



# NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

## ~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

I am happy to report that we are almost at 600 registered independent active adults at our center! Make sure you check out all the fabulous things we have planned for the next month in this letter!

With winter weather upon us I wanted to share our policy for closing if there is inclement weather. The 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 other weather cancellations or emergencies, cancellations will be registered with WMUR channel 9 on television. 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](http://www.hudsonnh.gov).

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!

If you have any questions please call or email me at 578-3929 or [lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov).

~Lori Bowen Senior Services Coordinator

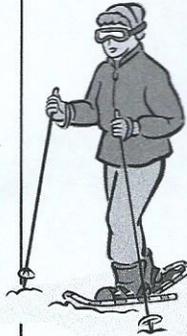
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# FOR MOVING AND SHAKING!

## CALLING ALL SNOWSHOERS!

If you have a pair of snow shoes and would like to join us please stop by and add your name to the list! We are flexible on the day and time so get in right away to have a say!



## AEROBICS WITH SYLVIE

Aerobics with Sylvie meets on Wednesday mornings at 9am. Please bring your hand weights and smiles 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.



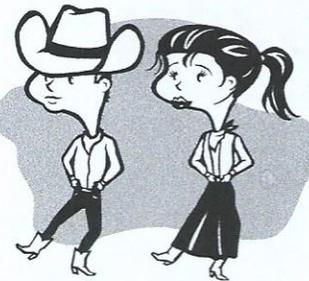
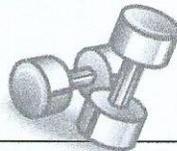
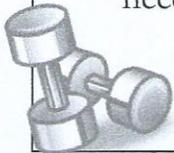
## *Beginners Line Dancing!*

Have you ever wanted to try Line Dancing? Well here is your chance! Class starts at 11:45, and will cost you \$3 per week. Bring your friends and come have fun!



## BONE BUILDERS!

Bone Builders is at the Hudson Senior Center! Classes are every Tuesday and Thursday. Please sign up in the office at the "Barn" as you need a medical release from your doctor.



## LINE DANCING WITH GAIL

Gail teaches new dances each week and really gets you moving! The intermediate to advanced class is Wednesdays at 10:30am. We are taking signups for a beginner's class to begin this fall. Please stop by the office to add your name to the list! Cost is \$3 per person, per class.

## WALKING GROUP

The walking group meets at the gate to Benson Park on Wednesday and Friday mornings. Anyone can join them and they choose a route together. To walk with them bring your walking shoes and meet them at 9:30 at the kiosk by the main gate, weather permitting.



Bring your sneakers and change at the Barn!

# FOR MOVING AND SHAKING!

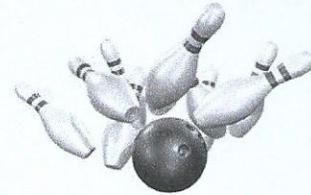
## ZUMBA GOLD WITH JESS

This is a fast paced Latin Music and dance routine class. This fun new class is offered on Tuesday afternoons starting at 1:45pm. Come move to the music and dance the afternoon away! Cost is \$4 per person, per class.



## BOWLING!

Join us on Tuesdays at 10am at Leda Lanes in Nashua to bowl! Make new friends and have some fun. You get free shoe rentals and it is just \$8.25 for 3 strings. All are welcome to play!



## BILLIARDS

The Billiards table is always ready for a game. If you don't know how to play, Tom is around on Tuesday mornings to teach you!



## PING PONG!

The Ping Pong table will be set up on Tuesdays. Come make some new friends. Ping Pong is great for the mind and body. We hope you will join us to play!



## EXERCISE BIKE

There is an exercise bike at the Center for anyone wishing to use it. It is on a first come first use basis right now. Ask for the TV to be turned on while you ride!

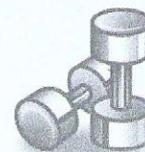
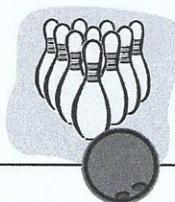


## FOOSBALL!

The Senior Center is a proud owner of a Foosball Game Table (Table Soccer). Come play any day. It is set up in the Lounge.

## Wii Sports System!

The Hudson Senior Center has a Wii gaming system! We bowl every Tuesday morning, and you can have it turned on any day we are open. We also have the Wii Fit program so you can exercise on your own. Stop by and see Lori for more details.



# 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. Listen to the options and leave a message on the trip extension for her to answer. 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](http://www.hudsonnh.gov). Under Departments click Recreation, and the Senior Center information is under Senior Center on the left side. All trip pages can be downloaded and printed. Just send the slip at the bottom to the Center at 19 Kimball Hill Road, Hudson NH. Flyers are also available at the Barn. Don't forget to check which food choice you want and who you would like to sit with if traveling with friends. But don't worry you will make some new ones! 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.

### ***FOXWOOD CASINO***

Monday, March 3,  
2015.

Trip to Foxwoods  
Casino in Ledyard, Ct.  
Bus will leave the  
**Community Center**  
**on Lions Ave at**  
**6:40am.** Cost: \$31 per  
person



### ***Tony Kenny's Irish Cabaret***

March 11, 2015

Take a trip to Venis De Milo, in Swansea Massachusetts  
to see Tony Kenny's Irish Cabaret!

\$85.00 per person

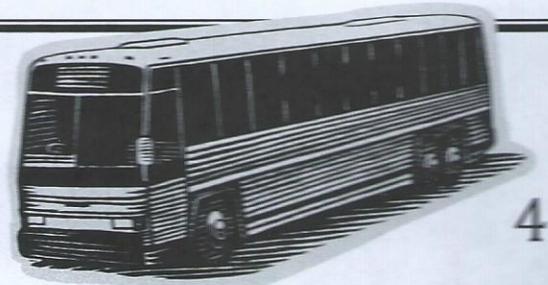
Featuring Tony Kenny, Richie Hayes, Bernadette Ruddy  
and the Dublin City Dancers.

Come to celebrate St. Patrick's Day. This year we bring in from across  
the Pond Tony Kenny's Irish Cabaret - with an award-winning cast  
Direct from Dublin Ireland. Enjoy an amazing Irish celebration with  
Song, Comedy, and of course Irish Dancers. A show not to be missed!  
Traditional Irish Dinner served.



**MAIL PAYMENTS TO:**  
HUDSON SENIOR CENTER  
19 KIMBALL HILL ROAD  
HUDSON NH 03051

603-578-3929



# TAKE A TRIP WITH US!

## Neil Sedaka Live!

Best of Times is proud to bring to the stage this true icon and musical legend. Come hear Neil sing the songs that have become part of our culture and returns us to those special times in our lives.

One of the most prolific songwriting partnerships of the last half-century that sold forty million records between 1959-1963.

Tickets start at \$89.00

April 21, 2015

Mohegan Sun Casino

## WASHINGTON D.C.

*Thursday, April 16 - Sunday, April 19, 2015*

On this fantastic 4 day excursion we will be visiting our Nations' Capitol-Washington D.C.! Your home for the next 3 nights is the beautiful Holiday Inn Rosslyn at Key Bridge in Arlington, Virginia. Stops along the guided tour include Arlington National Cemetery, Tomb of the unknown soldier; National Museum of the Marine Corp.; Smithsonian Institutes Air and Space Museum. The Washington Monument; Lincoln Memorial, Vietnam Memorial, WWII Memorial & Korean Memorial will also be toured. The U.S. Capital, White House and Washington National Cathedral are stops along the way and a night time illuminated tour of the Lincoln Memorial, Jefferson Memorial, FDR Memorial and Iwo Jima Memorial.

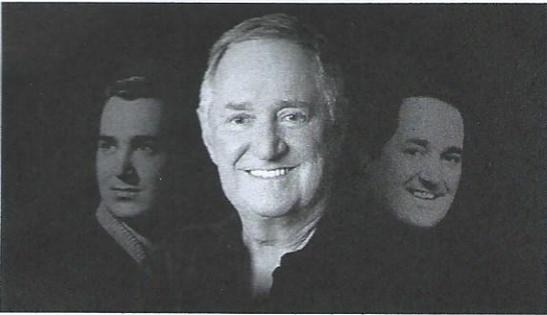
**This package includes:** Transportation, 3 night's lodging, 3 breakfasts, 3 dinners, night tour, guided day tour, admissions to museums, dining room taxes and gratuities, American Flag, Tour Mobile at the Arlington Cemetery, baggage handling, gratuities for step on guide and driver.

**A minimum of 35 paid passengers is required on this trip to avoid cancellation or additional charges.**

**\*THIS TRIP IS NOT RECOMMENDED FOR THE MOBILITY CHALLENGED AND HAS A GREAT DEAL OF WALKING\*\***

**The cost of this package is per person:**  
Single \$699.00 Triple \$489.00 Double \$499.00

\$75.00 deposit due with reservation  
\$125.00 deposit is due on February 15, 2015  
Balance is due on or before March 15, 2015



# NEIL SEDAKA

# TAKE A TRIP WITH US!



## ATLANTIC CITY

*April 26-28, 2015*

Deluxe Hotel accommodations for two nights at Resort's Casino & Hotel on the Boardwalk in Atlantic City, New Jersey.

Perks include:  
\$20.00 slot Play  
2 Buffets  
1 \$5.00 Meal Credit  
Show (if available)

\$199.00 per person - Double  
\$274.00 per person – Single

\$50.00 deposit due at time of reservation. Balance is due on or before March 26, 2015.



## LATE NIGHT CATECHISM

Late Nite Catechism is an uproariously funny play that takes the audience back to their youth. The irrepressible Sister teaches class to a roomful of "students."

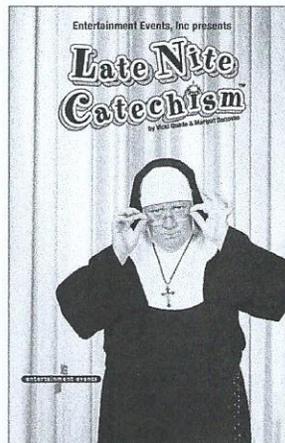
Throughout the course of the class the benevolent instructor rewards the "students" for correct answers with glow-in-the-dark rosaries and other nifty prizes. Naughty students may well find themselves on stage sitting in a corner reflecting their actions. However, even the most reluctant "students" will be clamoring to get into this Sister's class.

***Tuesday May 19th, 2015***

**Location:  
Lantana's  
Randolph, MA**

**\$89.00 PER PERSON**

**TRANSPORTATION,  
SHOW & LUNCH**



## TRIP OFFICE

Don't forget our trip office is located in the Senior Center or as we affectionately call it "the Barn". Lucille is available to take your reservation Wednesday and Thursday mornings from 9-11am. You can also leave a note and check with Lori in the Office at the Barn on Tuesday, Wednesday or Thursday. Don't forget to mark your meal choice and seat partner!

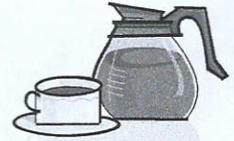
# FOR CONVERSATION

## SPECIAL MEALS

The community Dining Program serves special lunches once a month. There is also a special salad day. Check the lunch menu for those dates and sign up with Diane in the Kitchen.

## 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. Grab a cup of coffee and join us! In January we are meeting on the 8th



## 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.

## 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. 1<sup>st</sup> get together is December 10<sup>th</sup> at 10am.



## \* 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!

December: *Major Pettigrew's Last Stand* by Helen Simonson  
January: *The Paris Wife* by Paula McLain  
February: *Where'd you go Bernadette?* By Maria Semple



## 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. If you are interested in signing up for a hot meal, please see Diane in the kitchen.



## SENIOR MEETING

The Senior Meeting continues to take place on the 2<sup>nd</sup> and 4<sup>th</sup> 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!

## SENIOR AFFAIRS COMMITTEE

Meet us at Town Hall and be a part of our advisory council. Third Wednesday of the month at 7:30pm.



# DECEMBER 2014

## TUESDAY

## WEDNESDAY

## THURSDAY

<p>2</p> <ul style="list-style-type: none"> <li>*Coffee Club 9am</li> <li>*Wii Bowling 9am</li> <li>*Mah Jonng 9am</li> <li>*Whist 9:30am</li> <li>*Learn to play Billiards 10am</li> <li>*Affordable Hearing 10am -12pm</li> <li>*Bone Builders 10am</li> <li>*Lunch 11:30am</li> <li>*HCTV 1pm</li> <li>*Zumba Gold 1:45</li> </ul>	<p>3</p> <ul style="list-style-type: none"> <li>*Aerobics 9am</li> <li>*Line Dancing 10:30am</li> <li>*Lunch 11:30am</li> <li>*Beginners Line Dancing 11:45am</li> <li>*Canasta 12:30pm</li> <li>*North Barn Presents @ 1pm  <i>"The Family Stone" movie</i>                      (Sponsored by Nashua Crossings)</li> </ul>	<p>4</p> <ul style="list-style-type: none"> <li>*Silver Knitters 9am</li> <li>*Bone Builders 10am</li> <li>*Mah Jonng 10:30am</li> <li>*Men's Meeting 10:30am</li> <li>*Lunch 11:30am</li> <li>*Bingo 12pm</li> </ul>
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# JANUARY 2015

**TUESDAY**

**WEDNESDAY THURSDAY**

<p>6</p> <ul style="list-style-type: none"> <li>*Coffee Club 9am</li> <li>*Wii Bowling 9am</li> <li>*Mah Jonng 9am</li> <li>*Whist 9:30am</li> <li>*Learn to play Billiards 10am</li> <li>*Affordable Hearing 10am -12pm</li> <li>*Bone Builders 10am</li> <li>*Lunch 11:30am</li> <li>*Board Game 12pm <i>Sequence</i></li> <li>*HCTV 1pm</li> <li>*Zumba Gold 1:45</li> </ul>	<p>7</p> <ul style="list-style-type: none"> <li>*Aerobics 9am</li> <li>*Line Dancing 10:30am</li> <li>*Lunch 11:30am</li> <li>*Beginners Line Dancing 11:45am</li> <li>*Canasta 12:30pm</li> <li>*North Barn Presents @ 1pm <i>Draft Day</i> (Sponsored by Nashua Crossings)</li> </ul>	<p>8</p> <ul style="list-style-type: none"> <li>*Silver Knitters 9am</li> <li>*Bone Builders 10am</li> <li>*Mah Jonng 10:30am</li> <li>*Men's Meeting 10:30am</li> <li>*Senior Meeting 11am</li> <li>*Lunch 11:30am</li> <li>*Bingo 12pm</li> </ul>
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**SPACE FOR SALE**  
**CALL 603-601-8047**  
 Email: [seniornewsletter@aol.com](mailto:seniornewsletter@aol.com)  
**OR WRITE**  
 SENIOR NEWS PUBLICATIONS  
 7 PHILBROOK TERRACE, HAMPTON, NH 03842

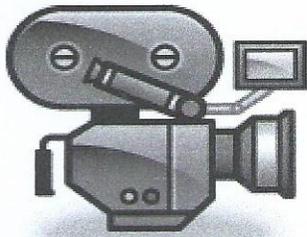
**ATTENTION SENIORS!!**  
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 and say *Thank You*

# TAKE A CLASS WITH US!

## 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](http://www.hudsonnh.gov)



## The Tapsters



We are looking to start a Tapsters Class. If you are interested please talk to Lori in the office.



## MAH JONGG

Mah Jongg is the Chinese tile game that will have you using your brain! Thursday mornings we have volunteers that will teach you to play.

Learn to Bowl on the Wii! Every Tuesday morning we will teach you to play so you can join in on this fun activity!

## CANASTA!!!

Come learn Canasta!  
Every Wednesday at  
12:30pm.

Come learn to play  
with Joel in the lounge.



## ARTS AND CRAFTS

The last Thursday of the month we sponsor a fun themed craft! RSVP at the Office with Lori.

December 18<sup>th</sup> :  
Fleece Mittens

January 29<sup>th</sup> :  
Front Door Decoration

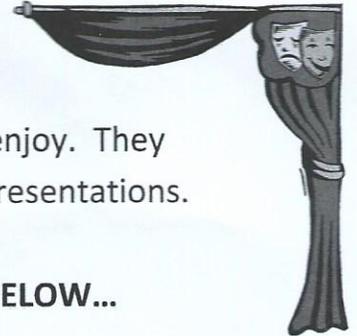
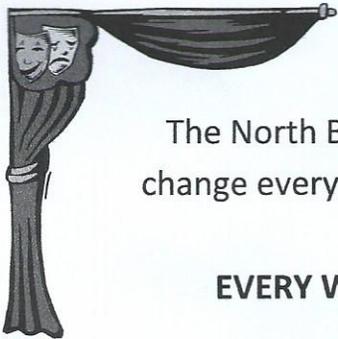
**Check Out Page 2  
for all our exercise  
classes!**

## PHOTOGRAPHY CLASS

We are going to hold a photography class in the spring. Please sign up in the Office to be added to the class.

You must own a digital camera.

# NORTH BARN PRESENTS



The North Barn Presents is presentations for all our patrons to enjoy. They change every month and vary in genre. Please join us for these presentations.

You won't be disappointed!

**EVERY WEDNESDAY AT 1PM**

**SCEHDUED EVENTS BELOW...**

## FIRST WEDNESDAY IS MOVIE DAY!

Popcorn and a movie will start at 1pm!

Movie Day is sponsored by Nashua Crossings and they bring Pizza so be sure to RSVP for the movie!

January 7 "Draft Day"

February 4 "Elsa & Fred"



January 28 Special Movie "Fault in our Stars"



## Journey through the White Mountains

The Hudson Senior Center is pleased to announce that Dave Smith, photographic artist will be presenting at the Senior Center on December 10th at 1pm.

Dave specializes in outdoor scenes from high altitudes and will be presentation on his journey and history of the White Mountains.

## FIRE SAFETY

Steve Dube will be here in December & January to discuss Home Fire Safety and inclement weather emergency preparedness.

Please join us and bring your questions!

12/17 & 1/21

## Dave Smith Photographer & Story Teller

Dave will be with us on January 14<sup>th</sup> with his new story telling through pictures series. Please watch for more information coming soon! Presentation starts at 1pm.

If you have any presentations you would like to see please leave a note in the suggestion box. Thank you for helping make our center great!

# FOR HEALTH & WELLNESS

## Diabetic Shoe Clinic

January 14<sup>th</sup> starting at 9am. Please stop by the office to get paperwork on the products that will be offered, and to set up your appointment with the specialist.

[www.nocostshoes.com](http://www.nocostshoes.com)



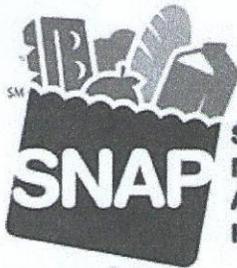
## FOOT CLINIC

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

Please be aware in inclement weather to watch the television on WMUR.

If the center is not open there is no foot clinic.

SNAP Outreach Coordinator Haeley Stewart will be joining us in January. Stop by to see the dates.



Supplemental  
Nutrition  
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Putting Healthy Food  
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## Dr. Woods Hearing Clinic

*Did you know that better hearing leads to better living?* Jessica Woods, AD of Dr. Woods Hearing Center in Nashua wants to help you discover the importance of total hearing health and see the difference it can make in your life! FREE hearing consultations will be available after the presentation.

Join Dr. Woods Thursday, December 11, 2014 at 11a.m.



# AFFORDABLE HEARING LLC

Free Hearing Evaluation. Lowest Hearing Aid Prices.

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

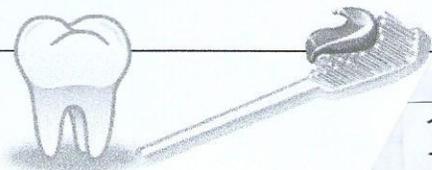
You can find him in the Activity Office, or sign up in the office for a guaranteed time.



## DENTAL CARE FOR SENIORS

Todd Pollack D.M.D. will be joining us on January 27<sup>th</sup> at 9am for a presentation on dental hygiene.

From Todd's Website: "When you visit our dental office in Nashua, NH, **your smile is our top priority**. Our entire team is dedicated to providing you with the personalized, gentle care that you deserve."



# FOR FUN!

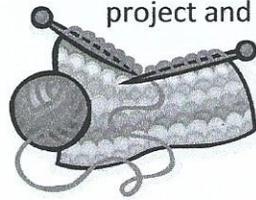
## BINGO AT THE BARN



Bingo is every Thursday at the Barn! Cards start being sold at 12pm for \$1.25 a piece. Games start at 12:35pm.

## SILVER KNITTERS

Our crafting group is called the Silver Knitters. They meet every Thursday at 9am in the Craft Room. Bring your project and join us!



## MAH JONGG

Mah Jongg is the Chinese tile game that will have you using your brain! Come play with us on Tuesday mornings!



## CALLING ALL CARD & GAME PLAYERS!

Come play games with us! Scat, Pokeeno, Whist, Bridge, Cribbage, Pinochle, board games and 7's!



Scat - Every day at 9am  
Whist - Tuesday Mornings  
Bridge - Tuesdays at 1pm  
Cribbage - Tuesdays at 1pm



Pokeeno - Tuesday & Wednesday after lunch  
7's - Tuesday & Wednesday after lunch  
Board Games - Wednesday after lunch

We are hoping to start Pinochle, sign up today!  
(Depending on the game, bring your pennies, nickels and dimes!)

## ARTS AND CRAFTS

The last Thursday of the month we do a craft together. Each month is different and cost varies, but it is kept to a minimum. If you would like to join us for an upcoming craft please sign up in the office.

December 18th : Fleece Mittens

January 29th:  
Front Door Decoration

## HUDSON SENIORS CHRISTMAS PARTY DECEMBER 14<sup>TH</sup>

The Hudson Senior Center together with the Hudson Council on Aging is pleased to bring you the Hudson Seniors Christmas Party.

This party will be held at the VFW and will be catered by Dave Lozeau.

Tickets are sold out for this event.

Happy Holidays!



## CANASTA!!!

Come learn Canasta!

Every Wednesday at  
12:30pm.

Come learn to play with  
Joel in the lounge.

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Your well being is our primary concern: we want to see you healthy, happy, and enjoying life. Let us help you return to your daily activities.

**Experience a warm and friendly atmosphere !!**

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**603-882-5261**

## ATTENTION SENIORS!!

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# ABOUT THE SENIOR CENTER

## The 5 W's about the 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 over the age of 55.

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

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

**When:** Tuesday – 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 down load the forms off the website at:

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

## Dave's Letter

Happy Holidays!

We are so glad that you continue to enjoy your center. Please be careful when traveling to the "barn" this winter and be prepared for inclement weather. Please contact me directly with any questions at 880-1600, or at [dyates@hudsonnh.gov](mailto:dyates@hudsonnh.gov)  
Sincerely,

Dave Yates  
Hudson Recreation Director

## CLOSED DATES FOR DECEMBER AND JANUARY

The Hudson Senior Center will be closed on the following dates in the months of December and January

December: 24<sup>th</sup>

December 25<sup>th</sup>

December 31<sup>st</sup>

January 1<sup>st</sup>

Be sure to watch WMUR for snow emergency closings.  
See you in the New Year!

### HUDSON SENIOR CENTER

LOCATED IN THE NORTH BARN AT BENSON PARK

19 KIMBALL HILL ROAD HUDSON, NH 03051

603-578-3929

[WWW.HUDSONNH.GOV](http://WWW.HUDSONNH.GOV)

[lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov)



### HOURS OF OPERATION

Tuesday: 8:45am – 3pm

Wednesday: 8:45am – 3pm

Thursday: 8:45am – 3pm

We are not open Friday through Monday.

