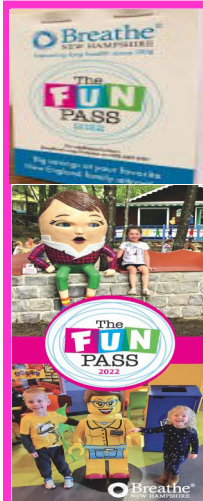


COMMUNITY PARTNERSHIPS



Help support the Nashua Senior Activity Center's fundraiser through Breathe New Hampshire:

Buy a 2022 Fun Pass Coupon Book & save all year long at top family attractions!

Each book is only \$35 and gives your family deals & discounts at more than 90 New England family attractions! Favorites like Story Land, LEGOLAND Discovery Center Boston, Mount Washington Cog Railway, Davis Farmland, Pats Peak, Ragged Mountain, Whale's Tale, Water Country, Altitude Trampoline Park, Water Park of New England, and many more are in the book! Offers vary by attraction. Most coupons admit a child 12 and under free or at a discounted rate with a paying adult. Story Land offers "buy one, get one free" so with just that one coupon, you cover the cost of the entire book.

When you order your 2022 Fun Pass through the Nashua Senior Activity Center, you save money **AND** you are supporting Breathe New Hampshire, a lung health organization, local attractions **PLUS** NSAC will get \$10 for every book we sell!

For more information or to order your Fun Pass Coupon Book, please see Jodie 603-816-2642. Deadline to order is April 15th & books will be delivered to NSAC for pick up the week of April 25th. Payment is due at the time of order by check only made payable to: "Breathe New Hampshire".



BUSINESS MEDIA SPONSORS:



Meals on Wheels of Hillsborough County



Restaurant Voucher Program:

Meals on Wheels of Hillsborough County is pleased to offer a new Restaurant Voucher Program. This is a donation-based program for people over the age of 60, with a suggested donation of \$3.00 per voucher. The voucher will be good for a meal from a specially curated menu at one of our restaurant partner locations. Currently the program is running at the Temple Street Diner in Nashua but we will be adding other locations in the future. Vouchers must be used during specific timeframes as described on the voucher itself. Meals meet 1/3 of the USDA recommended daily requirements for adults. Please visit www.hcmow.org/voucher-program for more information about the program and to complete an inquiry form.

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

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

Nashua Senior Activity Center 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 & Apple Podcasts.



Nashua Lions Club has a bin in the NSAC lobby to encourage recycling of household bags & wrap for Trex's earth friendly composite decking & 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

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.

Health Clinics

Foot Care Clinics by Home Health and Hospice Care: March 4th, 14th, 16th & 21st and April 1st, 11th, 18th & 20th from 9:20am-12pm. Clinics are held the 1st Friday, 2nd & 3rd Monday and the 3rd Wednesday of each month. Call Home Health and Hospice at 603-689-2931 to schedule an appointment.

Home Health & Hospice Care

Parish Nurse Program: March 8th & 22nd and April 12th & 26th, 2022 from 9:30 am - 11:00 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.



HEARING CLINICS: March 15th and April 19th, 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.



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:

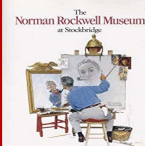
SOCIAL SECURITY

**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

Join 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



CHARLES RIVERBOAT COMPANY

Charles River Boat Company Architectural Cruise

Date : May 25, 2022 - \$ 109.00 per person

Join us today as we travel to Boston. Enjoy a 90 minute architecture tour of Boston Harbor and Charles River Basin. Co-sponsored by Boston Society of Architects and narrated by a guide from the Boston By Foot.

After learning all about the history of this beautiful area, enjoy a luncheon (included) at the Cheesecake Factory. Some time on your own to browse the shops or just sit and take in the scenery.

Departs: 8:45 am (Exit 8 Park and Ride) **Returns:** approximately 4:30 pm