

## COMMUNITY PARTNERSHIPS/SEMINARS

**STAY  
TUNED**

for these upcoming  
holiday events:



**Nashua PAL Toy Drive**  
November 1—December 15

**Festival of Mini Trees,  
Wreaths, and Centerpieces**  
December 1 and 2

**Breakfast with Santa**  
December 2

**Christmas Meal Pickup**  
December 24

Join the Nashua Senior Activity Center or renew your membership and get the code for **\$10 off the performance of Gerald Charles Dickens** at the Nashua Center for the Arts.



**Nashua  
Center  
for the Arts**

NOTE: Current members should contact the Membership Office for the code.

*thank  
you*

to our

**BUSINESS MEDIA  
SPONSORS**

**Zis-Sweeney & St. Laurent**  
Funeral Home

**Fairview**  
Senior Living

**ST. JOSEPH  
HOSPITAL**  
A Member of Covenant Health



**Peer Support Group for Blind and  
Vision-Impaired Older Individuals**

**October 24, 2023 from  
1:30pm—3:00pm**

Wrap-Up and Planning for 2024

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

### MEDICARE/INSURANCE

**information**

For Open Enrollment, Medicare/Insurance Representatives will have informational tables in the lobby of the Nashua Senior Activity Center, 70 Temple St, Nashua on multiple days and times. Please check with the Front Desk for dates and times.



The Nashua Senior Activity Center is seeking applicants for positions on the Advisory Council. The Council's purpose is to serve as good-will ambassadors for the Nashua Senior Activity Center and foster open, positive, and solution-oriented communication among the members, staff, and the Board. If you are interested or would like to learn more, applications will be available at the Front Desk beginning September 1, 2023.



## Health Clinics **NEW DATES**

**Foot Care Clinics by Home Health & Hospice in the NSAC Health Rm:**

**September 1, 11, 15, 18, 20 AND October 6, 16, 18, 20, 23**

**Times: 9:20 am-12 pm. Call 603-689-2899 to schedule an appointment.**

**Home Health  
& Hospice Care**

**Parish Nurse Program: September 12, 26; October 10, 24 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 checks, answering medication & lab questions, providing resources about dementia & more. Free & open to the public. Walk-in clients are seen in order of arrival.

**ST. JOSEPH  
HOSPITAL**  
A Member of Covenant Health

**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 Margo Bell at mbell@nashuaseniorcenter.org or call 603-816-2643. 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](http://www.nashuaseniorcenter.org/news) for the latest updates and information.

## JERSEY BOYS

**Theatre by the Sea, Wakefield, RI**  
**Thurs, September 7 (Cost: \$166 pp)**

The story of Frankie Valli and the Four Seasons. They worked their way up from the streets of New Jersey to the heights of stardom.  
**Lunch at the Theatre;** Departs 8:45A; Returns 7:15P



**Wed., October 18, 2023**  
**Ogunquit Playhouse**



Some call it "musical comedy heaven. Others call it "the most uproarious new musical in years." Tootsie is a Tony award-winning laugh out loud love letter to musical theater.

Lunch at Jonathan's Restaurant before the show.  
 Cost: \$170 pp. Departs 10:00 am/Returns 6:30 pm



**Essex River Cruise with lunch**  
**at The Hardcover Restaurant**  
**September 13, 2023**

Today's adventure takes us to Danvers, Mass where we will have a delicious luncheon at the Hardcover Restaurant. (Please select Top Sirloin, Baked Haddock, or Chicken Dijonnaise) After lunch we will make our way to the beautiful Essex, Massachusetts where we will board the River Queen and enjoy a two-hour narrated cruise. The marsh itself is part of the Essex River Estuary. Formed 15,000 years ago by melting glaciers of the last Ice Age, the marsh serves as the feeding ground for many species of beautiful birds and abundant wildlife. Generations of boat builders, fishermen, entrepreneurs and all sorts of characters have been sustained by the area. You'll learn some of their stories during the cruise.

Cost \$134

Depart Nashua: 9:45 am/Return 5:45 pm



**Wed., Nov 8, 2023 / North Shore Music Theater**

The story spans from his impoverished childhood in Tupelo, Mississippi, to his triumphant 1968 "Comeback Special" and his ascent to be "The King."

Lunch at the Davenport Yacht Club before the show.  
 Your choice of Chicken Piccata or Baked Haddock

Cost: \$167; Departs 10:15 am — Returns 6:30 pm

## 2023 Holiday Boston Pops

Conducted by  
 Keith Lockhart



Thursday, December 7, 2023

Showtime: 3 pm

Cost: \$174 per person

Join us for a dazzling, engaging performance by America's Orchestra and relish the elegance of Boston's historic Symphony Hall. Lunch at Maggiano's is included prior to the show.

Depart Exit 8: 10:45 am; Return: 6:30 pm

For more information and reservations, call Margo Bell at the Nashua Senior Center at 603-889-6155.



**Wed., September 27, 2023**  
**North Shore Music Theater**

While spying on their wives at a "girls night out," a group of unemployed steelworkers

from Buffalo hatch a bold and unclothed plan to make some quick cash. As they conquer their fears, self-consciousness, and prejudices, the lovable misfits come to discover that they're stronger as a group, and the friendship they find in each other gives them the courage to "let it go." Lunch at the Davenport Yacht Club with your choice of Chicken Piccata or Baked Haddock. Cost: \$167; Departs: 10:15 am; Returns: 6:30 pm

**All day trips depart from the Exit 8 Park & Ride unless otherwise notified.**

**Sunday, October 8, 2023**

**Cost: \$125**

**Departs: 10:15 am; Returns 5:30 pm**

## M/S Mt. Washington Fall Scenic Cruise



In the fall, there's no better way to enjoy the beautiful scenery than a trip to New Hampshire's beautiful Lake Winnepesaukee. Sailing from Weirs Beach, you'll delight in the beautiful views of the White Mountains from the decks of the 230-foot M/S Mount Washington as you cruise the famous lake. Comfortable deck chairs are available for your use on this scenic tour. Your narrated cruise of this immense lake also includes a delicious, full-course brunch buffet. After your delightful cruise, you'll visit the Moulton Farm Market, where farm-fresh vegetables, cakes, pies, and more are available for your purchase. For reservations, contact the Trip Office at 603-816-2645.

## MORE TRIP INFORMATION



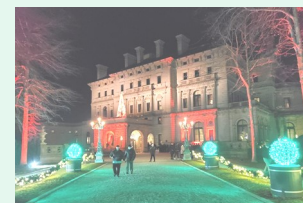
### The Holidays at the Newport Marble House

Wednesday, November 29, 2023

Cost : \$137

Departs: 9:30 am from Park & Ride at Exit 8

Returns: Approximately 8:30 pm



Elegantly decorated for the holidays, enjoy a beautiful tour of the Newport Marble House Mansion. You'll begin with a full-course luncheon at Johnny's Restaurant followed by a stop to shop at the Brick Marketplace on the Newport Harbor. Then, the magic of the holidays comes alive as you take a 90-minute tour of the Marble House, a legendary Newport opulent Gilded Age mansion. For reservations, please contact the Trip Office at 603-816-2645.

## MULTI-DAY TRIPS

*Pick up a flyer at the NSAC for full details*

*\*Prices quoted are per person based on double occupancy. Prices are subject to change.*

2023

**Spotlight on South Dakota** — Sept. 26—Oct 2

**Discover Canyon Country** — Sept. 29—Oct. 6

2024

**Spotlight on Nashville** — March 2024

**Sunny Portugal** — May 2024

## Nashua Senior Activity Center INFORMATION

### CURRENT OPERATING HOURS:

**Monday, Tuesday, Wednesday: 9 am - 4 pm ~ Thursday: 9 am - 7 pm ~ Fridays: 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. FREE SPREE on the first Monday of every month: current members can choose one FREE OUTFIT. Must show your current NSAC membership card to receive this promotion - ask for details. There is a two-bag limit on donations, no appointment needed.



**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. Call Margo Bell at 603-816-2643 to schedule a donation.



**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 limited - sign-ups are first-come, first-served. To register, please call 603-889-6155 or visit the Front Desk.



**COMPUTER LOUNGE:** Monday - Thursday 9 am to 4 pm & Friday 9 am to 12 pm. Registration not required - first come first served. Members must agree to abide by the established policies.



**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.



**MUSIC WITH BENES:** Monday & Thursday 10:30 to 11:45 am & 12:30 to 1:45 pm.



**OLDE TYME PICKERS:** 3rd Tuesday of the month — 7 pm to 9 pm



**MEALS on WHEELS**  
HILLSBOROUGH COUNTY

**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 \$3.00)

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