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NASHUA

NEWS SENIOR ACTIVITY CENTER

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

ISSUE #352

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

JUL/AUG 2026



ICE CREAM SUNDAE SOCIAL WITH KARAOKE!

**Our Famous DJ Robyn Lynn: Host, Emcee & Singer
will be at the Nashua Senior Activity Center
on Wednesday, August 19th at 1:30**

Tickets \$5/members & 7/non-members

Please purchase tickets at the front desk by August 12



**Sponsored
by:**



Enjoy an afternoon, with a delicious Ice cream Sundae with the topping of your choice. For those of you that would like to have some fun Robyn Lynn will have you up singing your favorite song. For those of you that would rather be spectators you are sure to have a good time. Robyn and I have a little surprise that is sure to finish off your afternoon!

See you there.

Monday, September 21, 2026

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

Tickets on sale

\$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, raffles!

TICKETS: contact Margo Bell 603-816-2643

Heavy appetizers and beverages

**SPONSORED BY: Shaheen and Gordon;
Morneau Law; Langdon Place**





ANNUAL KICK-OFF TO SUMMER BBQ UPDATE!

All participants had a great day at the Annual BBQ. The day started off with a room full of sponsors who gave out goodies along with chance to enter for a free door prize. After completing the rounds, many chose to head up to the music room for donuts and coffee while being serenaded by Jim L. with some old-time favorite tunes. The afternoon was topped off with a delicious BBQ Chicken dinner with all the fixins and raffles, door prizes and entertainment provided by the Ukestra.

Thank you!

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

GOLD Langdon Place of Nashua; Rockland Trust

Brookhaven Hospice; Hearing Life; Triangle Credit Union; United Healthcare; Alpha Home Care; Nashua PostAcute Care; Ledgewood Bay

SILVER
A Special THANK YOU to



for providing the coffee and donuts in the VIP Lounge.

NSAC WEEK AT GATE CITY CASINO!

Charitable Gaming to Benefit the Nashua Senior Activity Center

Monday, July 6, 2026 to Sunday, July 12, 2026 9:00 AM to 1:00 AM

Try your luck at various card games such as 21 Stud, Ultimate Texas Hold 'Em, Crazy 4 Poker and more! Take a chance on the Roulette Wheel and the casino's new gaming machines! Have a fun night out and support the Nashua Senior Center. 35% of the proceeds from these days is donated to the Nashua Senior Center. This amazing fundraiser helps the Center provide services to the senior population in the Greater Nashua area. **Help us beat the amount raised at our 2025 event!**

UNITED WAY OF GREATER NASHUA in partnership with the NASHUA SENIOR ACTIVITY CENTER is sponsoring a shoe drive. July 1 to August 31, 2026

Give a Shoe Change a Life Walk This United Way.

United Way of Greater Nashua earns funds based on the total weight of shoes collected—Funds2Orgs issues a check for every pound, turning donated footwear into real dollars. Shoes are then redistributed through micro-enterprise partners in developing countries, giving every pair a second life. Locally: The Greater Nashua Shoe Fund helps residents with medical needs (diabetes, etc.), individuals needing work shoes, and anyone else facing barriers to essential footwear. Globally: Micro-entrepreneurs in developing nations grow small businesses and support their families.



DROP OFF SHOES IN THE BOX IN THE NSAC LOBBY



Thank you to the Senior Center Team:
Bob McIntosh, Erin Hendrickson, Elizabeth Kelly,
Megan Komisarek, Kris Komisarek



THANK YOU TO THE SUPPORTERS OF THE NASHUA SENIOR ACTIVITY CENTER**2025 ANNUAL APPEAL DONORS**

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IN-KIND DONORS**

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Canterbury Shaker Village	Dan Guerrette	North Shore Music Theatre	The Palace Theatres
June Caron	Gundalow Company	Old Sturbridge Village	The Skin & Body Spa
Charles River Boat Company	Gunstock Mountain Resort	Pats Peak Ski Area	Trader Joes
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Chunky's	John Hay Estate at the Fells	Bob and Judy Porter	Witches & Dungeon Museum
Clark's Bears	Sharon Kunz	Residence Inn Marriott	Worcester Red Sox
Colby Hill Inn	LaBelle Winery	Salem Witch Museum	YMCA of Greater Nashua
Currier Museum of Art	Barbara Labrecque	Seacoast Repertory Theatre	York's Wild Animal Kingdom
Dairy Queen	Life Care Centers	Seashore Trolley Museum	
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DONATIONS MADE IN HONOR OF

Annette Anctil	Yuen Eng	God
Priscille Barbera	Pam Fariz	Kenneth Lima
Mrs. Elsa Beck		Rita Pelletier
Louise Burbank	My cousin Diane Gendron, a very active member and advocate for the Senior Center	Staff & Volunteers at NSAC
Gail Collins		Cynthia B. Stevens, MD
John Eng		My wife Marie A. Tessier

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" Water Color Classes

4 Week Beginners Class starting Tuesday, September 15th at 1 pm

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)



Beginners II— Monday, September 14th at 10 am. Must have taken previous beginner water color.

Advanced—Monday, September 14th at 1 pm. Must have taken previous beginners II water color.

Fee: members: \$60, non-members: \$80 (plus a \$10 material fee for beginners class due to instructor on the first day of class). Registration and payment is due by September 8th.

"NEW" 4 Week Tai Chi class with Jenny.

Thursdays at 1:00 p.m. starting July 30th.

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 July 23rd.

SEMI PERSONAL TRAINING

3 people per session Move Better, Live Longer

Due to popular demand, we now have more time slots open.

Strength training is a crucial component of any exercise program. Weight bearing exercises are even more important because it helps counteract age-related changes in muscle mass, bone density, strength and balance. If you want the holy grail for aging, strength training is it!

(Please call Cathy at (603)816-2647) for next available dates starting in September) Fee for six-week session is \$90/Members & \$100/Non-Members.

Registration and Payment is due one-week prior to start date.



Who would like to play **SCRABBLE** this summer!

We have been lucky enough to get a nice scrabble board donated to the center.

Join us on Monday, July 20th at 1pm for an informal Meet & Greet.

Please sign up at front desk by July 15th.

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!

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: July 22 and August 26.



Introducing Zentangle!

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

Cost: \$15/members; \$20/non-members. See Flyers for more details.

Sign-up at the front desk by July 16th.



5:30 Evening, Mat Yoga with Terri!
6 Week Class to start on Thursday, July 9th
\$36/members and \$46/non members
Pre-registration and payment, is due by July 2nd.

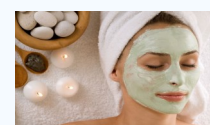
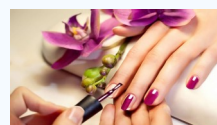
Open to all levels of practice and abilities, our soothing gentle class focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness. Therapeutic in nature, you will learn techniques to help you gain flexibility, while immersing yourself in a relaxing class that moves at a perfectly slower pace-allowing time to enjoy each pose. Expect lots of stretching and lingering in supported seated poses. Meditation and relaxation techniques will also be introduced, perfect for stress relief and overall well-being. (All levels)



“SPA TACULAR”

Upcoming dates for Manicures, Chair Massage, Facials

Pre-registration and payment is required at the front desk.
 Pick up flyer in Front Reception area.



PROGRAMS (Martha Ackerman, Manager)

EVENING PROGRAMMING

Haven't tried **Restorative Yoga**? Here's your chance! Join Sharon on **Tuesday, June 30th or August 18th 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). See Flyer for more information.

Join Sharon on **Tuesdays at 5:30 p.m. for a 6-week class starting July 7th for Mat Pilates. Second class begins August 25th for 6 weeks.**

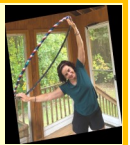
Mat Pilates is a floor-based workout using your body weight to build core strength, improve flexibility, and tone muscles through controlled, precise movements. Pilates is gentle on joints, improves posture, balance, mobility, and focuses on the mind-body connection. I look forward to sharing the benefits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

See flyer for details



Hoop Yoga will be back! 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 August 3 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 July 31st, 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.



MAY VOLUNTEER OF THE MONTH

Meet Phil McLaughlin...

Phil McLaughlin has been selected in a random drawing to be the Nashua Senior Activity Center's May Volunteer of the Month.



Phil is originally from Staten Island, New York. He came to Nashua in 1988. He has been retired for 10 years and Loves to Play Golf! Phil has been part of the Nashua Senior Center Golf League for 8 years and has served on the Golf Committee for 5 years. Through Phil's hard work and dedication, the golf league today is a thriving and fun league with a waiting list for the last 2 years. Phil and his team work hard to organize registrations, pair golfers together, work with the golf course to ensure that everyone in the league has a great season. Phil likes to travel with the Center and he Loves to Golf!

Phil played the trumpet with the Hollis Town Band and he Loves to Play Golf! He has participated in the CPTE Balance classes and Loves to Golf!

"People should plan for the future as soon as possible...Noah did build the Arc before it rained."

JUNE VOLUNTEER OF THE MONTH

Meet Cecile Bergeron...

Cecile Bergeron has been selected in a random drawing to be the Nashua Senior Activity Center's June Volunteer of the Month.



Cecile was born and raised in Lowell, Massachusetts. She came to Nashua in 1972 and has lived here ever since. Cecile worked in the Nashua School District in various positions from the cafeteria to the human resource office.

Cecile loves to sing and has a beautiful voice. From my office I could hear her voice singing familiar tunes that I could hum along. Cecile is a member of the Silver Lining Chorus where she is responsible for all the Music. She belongs to the Tuesday Tunes where the group's music was recorded for all to enjoy, and she sang with the T-Street ensemble, and Cecile has performed in many of the Senior Center Variety Shows. Fingers crossed we will hear her again this year!

"It's the music...it's a great way to make friends, be together and have fun!"

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, July 30, 2026

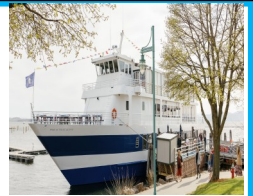
Ethan Allen Lake Champlain Lunch Cruise & Living the Dream Alpaca Farm

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



SAVE THE DATE: Boston Pops – Friday, December 11, 2026 Beautiful Noise – Sunday, April 4, 2027 see flyers in the trip office

Best of Times presents...

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

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.



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

For Monday, July 20: **The Sound of Music**

For Monday, August 17: **Mama Mia**



**Monday
Morning
Movies**

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.



**Craft
FAIR**

**Fall Harvest Craft Fair****Saturday, October 17 — 9:00 a.m. – 2:00 p.m.**

This year's Fall Harvest Craft Fair will showcase 40 + artists selling their beautiful, hand-made crafts. The Fair will also host a large bake sale, a huge raffle, a puzzle sale and we will serve breakfast and lunch. The Round Again shop will be open to "fill-a-bag" for \$6.

For more information on table reservations, volunteering, or to make an appointment for donations, contact Martha: 603-609 7989 or mackerman@nashuaseniorcenter.org.

Saturday, November 7, 2026 — 9 AM to 2 PMSenior Activity Ctr, 70 Temple St, Nashua (**FREE PARKING**)

Flea Market!

This Flea Market will showcase 30+ vendors selling both new and used merchandise, a book sale,

a "fill-a-bag" for \$6 sale (on clothing only) at the Round Again Shop, a raffle, and more! Volunteers to help with the event are needed. Limited "treasure" donations will be accepted by appointment only.

Raffle items graciously accepted.

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

COMMUNITY PARTNERSHIPS/SEMINARS

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**

Fairview Senior Living **CPTC CENTER FOR PHYSICAL THERAPY & EXERCISE**

TD Bank **Nashua ER**
A CAMPUS OF CATHOLIC MEDICAL CENTER

ST. JOSEPH HOSPITAL **Myrehab** **Davis Funeral Home**
A Member of Covenant Health **PHYSICAL THERAPY** Established 1922

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: July 14, 28, August 11, 25 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. July 22, August 26, September 23.**

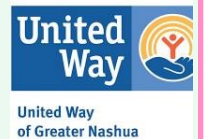
Please RSVP to Martha Ackerman at 603-609-7989 or mackerman@nashuaseniorcenter.org or sign up at the front desk.

The **Nashua Senior Activity Center** in partnership with the **United Way** will host the **Memory Café** on the second Wednesday of each month: **July 8, August 12, September 9, and October 14 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.

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



Save the date: **BREAKFAST WITH SANTA—SATURDAY, DECEMBER 5**

Save the date: **FESTIVAL OF TREES—SATURDAY, DECEMBER 5**

COMMUNITY PARTNERSHIPS/SEMINARS



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

Nashua Senior ACTIVITY CENTER
 Serving the 50+ Community
 TRAILHEAD

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.




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




Peer Support Group for Blind and Vision-Impaired Older Individuals
 August 25, 2026 1:30pm-3:00pm
 Nashua Senior Activity Center
“About Future in Sight: NH’s oldest non-profit organization serving Blind and Visually Impaired”

Healthcare Decision Making: Learn the Basics and Complete Your Forms
 Presented by: **Southern NH Health** **Wednesday, September 16, 2026**
 How can you communicate your medical wishes if you’re unable to make decisions for yourself? Learn about the Durable Power of Attorney for Healthcare and Living Will to help your loved ones and healthcare providers know your treatment preferences.
 Bring your questions and we’ll provide booklets to complete for your advanced care planning. You can take the booklet home, or you can put your preferences in writing that day. There will be notaries on site for you to sign your forms. You will receive the originals and an extra copy to share with your loved ones and healthcare providers.
 If you’re a patient of Southern NH Health, we will upload your information to MyChart on your behalf.
The program runs from 11 am to 1 pm. Pre-registration is helpful, call the front desk at 603-889-6155 to sign up and indicate the hour (11-12 block or 12-1 block) you plan to attend.
 Walk-ins are welcome.

Balance and Stability Class



6 Week class, starting August 4, 2026, Tuesdays and Thursdays 12:15-1:00 p.m.
 Join Fred Daniels from the Center for Physical Therapy and Exercise for this 6 week (12 session) class that focuses on exercises and stretches to increase strength, flexibility, coordination, stability and balance. These “moves” are steps to make you stronger, more mobile, more independent and have fewer falls. The cost for this course is **\$30.00** and fee is made payable to Fred Daniels on the first day of class.
Participation is limited to 20 and is for Members only.
Please Register at the Front Desk on or after July 7, 2026.



Nashua Senior Activity Center *INFORMATION*

CURRENT OPERATING HOURS:

Monday, Tuesday, Wednesday: 9 am - 4 pm ~ Thursday: 9 am - 7 pm ~ Friday: 9am—12 pm
 except pre-registered evening programs and by appointment—subject to change

ROUND AGAIN SHOP: Monday — Thursday 9 am to 3 pm ~ Friday 9 am to 12:00 pm. Fill-a-bag for \$6 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.

UPDATE: Please note. . .Effective August 2026 all store/shop “fill-a-bag” days will be \$6 ea.

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: Wednesday 10:30 to 11:45 am & 12:30 to 1:45 pm in the lounge

MUSIC: 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, July 10 and AUG 14
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.

July 14 August 11

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.

MEALS on WHEELS

HILLSBOROUGH COUNTY

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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Nashua, NH
Permit # 103

CLOSINGS:

The Nashua Senior Activity Center will be closed Friday, July 3, in observance of Independence day on July 4.

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