

ACTIVITIES (Cathy Barrett, Director)

2024 Fall Variety Show

41st Annual Musical Variety Show, "What a Colorful World"

This year's musical will star over 70 seniors, who will wow you with their collective talent. Enjoy a variety of dances, solos, Silver Lining Chorus, along with some specialty acts. The show is a major fundraiser for the Center as well as being an excellent opportunity to celebrate the positive side of aging. Enjoy quality time out with family and friends.

Sunday, October TBA

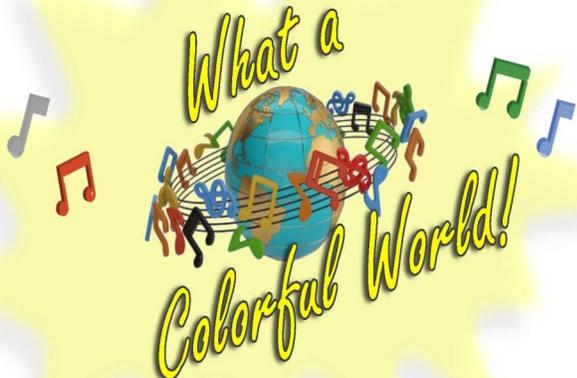
Tickets go on sale on August 12, 2024

Tickets: \$12 (in advance)

At door: \$15 (until sold out)

Children 10 and under: \$10

**For more information call Cathy at
(603) 816-2647.**



Learn Mah Jongg with Tim Adams

4 week class starting Thursday, July 25th

from 1—3 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! . Space is limited: **Registration & payment due at the front desk by July 11th.**



VINNY IS BACK BY POPULAR DEMAND!

July 18th 1:30-2:30 PM

Place: Nashua Senior Activity Center

Fee: \$3.00/Members & \$5.00/Non-Members

Purchase tickets by July 15th

Includes entertainment and light refreshments
Looking for something **fun** to do? Grab some friends and join Vinny for the upcoming Trivia and Tunes game. Trivia and Tunes combines questions designed specifically for seniors across a broad variety of categories with musical clues. This month's theme is patriotic!

Computer/phone assistance offered

If you have questions about your windows/mac/ipad/chromebook or phone sign up for a 1 hour session at the Nashua Senior Center. First sessions will be offered July 22nd and August 22nd. Fee: for 1 hour session is \$5/Members and \$7/Non-Members. Space is limited, Register by one week prior to class starting.



REIKI with Jane



Reiki is a relaxing alternative healing technique working with energy to bring the body into balance to promote health and healing.

Introductory offer to be held on July 15th and August 22nd. By appointment only. Donation to instructor is appreciated. Call 603-889-6155

EVENING PROGRAMS

Don't forget our evening programs are open to those 18 and over! (Pick up an Activities Schedule in the front reception area or go on our web site for the latest info.)

Monday 5:30pm **Aerobics Class** with Sylvie

Monday 5:30pm **Mat Yoga** with Tara

Thursday 5:30pm **Mat Yoga** with Terri



COMMUNITY PARTNERSHIPS/SEMINARS



Peer Support Group for Blind and Vision-Impaired Older Individuals August 27, 2024 1:30pm—3:00pm Traveling and Public Transportation

Nashua Senior Center, 70 Temple Street, Nashua or join us remotely at #1-551-258-6181

Medicare Q&A

Did you know . . . some companies will REIMBURSE you for classes you take at the Nashua Senior Center?

Get the answer to this and many more questions about Medicare at any one of the following Q&A sessions.

Schedule for Medicare Information

UNITED HEALTHCARE -- Second Tuesday of each month; 9A-10A (Perry Cataldo from Choice Benefit Service) Walk in. No sign-up required.

ANTHEM -- First & third Tuesday of each month in NSAC lobby (Perry Cataldo from Choice Benefit Service); 9A-12P

JERRY LEAVITT, SENIOR HEALTH ADVISOR -- Second Monday of each month in NSAC's lobby; 9A-12P

ServiceLink -- Fourth Friday of each month; 10A (Sign-up required) Seminars pertaining to Medicare



VETERANS COFFEE CLUB Join us with Lewis Chipola, Chairman, City of Nashua Mayor's Veterans Council



Friday July 12 and August 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.



NEEDED: Keyboard Player for NSAC Silver Lining Chorus Requirements 2 to 4 Daytime Performances per month at Assisted Living Care Facilities. For more information, contact Cathy at 603-816-2647

NSAC WEEK AT GATE CITY CASINO!

Charitable Gaming to Benefit the Nashua Senior Activity Center

Monday, July 1, 2024 to Sunday, July 7, 2024

8:00 AM to 4:00 AM



Try your luck at various card games such as 21 Stud, Ultimate Texas Hold 'Em, Crazy 4 Poker and more! Take a chance on the Roulette Wheel and the casino's new gaming machines! Have a fun night out and support the Nashua Senior Center. 35% of the proceeds from these days is donated to the Nashua Senior Center. This amazing fundraiser helps the Center provide services to the senior population in the Greater Nashua area. Help us beat the amount raised at our 2023 event!

Silver Wheelers



Meet at the Nashua Rail Trail on Gilson Rd. at 8:45 am and leave promptly at 9 am. Enjoy a great ride with your peers amid beautiful surroundings. Contact Lee Newcomb at lan4pal@gmail.com to be added to the email list.



WALKING CLUB



FRIDAYS 9AM-10AM NASHUA RIVER RAIL TRAIL

TRAILHEAD LOCATED AT 94 GILSON RD, NASHUA NH STARTING MAY 10TH

