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NASHUA

NEWS SENIOR ACTIVITY CENTER

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

ISSUE #354

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

NOV/DEC 2026



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



America's
★ 250th ★
Birthday



Saturday, November 21, 2026 at 1:00 pm

Tickets on sale now at the Front Desk (until sold out!):

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

No Refunds

This year's show is packed with entertainment spotlighting over 70 seniors, who will **WOW!!** you with their collective talent. This is expected to be a sellout! Enjoy a variety of dances, the Silver Lining Chorus, and some specialty acts. This show is a fundraiser for the Center, so come out and have a great time with family and friends.

Please support this amazing event!

All proceeds benefit the Nashua Senior Activity Center.

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!

Flea Market!

Holiday GIFT CARD TREE RAFFLE!

WIN BIG THIS HOLIDAY SEASON!

GRAND PRIZE

Holiday
GIFT CARD TREE

Packed with Grocery Store & Gas Gift Cards!

- ✓ Market Basket
- ✓ Shaw's
- ✓ Hannaford
- ✓ Shell (Gas Cards)
- ✓ and more!

PRIZES TOTALING MORE THAN \$600!

TICKETS

10 FOR \$20

2ND PLACE PRIZE

Pink
DUNKIN' DONUTS
GIFT CARD TREE

GREAT GIFTS! GREAT CAUSE!

Benefits NASHUA SENIOR ACTIVITY CENTER

DRAWING: DECEMBER 16

Purchase Tickets: www.nashuaseniorcenter.org
or at the Nashua Senior Center

LICENSE # 26-0217

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)

Look

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. Here's just a few new ones: Chair Yoga, Mat Yoga, Chair Pilates, Mat Pilates, Drop-in Line Dance classes, Beginners Line Dance Lessons, Cardio Drumming, Hoop Yoga, Tai Chi, Get Fit and Strong, Semi Personal Training, Keyboard Lessons, Technology Support, various card games and so much more . . .

WOW!

Don't forget our newest addition:

D₂ E₁
Mondays
9:30 am - 12 noon



\$2/members
\$3/non-members



For those who are just learning line dance, the NSAC will offer a five-week session with Karrie starting November 16 at 10 am. Pre-registration and payment is due by November 9. Pick up a flyer in the Front Desk reception area for full details.

Line Dance

\$32/members
\$42/non-members

**Need some
Doodle therapy?**

**Meet
Bea....**



Bea is an Australian Labradoodle and is certified with The Bright & Beautiful Therapy Dog Organization. She is hypoallergenic (does not shed), friendly, tolerant, and sometimes goofy!

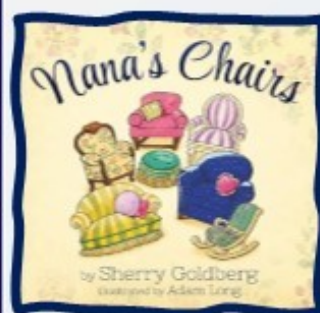
Did you know therapy dogs can improve physical and mental health by lowering stress hormones, reducing blood pressure, and boosting mood-enhancing brain chemicals.

As a therapy dog, Bea will provide **unconditional love, joy, comfort, stress or anxiety relief, and lots of smiles!**

Once a month, Bea will visit the Nashua Senior Center. Stop by on November 18, 2026 and December 9, 2026 at 1 pm to meet this cutie.



*I'm just a cutie
with a wiggling booty.*



**Come meet the author,
Sherry Goldberg, on**

**Mon, November 16
10:30 am**

**at the
Nashua Senior Ctr,
70 Temple St, Nashua**

Nana has Parkinson's Disease and needs help to do many things throughout her day. Her grandchildren are curious about her chairs and wheels. They learn that the right chair for the right chore helps her to be more comfortable, independent, and safe.

Please pre-register by Nov 9. For those interested in purchasing one or more *Nana's Chairs*, you can pre-pay when you register. These make great gifts! Proceeds from the sale of *Nana's Chairs* will be donated to



**THE MICHAEL J. FOX FOUNDATION
FOR PARKINSON'S RESEARCH**

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 phones, 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: November 25, December 23 and January 27.



Holiday Social

December 10, 2026 at 1:00 pm

Enjoy a festive afternoon at the Senior Center with friends! **Just Us Two** will entertain you with all your holiday favorite tunes . . . with special guest, Brenda Perrier.

*Thank you
to our sponsors*

Medtronic

**Homewatch
CareGivers™**
Caring experts. Expert care.

**Bridges
BY EPOCH**
Senior care solutions
of Nashua



TICKETS:

Members — \$5 (refundable at door); Non-members — \$7 (non-refundable)

Purchase tickets by December 3

Learn how to get a ride with Uber and Lyft

November 12, 2026 at 1:00 pm

Paul Snyder from United Way will share a step-by-step guide to installing the app and getting your first ride. Sign up at the Front Desk or call (603-889-6155) to register by November 9, 2026.

Some of the topics to be covered include:

- Installing the app
- Requesting a ride
- Staying safe
- First-time setup
- Meeting and tracking your driver
- After the ride



Looking Ahead to 2027

Please Note: The following classes for the New Year will begin in February:

- ~ Eight-week Beginners Keyboard Lessons w/Scott
- ~ Four-week Beginners & Intermediate Watercolor Class w/Kristine
- ~ Six-week Mah Jong lesson with Tim
- ~ Six-week Semi-Personal Training w/Sharon
- ~ Six-week Tai Chi Class w/Meghan (Wednesdays, 1 pm)
- ~ Six-week Beginners Line Dance Lessons w/Karrie (Mondays)

You can pick up flyers with full details at the Front Desk reception area beginning December 1, 2026. More information will be available in the Jan/Feb 2027 newsletter.



ACTIVITIES DIRECTOR (Cathy Barrett)

VETERANS DAY

Wednesday, November 11, 2026

Thank You
VETERANS



NASHUA

SENIOR
ACTIVITY
CENTER



What a great year for the Senior Center Golf League! Thank you Hank Bernardini, Phil McLaughlin, Rick Carbonneau, Lee Menegoni, and Bill Barrett for all your hard work!



SEASON PLAYOFF WINNERS

First Place: Bud Francis and Al Somers
Second Place: Hank Bernardini and Alice Comerford
Third Place (tie): Rick Dukeshire and Tony Deshero
Geff Prost and Tony Fantasia



END-OF-SEASON SCRAMBLE TOURNAMENT WINNERS

First Place: Geff Prost, Tony Fantasia, Valerie Denault, Phil McLaughlin
Second Place: Bill Yorkell, Larry Siegel, Eric and Melissa Dunkle
Third Place: Mike Burns, Dave Burns, Michael Potter, Sharon Cassidy
Fourth Place: Hank Bernardini, Alice Comerford, Don Vincent, Frank Kaminski

SCRAMBLE SKILLS CONTESTS WINNERS

Women's Chipping Closest to Pin: Barb Nevins

Women's Putting: Anne Sirois

Men's Putting: Mike O'Connell

Closest to the Pin — Hole #2: Kevin Moore (25' 1")

Closest to the Pin — Hole #9: Eric Dunkle (16' 9")

Women's Straightest Drive (closest to line): Sharon Cassidy (7' 1")

Men's Straightest Drive (closest to line): Larry Nutting (5' 2")



Thank You

**Domino's Pizza
in Hudson**



PROGRAMS (Martha Ackerman, Manager)

EVENING PROGRAMMING

Join Sharon on Tuesdays at 5:30 p.m. for a 6-week class starting November 3, 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. Six-week session starting **Tuesday, November 3 at 5:30 p.m.** **Fee is \$36 Register at the Front desk by October 30.** Space is limited to 12 participants.



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, November 2 at 6:00 p.m. Fee is \$36.**

Register at the Front desk by October 30. Space is limited to 12 participants.

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

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. This 60-minute class is designed to keep you active, functional, and strong.

Classes will run **Mondays and Wednesdays** each week from **1:00 pm to 2:00 pm beginning December 7.**

Cost: \$80 for an eight-week session.



PROGRAMS (Martha Ackerman, Manager)

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.



Memory Café

The **Nashua Senior Activity Center** in partnership with the **United Way** will host the **Memory Café** on the second Wednesday of each month: **December 9, January 13, February 10, March 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.

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.

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.



SEPTEMBER VOLUNTEER OF THE MONTH

Meet Valerie Denault...

Valerie Denault has been selected in a random drawing to be the Nashua Senior Activity Center's September Volunteer of the Month.



Val has been a volunteer team member of the Senior Center for 10+ years. She worked with Pat Francis coordinating Bingo and transitioned to the front desk when Bingo ended. She found her niche. Val is friendly and welcoming as folks come into the Center. She is dependable, keeps herself well-informed of what's happening at the Center and is always willing to lend a helping hand.

Val worked at Edgecomb Steel where she held different positions and retired from the accounting department after 50 years of service. During her retirement, Val joined and played in a women's league with State Golf, where to qualify, a golfer must have maintained a certain Handi-cap. Being part of State Golf, Val played at 7 or 8 different golf clubs throughout the State of New Hampshire. At a time when men dominated the golf world, belonging to State Golf allowed women like Val to play and compete. Val continues to play golf with the Senior Center's Monday Golf League. "Exercise, being with people, and being involved in the community keeps me feeling young." Val has traveled to some amazing places – Russia, Poland, the U.K. and Africa. "I like to see and visit new places. "I've had a very good life. I've worked hard for what I have and I am enjoying this time in my life."

OCTOBER VOLUNTEER OF THE MONTH

Meet Pam Hodge...

Pamela Hodge has been selected in a random drawing to be the Nashua Senior Activity Center's October Volunteer of the Month.



Pam is the welcoming face when you come into the Membership Office on Thursday mornings. Pam has been a volunteer at the Senior Center for 8 years. In addition to processing memberships, Pam volunteers at the Center's 2 yearly Flea Markets and helps coordinate our monthly Memory Café. Pam is dependable, friendly and always ready to lend a helping hand.

Pam has been married for 54 years. She has 2 daughters and 2 adult grandchildren. She loves spending time with her family. Pam has lived in Nashua for 20+ years and was a compassionate caregiver for her father for 12 years. Pam retired after 26 years working in administrative services for the Massachusetts Department of Public Safety. She retired in 2015. Pam volunteered at Saints Memorial Medical Center before joining the volunteer team here at the Senior Center. Pam and her family enjoy making memories at their vacation place in Lincoln, NH.

"Life is good, keep going, one day at a time."

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.

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 Musial "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.

Watch for January 2027 newsletter for 2027 trip information

Volunteer Opportunities at the Nashua Senior Activity Center

Library: Mornings, Monday-Friday from 9:00 a.m.–noon and afternoons, Monday–Thursday from noon–3:00 p.m. Duties include receiving and sorting books by category for library circulation. Receive and sort books for library book sales. Keep library clean, up-to-date and festive.

Membership Office: Monday – Friday from 9:00 – 11:30 a.m.

Duties include processing new memberships, renewing memberships, updating data base, creating printed membership cards, printing new membership cards, taking payments and reconciling daily receipts.

Trip Office: Monday – Friday from 9:00 – 11:30 a.m.

Duties include taking trip reservations for Center's day trips, documenting all traveler information, processing trip payments, recording and reconciling daily receipts.

Front Desk: Monday – Friday from 8:45 a.m. – noon and Monday – Thursday from noon – 4:00 p.m.

Duties include greeting all who come to the Center. Answer and direct all phone calls. Sign-up members/non-members for classes/programs, take payments, record all receipts and maintain a clean and organized environment.

Contact Martha Ackerman at 603-609-7989 for more information and to sign up.

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

For Monday, November 16: **Little Women**

For Monday, December 21: **Holiday Inn**

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.



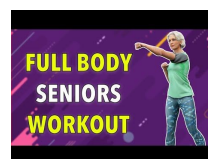
**Monday
Morning
Movies**

Exercise: A Whole Body Experience



CPTe (Center for Physical Therapy and Exercise) has a new class that is being taught by Fred Daniels. It is a four-week session (eight classes) that takes the mental and physical parts of exercise to a new level. It will focus on body awareness, stability, flexibility, and working together to improve our bodies and brains. Be prepared to learn and have fun. The class will run **Tuesdays and Thursdays from 12:15 to 1:00 pm. Class starts Tuesday, November 17th. The cost for this course is \$25.00 and is for Members Only.**

Please register at the front desk **on or after November 4, 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. November 19, December 17, and January 21.**

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.



WEAR YOUR PLAID!

Join the Senior Center Staff and Volunteers for "Wear Your Plaid" Day on Wednesday, November 18.



Check in when you arrive at the Center. Receive your **FREE RAFFLE** ticket. Raffles will be held several times during the day for your chance to win!

WEAR YOUR PLAID!

5 EASY TIPS to PREVENT LOW BACK PAIN

Hosted by **SAC BAY** PHYSICAL THERAPY

Local physical therapist and back pain specialist, **Dr. Dakota Krol** will provide 5 easy tips to keep your back from "going out," over the winter months.



Back pain is the leading cause of disability world-wide and the most common reason for medical consultation in the U.S.



In fact, 4 out of 5 people experience back pain at some point.

Learn from an expert, 5 easy tips that can improve your spine health over the winter months!



NOVEMBER 18TH
11AM – 12PM

at the



NASHUA SENIOR CENTER

70 Temple St., Nashua, NH



FREE and open to the public but you must reserve your seat by calling the Nashua Senior Center at

603-889-6155



Light refreshments SERVED



Take care of your back so you can enjoy all the season has to offer!

COMMUNITY PARTNERSHIPS/SEMINARS

Thank you to the Demoulas Foundation for your generous event sponsorship.

Save the date!
Saturday, March 6, 2027
9 am—2 pm

Flea Market!

Details in next newsletter

thank you

to our

BUSINESS SPONSORS



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: November 10, 24, December 8, 22 from 10:30 am - 11:30 am

The Parish Nurse Program from St. Joseph Hospital is at the Nashua Senior Activity Center on the 2nd & 4th Tuesday of every month providing blood pressure checks, answering medication & lab questions, providing resources about dementia and 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

Free Medicare Seminars

Choice Benefit Services will be doing free Medicare seminars on **Monday Nov 2, 16, and 30** from 5:30-6:30.

Daisy Benefits will be doing a free Medicare seminar on **Wednesday, Nov 18** from 12:30-1:30 pm

2026 Annual Giving



Our 2026 Annual Appeal will be mailing in early November. Many ask why they should donate to the Nashua Senior Center's Annual Appeal since they already pay a membership fee and for classes. The fact is that the 100% self-funded Nashua Senior Activity Center depends on your donations to keep operating. Every day the Center is open it costs approximately \$1,934 but approximately only \$122 is generated from membership dues. The remaining expense must be generated by rentals, class fees, retail sales, trips, fundraising events, and donations. Each and every donation makes a difference to the NSAC's mission as a resource in the Greater Nashua area.

Please help us to live our mission to help seniors in the Greater Nashua area.

COMMUNITY PARTNERSHIPS/SEMINARS

"JUST IN CASE"

Presented by

Nashua Police Department
at the Nashua Senior Center

Thursday, November 12, 2026 11:00 – 12:00pm

FREE AND OPEN TO THE PUBLIC

The Nashua Police will explain the "Just in Case Program," This program allows members of the community to voluntarily identify those with a condition that affects their ability to communicate.

PURPOSE: Promote communication.

Give Nashua Police quick access to critical information.

WHO: Those with communication barriers such as Autism Spectrum, Disorder, Dementia or Alzheimer's disease.

The Just in Case Program is a confidential database, and the information is not available to the public.

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 November 10th, 2026 & December 8th 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.



**FUTURE
IN SIGHT**

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).

Bladder or bowel out of control?

Join us for a **FREE SEMINAR** to learn about treatment options.

Do you or a loved one experience any of the following?

- Uncontrollable urges to go to the bathroom
- Frequent accidents requiring pads
- Waking up multiple times at night
- Difficulty emptying the bladder



Jillian Snyder, APRN

November 23rd, 2026
9:30 am
Nashua Senior Center
70 Temple St.
Nashua NH 03060

Call the Nashua Senior Center at 603-889-6155 to register or stop by the front desk.

Sponsored by

Medtronic

MUA MANCHESTER
UROLOGY ASSOCIATES
PEDIATRIC UROLOGISTS

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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
November 5th, December 3rd, January 7th **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.

 **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 12:30 to 2:30 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 US TWO: Thursday 10:00 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, NOV 13 and DEC 11

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.

November 10 December 8



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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 US Postage
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 Nashua, NH
 Permit # 103

CLOSINGS:

The Nashua Senior Activity Center will be closed Wednesday, November 11, in observance of Veteran's Day, Thursday, November 26, Friday, November 27 in observance of Thanksgiving, and Friday December 25 in observance of the Christmas Holiday

NASHUA SENIOR ACTIVITY CENTER MEMBERSHIP

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

Membership Office Hours:

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

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

Membership Renewal by Mail:

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

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

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

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

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



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