



NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

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~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

Wow, what a summer! Beautiful weather outside and fun inside the "Barn"! I hope this newsletter finds you well. Check out the new classes being offered, sign up for the special events and be sure to sign up or pack a lunch so you can stay and play all day!

We are offering Flu Shots again this season, and new to us are pneumonia shots too. Please RSVP today to be able to get your shot here at the Barn. Both are free to Medicare Patients. We have some new card games we have been learning, come see what we are up to. Don't forget to stop by the "Barn" and check out the bulletin boards to see the new information first hand. The week of Halloween we will have a prizes for the best costume. It doesn't matter what day you come in, just dress up and be entered in the contest!

Enjoy the fall and we will see you soon!

If you have any questions please call or email me at
578-3929 or lbowen@hudsonnh.gov.

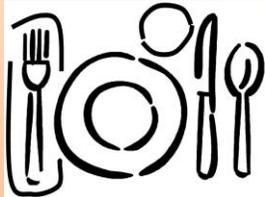
~Lori Bowen Senior Services Coordinator

YOU'RE INVITED!

LUNCH GROUP

The Lunch Group visits local restaurants every month. They meet the third Thursday of the month. RSVP at the office to get your coupon. There is discount or special meal each month just for our patrons! The Menu and Place is located on our bulletin board at the Center.

See Lori if you have any questions.



CRAFTING CLASS

The Crafting Class meets the last Thursday of the month. Each month is something different and fun. Come laugh and have a good time while making something new!

September 24, 2015 ~ Deco Paste Candles

October 29, 2015 ~ Milk Bottle Candles

November 19, 2015 ~ Thanksgiving Centerpieces

Please RSVP at the office to be included in these fun activities...no prior experience necessary!

Coffee Club

The Coffee Club is open to all, even if you don't drink coffee! Coffee is ready any time after 9am on Tuesdays.



POLITICS & PASTRIES September 14, 2015

Please join us for a Coffee Talk over pastries with our Town Selectmen Roger Coutu 9am in the Dining Room

Dave Smith

The Hudson Senior Center is pleased to announce that Dave Smith, photographic artist will again be presenting at the Senior Center.

Dave specializes in outdoor scenes from high altitudes.

Please join us on the following dates:

GLACIER MONTANA ~ September 16

NEW WHITE MOUNTAINS ~ October 21st.

1pm in the Function Room

FINANCIAL SEMINARS

Join us every month for some financial advice and information. Mimi is our hostess and she will be discussing all kinds of tidbits to get your finances in order and to help protect you moving forward.

This is a free seminar series.

~ Starts at 1pm ~

September 21st & October 19th

Discussion Topics Include:

Long Term Care, Retirement Path, Social Security, and Life Insurance as an asset.

TAKE A TRIP WITH US!

VISIT THE TRIP OFFICE WED & THURS 9-11AM

Lucille Boucher is the trip coordinator for the Hudson Senior Center. You can leave her a message through the Senior Center phone lines at 578-3929. You may also leave a check and slip with the trip information at the main office in the Barn. You can also access all the forms for the trips on the website: www.hudsonnh.gov.

Lucille can also be reached at 889-1803.

****Please Note**** If all seats are not reserved a trip may need to be cancelled. Deposits are due at time of reservation and final payment is due 30 days prior to trip leaving. Checks can be made out to Town of Hudson.

FOXWOODS RESORT & CASINO

October 5, 2015

Bus transportation to FOXWOOD in Ledyard, Ct.
Trip to include casino bonus (at the discretion of the casino) and a \$10.00-\$15.00 food voucher
COST: \$31.00 per person due at time of sign-up

Sign up today, seats are going fast!



A LETTER FROM LUCILLE

Due to the impending inclement weather the trips will take a sabbatical for the winter months. Be sure to check out the Winter Issue of the North News for trip information for the Spring. You can also stop by the Senior Center and take a look at the Trip Board located in the main hall. You can always look up the trips on the computer through the Town of Hudson website.

Gift Certificates for your loved ones make a great present ...Trip Money!

We are planning on going to the following places once it gets warmer so mark your calendars:

- * Irish Show in March
- * Newport Playhouse
- * Log Cabin
- * Foxwoods
- * Venus De Milo



We are also planning a trip to Canada so get your passport ready!

CELEBRATE THE SEASONS!

Halloween Costume Week!

October 26th-29th

Dress in Costume for Halloween all week at the Senior Center. Dress up a lot or a little; it is all in good fun! You do not have to participate in any specific activities, just stop by to show us your costume. You can also dress in a new costume every day if you wish. Everyone will have a chance to vote too, so be sure to stop by and cast your vote for your favorite! Prizes will be announced on November 5th. Multiple Categories!



WINTER WONDERLAND HOLIDAY PARTY!

We are starting the process of having a Christmas Party for the Senior Center Registrants. Stop by the Center later this fall for more information and to purchase your tickets.



2nd ANNUAL FOOD PANTRY DONATION DRIVE

We will collect non perishable food from October 1st until November 12th. You can drop off any donations at the Senior Center Monday through Thursday. Thank you ahead of time for supporting those in need.

THE SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DATES:

- | | |
|--------------------------|-------------------------|
| SEPTEMBER 7, 2015 | LABOR DAY |
| OCTOBER 12, 2015 | COLUMBUS DAY |
| NOVEMBER 11, 2015 | VETERAN'S DAY |
| NOVEMBER 26, 2015 | THANKSGIVING DAY |



<p><u>Monday, August 31, 2015</u> Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm</p>	<p><u>Tuesday, September 01, 2015</u> Chris Streeter - Hearing 9am Coffee Club 9am Bone Builders 9am @ Barn Mah Jongg 9am Whist 9:30am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm</p>	<p><u>Wednesday, September 02, 2015</u> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm North Barn Presents Movie Day <i>5 Flights Up</i> 1pm</p>	<p><u>Thursday, September 03, 2015</u> Silver Knitters 9am Bone Builders 9am @ Rec Office Men's Meeting 10:30am Lunch 11:30am Technology Class 11:30am Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, September 07, 2015</u> Labor Day Center Closed</p>	<p><u>Tuesday, September 08, 2015</u> Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am Learn to Play - Billiards 10am Lunch 11:30am Hand in Foot 12:30pm</p>	<p><u>Wednesday, September 09, 2015</u> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm Photography Club 10:30am North Barn Presents Movie Day <i>Black or White</i> 1pm</p>	<p><u>Thursday, September 10, 2015</u> Silver Knitters 9am Bone Builders 9am *New Time* Senior Center Meeting 11am Lunch 11:30am Technology Class 11:30pm Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, September 14, 2015</u> Pastries and Politics with Roger 9am Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Mah Jongg 12-3pm Ping Pong 12-3pm</p>	<p><u>Tuesday, September 15, 2015</u> Chris Streeter - Hearing 9am Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am Tapsters 10:30am (new session) Lunch 11:30am Hand in Foot 12:30pm</p>	<p><u>Wednesday, September 16, 2015</u> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm North Barn Presents</p>	<p><u>Thursday, September 17, 2015</u> Silver Knitters 9am Bone Builders 9am @ Rec Office Book Club 10:30am Lunch 11:30am Technology Class 11:30pm Bingo 12pm Pinochle 12:30pm</p>

	45's 12:30pm Zumba Gold 1:45pm \$4	<i>Dave Smith - Glacier Montana</i> 1pm	
<u>Monday, September 21, 2015</u> Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Mah Jongg 12-3pm Ping Pong 12-3pm <i>Financial Seminar With Mimi</i> 1pm	<u>Tuesday, September 22, 2015</u> Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4	<u>Wednesday, September 23, 2015</u> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm Foot Clinic by appointment North Barn Presents Movie Day <i>The Guilt Trip</i> 1pm	<u>Thursday, September 24, 2015</u> Silver Knitters 9am Bone Builders 9am @ Rec Office Senior Center Meeting 11am Lunch 11:30am Technology Class 11:30pm Bingo 12pm Pinochle 12:30pm
<u>Monday, September 28, 2015</u> Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Mah Jongg 12-3pm Ping Pong 12-3pm <i>FLU CLINIC 10am-1pm</i> <i>please RSVP at the Barn</i>	<u>Tuesday, September 29, 2015</u> Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am Learn to Play - Billiards 10am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4	<u>Wednesday, September 30, 2015</u> <i>Toe Nail/Foot Clinic 882-2941</i> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm North Barn Presents Movie Day <i>Woman in Gold</i> 1pm	<u>Thursday, October 01, 2015</u> Silver Knitters 9am Bone Builders 9am @ Rec Office Men's Meeting 10:30am Lunch 11:30am Technology Class 11:30pm Bingo 12pm Pinochle 12:30pm <i>Food Drive Through Nov. 12th</i>
<u>Monday, October 05, 2015</u> Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Lunch 11:30am	<u>Tuesday, October 06, 2015</u> Chris Streeter - Hearing 9am Coffee Club 9am Bone Builders 9am @ Barn	<u>Wednesday, October 07, 2015</u> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3	<u>Thursday, October 08, 2015</u> Silver Knitters 9am Bone Builders 9am @ Rec Office Senior Center Meeting 11am

<p>Ping Pong 12-3pm Mah Jongg 12-3pm</p>	<p>Mah Jongg 9am Whist 9:30am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm</p>	<p>Canasta 12:30pm North Barn Presents Movie Day Book Thief 1pm</p>	<p>Lunch 11:30am Technology Class 11:30am Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, October 12, 2015</u></p> <p><i>Columbus Day Center Closed</i></p> 	<p><u>Tuesday, October 13, 2015</u> Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, October 14, 2015</u> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm Photography Club 10:30am North Barn Presents Movie Day Freedom 1pm</p>	<p><u>Thursday, October 15, 2015</u> Silver Knitters 9am Bone Builders 9am *New Time* Book Club 10:30am Lunch 11:30am Technology Class 11:30pm Bingo 12pm Pinochle 12:30pm NH Orthopedic Fall Checks 9-12</p>
<p><u>Monday, October 19, 2015</u></p> <p>Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Mah Jongg 12-3pm Ping Pong 12-3pm</p> <p>Financial Seminar With Mimi 1pm</p>	<p><u>Tuesday, October 20, 2015</u> Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, October 21, 2015</u> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm North Barn Presents Dave Smith - White Mountains 1pm</p>	<p><u>Thursday, October 22, 2015</u> Silver Knitters 9am Bone Builders 9am @ Rec Office Senior Center Meeting 11am Lunch 11:30am Technology Class 11:30pm Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, October 26, 2015</u> Pastries and Politics with Roger 9am Chair Yoga 9am \$32 - 6</p>	<p><u>Tuesday, October 27, 2015</u> Chris Streeter - Hearing 9am Coffee Club 9am</p>	<p><u>Wednesday, October 28, 2015</u> Aerobics 9am \$3 Line Dancing 10:30am</p>	<p><u>Thursday, October 29, 2015</u> Silver Knitters 9am Bone Builders 9am @</p>

<p>week session Mat Yoga 10:30am \$32 - 6 week session</p> <p>Mah Jongg 12-3pm</p> <p>Ping Pong 12-3pm</p>	<p>Bone Builders 9am @ Barn</p> <p>Whist 9:30am</p> <p>Tapsters 10:30am</p>	<p>\$3 Beginners Line Dancing 11:45am \$3</p> <p>Canasta 12:30pm <i>Toe Nail/Foot Clinic</i> 882-2941</p> <p>North Barn Presents Movie Day</p> <p><i>Practical Magic</i> 1pm</p>	<p>Rec Office</p> <p>Lunch 11:30am Technology Class 11:30pm</p> <p>Bingo 12pm</p> <p>Pinochle 12:30pm</p>
<p>"Costume Week" Happy Halloween! Prizes for best Costume!</p>	<p>Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>		
<p><u>Monday, November 02, 2015</u></p> <p>Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Mah Jongg 12-3pm</p> <p>Ping Pong 12-3pm</p>	<p><u>Tuesday, November 03, 2015</u></p> <p>Coffee Club 9am Bone Builders 9am @ Barn</p> <p>Whist 9:30am Tapsters 10:30am</p> <p>Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, November 04, 2015</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm</p> <p>North Barn Presents Movie Day</p> <p><i>100 Foot Journey</i> 1pm</p>	<p><u>Thursday, November 05, 2015</u></p> <p>Silver Knitters 9am Bone Builders 9am @ Rec Office Men's Meeting 10:30am Lunch 11:30am Technology Class 11:30pm</p> <p>Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, November 09, 2015</u></p> <p>Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Mah Jongg 12-3pm</p> <p>Ping Pong 12-3pm</p>	<p><u>Tuesday, November 10, 2015</u></p> <p>Coffee Club 9am Bone Builders 9am @ Barn</p> <p>Whist 9:30am Tapsters 10:30am</p> <p>Lunch 11:30am Hand in Foot 12:30pm</p> <p>45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, November 11, 2015</u></p> <p><i>Veterans Day</i></p> <p><i>Center Closed</i></p> <p><i>Thank you to all Veterans</i></p>	<p><u>Thursday, November 12, 2015</u></p> <p>Silver Knitters 9am Bone Builders 9am @ Rec Office Senior Center Meeting 11am Lunch 11:30am Technology Class 11:30pm</p> <p>Bingo 12pm</p> <p>Pinochle 12:30pm Last Day for Food Pantry Donations</p>
<p><u>Monday, November 16, 2015</u></p>	<p><u>Tuesday, November 17, 2015</u></p>	<p><u>Wednesday, November 18, 2015</u></p>	<p><u>Thursday, November 19, 2015</u></p>

<p>Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session</p> <p>Mah Jongg 12-3pm</p> <p>Ping Pong 12-3pm</p>	<p>Coffee Club 9am Bone Builders 9am @ Barn</p> <p>Whist 9:30am</p> <p>Tapsters 10:30am</p> <p>Lunch 11:30am Hand in Foot 12:30pm</p> <p>45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Photography Club 10:30am Beginners Line Dancing 11:45am \$3</p> <p>Canasta 12:30pm</p> <p><i>Diabetic Shoes 1pm</i></p> <p>North Barn Presents Movie Day <i>Dave Smith - Glacier Montana 2</i> 1pm</p>	<p>Silver Knitters 9am Bone Builders 9am @ Rec Office</p> <p>Book Club 10:30am</p> <p>Lunch 11:30am Technology Class 11:30pm</p> <p>Bingo 12pm</p> <p>Pinochle 12:30pm</p>
<p><u>Monday, November 23, 2015</u></p> <p>Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Mah Jongg 12-3pm</p> <p>Ping Pong 12-3pm</p>	<p><u>Tuesday, November 24, 2015</u></p> <p>Coffee Club 9am Bone Builders 9am @ Barn</p> <p>Whist 9:30am Tapsters 10:30am</p> <p>Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, November 25, 2015</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm <i>Toe Nail/Foot Clinic 882-2941</i></p> <p>North Barn Presents Movie Day <i>The Sound of Music</i> 1pm</p>	<p><u>Thursday, November 26, 2015</u></p> <p><i>Thanksgiving Day Center Closed</i></p>
<p><u>Monday, November 30, 2015</u></p> <p>Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Mah Jongg 12-3pm</p> <p>Ping Pong 12-3pm</p>	<p><u>Tuesday, December 01, 2015</u></p> <p>Coffee Club 9am Bone Builders 9am @ Barn</p> <p>Whist 9:30am Tapsters 10:30am</p> <p>Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, December 02, 2015</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm</p> <p>North Barn Presents Movie Day <i>Pearl Harbor</i> 1pm</p>	<p><u>Thursday, December 03, 2015</u></p> <p>Silver Knitters 9am Bone Builders 9am @ Rec Office Men's Meeting 10:30am Lunch 11:30am Technology Class 11:30pm</p> <p>Bingo 12pm Pinochle 12:30pm</p>

Inclement Weather Cancellation Notice

Hudson Senior Center will be closed if there is no school OR a delayed opening for the Hudson School district during inclement winter weather. In the event of weather cancellations or emergencies, cancellations will be registered with WMUR channel 9 on television. The Senior Center comes up on the business listings scroll. Any inclement weather cancellations will also include cancellation of Community Dining Meals and all activities. You will also be able to find this information on the Town of Hudson Website at www.hudsonnh.gov, and channel 22 on HCTV on Comcast Television.

Even though the Center is open please use discretion if traveling with the weather. Your safety is imperative to us and we want everyone to stay safe!



FOR MOVING AND SHAKING!

CHAIR YOGA

Chair Yoga is now at class at the Senior Center. The second offering of this class will be starting on September 14 at 9am. If you are interested in taking this class please sign up at the office. It will be \$35 for 6 weeks of classes.



MAT YOGA

Mat Yoga is now an option at the Senior Center. There is a new session starting on September 14. It will be \$35 for 6 weeks of classes. For this class you will need your yoga mat. Sign up today to be a part of this growing class!

AEROBICS WITH SYLVIE

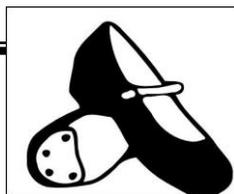
Aerobics with Sylvie meets on Wednesday mornings at 9am. Please bring your hand weights and smile, as you do low impact aerobics and balance exercises. Then finish class with chair and hand weight exercises. This is an all abilities class and all are welcome! Please see the office to sign up to guarantee a spot. Cost is \$3 each per class.



There are two exercise bikes at the Center. They are available during the hours of operation, other than when the trip office is open and the first Tuesday of the month in the morning.

TAPSTERS!

A New Session of Tapsters will begin on Tuesday September 15th at 10:30 am for 6 weeks. Please see Lori to sign up and visit Dancers Closet in Nashua to get a discount on shoes! This is an all abilities class right now and we have room for you! Be sure to stop by and check it out! Men and Women are welcome to join the class. Cost is \$35.00 per 6 weeks of Classes



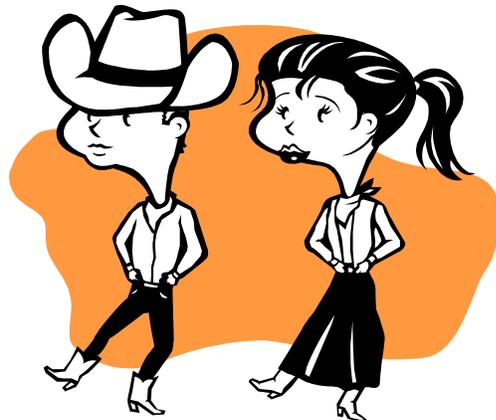
FOR MOVING AND SHAKING!

Beginners Line Dancing!
 Calling all beginners! Class starts at 11:45, and will cost you \$3 per week.



Walking Group

Our Walking group is going to get started now that it isn't so hot. Meet at the entrance to Benson Park, by the parking lot. Mondays at 10:30am



LINE DANCING WITH GAIL

Gail teaches new dances each week and really gets you moving! This intermediate to advanced class is Wednesdays at 10:30am. Please stop by the office to add your name to the list!

Cost is \$3 per person, per class.

BONE BUILDERS!

Bone Builders is offered at the Hudson Senior Center! Classes are every Tuesday at the Barn and Thursday at the Recreation Office Conference Room.

9am – 10:30am
 Stop by the Barn for your doctor forms.
 \$2 donation per class



ZUMBA GOLD WITH JESS

A new 8 week session of Zumba Gold is starting on September 15th. The class will be Tuesdays at 1:45pm. Sign up at the Barn to be a part of this fun movement class!

\$32 for 8 weeks of classes!



TAKE A CLASS WITH US!

MAH JONGG LESSONS

Mah Jongg is the Chinese tile game that will have you using your brain! Lessons are by appointment. See Lori to set up a time with an instructor. Thank you!

PICKLEBALL!

Come learn to play Pickleball with us! This fast paced game is taking over and we have jumped on the wagon! Sign up at the Center to take the beginner class and be a part of this fun game! We will play outside until November, and then we go inside all winter.

RODGERS LIBRARY E-READER CLASS

Learn how to use the online E-Book Library from Rodgers Memorial Library. Class is the third Tuesday of each Month at 1pm.



Technology Classes!

Are you having trouble with your technology? Or maybe aren't sure of how to turn on your new phone? Do you want to get some games on your new tablet? Then we have the classes for you! Bring in your technological devices, and all the accessories and John will teach you how to use them!

John is here every week to help make you a master of your technology.

He will also show you how to stay safe on the internet, keep your personal information away from predators and how to safely make purchases online.

Starting at 11am

All makes and models of "Technology"

LEARN ABOUT THE TELEVISION PROCESS AT HCTV!

The Hudson Community Television is excited to offer tours and more of the Television Studio. The facility is open to the Seniors to take a tour of the facility, learn how the shows are created and produced, and learn how to use the equipment and the possibility to create and direct or star in your own show! Everyone is invited to join us on the first and third Tuesdays of the month at 1pm. Please check in at the Senior Center office with questions.

For more information about the Community Television Access Center you can also visit www.hudsonnh.gov



CARDS AND GAMES

CALLING ALL CARD & GAME PLAYERS!

Scat - Every day at 9am

Whist – Tuesday Mornings starting at 9am

Mah Jongg – Monday at 12pm

Mah Jongg – Tuesday at 9am

Pokeeno – Tuesday & Wednesday after lunch

7's – Tuesday & Wednesday after lunch

Board Games – Tuesdays at 12:00 pm (see calendar)

Scrabble – Tuesday at 12 pm

45's – Tuesday at 12:30 pm

Canasta – Wednesday at 12:30 pm

Pinochle – Thursday at 12:30 pm

Bingo – Thursday at 12 pm

Community Puzzle – Daily from 8:45am – 3pm

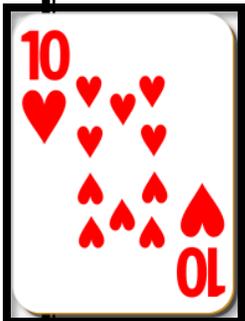
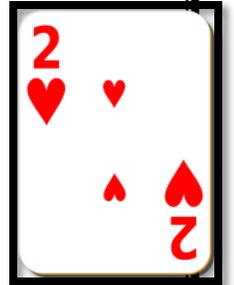
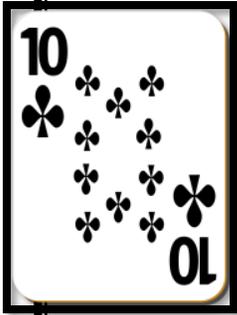
Billiards – Daily from 8:45am – 3 pm

Ping Pong – Monday at 12:30pm

Ping Pong – Tuesday from 11:45am – 1:45pm

There is always room for a group to sit down
and play any game every day

(Depending on the game, bring your pennies, nickels and dimes!)



FOR HEALTH & WELLNESS



CPTe will once again be offering balance screenings to prepare everyone for the “fall” season. Tuesday November 3rd 9am

Fred is also offering “A Matter of Balance” Class to teach you how to be safe during falls and help overcome your fears about falling. The class also covers how to safeguard your home so you will be safer during a fall. The class is \$15 and on Tuesdays for 8 weeks starting September 9th.

Sign up today!

NH ORTHOPEDIC CENTER

Free Balance Screenings!

NH Orthopedic Center will be here on:

October 15, 2015

offering free balance screenings.

Please stop by the Center between 9am-12pm to be checked out by their friendly staff.



FOOT CLINIC

The Foot Clinic is being held at the Barn on the 4th Wednesday **every** month. Please contact Health and Hospice at 882-2941 to set up your appointment time.



FLU & PNEUMONIA CLINIC

You can get your Flu Shots and Pneumonia shots at the Senior Center again this year. Please see Lori to RSVP.

September 28, 2015

FOR HEALTH & WELLNESS

AFFORDABLE HEARING LLC

*Free Hearing Evaluation.
Lowest Hearing Aid Prices.*

Chris Streeter is here the first Tuesday of each month from 10-12pm.

You can find him in the Activity Office, or sign up in the office for a guaranteed time.



Diabetic Shoe Clinic

Appointments are available on November 18, starting at 9am. Please stop by the office to get paperwork to be filled out by your doctor. See the products that will be offered, and to set up your appointment with the specialist.

Additional information can be found at:

www.drcomfort.com



SENIOR ASSISTING FURNITURE & EQUIPMENT

The mobile showroom will once again be at the Senior Center on

September 30th

November 4th

9:00am-2:00pm

The mobile showroom will bring a lot of mobility products and assisting products right to the Center. Come check it out, and test out the products.

No appointment needed.

BLOOD PRESSURE CHECKS JOIN US ON NOVEMBER 10

We will be joined by a pharmacy student from the Massachusetts College of Pharmacy. If you are interested they will be performing blood pressure checks on anyone that stops by the Center.



Please Support Our Advertisers!

Tell them you saw their ad in the North News!



PHOTOGRAPHY CLUB

Join us the second Wednesday of the month for the photography club. Each month the group will choose a topic to photograph and then share their pictures. Look for their facebook page coming soon!



COFFEE CLUB

The Coffee Club is open to all, even if you don't drink coffee! Coffee is ready any time after 9am on Tuesdays.



COSTUME CONTEST!

The week of October 26th we are having a Halloween Costume Contest! Wear your best Costume and be entered into the contest! It doesn't matter what day you come, just dress up!

LUNCH BUNCH

Lunch is served every day at the Barn from our fabulous gourmet kitchen. You are also welcome to pack a lunch and come and enjoy the view from our dining room.



SENIOR AFFAIRS COMMITTEE

Tune in to Gov. Channel 22 on Comcast to watch our advisory council meetings. Third Wednesday of each month at 7:30. See Lori for more details or to be added to the agenda.

SENIOR MEETING

The Senior Meeting continues to take place on the 2nd and 4th Thursday of each month and all patrons of the Senior Center are invited. The meeting takes place just before lunch at 11am. If you have something to add to the agenda please contact the office at 578-3929. See you there!

MEN'S MEETING

There is a meeting at the Barn for all our male patrons interested in discussing men's topics. Whether that be politics, health, sports or anything other topic! Charlie Matthews, director of the Rodgers Library is sitting in as the moderator for this meeting. The meeting gets underway at 10:30 on the first Thursday of the month. Join us in the lounge!

*** BOOK CLUB ***

Natalie and Amy from Rodgers Memorial Library are our book discussion group leaders here at the Center. Every month on the third Thursday there will be a meeting of the minds to discuss the book of the month. This will also be the day that you can pick up your copy of the book for the following month. The books will be available after that in the office, see Lori to reserve your copy. You can also download a digital book to participate, just add your name to the list by talking to Lori so we know to expect you!



ABOUT THE SENIOR CENTER

Registration Renewals

We are taking new registrations and renewing old ones every day. Please remember you must register to participate in any program at the Center. You can register any day the Center is open. Forms are available at the Center (Barn) or you can find them on the website at www.hudsonnh.gov under the Recreation Department.

Dave's Letter

Hello!

Lori is available to ask questions but you can also contact me directly with any questions or concerns at 880-1600, or at dyates@hudsonnh.gov.

I hope you enjoy the fall.

Sincerely,

Dave Yates

Dave Yates

Hudson Recreation Director



The 5 W's about the

Hudson Senior Center

What: The Hudson Senior Center is an active adult recreation center that focuses on improving the daily activities of the local population of residents age of 55 or older.

Who: Anyone over the age of 55, or their spouse if younger

Where: 19 Kimball Hill Road, Hudson NH (603)578-3929

When: Monday – Thursday
8:45am-3pm

Why: To be more active, make new friends, have a good lunch, get in shape, stay healthy and more!

How: Register any day at the office! \$10 registration fee per year; per person. You can also download the forms off the website at:

<http://www.hudsonnh.gov/departments/hudson-recreation/senior-center>

HUDSON SENIOR CENTER

LOCATED IN THE NORTH BARN AT BENSON PARK
19 KIMBALL HILL ROAD HUDSON, NH 03051
603-578-3929

WWW.HUDSONNH.GOV

lbowen@hudsonnh.gov



HOURS OF OPERATION

Monday: 8:45am-3pm
Tuesday: 8:45am – 3pm
Wednesday: 8:45am – 3pm
Thursday: 8:45am – 3pm

We are not open Friday, Saturday or Sunday.

