



NORTH NEWS

FALL NEWSLETTER FROM THE HUDSON
RECREATION DEPARTMENT'S SENIOR CENTER

From all of us at the Hudson

**Recreation Department we
wish you a very**

**Happy
Thanksgiving!**



Hello Senior Center Friends!

Happy Fall! We hope you will join us at the Center
this season to enjoy all of our upcoming events!

Thank you to all of our Veteran's and their families
for their service and sacrifice.

If you have any questions you can stop by or call
the office! See you soon!

Hudson New Hampshire Recreation Department

Chrissy Peterson -
Recreation Director
603-880-1600

Lori Bowen -
Senior Services Coordinator
603-578-3929

Naomi Busnach -
Administrative Aid
603-880-1600

www.hudsonnh.gov

We will be closed on
the following days:

October 14

November 11

November 27 - 29



Hudson Recreation Departments Senior Center Programming

The North Barn Presents!

The North Barn Presents calendar is booked into the fall! Please check our website for the current list and upcoming events! 10am in the Function Room



October 8, 2024

UNITED WAY

Public Assistance Information

Please join Sara in the Function Room at 10am to hear about how you can get help and be helpful to your neighbors!

November 19, 2024

Center for Physical Therapy & Exercise

Mobility for Mental and Physical Health

Please join us for an informative session with CPTe Physical Therapist Fred Daniels.
10am in the Function Room

Last Tuesday of every Month!

COFFEE WITH THE COPS!

The Hudson Police Department joins us for presentations on different subjects involving Community Policing.

COFFEE WILL BE SERVED!

10am in the Function Room!

October 15, 2024

AED MACHINE TRAINING

Please join us for this informative presentation on how to properly use an AED machine. This could save someones life! 10am in the Function Room, please RSVP for this free class!

October 22, 2024

MEDICARE MADE EASY

Join us in the Function Room for this informative presentation on Medicare and what you need to know before this enrollment period starts.
10am – appointments after if needed

November 12, 2024

Southern NH Services

Diabetes and Nutrition

Please join us for this informative session about Diabetes and Nutrition
10am in the Function Room

October 1, November 5, December 3

HUDSON FIRE DEPARTMENT

Join us for the Fire Departments Community Outreach with Steve Dube!
10am in the Function Room!
Coffee will be served!

North Barn
Presents
Tuesday at 10am

COMING SOON!

Special
Events!
RSVP
Today!

April 15, 2025

Hudson School District Strategic Planning Committee

Please join us to share information and give feedback about the school district in Hudson.
10am in the Function Room

January 21, 2025

2025 TRIPS

Mark your calendars to join us for the Trips presentation for 2025!
Watch for a SNEAK PEEK in your email!
This presentation will be re-scheduled in the event of inclement weather!

December 10, 2024

CaptionCall

Join us for a free presentation about how to obtain a FREE phone with captions.
10am in the Function Room

January 14, 2025

The Sage Heart

Holistic Life and Death Care
Presentation on this non-profit community resource and support system providing holistic life and death care and all of the services The Sage Heart offers.

February 11, 2025

AAA TRAVEL

Join us for a presentation from AAA about travel and all the benefits of traveling with your AAA membership.
RSVP is requested.
10am in the Function Room

February 18, 2025

PATHWAYS HEALTHCARE

Please join us for an informative meeting about Home Care provided by Pathways Healthcare and all the benefits to your loved ones this service provides. 10am in the Function Room.

March 11, 2025

BROOKHAVEN HOSPICE

Please join us for this informative round table from Roberta Borruso, CDP about the ways that Brookhaven Hospice can help your loved ones in the facility they currently reside in.
Light Refreshments will be served
Please RSVP by March 7

April 8, 2025

CAROL LEARY

Please join us for this concert from Folk Singer Carol Leary!
10am in the Function Room

Happy Halloween

ICE CREAM SOCIAL!

Wednesday October 30th at 1:30pm

\$5 per person

RSVP required, please pay when you RSVP

Please RSVP by October 25

Prizes for Best Costumes!

Spooky Surprises!

Door Prizes!

50/50 Raffle

There will be no movie or games this afternoon. Quilting and Cribbage will still be in the Activity Room. We apologize for the inconvenience.





North Barn Events!

Wednesday Mornings at 10am

Travel Coffee Club!

Come meet fellow travelers, maybe even a future traveler companion! We chat about everything from where to go, where we've been and where we want to go! We also chat about what to wear and how to buy travel gear and gadgets! See you Wednesday!

PLEASE JOIN US FOR A DAY OF DECORATING FOR THE HOLIDAYS!

November 20, 2024

9am-4pm (or until we are done!)

Mark your Calendars!

POLAR EXPRESS MOVIE!

Its our annual showing of the Polar Express!

Cocoa and treats will be served so please

RSVP by December 1.

December 11, 2024

1:30pm in the Function Room

ART SHOW!

We will host our first Art Show on

November 4, 2024

2:00pm-3:30pm

Come meet the artists participating in our Watercolor Class and enjoy their beautiful art work!

TRICK OR TREAT!

HALLOWEEN PARTY!

ICE CREAM SOCIAL!

Mark your Calendar and join us on October 30 for an afternoon of Spooky Fun and Ice Cream!!

Costumes are highly encouraged and there will be prizes and surprises!

OCTOBER 30, 2024

1:30-3:30pm

RSVP is required

Please RSVP by October 25, 2024

There will be no Movie or Games on October 30, we apologize for the inconvenience.

Wednesday Afternoon Craft

BUTTON TREES

We are going to be offering our Button Tree Class once again!

All materials are covered.

Please RSVP as space is limited.

2 options for trees! On display at the

Center. \$20 per person

December 4, 2024





EXERCISE WITH US!



CARDIO DRUMMING!

Our newest class offering is Cardio Drumming! This creative class will work on your balance and also sharpen your brain!

Class is on Thursday at 11:45am

Class is \$5 per person per class

You will need some drumming equipment for this class so please see the office for details.

AEROBICS

Join us for Aerobics with Sylvie! This high energy, go at your own pace aerobics class is offered twice a week!

Monday Mornings at 9:30am

Friday Mornings at 10:45am

Class is \$5 per person per class

WALKING CLUB

Tuesday and Thursday mornings in good weather please join us to take a walk! We will stick to the main paths of Benson Park or wander around our beautiful area in the parking lot! We will begin walking at 9:30am, meet us in the lobby!

BEGINNERS TAI CHI

Always wanted to learn Tai Chi? Now is your chance! Our Beginners class is going to start October 21 and will run through December 16. This class will be on Monday at 12:00pm and will be \$5 per week. Please check in with Lori if you would like to attend!

HIKING & BIKING GROUP

Stop by today to add your email to these lists! The group sends emails out to share where they will be trekking off to so sign up today!

BONE BUILDERS

This Osteoporosis exercise program is once again being offered here at the Center!

You must have your waiver and doctors note filled out prior to starting class. (Available online under forms or pick up at the Center.)

Monday at 8:15am & Thursday at 2:30pm

\$3 Donation per person, per class please

LINE DANCING

Gail Eaton offers two levels of classes for our Line Dancing enthusiasts!

Beginners is Thursday at 9am

Intermediate is Thursday at 10:15am

Class is \$5 per person per class

TAI CHI

Come learn the Art of Tai Chi!
The 17 steps of Tai Chi are worked on weekly!

Fridays at 9:00am

Class is \$5 per person per class

STRENGTH & BALANCE

Our Strength & Balance class will improve your overall health!

Monday mornings at 10:45am

Thursday afternoons at 1:15pm

Class is \$5 per person per class

SNOWSHOEING AND SKIING

It's that time of year again! Please add your names to the list to be included on correspondence about our Snowshoeing and Cross Country Ski Groups. We will be ready when the first snow falls! Clipboards are located outside the office.



CARDS & GAMES LIST

- 45's – Tuesday 1:00 pm
- 5 Crowns – Wednesday 1:00 pm
- 66 – Thursday 1:00 pm
- Billiard Table – Every day
- Bingo – Tuesday at 1:10pm
- Board Games – Wednesday at 1:00 pm
- Bridge – Friday at 11:00 am
- Canasta – Wednesday at 1:00 pm
- Checkers – Wednesday at 1:00pm
- Chess – Wednesday at 1:00 pm
- Cribbage – Everyday at 1:00 pm
- Cross Cribb – Tuesday at 1:00pm
- Hand & Foot – Tuesday at 1:00pm
- Hand & Foot – Friday at 1:00pm
- Hand, Foot & Elbow – Friday at 1:00pm
- Left Right and Center – Wednesday at 1:00pm
- Mah Jongg – Monday at 1:00 pm
- Mah Jongg – Friday at 1:00 pm
- Mah Jongg Beginners Group – Wednesday 1:30
- Mexican Train Dominoes – Friday at 1:00 pm
- Papa's Penny Game – Wednesday at 1:00pm
- Pay Me Card Game – Wednesday at 9:00 am
- Ping Pong – Monday at 1:00pm
- Pinochle – Thursday at 1:00 pm
- Poker – Friday at 1:00 pm
- Rummikub – Wednesday at 1:00pm
- Scat - Monday at 9:00 am
- Scrabble – Wednesday at 1:00 pm
- Shuffleboard Table – Every day
- Whist – Tuesday at 1:00 pm
- Whist – Wednesday at 9:30am



No Games on Wednesday October 30



PLAY BOARD GAMES

Here at the Senior Center we have a whole bookshelf full of the best games to play! From Clue, Scrabble, Monopoly to Trivia Pursuit, Papa's Penny Game, Tock and many more! Join us on Wednesday Afternoons to play any Board Game of your choosing!

BRIDGE & POKER

Poker on Friday afternoons at 1pm.
Bridge is on Friday at 11am
Join us today...we will teach you too!

BINGO!

Bingo is played here at the Barn!
Bingo is every Tuesday Afternoon and we start selling slider cards at 1:10pm.
Slider Cards are \$1.25 each and its 50 cents to play the Shotgun Coverall
You must be registered at the Senior Center to play Bingo, and please wear your badge!

PLAY CARD GAMES

At the Senior Center we have a lot of fun card games we play! Check the list to the left to see what days and times your favorites are played or learn a new one!

PHOTO CLUB

All are welcome, please watch your email and the website for updated Club Meetings dates and times.
3rd Wednesday at 1:30pm

Depending on the game....bring your Pennies, Nickels and Dimes!

Health & Wellness & Fun!



Pickleball

PICKLEBALL IS OUTSIDE!

Corner of Melendy Road and Central Street!

The courts are open dawn to dusk, 7 days a week.

You are not able to reserve the public courts but our group has permission to be there Tuesday,

Thursday and Sunday mornings from 9-12. This is

not an exclusive reservation so please remember the courts are shared by the Community. This also

goes if you stop by to use them any other day of the week! Courts will stay open until inclement

weather is upon us.

INDOOR PICKLEBALL

Sign up for Indoor Pickleball will begin on October 23rd. Indoor Pickleball will tentatively start on

November 12th. Please be advised it is \$10 to register at the Senior Center, \$5 to join our Indoor Pickleball and then it will be \$5 a day to play. Days will be announced one to two weeks prior via email.

You must register in person at the Senior Center prior to playing Pickleball. Please bring your Senior Center Badge and your Pickleball Badge(s) when you register. There will be a cap on the number of registrations we will take for the indoor session.

We are unavailable to take registrations Tuesdays between 12:45-2:30pm.

Home Health & Hospice Foot Care Clinic



Tuesday & Wednesday's by Appointment

We host the foot care clinic during the month. Please call 603-689-2899 to set up an appointment. Please be aware if the Center is closed due to inclement weather there is no Clinic, and they will call to reschedule.

AFFORDABLE HEARING AIDS

Chris Streeter is here the first Tuesday of every month for appointments. Please sign up at the Senior Center or call 578-3929 to make an appointment with Chris!

OUTDOOR FUN!

Join us for all of the fun things we do outside!

Corn Hole – Monday 1:00pm - 3:45pm

Corn Hole – Friday 1:00pm - 3:45pm

Bocce Ball – Tuesday 1:00pm - 3:45pm

Bocce Ball – Thursday 1:00pm - 3:45pm

Walking Group – Tuesday & Thursday 9:30am

Sign Up today to get emails for our Outdoor Adventure Groups!

Biking Group – Hiking Group – Cross Country

Skiing Group – SnowShoeing Group

Pickleball – Tuesday, Thursday & Sunday Mornings at the Courts on the corner of Melendy Road and Central Street

TECHNOLOGY HELP

John is here every week in the morning to help with your technology needs. Please sign up for an appointment on the clip board outside the office.

You can also call 603-578-3929 to set up an appointment or email lbowen@hudsonnh.gov



FOOD, BOOKS & PUZZLES!



COFFEE

We have carafs of coffee on Tuesday and Wednesday in the Dining Room and a Keurig System for coffee in the Activity Room. It is 50 cents for a cup of coffee. If you bring your own k-cup please leave 25 cents if you use our creamers, sugar and cups! The cost goes to replacing cream, sugar, cups and more K-Cups!

Our Coffee Club will meet from 8:15-9:45am in the Function Room on Tuesday Mornings. This club is followed by the North Barn Presents every week!

You are also welcome to bring in your own cup of coffee to enjoy here at the Center!

BOOK LIBRARY

Our lending library is ready for your next great book find-now located in the hallway! Please stop by and check it out! All the books are organized by author.

BOOK CLUB

We will meet the 3rd Wednesday of each month at 10:00am in the Activity Room.

Our Book Club is special because each month we read to a theme...it could be Author, Subject, Time Period etc. Please join us! Monthly Themes:

October – Mystery

November – Food! (anything food related)

December – Christmas Story

January – Miracle

February – Love Story

COMMUNITY DINING

Community Dining is the place to be! Lunch is served in the Function Room at 12:00pm. You must register ahead of time to receive a meal. Sign up clip boards are located on the wall in the Dining Room. Or you can call 603-578-3929 for a reservation.

Lunch is served Monday, Tuesday, and Wednesday! Please RSVP for the day you want to join us at least one week ahead of time. You can RSVP by calling the Center at 603-578-3929 or by signing up on the clip boards in the dining room. The menu is available at the Center or on the website under Center Activities and the Community Dining.

PUZZLE LIBRARY

We have a closet full of puzzles to share with you in the Activity Room. Just like our book lending library you are welcome to borrow and bring back puzzles to share with others. Please bring your puzzles to share to the Activity Room and browse through other puzzles that have been brought in! Please note we do not take damaged donations.

LUNCH TIME!

You can always bring a bagged lunch and join us in the Dining Room! Daily from 12:00pm – 1:00pm. Thursday we eat in the Activity Room.

**LUNCH
BREAK**

MOVIE AFTERNOON!

WEDNESDAY AT 1:30PM

Watch the website or stop by and check out the list of upcoming titles!

There will be no Movie Oct 30





Hudson Recreation Department's Senior Center Trips

All of our trip descriptions and flyers can be found on the Town of Hudson Website and at the Center. Trips are filling up fast so please plan accordingly! Remaining seats available are posted at the Senior Center on the Bulletin Board!

ROBIN WILLIAMS TRIBUTE	\$117.00	THURSDAY, OCTOBER 17, 2024
ELSBETH VON TRAPP	\$127.00	THURSDAY NOVEMBER 7, 2024
SCILLIAN TENORS	\$89.00	THURSDAY, NOVEMBER 14, 2024
CHRISTMAS OVERNIGHT	DOUBLE \$484.00	DECEMBER 8-9, 2024
KENNY & DOLLY TRIBUTE	\$89.00	TUESDAY, DECEMBER 3, 2024
NASHVILLE CHRISTMAS	\$117.00	WEDNESDAY, DECEMBER 11, 2024

January 21, 2025 10am in Function Room

2025 TRIPS!

Mark your calendars to join us for the Trips presentation for 2025!
Watch for a SNEAK PEEK in your email!
This presentation will be re-scheduled in the event of inclement weather!

ALASKA & PORTUGAL!

Information is available at the Senior Center for the Alaska and Portugal Trips scheduled for 2025! Stop by today to get the travel flyers and sign up for these adventures today!!



HUDSON SENIOR CENTER SCHEDULE

MONDAY

8:00am	Center Opens
8:15am	Morning Coffee
9:00am	Scat
9:30am	Aerobics \$5
10:45am	Strength & Balance \$5
12:00pm	Lunch Time!
12:00pm	Tai Chi Beginners \$5
1:00pm	Ping Pong
1:00pm	Corn Hole **
1:00pm	Mah Jongg
1:00pm	Cribbage
1:30pm	Watercolor Class
4:00pm	Center Closes

Shuffle Board, Puzzle Table, Lending Libraries and Billiard Table are available from 8am-4pm



TUESDAY

8:00am	Center Opens
8:15am	Coffee Club
9:30am	Walking Group
10:00am	Hearing Help *
<i>1st Tuesday of each month by appointment</i>	
10:00am	North Barn Presents
10:00am	Tech Help *
<i>By appointment—sign up at the office</i>	
12:00pm	Lunch Time!
1:00pm	Hand & Foot
1:00pm	Cribbage
1:00pm	45s (Card Game)
1:00pm	Cross Cribb
1:00pm	Bridge
1:00pm	Whist
1:00pm	Bocce Ball **
1:00pm	Poker
1:00pm	BINGO!
<i>See Page 6 for info</i>	
4:00pm	Center Closes

* Please RSVP at the Office

WEDNESDAY

8:00am	Center Opens
8:15am	Morning Coffee
9:00am	Silver Knitters
9:00am	Pay Me Card Game
10:00am	Travel Coffee Club
12:00pm	Lunch Time!
1:00pm	Scrabble
1:00pm	Quilting Group
1:00pm	Photo Club – 3 rd Wednesday of the month
1:00pm	Canasta
1:00pm	Rummikub!
1:00pm	Checkers
1:00pm	Chess
1:00pm	Left Right Center
1:00pm	Papas Penny Game
1:00pm	Play Board Games!
1:00pm	5 Crowns
1:00pm	Cribbage
1:30pm	Movie Afternoon!
1:30pm	Mah Jongg - Beginners
4:00pm	Center Closes

** Weather Dependent

THURSDAY

8:00am	Center Opens
8:15am	Morning Coffee
9:00am	Bridge
9:00am	Line Dancing - Beginners \$5
9:30am	Walking Group
10:15am	Line Dancing – Intermediate \$5
11:45am	Cardio Drumming \$5
12:00pm	Lunch Time!
1:00pm	Pinochle
1:00pm	Cribbage
1:00pm	66 (Card Game)
1:00pm	Bocce Ball **
1:15pm	Strength & Balance \$5
2:30pm	Bone Builders \$3
4:00pm	Center Closes

LUNCH TIME!

Lunch is served Monday, Tuesday, and Wednesday at 12:00pm in the Dining Room.

The Menus for hot lunch are posted in the Dining Room and this is where you can also RSVP for hot lunch! \$3 per meal

Please feel free to bring a bag lunch and join us every day of the week!

FRIDAY

8:00am	Center Opens
8:15am	Morning Coffee
9:00am	Tai Chi Class \$5
10:45am	Aerobics \$5
11:00am	Bridge
12:00pm	Lunch Time!
1:00pm	Mexican Train Dominoes
1:00pm	Hand N Foot
1:00pm	Mah Jongg
1:00pm	Hand, Foot & Elbow
1:00pm	Cribbage
1:00pm	Poker
1:00pm	Ping Pong
1:00pm	Corn Hole **
4:00pm	Center Closes



Fall into Activities!



REGISTRATION FOR 2025

If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the 2024-2025 year. Our new year started on July 1, 2024. You can drop by the Senior Center any time we are open to re-register, or register for the first time! It is \$10 a year (we run a fiscal year at the Senior Center – July through June) to belong and we accept cash or checks made out to the *Town of Hudson*.

Be sure to get the new sticker on your badge if you are re-registering!

HUDSON RECREATION DEPARTMENT - SENIOR CENTER PROGRAM

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

603-578-3929 WWW.HUDSONNH.GOV

EMAIL LIST!

We will be able happy to email your newsletter to you, as well as any updates and special event information! To stay in touch with all things happening at the Senior Center please register and add your email to our database! If you are not receiving emails, please let us know.

Please note the email list is created each fiscal year to avoid past and expired members from receiving unwanted emails, so if you are not receiving emails you may need to update your registration!

2024
Hudson  Senior
Services

The 5 W's & 1 H 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, which is run under the Town of Hudson's Recreation Department.

Who: Anyone over the age of 55, and their spouse if younger. You do not need to live in Hudson to join!

Where: 19 Kimball Hill Road, Hudson NH

When: Monday – Friday 8:00am -4:00pm

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

How: Register any day at the office! \$10 registration fee per fiscal year; per person.

You can read this newsletter and find all our activity information on our website at:

<https://www.hudsonnh.gov/seniorcenter>