

COMMUNITY PARTNERSHIPS

Sponsorship Opportunities at the

Nashua Senior Activity Center

Are you a business looking for great community partnership opportunities? We invite you to join our growing family of Community Partners.

The Nashua Senior Activity Center has three amazing fundraising events that offer unique opportunities to partner with the Center.

For more details visit www.nashuaseniorcenter.org or call Judy Porter at 603-816-2649.

BUSINESS MEDIA SPONSORS:



Nashua Senior Activity Center Spotlight



Tune in on the last Monday of the month
at 8:30 am for an update on activities
and other NSAC happenings!

*Thank you to the anonymous grantor
who made this possible.*

Did you know that the
Nashua Senior Activity Center
now has it's very own podcast?



Each episode features industry professionals discussing
topics of interest to seniors and their families. Episodes
can be heard on Anchor, Radio Public, Breaker, Google
Podcasts, Spotify and Apple Podcasts.

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 \$2.00)

Monday through Friday from 11:45 am to 12:30 pm

For more information and to reserve your spot, call Carol at 603-424-9967



AARP Foundation Tax-aide is looking for compassionate and friendly people to join our team of volunteers for the upcoming tax season. IRS/Tax-aide trained volunteers provide free, in-person or virtual assistance by preparing tax returns or serving in other ways such as marketing & volunteer recruitment, organizing client paperwork, managing computer equipment, acting as interpreters or making sure that everything runs smoothly. There is a role for everyone! This year we will continue to offer NO CONTACT or entirely VIRTUAL tax services while hoping to meet in person with volunteers and taxpayers once again.

To learn about our volunteer opportunities visit aarpfoundation.org/taxaide, call 603-230-4121 or email NH Tax-Aide Foundation at nhtaxaidepvs@gmail.com

Recycle Beyond The Bag



Trex is the worlds largest manufacturer of wood-alternative decking products. They were the first company to combine the durability of recycled plastic with reclaimed wood for low maintenance outdoor living.

The Nashua Lions Club is participating in this project. They have placed a bin in the NSAC lobby and encourage you to recycle your household bags and wrap for Trex's earth-friendly composite decking and railing.



Recycle your household bags & wrap into a Trex Earth-Friendly bench for the community!



Plastics must be clean, dry and free of food and organic residue

Health Clinics



Rivier University Wellness Clinic

February 2, March 2, and April 6th 2022 from 9 am—12 pm

Free and confidential health clinics are held on the 1st Wednesday of every month at NSAC by Rivier University Nurse Practitioner students. The following health checks are available on a walk in basis: BMI, Blood Pressure, Lab Review, Glucose—A1C, Pulmonary Function, Skin Cancer, Cholesterol and Medication Reconciliation.



Foot Care Clinics by Home Health and Hospice Care

January 3rd, 7th, 10th, & 19th and February 4th, 7th, 14th & 16th 2022 from 9:20 am-12 pm

Clinics are held the 1st Friday, 2nd & 3rd Monday and the 3rd Wednesday of each month. To schedule an appointment, please call Home Health and Hospice at 603-689-2931.



Parish Nurse Program

January 11th and 25th & February 8th and 22nd, 2022 from 9:30 am - 11:00 am

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



HEARING CLINICS

January 18th & February 15th, 2022 from 10:00 am - 12:00 pm

Free 15-minute hearing screenings and hearing-aid checks are offered by Hearing Life on the 3rd Tuesday of each month. Reserve a time slot by contacting the Front Desk at 603-889-6155 one week prior to the clinic date.

NSAC Updated COVID-19 Recommendations and Guidelines

Due to the rapid and alarming rise in COVID 19 cases, the CDC has issued new updated guidance on the use of masks in public indoor settings. To further reduce the risk of becoming infected with Covid-19 and transmitting it to others, it now recommends **everyone in areas of substantial or high community transmission wear a mask in public indoor settings, even if they are fully vaccinated.**

The population we serve at The Nashua Senior Activity Center falls into the high risk category and therefore it is **highly recommended** that all visitors **continue to wear a mask** while using our facility to protect their own health as well as the health of our members, volunteers, staff and guests.

In accordance with the guidelines from the City of Nashua, members, program participants and staff of The Nashua Senior Activity Center who are fully vaccinated may utilize our facilities and participate in programs without a face mask. However, **mask wearing is strongly encouraged** and visitors or staff who wish to continue to wear a mask will be fully supported.

If you are **NOT** vaccinated, you **are required to wear a mask when inside our facility.** We will not be requiring proof of vaccination but are relying on the integrity of our members and guests to follow this guidance based on their vaccination status.

Additional sanitizing stations are located throughout the building (*frequent hand washing is encouraged*)
Class sizes have been reduced ~ Credit card payments are preferred ~ Pre-registration and social distancing required

DAY TRIPS

Day trips are offered throughout the year and are open to NSAC members and non-members. For more information, contact the NSAC Trip Office at 603-816-2645, Monday - Thursday, 9 am - 11:30 am or Margo Bell at 603-816-2643 or email mbell@nashuaseniorcenter.org.

*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.

The Finest Saint Patrick's Celebration!

Saint Patrick's Lunch & Show at Aqua Turf Club

Featuring authentic Celtic music by *The Maclean Avenue Band* and delicious cuisine!

Tuesday, March 15, 2022 ~ \$109 per person

Get your Irish up and enjoy a delicious luncheon and delightful entertainment at Connecticut's famous *Aqua Turf Club*! Enjoy a welcome reception followed by a delicious luncheon including a fresh field green salad, traditional corned beef & cabbage, pasta, baked scrod, potatoes, vegetable, rolls & butter. Enjoy a complementary glass of wine or beer topped off with a delicious desert and coffee or tea! Then an entertaining Saint Patrick's Show with Padraig Allen and *The Mclean Avenue Band*! Everyone's Irish on Saint Patrick's Day!

Departs: 8:30 am (Exit 8 Park & Ride) **Returns:** approximately 5:00 pm



The Broadway Comedy:

SOCIAL SECURITY

At the Newport Playhouse & Cabaret Restaurant

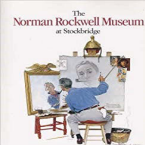
Wednesday, April 13, 2022 ~ \$128.00 per person

This Broadway comedy surrounds a married couple who are art dealers. Their domestic tranquility is shattered upon the arrival of the wife's nerd of a sister, her uptight CPA husband and her archetypical Jewish Mother who are there to try and save their college-student daughter from the horrors of living only for sex! The comic sparks really begin to fly when the mother hits it off with an elderly minimalist artist who is the art dealers' best client.

First, you'll enjoy a delicious buffet luncheon in the dining room before entering the theatre for this entertaining and delightful play. Next you'll move back to the dining room for desert and beverages while enjoying a fun filled cabaret show!

Departs: 8:45 AM (Exit 8 Park & Ride)

Returns: approximately 6:30 pm



Norman Rockwell Museum & lunch at the Red Lion Inn

Date: Thursday, May 5, 2022

\$119 per person

Joins us as we travel to the beautiful Massachusetts Berkshires where you will discover the quaint village of Stockbridge which maintains itself much like in Norman Rockwell's famous painting "Main Street Stockbridge"!

This tour includes a delicious lunch at the famous *Red Lion Inn* with your choice of either Yankee Pot Roast or Broiled Salmon. Then on to the renown Norman Rockwell Museum with plenty of time to experience the styling of this legendary artist. (There will also be a coffee stop en route—on your own).

Departs: 8:00 am (Exit 8 Park & Ride)

Returns: Approximately 6:00 pm



More information on these great day trips will be available in February 2022:

Ogunquit Playhouse: Season announcement

North Shore Music Hall: Smokey Joe's Café (June) ~ "Buddy" The Buddy Holly Story (August)
Kinky Boots (Oct./Nov.)

MULTI-DAY TRIPS - Pick up a flyer at the NSAC for full details

- America's Music Cities:** Early March 2022, with air from Boston (\$2999)
- Bluegrass Country and Great Smoky Mountains:** End of March 2022, with air from Boston (\$2999)
- Trail Blazers—Houston/San Antonio/Fort Worth/Oklahoma City:** Late March/Early April 2022 (\$3,749)
- Salute to Our Hero's—Annapolis MD/West Point NY/New London CT:** May 2022 (\$1049)
- Washington DC:** September 2022 (\$929)
- Alaska Discovery Land & Cruise:** July 2022 (\$5,649)

Do you have a suggestion on a trip or event you would like to see us offer?

We are always looking to add new and exciting excursions or events and would love your input!

Call the Trip Office at 603-816-2645