



NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

~ FROM THE DESK OF THE
COORDINATOR ~

Hello Friends!

Here comes Summer! We have a lot of things to keep you busy and active this summer here at the Senior Center. We have both indoor and outdoor activities, be sure to check the calendar.

July brings re-registration!!! So if you would like to partake in the activities at the Center for the next year stop by and register for 2016-17. Registration is still \$10 a year and you can register anytime we are open.

The annual summer cookout will be in August this year, see the Special Events page for more details. Get your tickets soon, we are anticipating selling out!

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

SUMMER HOURS

Monday 8:45 AM – 3:00 PM

Tuesday 8:45 AM – 3:00 PM

Wednesday 8:45 AM – 3:00 PM

Thursday 8:45 AM – 3:00 PM

From the Desk of the
Hudson Recreation Director

Hello!

Enjoy your summer at the Barn, and have fun partaking in all the activities we have to offer. We hope you continue to enjoy your senior center! 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



The North Barn Presents

Tuesday Mornings 10:30am

Coffee with the Cops

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

6/28, 7/26, 8/30, 9/27

Visiting Nurse Association of Southern NH Presents:

HOSPICE CARE CONVERSATION

Please join us as the Visiting Nurses Association explains what Hospice Care is and the benefits of using it in the final stages of life.

Tuesday July 19th at 10:30

Music Concerts

We will have Music for all to enjoy at the Center on June 21 & August 9. Please join us at 10:30

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.

June 7, July 5, August 2
10:30am

Diabetic Shoes & Braces

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

Appointments start at 10:30.

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. 8/23/2016

MILITARY TRIVIA HISTORY GAME

Please join us in welcoming John Watkins, yes our Tech Guru, to the Center as he presents a Military Trivia History Game for you to play!

Prizes will be awarded!

August 16th at 10:30

Memory Care with Alicia

Please join us as we welcome back Alicia Seaver for another one of her amazing information seminars on Memory Care and the Family. Alicia brings a powerful message with her every time. Sponsored by Bridges by Epoch. Please join us on July 12th at 10:30.

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 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

MOVIE AFTERNOON!

We show a movie every Tuesday at 12pm. Join us in the air conditioned Function Room!

June 7 - Second Hand Lions

June 14 – Burnt

June 21 – Across the Universe

June 28 – Bridge of Spies

July 5 – Life

July 12 – Diablo

July 19 – Brooklyn

July 26 – The Revenant

August 2 – Star Wars ~

The Force Awakens

August 9 – Moulin Rouge

August 16 – Joy

August 23 – Daddy's Home

August 30 – My All American

More movies coming in the Fall, pick up your Fall newsletter for more information in September!

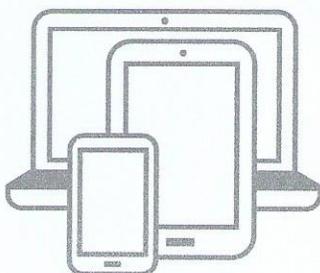
Technology Classes!

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.

Summer Time starts at 9am- Please RSVP 578-3929



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.

~ MENU ~

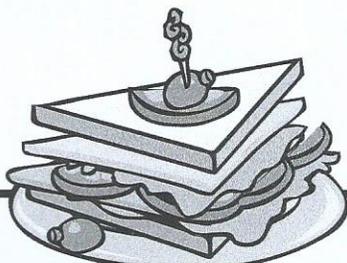
June 15th

Turkey or Grilled Chicken
Wrap
Chilled Pineapple & Mandarin
Oranges
Broccoli & Red Onion Salad
Oatmeal Raisin Cookie

June 22nd

Chicken Salad or Ham Salad
over Shredded Lettuce
English Pea Salad
Cucumber Salad with Tomatoes
NE Bun
Pumpkin Chip Cookie

(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

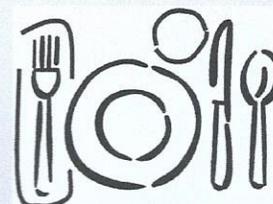
Please sign up in person or call 578-3929 and RSVP One week or more ahead of time

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

LUNCH GROUP

The Lunch Group visits local restaurants every month. They meet the second 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.



The North Barn Presents Special Events

This event is sponsored by Meals on Wheels and the Hudson Senior Center

*You are invited to the
Hudson Senior Center
Summer Cookout 2016*

Luau Bar-B-Que

Thursday August 25th

Lunch, Comedian & Dancing

Doors open at 10:30am

*\$8.00 per person * Tables of 8*

Reserve your seats with Lori

*Hudson Community Center * 2 Lions Ave Hudson*

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.



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.

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

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

“A Whole Lotta Cheatin’ Goin On”

Lobsterfest Buffet & Cabaret Show

Sunday July 10, 2016

\$87.00 per person

**Two Shows and lobster,
you can’t go wrong!**

Motown

**This fun and fantastic Musical
experience will bring you joy!**

**Enjoy the day and listen to some
of the greatest music ever made!**

**More details coming soon...stop
by the Center to sign up!**

*A Lunchon Buffet Cruise aboard the
Beautiful Beauport Princess in
Scenic Gloucester Massachusetts*

July 22, 2016

\$79.00 per person

*This is our annual trip to Gloucester
and you shouldn’t miss it! Come take
a 3 hour cruise, be entertained and
have a nice lunch aboard the ship.*

Foxwoods!

\$32 per person

June 20th & August Date TBA

**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!**

| <u>June 6, 2016</u> | <u>June 7, 2016</u> | <u>June 8, 2016</u> | <u>June 9, 2016</u> |
|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Chair Yoga 9am Free Hearing Screenings 9-11am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm | Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm 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 "Second Hand Lions" | Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Lunch 11:30am Deli Menu Option Canasta 12:30pm Trip Office Open 9-11am | Silver Knitters 9am Trip Office Open 9-11am Senior Meeting 11am Lunch 11:30am Bingo 12pm Pinochle 12:30pm |
| <u>June 13, 2016</u> | <u>June 14, 2016</u> | <u>June 15, 2016</u> | <u>June 16, 2016</u> |
| Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm | Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm Whist 9:30am North Barn Presents 10:30am Amy Baxter Diabetic Shoes & Braces Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Burnt" | Aerobics 9am \$3 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 | Silver Knitters 9am Trip Office Open 9-11am 9:00am One on One Tech Classes Lunch 11:30am Bingo 12pm Pinochle 12:30pm |
| <u>June 20, 2016</u> | <u>June 21, 2016</u> | <u>June 22, 2016</u> | <u>June 23, 2016</u> |
| Chair Yoga 9am Mat Yoga 10:30am Luncheon Group ~ RSVP at the Barn Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm | Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm Whist 9:30am North Barn Presents 10:30am Music Concert Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Across the Universe" | Aerobics 9am \$3 Trip Office Open 9-11am Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm | Silver Knitters 9am Senior Meeting 11am Lunch 11:30am Trip Office Closed Bingo 12pm Pinochle 12:30pm TRIP: Highwaymen & the Queens of Country |

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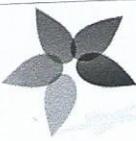
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| <u>June 27, 2016</u> Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm | <u>June 28, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm Whist 9:30am North Barn Presents 10:30am Coffee With the Cops Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Bridge of Spies" | <u>June 29, 2016</u> Aerobics 9am \$3 Lunch 11:30am Deli Menu Option Line Dancing 10:30am \$3 **New Day!** Crafting Class 9am Deco Paste Pots RSVP at the Office Beginners Line Dancing 11:45am \$3 Canasta 12:30pm Trip Office Open 9-11am | <u>June 30, 2016</u> Silver Knitters 9am Trip Office Open 9-11am 9am One on One Tech Classes Lunch 11:30am Bingo 12pm Pinochle 12:30pm |
| <u>July 4, 2016</u> Happy 4th of July!! | <u>July 5, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm Whist 9:30am | <u>July 6, 2016</u> Aerobics 9am \$3 No Dancing Today | <u>July 7, 2016</u> Silver Knitters 9am Men's Meeting 10:30am Lunch 11:30am |
| Senior Center Closed | 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 "Life" | Lunch 11:30am Deli Menu Option Canasta 12:30pm Trip Office Open 9-11am | Trip Office Open 9-11am Bingo 12pm Pinochle 12:30pm |
| <u>July 11, 2016</u> Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm | <u>July 12, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm Whist 9:30am North Barn Presents 10:30am Conversation with Alicia Sponsored by Bridges By Epoch Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Diablo" | <u>July 13, 2016</u> Aerobics 9am \$3 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 | <u>July 14, 2016</u> Silver Knitters 9am Senior Meeting 11am Lunch 11:30am 9am One on One Tech Classes Bingo 12pm Pinochle 12:30pm Trip Office Open 9-11am |

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| <u>July 18, 2016</u> Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Luncheon Group ~ RSVP at the Barn Mah Jonng 12-3pm | <u>July 19, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm Whist 9:30am North Barn Presents 10:30am Hospice Care Conversation Presented by VNA Lunch 11:30am Hand in Foot 12:30pm North Barn Presents - Movie Afternoon 12 pm "Brooklyn" |
| <u>July 25, 2016</u> | <u>July 26, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm Whist 9:30am North Barn Presents 10:30am Coffee With the Cops Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm North Barn Presents - Movie Afternoon 12 pm "The Revenant" |
| <u>August 1, 2016</u> Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm | <u>August 2, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm 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 "The Martian" |



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| <u>July 20, 2016</u> Aerobics 9am \$3 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 | <u>July 21, 2016</u> Silver Knitters 9am Lunch 11:30am Bingo 12pm Trip Office Open 9-11am Pinochle 12:30pm <i>TRIP: Gloucester Cruise July 22</i> |
| <u>July 27, 2016</u> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 **New Day!** Crafting Class 9am Mason Jar Mugs RSVP at the Office Canasta 12:30pm Trip Office Open 9-11am Lunch 11:30am Deli Menu Option Foot Clinic Call 882-2941 | <u>July 28, 2016</u> Silver Knitters 9am Senior Meeting 11am Lunch 11:30am 9am One on One Tech Classes Bingo 12pm Pinochle 12:30pm |
| <u>August 3, 2016</u> Aerobics 9am \$3 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 | <u>August 4, 2016</u> Silver Knitters 9am Lunch 11:30am Bingo 12pm Pinochle 12:30pm |

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| <u>August 8, 2016</u> Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm | <u>August 9, 2016</u> <i>TRIP:Beatles Tribute</i> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm Whist 9:30am <i>North Barn Presents 10:30am Music Concert</i> Lunch 11:30am Hand in Foot 12:30pm <i>North Barn Presents - Movie Afternoon 12 pm "Moulin Rouge"</i> | <u>August 10, 2016</u> Aerobics 9am \$3 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 | <u>August 11, 2016</u> Silver Knitters 9am 11am Senior Meeting 9am One on One Tech Classes Trip Office Open 9-11am Lunch 11:30am Bingo 12pm Pinochle 12:30pm |
| <u>August 15, 2016</u> Chair Yoga 9am Mat Yoga 10:30am Luncheon Group ~ RSVP at the Barn Lunch 11:30am Mah Jonng 12-3pm Ping Pong 12-3pm | <u>August 16, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm Whist 9:30am <i>North Barn Presents 10:30am MILITARY HISTORY GAME with John Watkins</i> Lunch 11:30am Hand in Foot 12:30pm <i>North Barn Presents - Movie Afternoon 12 pm "Joy"</i> | <u>August 17, 2016</u> Aerobics 9am \$3 Trip Office Open 9-11am Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Canasta 12:30pm | <u>August 18, 2016</u> Silver Knitters 9am Trip Office Open 9-11am Lunch 11:30am Bingo 12pm Bingo 12pm |
| <u>August 22, 2016</u> Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Mah Jonng 12-3pm Ping Pong 12-3pm | <u>August 23, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm Whist 9:30am <i>North Barn Presents 10:30am Blood Pressure Checks</i> Lunch 11:30am Hand in Foot 12:30pm <i>North Barn Presents - Movie Afternoon 12 pm "Daddy's Home"</i> | <u>August 24, 2016</u> Aerobics 9am \$3 Line Dancing 10:30am \$3 Lunch 11:30am Deli Menu Option Beginners Line Dancing 11:45am \$3 Foot Clinic Call 882-2941 Canasta 12:30pm Trip Office Open 9-11am | <u>August 25, 2016</u> ***SPECIAL EVENT*** SENIOR CENTER CLOSED FOR THE SUMMER BAR-B-QUE LUAU!!!! SPONSORED BY <i>Meals on Wheels and the Hudson Senior Center</i> RSVP AT THE OFFICE \$8 PER PERSON |
| <u>August 29, 2016</u> Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jonng 12-3pm | <u>August 30, 2016</u> Coffee Club 9am Bone Builders 9am \$1 Mah Jonng 12-3pm Whist 9:30am <i>North Barn Presents 10:30am Coffee With the Cops</i> Lunch 11:30am Hand in Foot 12:30pm <i>North Barn Presents - Movie Afternoon 12 pm "My All American"</i> | <u>August 31, 2016</u> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Lunch 11:30am Deli Menu Option **New Day!** Crafting Class 9am Fairy Gardens RSVP at the Office Trip Office Open 9-11am Canasta 12:30pm | <u>September 1, 2016</u> Silver Knitters 9am Trip Office Open 9-11am Men's Meeting 10:30am Lunch 11:30am Bingo 12pm Pinochle 12:30pm |

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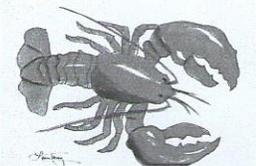
TAKE A TRIP WITH US!

A Lobster Bake at The Clambake Restaurant of Pine Point!

Enjoy a fun filled day and some amazing food!

Journey from Hudson to Scarborough Maine for lunch at the Clambake Restaurant of Pine Point. Then travel to York to Stonewall Kitchen to do some browsing and sampling! Then it is off to the beach to enjoy the board walk at Short Sands, walk the beach and site see!

\$78.00 per person to enjoy a day at the beach!



Lobster Feast & Beatles Tribute at the Log Cabin

August 9, 2016

\$ 89 per person

Take a drive with us to Holyoke Massachusetts to the Log Cabin to enjoy "Ticket to Ride" the ultimate Beatles tribute band! There will be a wonderful Menu for the day and fun and toe tapping to be had! RSVP today!

Fall Trips Coming Soon!

Fall Foliage....journey to the White Mountains to see the beautiful leaves changing and enjoy lunch with friends.

Christmas in the White Mountains at the Indian Head Resort...join us on our annual trip to the Indian Head Resort for a day of food, fun and music. November 18, 2016

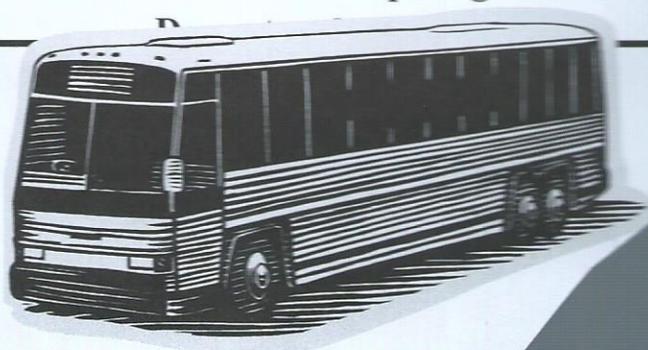
The Highway Men and Queens of Country Tribute

June 23, 2016

\$90 per person

Straight out of Nashville and the Radio is the ultimate tribute to Country Music! Join us at the Venus De Milo in Swansea MA for this amazing show!

Lunch includes Bakes Chicken or Baked Scrod, Famous Minestrone Soup, Vegetables, Breads,



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

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 12:00pm

Cribbage – Wednesday at 9am

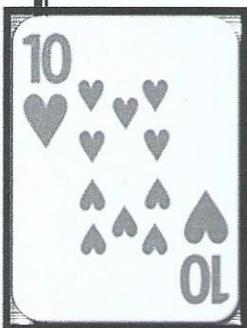
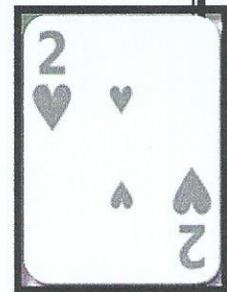
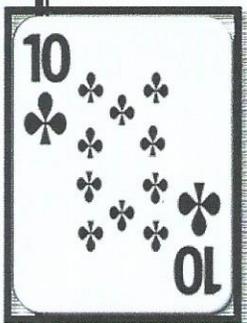
Bridge – Wednesday at 9am

Poker – Wednesday at 11:30am

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

We have lots of board games 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

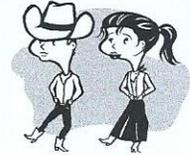
Mat – Mondays at 10:30am



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



SUMMER WALKING GROUP

Please stop by the Center to see about our walking groups. You are welcome to start a new day and time too!

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.

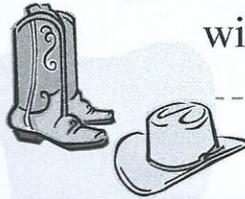
PICKLEBALL!

Come to play Pickleball with us!

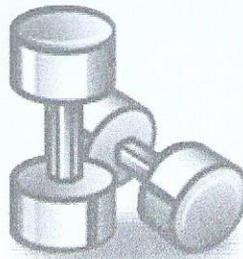
We are heading back outside now that the nice weather is here!! Sign up today! \$12 a year to be a part of the fun! For all those that sign up or have signed up before we now have Pickleball T-Shirts for you! We are also going to re-register for Pickleball starting in July for the 2016-17 year.

Beginners Line Dancing!

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



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



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!



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 on our fabulous table!

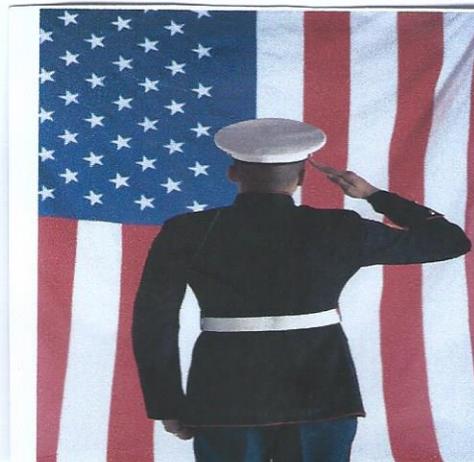
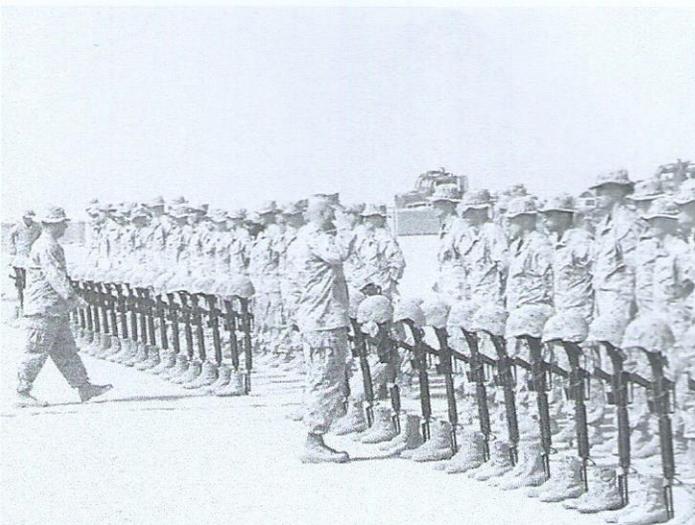


UNO Pizzeria & Grill of Amherst Street in Nashua, NH will be supporting the U.S. Marine Corps 1/3 Lava Dogs Reunion in July by feeding complimentary dinner to over 60 US Marine Veterans, while also honoring them with an official ceremony and celebration on July 22.

The U.S. Marine Corps 1/3 Lava Dogs Reunion is now in its 10th year. The reunion celebrates the 12th anniversary of the Battle of Fallujah and honors the Marines who served during this historic battle. In November 2004, this battle against the Iraqi insurgency involved "some of the heaviest urban combat US Marines have been involved in since the battle of Hue City in Vietnam in 1968" according to military personnel. The reunion allows the brothers of the 1/3 Lava Dogs to reconnect and maintain a solid support system, thus minimizing isolation, PTSD and other results of active combat. In addition to visiting UNO Pizzeria & Grill, the brothers of the 1/3 Lava Dogs will be visiting many local establishments, and also will be participating in the Annual Cpl. Timothy Gibson Softball Tournament. Cpl. Timothy Gibson, a Merrimack, NH native, was a member of 1/3 Lava Dogs, and fought side by side with them in Fallujah. Gibson lost his life in 2005 during a helicopter crash while serving during Operation Iraqi Freedom. He was 23. The Softball Tournament serves as a fundraiser for the Timothy Gibson Scholarship Fund which benefits scholarships given to graduating seniors of Merrimack High School.

UNO Pizzeria & Grill invites the public to visit its location at 293 Amherst St in Nashua on July 22 to welcome the 1/3 Lava Dogs to the Nashua community. The public is also able to "Buy a Hero Dinner" by purchasing an UNO Gift Card from their 1/3 Lava Dog Giving Tree. 20% of the proceeds of from this gift card tree will also be donated back to the Timothy Gibson Scholarship Fund. The public is also able to visit UNO on July 23, when the Timothy Gibson Softball Tournament participants will also gather. UNO will be donating 20% of ticketed sales back to the Timothy Gibson Scholarship Fund on July 23 as well.

For questions or ways to support the 1/3 Lava Dogs Reunion, please contact Cpl. Ron Potter, USMC Purple Heart Recipient, ron.potter1058usmc@aol.com. For questions about UNO Pizzeria & Grill, please contact Sarah Coletti, scoletti@unos.com.



THANK YOU
TO ALL OUR
VETERANS
WHO HAVE
SERVED IN OUR
ARMED FORCES
TO KEEP
AMERICA FREE

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

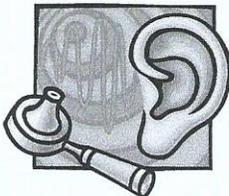
The Senior Meeting continues to take place on the 2nd and 4th Thursday of each month and all patrons of the Senior Center are invited. The meeting takes place just before lunch at 11am. If you have something to add to the agenda please contact the office at 578-3929. See you there!

AFFORDABLE HEARING LLC

*Free Hearing Evaluation.
Lowest Hearing Aid Prices.*

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

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



SENIOR AFFAIRS COMMITTEE

Tune in to Gov. Channel 22 on Comcast to watch our advisory council meetings. See Lori for more details or to be added to the agenda.

FOOT CLINIC

The Foot Clinic is being held at the Barn on the 4th Wednesday every other month. Please contact 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>

