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NASHUA

NEWS SENIOR ACTIVITY CENTER

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

ISSUE #353

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

SEP/OCT 2026



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 (on clothing only).

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



Join us for
Nashua Senior Activity Center's
musical spectacular celebrating



Saturday, November 21, 2026 at 1:00 pm
at the Nashua Senior Activity Ctr, 70 Temple St, Nashua
Tickets on sale September 15th at the Front Desk
(until sold out!)

Advance tickets: \$15; At the door: \$20
Children 10 and under: \$10



**Enjoy an afternoon of music and fun including songs,
dances, instrumentals and more directed by Kathy Lovering.**
Please support this amazing event!



WAIT LIST

Monday, September 21, 2026
Doors open: 5:30 PM
Games begin 6:30 PM
Call 603-816-2643 for information

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

Saturday, November 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 \$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, call and leave a message, 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.

Flea Market!

FESTIVAL of TABLETOP Trees, WREATHS and CENTERPIECES

ALL TREES, WREATHS
AND CENTERPIECES
WILL BE RAFFLED

DEC. 3	DEC. 4	DEC. 5
10AM - 3PM	10AM - 12PM	8AM - 10:30AM

NASHUA SENIOR ACTIVITY CENTER
70 TEMPLE ST, NASHUA NH

FREE ADMISSION
Celebrate. Connect. Give.
Proceeds benefit the
Nashua Senior Activity Center.

MAKE
MEMORIES
THAT LAST A
Lifetime

FOR MORE INFORMATION
VISIT WWW.NASHUASENIORCENTER.ORG

Breakfast with Santa

hosted by the
 Nashua Lions Club

Saturday, December 5
8:00 a.m. to 10:30 a.m.
at the Nashua Senior Activity Ctr.,
70 Temple St., Nashua

Tickets sold at the door:
\$9.00 per person
\$5.00 — children 5 to 12;
Children under four are free.

Enjoy a delicious French toast breakfast,
visit Santa, and be sure to visit our *Festival of
Tabletop Trees, Wreaths, and Centerpieces.*

New toys collected
for Nashua PAL.

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 Monday, September 14th 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.
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.

Learn Mah Jong with Tim Adams

6 week class starting Monday, September 21st, from 1—3 pm

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



Mah Jong is a game developed in the mid 1800's in China and today is played by millions around the world. This beginner's class will introduce you to the game, tile uses and how to interpret the card, as well as how to set up and play the game. We look forward to seeing you! Space Limited: Registration & payment due at the front desk by September 14th!

Free Cribbage Lessons I am taking names for those interested in taking Cribbage lessons on **Tuesdays at 10 am**. Space is limited, you must pre-register at the front desk. First come, first served. You will be called with a start date.

Let's play SCRABBLE!



Drop in on Monday's at 9:30 a.m.—12 noon.
Join us starting Monday, September 21.
\$2.00 for members \$3.00 for non-members

TRIVIA TUNES WITH VINNY

Sponsored by Faith Canner

Wednesday, October 28th —1:30-2:30 PM

Nashua Senior Activity Center

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

(Purchase tickets by October 21st.) 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! Tickets go on sale September 9th.



For those who are just learning line dance we will be offering a six week session with Karrie starting September 14th at 10 am. Pre-registration and payment is due by September 8th. \$38 for members, \$48 for non-members. Pick up flyer in front reception area for full details.



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: September 23 and October 28.



We are currently taking names for those who are interested in learning how to use the Uber, Lyft and other rideshare apps on your cell phones.

Sign up at the front desk or call 603-889-6155



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! Upcoming 6 week sessions start **Tuesday, September 15th at 4:15 pm** and **Wednesday, September 16th at 10 am and 11 am.**

Fee for six-week session is \$90/Members & \$100/Non-Members. Registration and Payment is due one-week prior to start date.

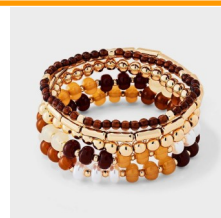


Come and enjoy making a fun gift for yourself or a loved one. A Stretch Bracelet **Beading class** will be held on Thursday, November 5, at 1 pm.

Cost is \$10 for members / \$12 for non-members.

Supplies are included.

Please register at the front desk by October 29.

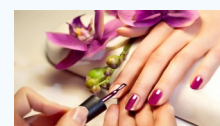


Walking Club Fridays 9 am—10 am at Nashua River Rail Trail located at 94 Gilson Road, Nashua NH through October. Walking Club is Weather Dependent.

"SPA TACULAR"

Upcoming dates for Manicures, Chair Massage, Facials
September 17, October 29.

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



ACTIVITIES DIRECTOR (Cathy Barrett)



Meet the Author, Mike Morin

TV's Golden Age of Candlepin Bowling

Wednesday, October 14, 2026 at 10am Nashua Senior Activity Center

(This event is free and open to the public. We do ask that you preregister by Oct 7th)

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.*

Humanitarian Photographer Exhibit

October 6th at 1:00 pm

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 September 29th.

See the next Newsletter for Holiday Social details.



Eight Week Keyboard Lessons

Fee: \$160 members; \$190 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 **Wednesday afternoons** from **12:15 to 1:15 pm** for **beginners**.

Beginners II will meet from **2:45 to 3:45 pm**

Advanced group will meet from **1:30 to 2:30 pm**.



These eight-week classes will begin on **September 16**. Beginners, please buy **Faber's Adult Piano Adventures All-in-One Piano course book**. This book is available on Amazon, through numerous online retailers, and can also be picked up at Barnes and Noble locations.

Registration and payment are due by **September 9**.

Pick up a flyer at the Senior Center reception area.

PROGRAMS (Martha Ackerman, Manager)

EVENING PROGRAMMING

Finger Crochet Chunky Blanket Workshop

Join Dasha Randlett, owner of Dash of Creativity, as we make this easy, no knitting needles and no crochet hooks. In this hands-on workshop we will learn the basics of finger crochet while creating a soft throw blanket.

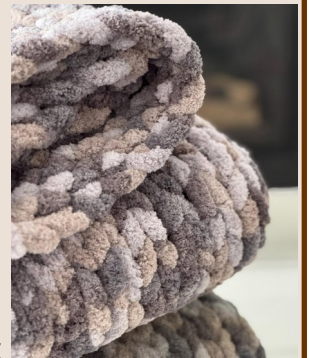
The technique is simple to learn, relaxing and easy to continue at home. This class is perfect for beginners and anyone looking for a fun, creative evening.

Class Date; Monday, October 19- 6:00 -8:00 p.m. Cost is \$40 – Supply your own yarn.

We will be making a twin-size blanket and you will need 6 skeins of Bernat Blanket Extra Thick yarn or similar jumbo chenille yarn.

Please sign up at the Front Desk by Monday, October 15, 2026. Cost: \$40 per person

For more information see flyers in the lobby or contact Martha Ackerman at mackerman@nashuaseniorcenter.org or 603-609-7989.



Let's make Christmas Cards with Donna McNulty!

Join us **Wednesday, November 4 at 1:00 p.m. or 6:00 p.m.** for a fun afternoon or evening of creating your very own Christmas Cards. No experience needed. All materials included. Each class is limited to 12 participants.

Cost: \$15.00

Register at the Front desk or call 603-889-6155.



Cookie Decorating Class

Join Gohar Bazemore from Sweet Art for a fun evening of Cookie Decorating. Unleash your inner artist and decorate some delicious cookies. It's going to be a fun filled evening of creativity and sweets.

Class Date: Thursday, November 12 at 6:00 p.m. Pre-registration is required. Please sign up at the Front Desk by November 6, 2026.

Cost: \$50 per person (includes all supplies and refreshments).

For more information see flyers in the lobby or contact Martha Ackerman at mackerman@nashuaseniorcenter.org or 603-609-7989.



FREE VISION SCREENINGS

The Nashua Lions Club and the Nashua Senior Activity Center are hosting Vision Screening **Monday, November 9, 2026 starting at 9 am.** Call to make an appointment at 603-889-6155.



BONE BUILDERS

Join Jeanne on **September 23 at 1:00 p.m.** to hear all about the Bone Builders class coming to the center! At this workshop, we will discuss the format for this exciting 60 minute class designed to keep you active, functional and strong. Bone Builders classes will focus on total body strengthening and flexibility exercises that provide a variety of benefits such as better balance, strength, posture, bone density and joint health. Come to learn about the class and benefits, meet the instructor and bring home the paperwork needed to get started on October 5! Classes will run twice per week, Mondays and Wednesdays from 1:00 -2:00 p.m.

PROGRAMS (Martha Ackerman, Manager)

EVENING PROGRAMMING

Join Shelly Toomey for Hoop Groove.

Hoop Groove is for anyone that likes music and gentle dance flows. Hoop Groove helps build body awareness and alignment. Repetitive movement shifts energy and quiets the mind. Hoop Groove builds strength, balance, flexibility and mental focus while having fun! No hooping experience is needed. Hoops are provided.



Six-week session starting **Monday, September 14 at 6:00 p.m. Fee is \$36 Register at the Front desk by September 10.**

Space is limited to 12 participants.

Join Sharon on Tuesdays at 5:30 p.m. for a 6-week class starting September 15 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.

See flyer for details.

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.



JULY VOLUNTEER OF THE MONTH

Meet Benesh Konecny...

Benesh Konecny has been selected in a random drawing to be the Nashua Senior Activity Center's July Volunteer of the Month.



Benes was born and raised in Hawaii. He comes from a military family and has lived in many places around the world. He attended 11 different schools, attended high school in Newmarket, NH for 2 weeks and graduated from high school in Seoul, South Korea. Benes went on to graduate from Plymouth State College with a Degree in Education. He taught 6th grade in Milford, NH for 34 years. Benes has been retired for 20+ years and has been volunteering ever since. He has always had a passion for music and that passion exploded when he heard the Beatles for the first time in 1964, when they came to the United States. He came to the Nashua Senior Center in 2016 and has been playing here 2 days a week ever since. Benes was "hired" on the spot to play music in the Coffee Talk Lounge 2 days a week. He does more than play music from the 50's, 60's and 70's. He is engaging, does trivia, and his program is interactive. The lounge is always full with people, singing and laughing when Benes is playing his music! "I knew I wanted to do volunteer work after I retired. I never volunteered before but I knew that all my life I was on the receiving end of people volunteering to help me and I knew it was my turn to give back."

AUGUST VOLUNTEER OF THE MONTH

Meet Marie Chipola...

Marie Chipola has been selected in a random drawing to be the Nashua Senior Activity Center's August Volunteer of the Month.



Marie and her husband Lewis were born and raised in New Jersey. They have lived in Nashua for 20+ years. When their daughter graduated from graduate school and moved to Massachusetts, Marie and her husband decided to come north to be close. They settled in New Hampshire. Marie's husband was deeply rooted in Veteran's Programs and felt that New Hampshire had more to offer veterans than the State of Massachusetts.

Marie came to the Nashua Senior Center in 2020. She is an amazing volunteer with the ability to juggle many balls at the same time. She volunteers every Wednesday in the business office. Marie is responsible for reconciling all the Center's program accounts, documenting all the receipts for program and activity sign-ups. She makes the weekly deposits and is responsible for all the reconciliations. At the same time, she is busy putting her artistic talents to work. She is the person responsible for the amazing program/activity flyers you see on our bulletin boards. Marie creates all the tickets for all the Senior Center fundraisers and parties and is often seen helping at all these events. "In retirement, you have to stay busy. Volunteering your knowledge to help others gives you a sense of purpose."

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, 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****Strawbery Banke Museum's Christmas Candlelight Stroll and lunch at Warren's Seafood.****Dec. 6, 2026****Depart: 11:15 a.m.****Return: 7:00 p.m.****Cost: \$143**

"Explore 350 + years of seasonal holiday traditions at Strawberry Banke Museum's 46th Annual Candlelight Stroll. Wander the Museum grounds under the glow of candle boxes and string lights, visiting historic homes decorated with greens and dried flowers from the Museum's heirloom gardens. Inside, costumed role players portray neighborhood families, sharing stories, customs, and seasonal traditions. Twice each evening Ice Dancers International's Currier and Ives Vintage Christmas Skaters take the ice for special performances that capture the spirit of the season. Visitors can warm up at the Cider Shed with a cup of cider, then explore the Grove of Sponsored Holiday Trees.

**Friday, December 11, 2026 Holiday Boston Pops****Cost: \$215**

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

Depart: 10:45 a.m.**Return: 6:30 p.m.****Neil Diamond's Musical "A Beautiful Noise"****Sunday, April 4, 2027 – Show Time: 1:00 p.m. Depart: 9:45 a.m. Return: 5:00 p.m. Cost: \$199***Lunch on your own at the Prudential Center.*

The Los Angeles Times writes "The story of the legendary Neil Diamond comes to life on stage in an uplifting new Broadway musical, **A Beautiful Noise: the Neil Diamond Musical**, featuring all his hit songs including *Sweet Caroline*, *America*, and *Cracklin' Rosie*."

The grandson of Jewish and Polish immigrants, Brooklyn born and raised, Neil Diamond was a New York kid down to his boots, strumming his guitar on the steps of Erasmus High School. 1960s America was hungry for change and so was he. He landed a big gig selling songs for fifty bucks a week in the legendary Tin Pan Alley's Brill Building. At night he honed his voice on stage at the Village Bitter End, but he knew he was destined for something greater.

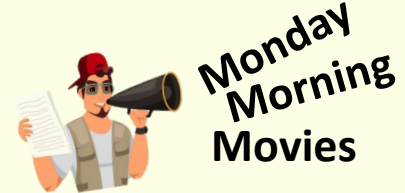
Volunteers play an important role at the Nashua Senior Activity Center. The time and talents of these individuals are truly valued and appreciated. If you have some free time and an interest in doing volunteer work please contact Martha Ackerman at 603-609-7989.



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

For Monday, September 21: **The Sound of Music**

For Monday, October 19: **Guys and Dolls**



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.

Movement for Mobility

Improving your balance, coordination and endurance can be challenging. "Movement for Mobility" improves all three together. This class, provided by Center for Physical Therapy & Exercise (CPTE) will run for six weeks.

Participants will be engaged in various movement patterns with the help of music combining fitness and dance. If you can stand, you can do this class. **Class begins on Tuesday, October 6**, and will meet Tuesdays and Thursdays from 12:15 to 1:00 pm. The cost for this course is \$30.00 and is for **Members Only**.

Please register at the front desk **on or after September 10, 2026**. Payment is to be made payable to **Fred Daniels** on the first day of class.



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 **3rd Thursday of every month from 10:30 a.m. to 12:00 noon. September 17, October 15, November 19, December 17.**

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

Nashua PAL and Nashua Police Toy Collection

November 2—December 11

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



Humane Society for Greater Nashua Pet

Food Pantry Collection is ongoing and the collection bin is in the lobby for pet food donations. Starts September 1.



Winter is Coming! Winter Coat Drive: Monday, September 28—Friday, October 30.

The Nashua Senior Activity Center in partnership with United Way of Greater Nashua will be collecting clean, gently used winter coats. The collection bin is in the lobby. Thank you.



TRICK or TREAT! NSAC is partnering with SCARE to collect new or gently used Halloween Costumes for area children. Collection Dates: **Monday, Sep 14—Friday, Sep 25.** Collection bin is in the lobby.

TD SAFE Security Awareness for Everyone **ROADSHOW**

WHEN
11AM – 12PM
Tuesday, October 13th

WHERE
70 Temple St Nashua (Nashua Senior Center)

Come out and learn about scams that target and are most prevalent in the over 55 communities.

It's 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**



SCAN THE QR CODE OR VISIT
td.com/fraudprevention

TD Bank

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COMMUNITY PARTNERSHIPS/SEMINARS

Hearing Life is hosting **Free Hearing Screenings**

Free! Open to the Public Walk-Ins Welcome!
No Appointment needed. Thursday, September 24
9 am to 10:30 am. Nashua Senior
Activity Center 70 Temple Street,
Nashua



Annual Meeting of the Nashua Senior Activity
Center will be held on **Wednesday, October 21,**
2026 at 3 PM. Please stop at the front
desk to register your attendance.



thank you

to our

**BUSINESS
SPONSORS**

Fairview
Senior Living



CENTER
PHYSICAL
THERAPY
EXERCISE



Nashua ER

A CAMPUS OF CATHOLIC MEDICAL CENTER

ST. JOSEPH
HOSPITAL

A Member of Covenant Health

Myrehab
PHYSICAL THERAPY

Davis
Funeral Home
Established 1862

Health Clinics **NEW DATES**

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

Parish Nurse Program: September 8, 22, October 13, 27 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—Catherine Perkins—First and Third Wednesday of each month, 9A-12P in NSAC's lobby

Breathe New Hampshire – COPD Connect

Join Breathe New Hampshire and Nashua Senior Activity Center for a FREE program open to individuals living with COPD and other respiratory conditions. "COPD Connect is a free educational program designed for people living with COPD and other lung conditions, their caregivers, and anyone interested in learning more about managing lung disease, improving quality of life, and breathing easier. COPD Connect includes two expert presenters, opportunities to ask questions, community resources, and time to connect with others." Location: Nashua Senior Center on **Thursday, October 15 from 12 noon – 1:00 p.m.** Please sign up at the front desk or call 603 889-6155.

FLU CLINIC The Nashua Public Health Department will be at the Nashua Senior Activity Center to administer the Flu Vaccine (High & Low Dose) on **Thursday, October 15 from 9:00 – 11:00 a.m.**

Please bring your Medicare/Insurance Card. Pre-registration is requested. Once you have scanned the QR code...Enter the enrollment code: NH36714 Select your location in the drop down: Nashua Senior Center 10/15/2026. Walk-ins are Welcome.



The **Nashua Senior Activity Center** in partnership with the **United Way** will host the **Memory Café** on the second Wednesday of each month: **September 9, October 14, and December 9 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, Home Instead, Langdon Place of Nashua, Fairview Senior Living, 360 SHS and Nashua Post Acute Care for their assistance.



COMMUNITY PARTNERSHIPS/SEMINARS



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. There will be a Certificate awarded to those who complete the class. Class lasts about 1.5 hours (depending on the number of students).

Monday, October 5th, at 10 am.

Please pre-register by September 28th.

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.

**Meeting September 8th, 2026 &
October 13th at 1:00 PM ,**

**at the Nashua Senior Activity Center,
70 Temple Street, Nashua NH.**

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



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

**October 27, 2026 1:30pm-3:00pm
Nashua Senior Activity Center**

“Wrap Up and Planning for 2027”

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.

Harrows Gift Card Sale

Purchase a **\$25 gift card for \$20**—Save money and support the Nashua Senior Center. Cards may be purchased at the Nashua Senior Center, 70 Temple Street or online at nashuaseniorcenter.org choose “Donate” and write in “Harrows” we will contact you to arrange pickup of your gift card(s).

Silver Seniors 80+ Coffee Talk

Join us for Coffee, Conversation and Friendship!



If you're **80 years young or older**, come enjoy a relaxed morning of socializing, sharing stories, and making new friends in a welcoming atmosphere.

**WHEN: First Thursday of every month
starting October 1, 2026**

TIME: 10:30 am—11:30 am

**WHERE: Nashua Senior Activity Center,
70 Temple Street, Nashua NH**

A welcoming gathering celebrating the wisdom, experiences and friendships of our silver seniors.

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 WITH JUST THE TWO OF US: 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, SEP 11 and OCT 9

9:30 am - 11:00 am

in the NSAC's Education Room.

Free and open to the public!

Learn about VA benefits and share memories of your time in the service. Feel free to bring photos to share. For more information, call 603-759-2478.



Coffee with a Cop

2nd Tuesdays

10 AM



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

September 8 October 13



**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
 HILLSBOROUGH COUNTY

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

Food Pantry available on various days, call for information.

NASHUA SENIOR ACTIVITY CENTER

Our Mission:

To promote healthy aging, independence and the well-being of older adults through health, wellness, educational, cultural and recreational programs and services.



**Nashua Senior Activity Center
70 Temple Street
Nashua, NH 03060**

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The Rotary Club of Nashua West presents: **SPAGHETTI CITY and the quest for the Paisano Cup** on **October 28, 2026 from 4:00 pm to 7:00 pm** at the Nashua Senior Activity Center, 70 Temple Street, Nashua. Tickets: \$5 (in advance or may be purchased at the door).

CLOSINGS:

The Nashua Senior Activity Center will be closed Monday, September 7, in observance of Labor Day, and Monday, October 12, in observance of Columbus Day.

NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

Monday through Friday: 9:15 am to 11:30 am

Membership Office Hours:

Eligibility: Membership is open to anyone in the greater Nashua area age 50 or older.

Membership and Renewal Fees: \$40 per year for individuals; \$60 per year for two individuals residing at the same address.

Membership Renewal by Mail:

Include a **self-addressed stamped envelope** to have your membership card and receipt mailed to you; otherwise, pick up your card and receipt when you visit the Senior Center.

Veterans Discount: Eligible military service veterans receive a \$5 discount.

Membership Fee Exemption: Membership fee is waived for seniors 90 years and older.

Payment: Cash, personal checks, credit cards, and debit cards are accepted.

Discounts on classes, entrance to social and special events, participation in other activities and more are privileges of membership. Therefore, membership cards must be presented at the time of registration.



FOLLOW US ON SOCIAL MEDIA:

www.nashuaseniorcenter.org



www.facebook.com/nashuasac



@nashuaseniors