



NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

It's time to welcome Fall to the Hudson Senior Center!

If you would like to partake in the activities at the Center from now until next July, stop by and register for 2016-17.

Registration is still \$10 a year, and you can register anytime we are open (Monday – Thursday 8:45-3pm).

What an amazing success our Summer Luau was! We had almost 250 people in attendance and a great time was had by all! Thank you to St. Joseph's Services for providing and serving an amazing luncheon buffet. A huge thank you to all our volunteers: Kathy, Gloria, Anne, Jesse, Leo, Dave, Hope, Sara, Isabelle, Maddi, Maddy, Michaela and Lily! You made the day possible! A HUGE thank you to our amazing Andrea Star for performing and teaching the Hula Dance, and Gail for leading the group in Dancing!

For Fall we have some very exciting events: a Comedy Breakfast, Flu Shot Clinic, a Music Concert featuring Benes and a Wii Bowling Tournament. Get your costumes ready for our Annual Halloween Costume Contest! We are also gearing up for our annual Christmas Party, so be sure to get your tickets Nov. 3rd!

Thank you all for being a part of the Hudson Senior Center, and we hope you stop by again soon! If you have any questions please call or email me at: 578-3929 or lbowen@hudsonnh.gov.

Lori A. Bowen

Lori A. Bowen
Senior Services Coordinator

Art on Display

We have art on Display this month by HSC participant Meredith Landry. Meredith is a resident of Hudson and specializes in watercolors. Stop by the Center to see her amazing work!

Art Gallery

In the Library at the Senior Center you will see two beautiful pieces of artwork on loan from Rita Pelland, a registrant here at the Center and a resident of Hudson NH. She is an accomplished artist who also gives back to charities when selling her works of art. Stop by to see them before they are gone.

The North Barn Presents Special Events

COMEDY BREAKFAST!! FEATURING DAVID SHIKES

October 11, 2016

10:30am

Please join us as we welcome

David Shikes

back to the Hudson Senior Center!

David is a charismatic Comedian who
will have you laughing all morning.

Join us for pastries and laughs!

MOVIE AFTERNOON!

We show a movie every Tuesday at 12pm.

Join us in the Function Room!

September 6 – 90 Minutes in Heaven

September 13 – Chef

September 20 – 13 Hours

September 27 – Finest Hours

October 4 – Money Monster

October 11 – The Meddler

October 18 – Genius

October 25 – Practical Magic

November 1 – Me Before You

November 8 – Demolition

November 15 – The Boss

November 22 – Born to be Blue

November 29 – Love the Coopers

December 6 – London has Fallen

*Movies subject to change based on
availability. Please check in at the Center
for final decision. More movies coming in
the Winter, pick up your Winter newsletter
for more information in December!*

ANNUAL CHRISTMAS PARTY



DECEMBER 10, 2016

This event is being Co-Sponsored by the Hudson Council
on Aging.

Please purchase your tickets early as
this event will sell out.

Tickets will be \$24 a person and tickets will go on sale
November 3rd at 9am. We will offer tables of 8 again this
year. See you there!



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(603) 882-7309**

The North Barn Presents

Tuesday Mornings 10:30am

FLU SHOT CLINIC

We will be holding a Flu Shot Clinic at the Senior Center on October 18th

Please RSVP at the office

COMEDY BREAKFAST!! FEATURING DAVID SHIKES

October 11, 2016
10:30am

Please join us as we welcome David Shikes back to the Hudson Senior Center! David is a charismatic Comedian who will have you laughing all morning. Join us for pastries and laughs!

Diabetic Shoes & Braces

Amy Baxter will once again be here to measure you for new Diabetic Shoes and braces. Stop by the office for your sheets for the Doctor.

Appointments start at 10:30.
September 20, 2016

MUSIC CONCERT

We will be holding a music concert featuring:

Benes Konecny

On November 15th.
Please join us at 10:30 in the Function Room to listen to Benes perform some great songs!

Wii BOWLING TOURNAMENT

We are going to hold our first Wii Bowling Tournament at the Senior Center on November 22nd. Please sign up at the office to be included for this fun event!

Prizes will be given!

Coffee with the Cops

Join the Hudson Police Department for coffee and conversation. They will be here to answer questions and keep you informed.

9/27, 10/25, 11/29

Get your Blood Pressure Checked!

This free service is put on by the Massachusetts College of Pharmacy. Stop by and meet the newest pharmacy student to come to the Center, ask questions and get your blood pressure checked. 9/13/2016

Hudson Fire Department Safety Seminars

The Hudson Fire Department will be hosting safety discussions on the first Tuesday of every month. Please join us in the Function Room and partake in these information sessions. 10:30am

9/6, 10/4, 11/1, 12/6

The North Barn Presents

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, 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 and to RSVP for your tour. For more information about the Community Television Access Center you can also visit www.hudsonnh.gov



ANNUAL HALLOWEEN COSTUME CONTEST

Once again the Hudson Senior Center is hosting a Halloween Costume Contest!

Stop by anytime
October 17th –
October 27th
in costume to be
entered.

Prizes awarded!

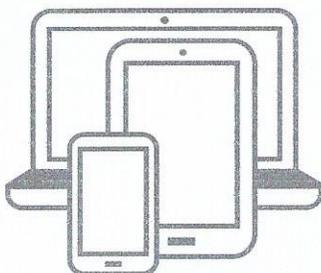


Technology Classes!

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 other 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.

Appointments Available 11am – 2pm



The North Barn Presents: Lunch!

Wednesday Deli Special

Check out the New
Wednesday Deli Specials!
They are served with a smile
every Wednesday!

~ 11:30am ~

Sign Up one week in advance
in person or RSVP over the
phone at **578-3929**.

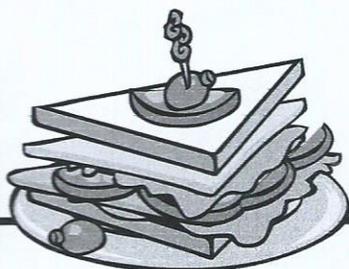
~ SPECIAL MEAL MENU ~

September 22, 2016

FALL SPECIAL

Sliced Pork Loin
w/ Supreme Sauce
Over Herbed Stuffing
Mashed Potatoes
Peas & Pearl Onions
Cinnamon Dinner Roll
Pumpkin Pie

(Stop by to see the other
lunch options available at the
Center)



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.



**Lunch is served every day at 11:30 in
our Dining Room**

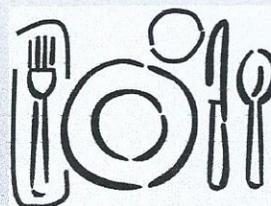
**Please sign up in person or
call 578-3929 and RSVP**

One week or more ahead of time

**Menus are available at the Center and
online www.hudsonnh.gov**

LUNCHEON GROUP

The Luncheon Group visits local restaurants every month.
They meet the third Monday 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.



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 access all the forms for the trips on the website: www.hudsonnh.gov.

All Forms and more information can also be found on the Trip Bulletin Board at the Barn.

Lucille can also be reached at 889-1803, outside of the Trip Office Hours (W & TH 9-11am)

****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 40 days prior to trip leaving. Checks can be made out to Town of Hudson.

A Note from Lucille

Thank you all for a successful year of trips in 2016!

Please remember final payment is due 4 weeks prior to the date of the trip, or sooner.

There are still openings on the *Forever Motown Trip* and the *Silver Sizzle Trip*. Please stop by the Trip Office for details.

Also we are looking to see hwo would be interested in going to the Red Sox and on a Whale Watch next summer!

"A Little Bit of Ireland"

Regale Music Theatre

In Waltham Mass.

Sunday, March 12, 2017

\$89.00 per person

Lunch at the Chateau Restaurant

Edwards Twins!

**Performing at the
Newport Playhouse**

May 8, 2017

\$87.00 per Person

Buffet Lunch

Foxwoods!

\$32 per person

October 3rd and March 2017

Spend the day with us at Foxwoods Casino!

**We will leave nice and early so you get a full day in,
play slots or Bingo and enjoy the Buffet.**

**Day includes free slot play, lunch buffet,
transportation and fun!**

**Tell your friends, we always fill the bus so get your
reservation in today!**

House Cleaning For The Senior Citizens

Once a Month or Bi-Weekly or 1 Time Only!

Please call Joyce at 603-275-6469

The Hudson Senior Center Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><u>September 5, 2016</u></p> <p>Happy Labor Day!</p> <p>Senior Center Closed</p>	<p><u>September 6, 2016</u></p> <p>Coffee Club 9am</p> <p>Bone Builders 9am \$1</p> <p>Mah Jongg 9:00 am</p> <p>Whist 9:30am</p> <p>North Barn Presents 10:30am Visit with the Hudson Fire Department</p> <p>Lunch 11:30am</p> <p>Hand in Foot 12:30pm</p> <p>North Barn Presents - Movie Afternoon 12 pm "90 Minutes in Heaven "</p>	<p><u>September 7, 2016</u></p> <p>Aerobics 9am \$3</p> <p>Trip Office Open 9-11am</p> <p>Bridge 9:30am</p> <p>Quilting Group 9am</p> <p>Line Dancing 10:30am \$3</p> <p>Lunch 11:30am Deli Menu Option</p> <p>Beginners Line Dancing 11:45am \$3</p> <p>Canasta 12:30pm</p>	<p><u>September 8, 2016</u></p> <p>Silver Knitters 9am</p> <p>Trip Office Open 9-11am</p> <p>Senior Meeting 11am</p> <p>Lunch 11:30am</p> <p>9:00am One on One Tech Classes</p> <p>Bingo 12pm</p> <p>Pinochle 12:30pm</p>
<p><u>September 12, 2016</u></p> <p>Coloring Group 10am</p> <p>Chair Yoga 9am</p> <p>Mat Yoga 10:30am</p> <p>Lunch 11:30am</p> <p>Ping Pong 12-3pm</p> <p>Mah Jongg 12-3pm</p>	<p><u>September 13, 2016</u></p> <p>Coffee Club 9am</p> <p>Bone Builders 9am \$1</p> <p>Mah Jongg 9:00 am</p> <p>Whist 9:30am</p> <p>North Barn Presents 10:30am Blood Pressure Clinic w/ Pharmacy Students</p> <p>Lunch 11:30am</p> <p>Hand in Foot 12:30pm</p> <p>North Barn Presents - Movie Afternoon 12 pm "CHEF "</p>	<p><u>September 14, 2016</u></p> <p>Aerobics 9am \$3</p> <p>Trip Office Open 9-11am</p> <p>Bridge 9:30am</p> <p>Quilting Group 9am</p> <p>Line Dancing 10:30am \$3</p> <p>Lunch 11:30am Deli Menu Option</p> <p>Beginners Line Dancing 11:45am \$3</p> <p>Canasta 12:30pm</p>	<p><u>September 15, 2016</u></p> <p>Silver Knitters 9am</p> <p>Trip Office Open 9-11am</p> <p>Lunch 11:30am</p> <p>Bingo 12pm</p> <p>Pinochle 12:30pm</p>
<p><u>September 19, 2016</u></p> <p>Coloring Group 10am</p> <p>Chair Yoga 9am</p> <p>Mat Yoga 10:30am</p> <p>Lunch 11:30am</p> <p>Ping Pong 12-3pm</p> <p>Mah Jongg 12-3pm</p>	<p><u>September 20, 2016</u></p> <p>Coffee Club 9am</p> <p>Bone Builders 9am \$1</p> <p>Mah Jongg 9:00 am</p> <p>Whist 9:30am</p> <p>North Barn Presents 10:30am Amy Baxter Diabetic Shoes & Braces</p> <p>Lunch 11:30am</p> <p>Hand in Foot 12:30pm</p> <p>North Barn Presents - Movie Afternoon 12 pm "13 Hours"</p>	<p><u>September 21, 2016</u></p> <p>Aerobics 9am \$3</p> <p>Trip Office Open 9-11am</p> <p>Bridge 9:30am</p> <p>Quilting Group 9am</p> <p>Line Dancing 10:30am \$3</p> <p>Lunch 11:30am Deli Menu Option</p> <p>Beginners Line Dancing 11:45am \$3</p> <p>Canasta 12:30pm</p>	<p><u>September 22, 2016</u></p> <p>Silver Knitters 9am</p> <p>Trip Office Open 9-11am</p> <p>Senior Meeting 11am</p> <p>9:00am One on One Tech Classes</p> <p>Lunch 11:30am</p> <p>Bingo 12pm</p> <p>Pinochle 12:30pm</p>

<u>September 26, 2016</u> Coloring Group 10am Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm	<u>September 27, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 9:00 am Whist 9:30am North Barn Presents 10:30am Coffee With the Cops Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Finest Hours"	<u>September 28, 2016</u> Aerobics 9am \$3 Trip Office Open 9-11am Bridge 9:30am Quilting Group 9am Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm	<u>September 29, 2016</u> Silver Knitters 9am Lunch 11:30am Trip Office Open 9-11am Bingo 12pm Pinochle 12:30pm
<u>October 3, 2016</u> Coloring Group 10am	<u>October 4, 2016</u> Coffee Club 9am Bone Builders 9am \$1	<u>October 5, 2016</u> Aerobics 9am \$3 Trip Office Open 9-11am	<u>October 6, 2016</u> Silver Knitters 9am Men's Meeting Canceled
Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm	Mah Jonng 9:00 am Whist 9:30am North Barn Presents 10:30am Visit with the Hudson Fire Department Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Money Monster"	Bridge 9:30am Quilting Group 9am Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm	Trip Office Open 9-11am 9am One on One Tech Classes Lunch 11:30am Bingo 12pm Pinochle 12:30pm
<u>October 10, 2016</u> Columbus Day! Senior Center Closed	<u>October 11, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 9:00 am Whist 9:30am North Barn Presents 10:30am "Comedy Breakfast" Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "The Meddler"	<u>October 12, 2016</u> Aerobics 9am \$3 Trip Office Open 9-11am Bridge 9:30am Quilting Group 9am Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm	<u>October 13, 2016</u> Silver Knitters 9am Senior Meeting 11am Lunch 11:30am Trip Office Open 9-11am Bingo 12pm Pinochle 12:30pm

<u>October 17, 2016</u> Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am	<u>October 18, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 9:00 am Whist 9:30am North Barn Presents 10:30am Shot Clinic Please RSVP Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Genius"
<u>October 24, 2016</u> Coloring Group 10am Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm	<u>October 25, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 9:00 am Whist 9:30am North Barn Presents 10:30am Coffee With the Cops Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Practical Magic"
<u>October 31, 2016</u> Coloring Group 10am Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm HAPPY HALLOWEEN! 	<u>November 1, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 9:00 am Whist 9:30am North Barn Presents 10:30am Visit with the Hudson Fire Department Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm North Barn Presents - Movie Afternoon 12 pm "Me Before You"
<u>November 7, 2016</u> Coloring Group 10am Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm	<u>November 8, 2016</u> Election Day! Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 9:00 am Whist 9:30am North Barn Presents 10:30am Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Demolition"

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Thank

October 19, 2016 Aerobics 9am \$3 Trip Office Open 9-11am Bridge 9:30am Quilting Group 9am	October 20, 2016 Silver Knitters 9am Arts & Crafts Club RSVP 9am Lunch 11:30am
Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm	9am One on One Tech Classes Bingo 12pm Pinochle 12:30pm Trip Office Open 9-11am
October 26, 2016 Aerobics 9am \$3 Trip Office Open 9-11am Bridge 9:30am Quilting Group 9am Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm Trip Office Open 9-11am	October 27, 2016 Silver Knitters 9am Senior Meeting 11am Lunch 11:30am Bingo 12pm Trip Office Open 9-11am Pinochle 12:30pm Halloween Costume Contest Prizes Awarded
November 2, 2016 Aerobics 9am \$3 Trip Office Open 9-11am Bridge 9:30am Quilting Group 9am	November 3, 2016 Silver Knitters 9am Men's Meeting 10:30am Lunch 11:30am
Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm	9am One on One Tech Classes Bingo 12pm Pinochle 12:30pm
November 9, 2016 Aerobics 9am \$3 Trip Office Open 9-11am Bridge 9:30am Quilting Group 9am Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm Trip Office Open 9-11am	November 10, 2016 Silver Knitters 9am Senior Meeting 11am Lunch 11:30am Bingo 12pm Pinochle 12:30pm

November 14, 2016 Coloring Group 10am Chair Yoga 9am Mat Yoga 10:30am	November 15, 2016 Coffee Club 9am Bone Builders 9am \$1 Mah Jongg 9:00 am Whist 9:30am	November 16, 2016 Aerobics 9am \$3 Trip Office Open 9-11am Bridge 9:30am Quilting Group 9am	November 17, 2016 Silver Knitters 9am Arts & Crafts Club RSVP 9am 9am One on One Tech Classes
Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm	North Barn Presents 10:30am Music Concert featuring Benes! Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "The Boss"	Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm	Trip Office Open 9-11am Lunch 11:30am Bingo 12pm Pinochle 12:30pm
November 21, 2016 Coloring Group 10am Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm	November 22, 2016 Coffee Club 9am Bone Builders 9am \$1 Mah Jongg 9:00 am Whist 9:30am North Barn Presents 10:30am "Wii Bowling Tournament!" Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Born to be Blue"	November 23, 2016 Aerobics 9am \$3 Trip Office Open 9-11am Bridge 9:30am Quilting Group 9am Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm	November 24, 2016  Happy Thanksgiving! Senior Center Closed
November 28, 2016 Coloring Group 10am Chair Yoga 9am Mat Yoga 10:30am	November 29, 2016 Coffee Club 9am Bone Builders 9am \$1 Mah Jongg 9:00 am Whist 9:30am	November 30, 2016 Aerobics 9am \$3 Trip Office Open 9-11am Bridge 9:30am Quilting Group 9am	December 1, 2016 Silver Knitters 9am Men's Meeting 10:30am 9am One on One Tech Classes
Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm	North Barn Presents 10:30am Coffee With the Cops Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Love the Coopers"	Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm	Trip Office Open 9-11am Lunch 11:30am Bingo 12pm Pinochle 12:30pm

SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,
7 PHILBROOK TERRACE, HAMPTON, NH 03842

TAKE A TRIP WITH US!

Ricky Nelson Remembered

April 20, 2017

Price: to be announced

Performance by Ricky's twin sons

"Million Dollar Quartet"

Tribute to:
Jerry Lee Lewis, Carl Perkins,
Johnny Cash
& Elvis Presley

Venus De Milo
\$ TBA

September 21, 2017

Lobster!!!!

Join us for a trip to the
Newport Playhouse
For a play and cabaret show!

October 16, 2017

Bee Gees "Staying Alive"
Tribute Band

Danversport Yacht Club

May 24, 2017 \$TBA

From the Desk of the
Hudson Recreation Director

Hello!

There are a lot of new activities to get involved in this fall! See the calendar for details and days/times.

If you have any questions you can see Lori in the office or give me a call at 880-1600.

Sincerely,
Dave Yates

Dave Yates
Hudson Recreation Director

All Trips Going this fall are fully booked. Pick up will be at the Hudson Community Center at 12 Lions Ave in Hudson.



Please park on the right hand side of the building with the other cars.

Pick up times vary so please call the Center at 578-3929 or stop by to find out what time your trip leaves.



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Our
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KEENE MEDICAL PRODUCTS, LLC. HOME RENTAL MEDICAL SALES HOME CARE IS OUR BUSINESS Accredited by CHAP

CARDS AND GAMES

CALLING ALL CARD & GAME PLAYERS!

Scat - Every day at 9:00 am

Whist – Tuesday Mornings starting at 9:00 am

Mah Jongg – Monday at 12:00 pm

Mah Jongg – Tuesday at 9:00 am

Pokeeno – Tuesday & Wednesday after lunch

7's – Tuesday & Wednesday after lunch

Scrabble – Tuesday at 12:00 pm

45's – Tuesday at 12:30 pm

Canasta – Wednesday at 12:30 pm

Pinochle – Thursday at 12:30 pm

Bingo – Thursday at 12:00 pm

Community Puzzle – Daily from 8:45am – 3:00 pm

Billiards – Daily from 8:45am – 3:00 pm

Ping Pong – Monday at 12:00pm

Cribbage – Wednesday at 9:00 am

Bridge – Wednesday at 9:30 am

Poker – Wednesday at 11:30 am

Board Games – Tuesday at 12:00 pm

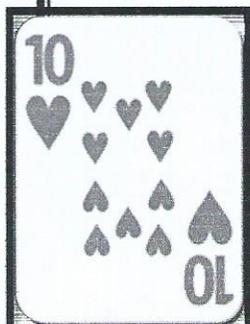
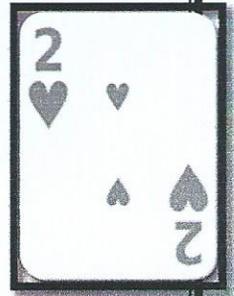
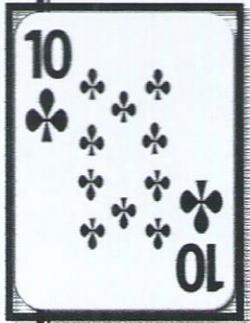
45's – We are looking for players, sign up today!

****NEW!**** *Mexican Train Dominoes – Wednesday at 12:00pm*

There is always room for a group to sit down and play a game.

We have lots of board games to play at the Barn, don't be shy!

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



FOR MOVING AND SHAKING!

YOGA

Chair and Mat Yoga are being offered at the Hudson Senior Center.

\$5 each class

Chair – Mondays at 9am

Mat – Mondays at 10:30am

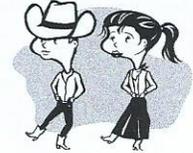


LINE DANCING WITH GAIL

Gail teaches new dances each week and really gets you moving! This intermediate to advanced class is

Wednesdays at 10:30am.

Cost is \$3 per person, per class



FALL WALKING GROUP

If interested please stop by the office. We will go any day you can!

PICKLEBALL!

Come to play Pickleball with us!

Sign up today! \$12 a year to be a part of the fun! For all those that sign up or have signed up before we now have Pickleball T-Shirts for you! We are also going to re-register for Pickleball starting in October for the 2016-17 year, and will go "back" inside mid-October as it gets cooler out.

AEROBICS WITH SYLVIE

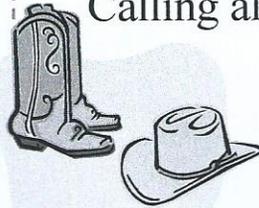
Aerobics with Sylvie meets on Wednesday mornings at 9am.

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.

Beginners Line Dancing!

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

We are always looking for new dancers, join us this Wednesday!



BONE BUILDERS!

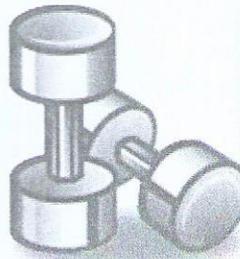
Bone Builders is offered at the Hudson Senior Center! Classes are every Tuesday at the Barn at 9am.

Stop by the Barn for doctor forms.

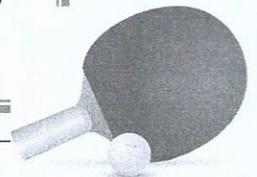
\$1 donation per class.

This total body work out is good for your muscles and brain!

You need a doctor's note to participate so stop by and get the forms from Lori today!



There are two exercise bikes at the Center. They are available during the hours of operation.



PING PONG

We play Ping Pong on Monday afternoons from 12:00-3pm. Bring your paddle or borrow one from the Center and come and play!

Did You Know This About Your Hudson Senior Center?

We have the Senior Beacon available for pickup here

We collect Box Tops that benefit the Hudson School District

We have a Lions Recycle for Sight-eye glasses drop box

We have a nice assortment of crossword puzzle books (while they last)

We have a wonderful lending library of books (Closed Wednesday from 12:30-3)

We have a TON of puzzles for you to borrow and put together at home

We have a community puzzle table here at the Center for everyone to work on

We have an excellent selection of books on tape to borrow

We have a tremendous amount of VHS and DVD's to borrow.

We are a community dining site for Meals on Wheels and we offer lunch every day at 11:30 for a \$2 donation – sign up in the kitchen Monday through Thursday 9:00 am – 1:00 pm

We have a copy of Learning Later, Living Greater by Nancy Merz Nordstrom and Jon F. Merz for you

We have a place to hang your coat and hat

We offer 6 different exercise classes to keep you moving!

We have two different types of exercise bikes here for you to use during the day

We have a luncheon group that travels to a different restaurant on the third Monday of every month

We have extra copies of the Hudson Litchfield News newspaper here (while they last!)

We have the Rogers Library Calendars and Flyers for you to pick up here (while they last)

We have a presentation or informative program every Tuesday at 10:30am

We offer a variety of Day and overnight trips for you to go on so you can travel close to home (cost of day trips is \$32-\$90 on average)

We offer a Camera Club, Men's Group, Coffee Club, Crafting Club, Knitting Group, Movie Club, Travel Club, Walking Group and Snow Shoeing Club through the Center

We offer AARP Tax Help for filing your taxes from February – April on Thursday Mornings

We are a host site for the Toe Nail Clinic offered through Home Health & Hospice

We have a bin that collects items for the Food Pantry

We have a bin that collects items that benefit our Soldiers and Military

We have a collection bin for Planet Aid for Shoes and Clothing for your convenience inside the building

For Our Creative Friends (or those that want to be)

QUILTING GROUP

We have started a group on Wednesday Mornings that will take on various projects together.

Please stop by and check it out, join us or donate fabrics.

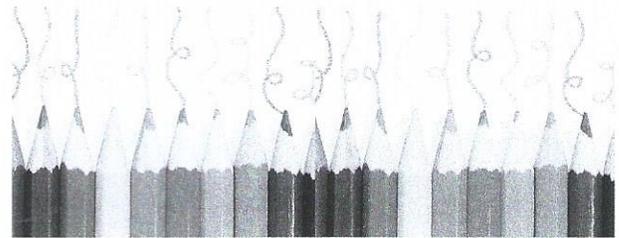
Wednesday Mornings at 9am

Coloring Group

Join us on Monday mornings at 10:00am.

We will be in the Lounge!

Bring your colored pencils and coloring books or we have some for you to use or purchase.



Arts and Crafts Club

Our Arts and Crafts club is going to meet on:

October 20th ~ Mason Jar Witches \$7

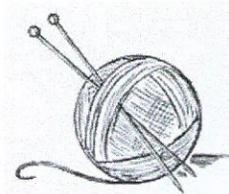
November 17th ~ Christmas
Paper Wreathes \$7

Please sign up and pay at the Office to be included in these fun activities
9:00 am start time

Silver Knitters

Thursday Mornings at 9am

Bring your craft that you are working on and join us in the Lounge! If you don't know how to knit, crochet or cross stitch we can teach you!



PLASTIC BAG COLLECTION

Our Senior Center is collecting all your plastic grocery bags to be made into mats for the homeless. Please drop off your bags at the Senior Center during our hours of operation. Thank you for supporting this endeavor!

Other Happenings at the Barn!

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.



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!

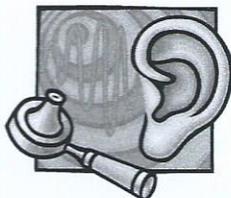
AFFORDABLE HEARING LLC

*Free Hearing Evaluation.
Lowest Hearing Aid Prices.*

Chris Streeter is here the first Tuesday of each month from

10:00am-12:00pm.

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



SENIOR AFFAIRS COMMITTEE

Tune in to Gov. Channel 22 on Comcast to watch our advisory council quarterly meetings. See Lori for more details or to be added to the agenda, or consider joining us September 21st!

FOOT CLINIC

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



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!

ABOUT THE SENIOR CENTER

Registration for 2016-17 starting in July

We are taking new registrations and renewing old ones every day, but starting in July you can register to participate for 2016-17. 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 / Senior Center.

Registration is \$10 a person and checks can be made out to Town of Hudson. Thank you for being a part of the Hudson 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.



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 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>

INCLEMENT WEATHER NOTICE

Please be advised if the Hudson School District has NO SCHOOL or a DELAYED OPENING due to inclement weather, the Hudson Senior Center will not be open. Please stay safe.