



NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

HOURS OF OPERATION

Tuesday: 8:45am – 3pm

Wednesday: 8:45am – 3pm

Thursday: 8:45am – 3pm

We are not open Friday through Monday.



Fall Is Here!

Check out all our Fall Crafts & Fun on Page

OCTOBER & NOVEMBER

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~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

Fall is here and I am so excited to share all that is happening here at "The Barn" with you. In this paper you will find new programs and "brain" classes; more exercise classes and more fun activities designed for you!

We are having a ball up here at the Center and hope you will join us soon! Our goal is 500 registrations by the Holidays and we are over 450 now, so come be a part of this fun "Independent Adult Recreation Facility". For those that have already joined, we are so glad you are a part of our Center!

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

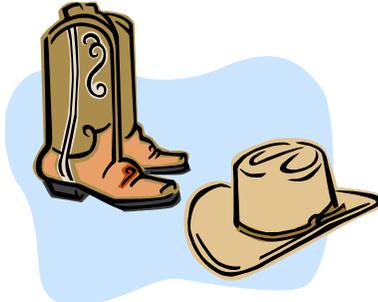
~Lori Bowen Senior Services Coordinator

FOR MOVING AND SHAKING!

NEW!

Calling all Beginners!

Have you ever wanted to try Line Dancing? Well here is your chance! On October 8th we will begin a new class just for you! Class starts at 11:45, and will cost you \$3 per week. Bring your friends and come have fun!



NEW!

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.



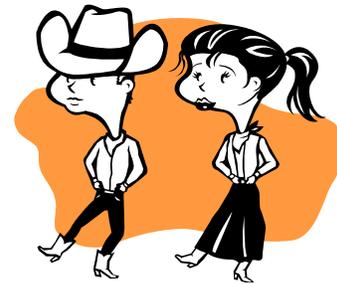
BONE BUILDERS!

Bone Builders is coming to the Hudson Senior Center! Class starts October 14th and will be 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.



Wear your sneakers!



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!



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.



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.

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. 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.



THE LETTERMEN

Wednesday, November 12, 2014

We begin our day at Mohegan Sun Casino where each traveler will receive a \$30 Casino bonus Pkg. (\$20 free slot play and a \$10 meal voucher}. We then head to the Garde Arts Theater in New London, Ct. where the Lettermen, will be performing Live in Concert. "One of the most popular vocal groups in history." Today the voices of Tony Butals, Bobby Paynton and Donovan Tea make up the voices of this legendry group. Bus will leave from the Community Center.

Cost: \$80per person

FOXWOOD CASINO

Monday, October 27, 2014.

Trip to Foxwoods Casino in Ledyard, Ct.

Bus will leave the **Community Center on Lions Ave at 6:40am.**

Cost: \$31 per person



THE HU KE LAU

Sunday December 7, 2014

Come experience the hospitality of Hawaii with a luncheon and live show! Afternoon shopping at the Ingleside Mall, home of the Christmas Tree Shops. Stopping on the way home at "Bright Nights at Forest Park", New England's largest holiday light display.

\$73.00 per person



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!

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.



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

TAKE A TRIP WITH US!



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



Don't forget to stop by the trip office and reserve your seat today!

Christmas in the White Mountains At Indian Head Resort

November 21-22, 2014

Join us for a special weekend away to celebrate Christmas. Your weekend includes Parties, deluxe breakfast, lunches and dinners and a visit with Santa! Entertainment featuring Marlena Philips, and what Christmas Party wouldn't be complete without presents!

Single Rate: \$205.00 per person

Double Rate: \$179.00 per person

Only 20 rooms left book now!



UPCOMING TRIPS FOR 2015!

Collette Tours will be at the Senior Center on October 29th at 1pm to present on upcoming overnight trips for 2015. Please join us to see where we are going!

Tony Kenny's Irish Cabaret

Monday, March 10, 2015

Neil Sedaka LIVE in Concert at Mohegan Sun Casino

Tuesday, April 21, 2015

Late Night Catechism

Tuesday, May 19, 2015

FOR CONVERSATION

POLITICAL ROUNDTABLE

Our local State Representatives will be in the North Barn to hold a round table discussion on all things happening in Concord and beyond. Please join us at 1pm on November 19th.

COLLETTE TOURS TRAVEL MEETING

Collette Tours will be at the Senior Center on October 29th at 1pm to present on upcoming overnight trips for 2015. Please join us to see where we are going!



SENIOR AFFAIRS COMMITTEE

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



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 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 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!

* 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!

October: *Orchardist* by Amanda Coplin

November: *Clara and Mr. Tiffany* by Susan Vreeland

December: *Major Pettigrew's Last Stand* by Helen Simonson



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!



TAKE A CLASS WITH US!

AARP Driving Course

The Hudson Senior Center is hosting the October AARP Driving Course in the HCTV conference room at the Barn! Please contact Sgt. Joe Hoebeke OF THE Hudson Police Department **(603) 886-6011 ex. 2455** to reserve your space today.



DIGITAL PHOTOGRAPHY CLASS

We are pleased to announce the addition of a photography class to be taught by Joel Jaffe! Starting October 15 and running for 5 weeks. A digital camera is required and you will be photographing in Benson Park. This is a free class but space is limited. Please sign up in the office with Lori.



HUDSON COMMUNITY TELEVISION

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



ARTS AND CRAFTS

The last Thursday of the month we sponsor a fun themed craft. Please see page 12 for details.



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.

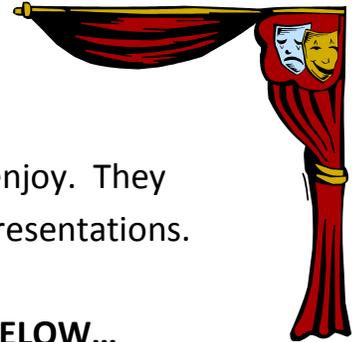
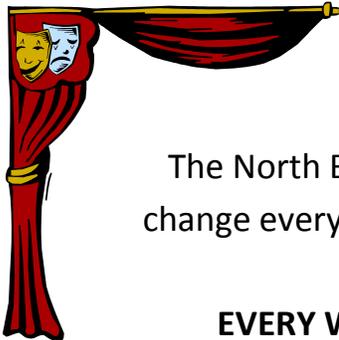
Calling all Beginners!

Have you ever wanted to try Line Dancing? Well here is your chance! On October 8th we will begin a new class just for you! Class starts at 11:45, and will cost you \$3 per week. Bring your friends and come have fun!



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

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

SCEHDULED EVENTS BELOW...

FIRE SAFETY TALK

The Hudson Fire Department is going to be giving a talk on Fire Safety on October 8th at 1pm. Fire Prevention Week is October 5th – 11, 2014.

Please join us for this informative question and answer session!



FIRST WEDNESDAY IS MOVIE DAY!

Popcorn and a movie will start at 1pm!

\$1 donation covers water and popcorn

OCTOBER: 12 YEARS A SLAVE
Sponsored by Nashua Crossings

NOVEMBER: NOAH



FALL FUN DAY

JOIN US FOR A FUN FALL DAY AT THE NORTH BARN FOR PUMPKIN DECORATING & YUMMY APPLE CRISP A LA MODE!

WEDNESDAY OCTOBER 15TH
@ 1PM

PLEASE SIGN UP IN THE OFFICE BY 10/9/14

POLITICAL ROUNDTABLE

Our local State Representatives will be in the North Barn to hold a round table discussion on all things happening in Concord and beyond. Please join us at 1pm on November 19th.



Dr. Woods Hearing Clinic

Did you know that better hearing leads to better living? Jessica Woods, AuD 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 Wednesday, October 29, 2014 at 12:30 p.m. to learn more.

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



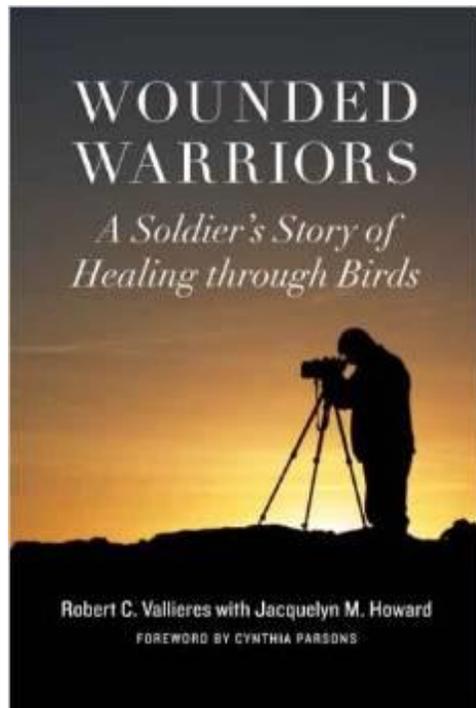
NORTH BARN PRESENTS



GUEST SPEAKER ROBERT VALLIERES

The Hudson Senior Center is proud to welcome Robert Vallieres, Author, "Wounded Warriors: A Soldiers Healing Through Birds" as a guest speaker on October 22, 2014 at 1pm.

Please come early to save your seat for this amazing opportunity to hear Robert speak about his journey. If you know of anyone outside the "barn" that would enjoy this presentation please bring them along as we want a full house!



November 22nd is still being scheduled so please stop by the Center to see what this presentation will be. You can also check out the website www.hudsonnh.gov and click on departments, then click recreation and then click on Senior Center on the left side. All the center information is there.

DAVE SMITH ~ GLACIER MONTANA

The Hudson Senior Center is pleased to announce that Dave Smith, photographic artist will be presenting at the Senior Center on November 12th at 1pm. Dave specializes in outdoor scenes from high altitudes and will be bringing in a presentation of his journey to the mountains of Montana.



COLLETTE TOURS

TRAVEL MEETING

Collette Tours will be at the Senior Center on October 29th at 1pm to present on upcoming overnight trips for 2015. Please join us to see where we are going!

HUDSON SENIORS CHRISTMAS PARTY DECEMBER 14TH



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.

There are only 155 tickets available so get yours today! You must be a current registered member of the Hudson Senior Center and present your badge to purchase your tickets. Tickets are \$22.00 each; \$44.00 for a couple or \$176.00 for a table.

Some restrictions apply.

Tickets will be on sale starting November 6.

You can purchase tickets at the office Tuesday, Wednesday and Thursdays.



FOR HEALTH & WELLNESS

Diabetic Shoe Clinic

November 26th 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



BELTONE HEARING LOSS CLINIC!

Presented by Ryan J McKallagat Hearing Consultant for Beltone New England, located in Nashua NH. Mr. McKallagat will be at the Center on Wednesday November 19, at 1pm to conduct a hearing seminar. Please sign up on the sheet at the office to be a part of this event!

NORTH AMERICAN SENIOR BENEFITS

Do you have the right Life Insurance?

Do you have enough Life Insurance?

Are you paying too much for your existing Life Insurance policy?

Whether you have life insurance or think it's too expensive, you do not want to miss this important informational presentation on Final Expense/Life Insurance with Linda Petralia of North American Senior Benefits on Tuesday, October 28th at 9:00 am to 10:00 am at the Hudson Senior Center. Following the presentation, Linda will be available on-site to answer your questions and privately consult with members on their final expense planning as well as how to save on an existing life insurance policy. (If you have an existing policy, please bring it with you.) Linda looks forward to meeting with you and guiding you on your best, affordable life insurance options for today and tomorrow.

Linda will also be on hand to sign you up for the *Script Save* card.

Dr. Woods Hearing Clinic

Did you know that better hearing leads to better living? Jessica Woods, AuD 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 Wednesday, October 29, 2014 at 12:30 p.m. to learn more.



Supplemental Nutrition Assistance Program

Putting Healthy Food Within Reach

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.

SNAP Outreach Coordinator Haeley Stewart will be joining us on November 12, at 1pm.

FOR FUN!

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.

October: Halloween Earrings (October 30)

November: Centerpiece for Thanksgiving (Nov. 20)

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

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

We are also looking for Pinochle players!
We have board games here at the Barn, come play any day!



FIND ALL THE BATS!

In this issue are many bats, one on each page! See if you can find them all!

The Tapsters



The Tapsters are performing for us on October 7 at 10:30am. Come for Coffee Club and enjoy this fantastic performance!

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.

HAPPY HALLOWEEN!

We will be celebrating Halloween at the Senior Center on October 30th. Wear your costume and you might win a prize!

MAH JONGG

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



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!





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EMAIL: seniornewsletter@aol.com

Senior News Publications, 7 Philbrook Terr., Hampton, NH 03842

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

Hello,

As fall begins we are so pleased that you are all enjoying your center. We are here to help the center run great so please leave us any feedback in the suggestion box. Please contact me directly with any questions at 880-1600, or at dyates@hudsonnh.gov

Sincerely,

Dave Yates
Hudson Recreation Director

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

Tuesday: 8:45am – 3pm

Wednesday: 8:45am – 3pm

Thursday: 8:45am – 3pm

We are not open Friday through Monday.

Let me introduce myself to the larger senior community. My name is Representative Bob Haefner, one of your state reps and more importantly the recently elected chair of the Hudson Senior Council on Aging. I am working on my third year on the Council, made up of several of our own seniors. The Council has worked, with the larger active senior population to make our beautiful Senior Center a reality. The seniors have worked toward that goal for twenty years and raised lots of money.

We want to work with the Senior Affairs committee and Lori Bowen to meet the needs of our seniors. If you think that the Senior Council on Aging can do something to help, please contact me. My home phone is 889-1553 and my email is bobhaefnerjp@comcast.net. I will be there at the senior center on November 19th to talk with you all. In the meantime your Council on Aging is here.

- Bob Haefner
Ranking Member
Committee on Environment and Agriculture
NH House of Representatives
Hillsborough District #37
Hudson, and Pelham

