon 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: May 27 and June 24.



Celebrating Our Country's 250th Anniversary by crafting a beautiful 13" bandana wreath.

Two convenient Dates/Times: **Wednesday, June 3 at 1:00 p.m. OR Monday, June 22 at 5:30 p.m.**

Hillary of Hillary Craft Flair will take us step by step to create this patriotic red, white and blue wreath to hang on your door. All supplies included. Cost: \$25/members; \$30 non-members

Registration (at Front Desk) and payment due: May 27 (for June 3rd class) and June 15 (for June 22 class). The wreath will be on display in the Center's lobby.



Introducing Zentangle!

In Zentangle, there are no rules – let the ink lead the way. Start with simple mark – a squiggle, a circle, or even a jagged line and see what creation unfolds. Join us either **Wednesday, June 10 at 5:30 p.m.** or **Thursday, July 23 at 12:30 p.m.** for this easy-to-learn, fun, and relaxing activity to create beautiful images.

There will be **2 Free Meet & Greets** (Wednesday, May 27 at 5:30 p.m. or

Thursday, May 28 at 12:30 p.m.) so you meet the artist and discover your artistic talent!

Cost: \$15/members; \$20/non-members. See Flyers for more details. Sign-up at the front desk.



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. 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. **Monday, June 15th, at 6 pm.** Please pre-register by June 8th.

PROGRAMS (Martha Ackerman, Manager)

EVENING PROGRAMMING

Haven't tried **Restorative Yoga**? Here's your chance! Join Sharon on **Tuesday, May 12th 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 May 8th.** See Flyer

Join Sharon on **Tuesdays at 5:30 p.m. for a 6-weeks class starting May 19th 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.

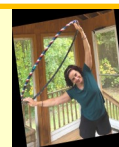
Registration deadline May 15th.
See flyer for details



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 5-week class starting June 1 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 May 29th, Members \$30 Non-members \$40



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.



MARCH VOLUNTEER OF THE MONTH

Meet **Jocelyn Sharp-Henning...**

Jocelyn Sharp-Henning has been selected in a random drawing to be the Nashua Senior Activity Center's March Volunteer of the Month.



Jocelyn's long-time relationship with the Nashua Senior Center started in 1995. She was hired as the Activities Director and in that role, she was responsible for development and fundraising. Jocelyn planned all the activities for the Center, many of which are still activities and events today.

Jocelyn coordinated the Senior Picnic, the yearly Variety Show, supervised the Annual Plant Sale and soooo much more! She was instrumental in the development and planning of the new Senior Center. While Joceyn officially retired in 2002 – she took on a new role as volunteer. She rolled up her sleeves and jumped in. She actively participated in Designer-Bag-Bingo, Fire and Fusion, she helped transition people and activities from the "old" center to the "new" center. For many years Jocelyn was an officer of the Board of Directors and currently she volunteers in the Membership Office. Jocelyn likes to be with people and keep busy. Volunteering at the Center gives her a sense of purpose and keeps her active. "The busier you stay, the healthier you stay."

APRIL VOLUNTEER OF THE MONTH

Meet **Katherine DeCarpis...**

Katherine DeCarpis has been selected in a random drawing to be the Nashua Senior Activity Center's April Volunteer of the Month.



Katherine left her job as an X-Ray Technician at Mass General and moved from Bedford, MA to Nashua, NH when her husband retired. Her family was seeking a slower-paced life and chose Nashua because it was close to many things and places they liked to visit.

Katherine started volunteering at the Center shortly after they moved to Nashua. Katherine started volunteering in the library and all these years later she is still a committed library volunteer. While volunteering in the library, Katherine took on other projects – folding and stuffing envelopes, cataloging books and helping staff members with various projects. Katherine tells me the library was a busy place. Members came and talked about current events, shared ideas and recommended books to other members. Katherine believes that COVID changed many things – including the library traffic. While it may be a slower pace, the library remains a vital part of the Senior Center's day-to-day activities. Katherine still likes to talk about what is happening in the world, and sharing book ideas but she "loves to read and what better place to read than in the library."

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.

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



Wait List

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

The 6288' Summit of Mt. Washington: "The 2nd 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

Wait List



Thursday, July 30, 2026

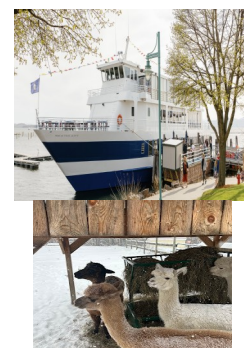
Ethan Allen Lake Champlain Lunch Cruise & Living the Dream Alpaca Farm

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



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

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, 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

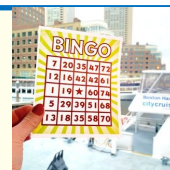


Thursday, September 3, 2026

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



Cake Decorating Class

Join us **Monday, June 8 at 6:00 p.m.** at the Nashua Senior Center for a Cake Decorating Class. Let your creative energy loose and decorate a 4" cake and bring it home to share with your family and friends. Baker Gohar Bazemore of Sweet Art believes a cake should spark joy before the first bite. As a local cake artist and workshop host, she's passionate about helping everyday people discover their creative side, one swirl of buttercream at a time. She most loves vibrant fruit, painterly buttercream textures and fresh florals. Cost: \$50 and includes all the supplies. Sign-up at the front desk.

Cake Decorating

Nashua Senior Center | June 8, 2026
70 Temple Street | 6pm
Nashua, NH

COST: \$50

SIGN UP AT THE FRONT DESK
OR CALL 603-889-6155

COMMUNITY PARTNERSHIPS/SEMINARS

NEEDED: Keyboard Player

Seasoned piano accompanist needed for the Silver Lining Chorus rehearsals and bookings. Come join this wonderful cause of bringing music to assisted living and other senior communities and watch the audiences' faces light up with joy! All genre of music performed.

For more information, contact Cathy at 603-816-2647



thank you

to our

BUSINESS SPONSORS

TD Bank



CENTER FOR PHYSICAL THERAPY & EXERCISE

Fairview Senior Living

ST. JOSEPH HOSPITAL
A Member of Covenant Health

Myrehab
PHYSICAL THERAPY

Davis Funeral Home
Established 1842

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: May 12, 26, June 9, 23 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

Early Stage Dementia Support Group

Bridges of Epoch at Nashua and the **Nashua Senior Center** announce a new support group that welcomes individuals in the early stages of dementia. You can find a judgement-free space to share your feelings and voice concerns in a supportive setting. A diagnosis can feel overwhelming. Join a community that makes sense of the journey. Join us the **4th Wednesday of every month from 11:00 a.m. to 12:30 p.m. May 27, June 24, July 22.**

Please RSVP to Martha Ackerman at 603-609-7989 or mackerman@nashuaseniorcenter.org or sign up at the front desk.

The **Nashua Senior Activity Center** in partnership with the **United Way** will host the **Memory Café** on Wednesday: **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, Fairview Senior Living and Nashua Post Acute Care for their assistance.



United Way
of Greater Nashua

COMMUNITY PARTNERSHIPS/SEMINARS

Save the Date!

Collette Tours will present their 2027 Multi-Day Trips on **Thursday, September 3 at 10:00 a.m.** Explore the Colorado Rockies and Shades of Ireland will be the 2 tours offered for 2027. See flyers in the trip office for more details.

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.



WALKING CLUB

Nashua Senior
ACTIVITY
CENTER
Serving the 50+ Community

FRIDAYS 9AM-10AM
NASHUA RIVER RAIL TRAIL
LOCATED AT 94 GILSON RD, NASHUA NH
MAY 8TH - OCTOBER
WALKING CLUB IS WEATHER DEPENDENT



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.



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



Come join us on Thursday, May 21st at 1PM. We ask, although there is no fee to attend, that you pre-register by May 14th.

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.

STARTING MAY 8TH

TD SAFE ROADSHOW Security Awareness for Everyone

WHEN: Tuesday, June 9 11 am—12 pm

WHERE: Nashua Senior Activity Center
70 Temple Street

It is important to protect yourself from financial fraud and identity theft, so consider attending the TD SAFE Roadshow.

- Hear about the latest scams and how to protect yourself
- Learn tips for detecting and avoiding fraud
- Keep your assets SAFE

Presented by TD Bank.



To Register ahead: Call the Nashua Senior Activity Center at 603-889-6155

The Key Legal Documents Everyone Needs
Estate Planning for Everyone

May 11, 2026 5:00 PM

Nashua Senior Activity Center,
70 Temple Street



Topics Include: Powers of Attorney, Health Care Directives and Living Wills, Wills and Trusts, what happens if documents are missing, common mistakes and misconceptions. Planning ahead can bring peace of mind for you and your loved ones.

Join us for an informative session on the essential legal documents every adult should have in place and why they matter.

Presented by Morneau Law—a local firm located in downtown Nashua, providing guidance to individuals and families in estate planning.

To sign up, please call the front desk at 603-899-6155

COMMUNITY PARTNERSHIPS/SEMINARS

The winner of the beautiful quilt donated by the Senior Center's Quilting Group was **Carol Bouchard**



Monday Morning Movies

Third Monday of each month 10 am to 12 pm
Nashua Senior Activity Center.
For Monday, May 18: **Three Came Home**
For Monday, June 15: **Picnic**

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

June 23rd, 2026 1:30pm—3:00pm
Nashua Senior Activity Center

“AI and Meta Glasses Discussion: how to get the most out of it”



FUTURE IN SIGHT

MEETINGS

May 12 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.

GET UP AND GO



Join Fred Daniels from the Center for Physical Therapy and Exercise for a 6 week/12 sessions class. Scheduled dates are **Tuesdays and Thursdays from 12:15 to 12:45 starting June 16**. As we age, moving around can be a little more challenging. Getting out of a chair, getting in and out of bed, and getting up/down from the floor can be difficult. The course will focus on strength, flexibility and safe effective techniques for accomplishing these tasks.
Members only: Cost: \$25 made payable to Fred Daniels at first class.
Please Register at the Front Desk on or after May 12, 2026.

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 Form1040, 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.**



WHO: The Senior Center Team consists of Bob McIntosh, Erin Hendrickson, Elizabeth Kelly, Megan Komisarek, Kris Komisarek, Hunter Judd. Each member has a goal to raise \$1,000.

WHAT: A fund-raising event for non-profits sponsored by United Way. 100+ individuals will rappel down 24 stories of the Brady Sullivan Tower.

WHERE: 1000 Elm Street, Manchester

WHEN: June 22-23, 2026

WHY: Raise money for the Nashua Senior Center

HOW: Please go to nashuaseniorcenter.org to make a donation OR by check payable to **UNITED WAY** (put team member's name and Nashua Senior Center in MEMO) and leave at the front desk.

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.

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

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

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



VETERANS COFFEE CLUB
 Join us with Lewis Chipola, Chairman,
 City of Nashua Mayor's Veterans Council
Friday, MAY 8 and JUN 12
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.

MAY 12 JUNE 9

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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CLOSINGS:

The Nashua Senior Activity Center will be closed Wednesday, May 6 for our Frosting Frenzy event off-site, Monday, May 25, in observance of Memorial Day. June 18 for our Kick Off to Summer BBQ, we will be open but only for the BBQ and closed for all other activities.

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

 www.facebook.com/nashuasac

 @nashuaseniors