

## ACTIVITIES (Director, Cathy Barrett)

**LIVE From Your Activities Director:** I'm excited to announce the many great activities and events coming your way! Now is the time for all of us to get out, be active and socialize! If you are a current member, take a look at the really great discounts that you're getting just for being a member.

**Please Note:** There are more activities listed in our 6-page Activities Schedule. Pick one up at the Front Desk or go on our website: [www.nashuaseniorcenter.org](http://www.nashuaseniorcenter.org) for a full up-to-date listing.

**As of the date of publication, the following offerings were still valid. Dates are subject to change.**

## The following classes are subsidized by a grant from

NEW HAMPSHIRE  
CHARITABLE FOUNDATION

**Starts March 24th at 12:45 pm**

**Payment due by March 17th**

**\$20 members/\$40 non-members**

Guitar for  
Newbies

Why not play the guitar? This program is for beginners who have an acoustic guitar. We will review basic concepts such as holding the instrument, tuning, forming chords & learning how to strum rhythms. A goal of this class is to learn to play simple songs. All necessary musical foundations are presented in a relaxed and entertaining manner. Music materials will be provided as PDF files for printing and bringing to class.

Basic Guitar  
Strummers

**Starts May 19th at 12:45 pm**

**Payment due by May 12th**

**\$20 members/\$40 non-members**

So you play guitar? Would you like to develop this skill more? Music is a language. Join this class with your instrument and enjoy it's unique sound with others in a fun and educational song circle. Prior guitar experience, such as forming chords & strumming is required. Benefits from playing guitar in a group include relaxation & enhanced creativity.

**These classes are taught by professional musician and educator, Mike Loce.**

### BEGINNER'S KEYBOARD LESSONS 8 week class - starts Monday, April 4th

It's never too late to learn! Join us as we share the fun of making music in this 8 week beginner keyboard class! From the very first week, you'll be playing simple chords and melodies. Throughout the course, you'll continue learning the basics you need to play songs within the group & on your own! Space is limited. Pre-registration and payment is due no later than March 21st.

**members \$40 / non-members \$80**

(Plus materials fee of \$8.99 - payable at the 1st class)



### Songs & Stories from around the Campfire by master storyteller Todd Goodwin

**Monday, May 23rd at 5 pm in the NSAC parking lot!**

We will start the evening off at 5 pm with your choice of a hotdog or hamburger, chips and a drink. Please bring your favorite lawn chair. Our master storyteller Todd Goodwin will begin his stories at 5:30 pm. Pick up a flyer at the front desk for full details & to learn about Todd's background.

Pre-registration is required & payment is due by May 16th.

**\$5 members/\$10 non-members**

(Held indoors in the event of inclement weather)



### Make Your Own Spring Wreath With Diane Siteman

**Thursday, March 24th 2 - 4 pm**

**or Monday, April 4th 5 - 7 pm**



Get rid of that brown Christmas wreath - it's time to give your front door a touch of SPRING! Upon sign up you will have your choice of one of three wreaths that will be on display. The class includes all materials including artificial flowers. Sign up for one or both classes! Registration & payment is due one week prior to the date of class.

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

### HUMOR WORKSHOP

**Monday, April 11th at 5 pm**

**\$3/members - \$8/non-members**

**Pre-registration & payment due by April 4th**



Our world can be described as stressful, anxiety producing and nail biting. To better cope and thrive, it's so important now more than ever to distance ourselves from the news and create an attitude of optimism, humor and lightness.

Learn the value of "lightening up" in this Humor Workshop led by Nancy Mulvihill. Rediscover your inner smile and learn to reconnect with your own "humor resiliency" to defeat stress, slow down, love more, treat yourself more kindly and seize what life has to offer! Bring your jokes, your embarrassing moments and smile. We'll laugh a lot and walk out together with a pitcher of lemonade made from life's lemons.

**Plus 15 minutes of laughter burns 40 calories!**

### Ikebana Flower Arranging

Come create your own Ikebana Flower Arrangement for Mother's Day! Ikebana is the Japanese art of flower arranging. Only fresh flowers are used. Spend the evening of **May 5th at 6 pm** at the Nashua Senior Activity Center working on your beautiful arrangement that you can take home and enjoy for days to come. All materials will be provided including clippers. Just bring a hand towel. Pre-registration and payment is due no later than April 21st. Space is limited. Pick up a flyer in the front reception area.

**\$20 members/\$50 non-members**



## ACTIVITIES (Director Cathy Barrett)

**We are now taking names for the following interest lists:** Art, Cyber Security, Evening Mah Jong, Evening Guitar, Evening Yoga, Gardening/Herbs, Giant Yahtzee, Nutrition, Paint Your Own Pottery, Photography, Piano Lessons, Sock Hop, Understanding Your Apple iPhone, Understanding Your Android Phone & Zumba.

I would love to hear some of your interests or ideas for new classes. Email them to me at: [cbarrett@nashuaseniorcenter.org](mailto:cbarrett@nashuaseniorcenter.org)

### SAVE THE DATE!!!

**Thursday, June 16th 2022 - 9:30 am to 2:30 pm**  
**Annual Senior Picnic**

The Nashua Senior Activity Center invites all seniors age 50 and over to attend our annual BBQ picnic at Alpine Grove Banquet Facility in Hollis, NH. Start the day off with coffee and donuts at 9:30 am – activities will begin at 10:00 am! There will be something for everyone! The day would not be complete without Alpine Grove's famous BBQ Chicken feast & professional entertainment.

Tickets go on sale Monday, April 18th. Deadline to purchase tickets is June 8th.

\$23/members - \$28/non-members

## Senior League

**2022 Informational Meeting**  
**Monday, March 21st - 10 am**

Spring will be here before you know it but you still have time!

We would like all golfers to be signed up & paid for by **March 14<sup>th</sup>**.

Fee's are **\$75 per person** and you must be a current NSAC member.

Sign-up sheets are at the Front Desk. Please **PRINT** your **name, email address and phone #** so that we have complete & accurate information.



## Biking & Walking Clubs

Flyers with full details will be available to pick up at the Nashua Senior Activity Center on April 1st ... No Fooling!!!

### PICKLEBALL LESSONS

We are now taking names of those interested in taking Pickle Ball lessons this year! Please stop by the Front Desk or call 603-889-6155 to add your name to the list!



### Learn Mah Jongg with Tim Adams

**4 week class starting Thursday, April 7th at 1 pm**  
**\$15/members & \$25/non-members**



(plus \$9 per card—paid directly to the instructor at 1st class)

Mah Jongg 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!



Come join us on **March 16th & April 20th at 12:30 pm** for a FREE fun way to exercise your mind while trying to remember "Trivial Facts"! Teams are formed depending on the number of players. Sign up at the front desk: 603-889-6155.

## MUSIC

**Tuesday Music Group:** Tuesdays at 9:15 am

**Music Theory 102:** Wednesdays at 9:00 am

**Friends Making Music:** Wednesdays at 10:15 am

**Silver Lining Chorus:** Fridays at 10:30 am

### Come Play Chess

Inviting all levels of Chess players to join in on a weekly game.

Thursdays: 1:00 pm

Please call 603-889-6155 or stop by the Front Desk to pre-register. See activities schedule for pricing.



**Pinochle:** Mondays 9 am

**Bridge:** Tuesdays 1 pm

**Mah Jong:** Tuesdays 1 pm

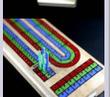
**Cribbage:** Wednesdays 1 pm (March)

**4 Aces/Bridge:** Thursdays 9:30 am

**Book Club:** 1st & 3rd Friday 9:30 am  
 (Space limited - call Pat at 603-921-4337)

All card games are drop-in with pricing for members & non-members (See Activities Schedule for pricing).

At this time, no shared snacks are allowed. You may bring individual snacks.



## COMMUNITY PARTNERSHIPS/SEMINARS

- Every 20 minutes an older adult dies from a fall.
- 1 out of 5 falls cause serious injury such as head trauma/fracture.
- Inner-ear disturbances account for 85% of dizzy disorders.
- Untreated mild hearing loss tripled the risk of an accidental fall.

Vertigo is the perception of movement/spinning either of the self or the environment. Dizziness the general term that describes lightheadedness, a floating sensation or faintness. Imbalance or disequilibrium is a feeling of being off-balance or unsteady.

Dr. Jessica Woods of Dr. Woods Hearing & Southern NH Vertigo & Balance will be hosting a FREE seminar on:

**Vertigo & Balance**  
**May 17th, 2022 at 2 pm**

at the

Nashua Senior Activity Center

Stop by the Front Desk  
or call 603-889-6155 to register



### A Matter of Balance

with Fred Daniels from the  
**Center for Physical Therapy and Exercise**

Many older adults have concerns about falling, but aren't sure how to reduce the risk of a fall. "A Matter of Balance" is a program designed to teach people how to manage their life with the goal of preventing falls. The Center for Physical Therapy and Exercise will be offering this program at the Nashua Senior Activity Center beginning on:

**Thursday, March 24, 2022.**

This one hour class will be held on

**Mondays & Thursdays (twice weekly) from 1–2 pm for eight weeks and will conclude on May 16th.**

Sessions will include discussions on various topics related to fall prevention, as well as exercise to help improve flexibility, strength and balance. Registration is required. Please contact the Front Desk at 603-889-6155 to register.

**This course is free for members/\$10 non-members**

### HUMANA IS BACK!!!

Jerry from Humana is back to kick off spring with FREE seminars, Corn Hole and let's not forget his Humana Van!

- **Thursday, March 25th at 10 am: Positive Thinking, When Life Gives You Lemons**
- **Monday April 18th at 1 pm: Boosting Your Mood Through Food & Fitness**

The Humana Van with Jerry will be in the Nashua Senior Activity Center Parking lot from **11 am–1 pm** on **Wednesday March 9th & Wednesday April 13th**



**Corn Hole!**

### VETERANS' COFFEE CLUB with Barney Barbera



Chairman, City of Nashua Mayor's Veterans' Council  
**March 8th and April 12th 2022**

**2:00 pm - 3:00 pm**

Free and open to the public!

Held the 2nd Tuesday of each month  
in the NSAC Coffee Talk Lounge.

Learn about VA benefits you may not know about &  
share memories of your time in the service.

Feel free to bring photos to share.



**NSAC Members can play pool for FREE  
at Boston Billiard Club and Casino.  
Monday – Thursday: 12:00 pm - 3:00 pm**

**You must show your NSAC membership  
card for this benefit. Call Cathy Barrett  
at 603-816-2647 for more information.**

55 Northeastern Blvd.  
Nashua, NH 03062

### NEW VETERANS YOGA PROJECT Mindful Resilience - Tuesdays at 1:00 pm



A FREE class for veterans, first responders, and their spouses only. Veterans Yoga Project has collected data for nine years documenting a decrease in pain and stress with improved quality of sleep for class participants. Currently, there are programs across the US in 18 VAs, 17 Vet Centers, several fire and police departments, and dozens of community centers.

Space is limited. Pre-register at the Front Desk: 603-8896155.

All veterans, please bring your DD214 to the first class.



**Tax Assistance through VITA  
For incomes of \$58,000 or less:**



- Call 211 for a drop off appointment at Greater Nashua United Way.
- Call 603-886-6030 for a drop off appointment at the Hudson Library.

Tax packets will be available for pick up at the NSAC Front Desk.  
VITA requires all applicants to be fully vaccinated.

**Tax Assistance through AARP  
For incomes greater than \$58,000:**

- Call 211 to make an appointment for the Nashua Public Library.