



Also available on www.nashuaseniorcenter.org

May 30 2013

Program	Time	# of Sessions	Beginning Date	Fee	Registration & Payment Deadline
DANCE					
Beginners Tap	Monday 11:45 am	6 week	Will resume in the fall	\$40/mem \$50/ non	
Beginners Line	Monday 1:00 pm	6 week	Will resume in the fall	\$35 mem \$40 non	Call 889-6155
Bone Builders	Tues. & Thurs. 2pm	Weekly	Ongoing	Free	Contact Kelly Noble 921-1299
Advanced Line	Tuesday 10:00 am	Drop In	Ongoing	\$3 mem \$5 non	Drop In
Intermediate/Advanced Tap	Monday 10:30 am	6 week	June 10 th	\$40 mem \$50 non	June 3 rd
Zumba Free meet and greet! June 3 rd	Monday 1pm	6 week	June 10 th		June 3 rd

DON'T MISS OUT!

Complete details on the following, in front reception area flyer rack

Senior Picnic- June 20th

French Social – July 1st

					Registration &
Program	Time	# of Sessions	Beginning Date	Fee	Payment Deadline
EXERCISE/FITNESS					
Aerobics	Monday 9:00 am	Drop In	Ongoing	\$3 mem \$5 non	Drop In
Yoga	Tuesday 10:30 am	6 Weeks	July 23 rd	\$35 mem \$45 non	July 16 th
Tai Chi	Tuesday 1:00 pm	4 Weeks	July 23 rd	\$24 mem \$45 non	July 16 th
Aerobics	Wednesday 9:00 am	Drop In	Ongoing	\$3 mem \$5 non	Drop In
“New” Zengevity Body Brain & Balance	Wednesday 11:15 am	6 Weeks	July 10 th	\$35/mem \$45/mem	July 3 rd
Tai Chi	Wednesday 1:00 pm	6 Weeks	Will resume in the fall	\$35 mem \$45 non	
“New” Moving to Music	Thursday 1:00 pm	Drop In	NOTE: New Day & Time starts in May	\$5 mem \$6 non	Drop In
Aerobics	Thursday 9:00 am	Drop In	Ongoing	\$3 mem \$5 non	Drop In
Yoga Chair/Mat	Thursday 10:15 am	5 Weeks	June 13 th	\$30 mem \$40 non	June 6 th
Evening Yoga	Thursday 4:00 pm	6 Weeks	July 25 th	\$35 mem \$45 non	July 18 th
Evening Yoga	Thursday 5:30 pm	6 Weeks	July 25 th	\$35 mem \$45 non	July 18 th
Yoga	Friday 10:30 am	6 Weeks	July 26 th	\$35 mem \$45 non	July 19 th
FREE MEET & GREET ZENGEVITY	Wednesday 11:15		June 26th		(See flyers for full details)

					Registration & Payment Deadline
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HOBBIES & SPECIAL INTERESTS					
Needle Point, Knitting, Crocheting	Wednesday 9:00 am	Drop In	Ongoing	FREE	Drop In
Quilting	Thursday 9:00 am	Drop In	Ongoing	FREE	Drop In
Water/Oil Painting	Thursday 9:30 am	4 Weeks 2 hrs. Each	June 27 th	\$55 mem \$65 non	June 20 th
Spanish Part II Spanish I	Tuesday 10:00 am 9:00 am	6 weeks	June 18 th	\$35 mem \$45 non	June 11 th
Tuesday Mah Jongg	Tuesday 1:00 pm	Drop In	Ongoing	\$1/ mem \$3/non	Drop In
Friday 6 week Mah Jong Class	Friday 1:00 pm	6 week class	July 11 th	\$40/mem \$50/non	July 3 rd
Monday Bridge	Monday 12:45 pm	Drop In	Ongoing	\$2 mem \$3 non	Drop In
4 Aces Thursday Bridge	Thursday 9:30 am	Drop In	Ongoing	\$2 mem \$3 non	Drop In
Table Tennis	Friday 1:00 pm	Drop In	Ongoing	FREE	

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HOBBIES & SPECIAL INTERESTS (continued from page 3)					
Wednesday Duplicate Bridge	Wednesday 12:00 pm	Drop In	Ongoing	\$6 mem \$7 non	
ADV Friday Bridge	Friday 1:00 pm	Drop In	Ongoing	\$2 mem \$3 non	
Whist	Monday 1:00 pm	Drop In	Ongoing	\$2 mem \$3 non	
Pinochle	Monday 9:00 am	Drop In	Ongoing	\$1 mem \$2 non	
Cribbage	Wednesday 1:00 pm	Drop In	Ongoing	\$2 mem \$3 non	
Piano Lessons at Darrell's Music	Thursday	6 weeks		\$15 mem \$20 non	Sign up with Helen Hiller 886-1748
Billiards		On going	At Senior Center	\$3/mem \$5/non	Free at Boston Billiards for members M-F
Afternoon Bingo	1 st /3 rd Wednesday	Open: 1:00 Game/1:30	Ongoing		
Art Interest	Monday 9:00 am	Drop In	Ongoing	\$1 mem \$3 non	
Silver Lining Chorus	Wednesday 9:15 am	Drop In	Ongoing	Free	call Cathy 889-6155
Harmonica Saints	Wednesday 10:45 am	Drop In	Ongoing	Free	call Cathy 889-6155
Jerry Jean & Bluegrass Buddies	3 rd Tuesday 7 - 9 pm	Drop In	Ongoing	Free	
Nashua-Seniors Count Educational Workshops	2 nd Monday 1:00 pm	Drop In	Ongoing	Free	Call Beth Todgham at 889-3440 x-629

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HEALTH SCREENINGS/ SERVICES					
Hearing Screening	9-12pm →	June 18 th		FREE	Call 889-6155 for appt.
Blood Pressure Health Counseling	Monday 10:00 am - 1:00 pm	Drop In		FREE	
Foot Care Clinics	Monday 9:00 am - 12:00 pm		Call for Appt.	\$22.00	Appts. 882-2941
Foot Care Clinics	Tuesday 9:00am- 12:00		Call for Appt.	\$22.00	Appts. 882-2941
Foot Care Clinics	Wednesday 12:00 pm - 3:00 pm		Call for Appt.	\$22.00	Appts. 882-2941
Sight Services	1:30 pm – 3:00 pm	Drop In	4 th Tuesday of the Month		For more info. (800) 581-6881
Reiki	3 rd Friday 1:00 pm - 3:00 pm			\$20 for 30 min. session	Appts. 262-9366
Congregate Lunch (Provided by St. Joseph Community Services)	Monday - Friday 11:45 am - 12:45 pm	Drop In	Ongoing	\$5 (\$2 if 60 or older)	For more info. Call 882-2106
Membership	Mon- Fri 9:00 am - 11:30 am	Drop In	Ongoing		\$35/single \$50/double