



NORTH NEWS

SPRING NEWSLETTER FROM THE HUDSON
RECREATION DEPARTMENT'S SENIOR CENTER



Hudson New Hampshire Recreation Department

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Monday – Friday
Opens at 8am - Closes at 4pm

Hello Senior Center Friends!

Happy Spring! We are very excited to welcome in the warm weather and some fun activities for you this Spring! Check out the North Barn Presents activities on Tuesday mornings, we are offering a few double sessions as well! We are happy to announce the Photography Club is meeting again and we have added Rummy and Hand, Foot & Elbow to the Cards line up! Be sure to wear your Red Sox Shirts on Friday April 4 to celebrate Opening Day for the Red Sox!

Stop by the office to sign up today if you aren't currently registered for the 2025 fiscal year and be a part of our growing Senior Recreation Community! We are at almost 1000 patrons registered and growing!

We will be closed on the
following days:

May 26, 2025
June 19, 2025
June 30- July 6

No Afternoon Activities
due to events:

April 16, 2025
May 7, 2025
July 16, 2025

Please also check our
inclement weather policy



UPCOMING SOCIAL EVENTS!

Easter Bonnet Social

Wear your Easter Bonnet and join us for an eggcellent fun time!

April 16, 2025



Raffles, Prizes,
Snacks and Fun!

\$5 each RSVP by April 14

Mother's Day Tea

Wear your best hat and join us for tea!

May 7, 2025

Raffles, Prizes,
Snacks and Fun
and of course tea!



\$5 each RSVP by May 5

Father's Day Car Show

2nd Annual Father's Day
Car Show!

June 11, 2025

1-3:30pm at
the Senior Center!



If you would like to show your cars please see Lori!

★ Senior Center Celebration! ★

Mark your calendars for a fun afternoon celebrating the Summer and the Anniversary of the Senior Center!

July 16, 2025 ★

More information coming soon!

Summer Luau!

August 27, 2025

More information coming soon!

Please RSVP for all our Socials.

The exception is the Car Show...all are welcome to join us for the Car Show!

FUN ACTIVITIES!

PHOTOGRAPHY CLUB

All are welcome! The Photography Club meets the First and Last Tuesdays of each month. On the First Tuesday we discuss computer programs and learning to manipulate your photos and cameras. On the Last Tuesday we go take photos! Join us next Tuesday!

Every Wednesday at 1:00pm

QUILTING GROUP

Our quilting group is growing by the week! We have the machines, we just need you to join us!

We are doing all kinds of projects, bring your own and come socialize while you work! Check us out every Wednesday afternoon!

COFFEE & TEA BAR

Join us in the mornings for a hot cup and sit and chat! Every day from 8:15-8:45am!

BOCCE!

Join us on nice days for an afternoon game! We will teach you this fun lawn bowling game!
Tuesdays and Thursdays 1- 3:45pm

CORN HOLE

Join us Monday & Friday Afternoons!

1st Wednesday of the Month 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 to make your trips extra special! See you on the first Wednesday of each month!

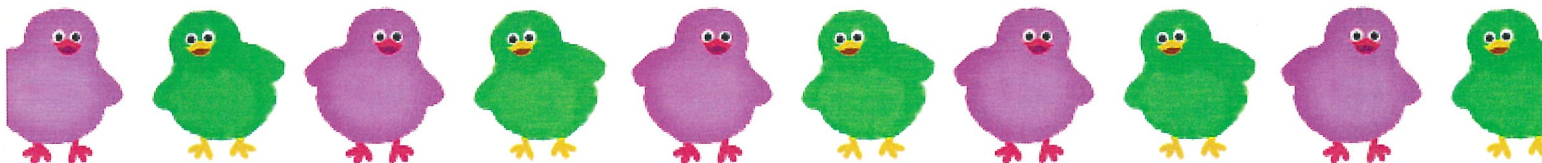
Every Wednesday at 9:00am

SILVER NEEDLES!

This is our crafting group here at the Senior center! We meet every week and enjoy social time while we work! Bring your own project and join us for a morning of fun! There is always a lending ear and a hand to help as well! Come learn to knit and crochet! It is also fun to stop by to see all the wonderful projects!

PICKLEBALL!

This fun game that is sweeping the nation can be played at the Community Courts at the corner of Melendy Road and Central Street. They are open dawn to dusk every day!



North Barn Presents!

North Barn Presents is our community information presentations and fun conversations every Tuesday at 10am!

April 8, 2025

CAROL LEARY

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

April 22, 2025

UNITED WAY Presents:

UNDERSTANDING INSURANCE

This presentation is about navigating coverage and benefits. Please RSVP to ensure documents
10am in the Function Room

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

May 20, 2025

Off Our Rockers Comedy Routine!

Our favorite Comedy Group is coming back with a brand new Routine!
10am in the Function Room

May 13, 2025

I PASS AS WHITE

Book Reading by Laura Pointer of her father Tex Pointer's Book.
10am in the Function Room

April 8, 2025

HUDSON CONSERVATION COMMISSION

Presentation on the Trails and Properties and Hiking information on the Town of Hudson Trails!
10am in the Activity Room

June 17, 2025

VISITING ANGELS

Please join us to learn about the Visiting Angels program.
10am in the Dining Room



North Barn Presents!

North Barn Presents is our community information presentations
and fun conversations every Tuesday at 10am!

April 1, May 6, June 3

HUDSON FIRE DEPARTMENT

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

May 27, 2025

COLLETTE TRAVEL

Please join us for a presentation about
travelling to New York City for
Christmas and the 2026 domestic trip:
Music Cities Tour!
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.
10am in the Dining Room!

June 17, 2025

NAVIGATING THE NEW SOCIAL SECURITY WEBSITE

Learn how to navigate the new Social Security
Website.
10am in the Function Room

June 10, 2025

Hudson Memorial School Music Department

SPRING CONCERT!

Please join us for this musical event!
The Middle School Swing Choir and
Honor Bands will be here to perform
their pieces from the Spring Concerts!
10am in the Function Room

September 16, 2025

COLLETTE TRAVEL

Please join us for a presentation
about International Trips planned for
Fall 2026!
10am in the Function Room





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 too so sign up today!

BONE BUILDERS

This Osteoporosis exercise program is 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.)

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 108 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

Please add your names to the list to be
included on correspondence about our
Winter Snowshoeing and Cross Country Ski
Groups. We will be ready when the first snow
falls! Clipboards are located outside the
office at the Center.



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
- Bocce – Tuesday/Thursday at 1:00pm
- Bridge – Friday at 10:00 am
- Canasta – Wednesday at 1:00 pm
- Checkers – Wednesday at 1:00pm
- Chess – Wednesday at 1:00 pm
- Corn Hole – Monday/Friday at 1:00pm
- Cribbage – Everyday at 1:00 pm
- Cross Cribb – Tuesday at 1:00pm
- Hand & Foot – Tuesday/Friday at 1:00pm
- Hand Foot & Elbow – Tuesday at 1:00pm
- Hand, Foot & Elbow – Friday at 1:00pm
- Left Right and Center – Wednesday at 1:00pm
- Mah Jongg – Monday/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/Friday at 1:00pm
- Pinochle – Thursday at 1:00 pm
- Poker – Friday at 1:00 pm
- Rummikub – Wednesday at 1:00pm
- Rummy – Wednesday at 1:00pm
- Scat - Monday at 9:00 am
- Scrabble – Wednesday at 1:00 pm
- Shuffleboard Table – Every day
- Whist – Wednesday at 1:00 pm

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

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 10:00am
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!

PLAY MAH JONGG!

Come Play Mah Jongg at the Hudson Senior Center! We have intermediate groups that play Monday and Friday from 1-4pm and a beginners group on Wednesday afternoons from 1:30-3:45pm. We are awaiting the 2025 card release so bring 2024!



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! For a limited time lunch is also served on Friday!

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!





Hudson Recreation Department's Senior Center Trips

2025 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 on the post-it notes!

FUN FACTS ABOUT HUDSON SENIOR CENTER TRIPS!

- * We have 23 Trips planned for 2025!
- * All trips will depart from 19 Kimball Hill Road, including overnights.
- * We do have limited tickets available for some trips so please sign up and pay early to guarantee your spot!
- * All Money is due 8 weeks prior to a trip. At 8 weeks before a trip we will give back tickets to the vendor and you are not guaranteed a spot at the point.
- * Seating on the bus is determined by date paid for the trip, we have assigned seats for all trips.
- * You must have a doctor's note if you need to be placed at the front of the bus for motion sickness. Or present your handicapped plaque to to be an exception. Please remember there are only 4 seats in the front of the bus and they may have limited leg room. On most buses there is also a step up to the first few rows as the pathway is angled
- *The Royal Tours waiver must be filled out prior to taking a Royal Tours Trip in 2025, this form is available at the Center and on the website.
- * If you have any questions regarding Trips please see Lori

DATE OF TRIP	TRIP NAME	COMPANY	AMOUNT PP
9-Apr	Titanic Exhibit / Maggiano's for lunch	RT	\$141.00
23-Apr	Supreme Reflection - Diana Ross & the Supremes Tribute @ Venus De Milo	BOT	\$136.00
21-May	The Doobie Brothers Ultimate Tribute Show @ Lake Pearl in Wrentham	BOT	\$136.00
30-May	Castle in the Clouds with Lunch at Harts Turkey Farm	RT	\$141.00
18-Jun	Fleetwood Macked - Ultimate Fleetwood Mack Tribute Band @ Danversport	BOT	\$136.00
25-Jun	Rhode Island Lighthouses	RT	\$151.00
June 29-July 1	Boothbay Harbor Overnight & Cabbage Island/Botanical Gardens	RT	\$100 Deposit
16-Jul	Boston Duck tours with Venezia	RT	\$151.00
19-Aug	Roy Orbison Tribute @ Danversport Yacht Club	RT	\$131.00
22-Aug	Tom Jones Tribute @ Castleton	BOT	\$94.00
September 2-5	Pennsylvania Dutch Country Overnight	RT	\$100 Deposit
25-Sep	Ogunquit Playhouse and lunch at Bull n Claw (When Elvis Met The Beatles)	RT	\$161.00
17-Sep	Rocky Mountain High - John Denver Tribute @ Danversport	BOT	\$136.00
22-Oct	Cape Cod Central RR	RT	\$151.00
24-Oct	Olivia Newton John @ Castleton	BOT	\$95.00
7-Nov	Chips n Chickens - Wright's Farm & Bally's Twin River Casino	RT	\$91.00
13-Nov	Absolute Queen @ Danversport Yacht Club	BOT	\$136.00
12-Nov	Corvettes Doo Wop Show @ Castleton	RT	\$94.00
4-Dec	Smile - Tony Bennett & Barbara Streisand Christmas Tribute	BOT	\$94.00
December	Dinner, Shopping and Bright Lights	RT	TBA
December	NYC at Christmas Time Overnight	TBA	TBA

Health & Wellness & Fun!



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!

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

1st Wednesday of the Month 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

INCLEMENT WEATHER

Please be advised that if the Hudson School district is CLOSED OR DELAYED due to inclement weather we are not open for the day. Please check the website, HCTV local channels and WMUR for closing updates. On WMUR the Senior Center shows up under business listings under the scrolling names.

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.

OUTDOOR FUN!

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

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

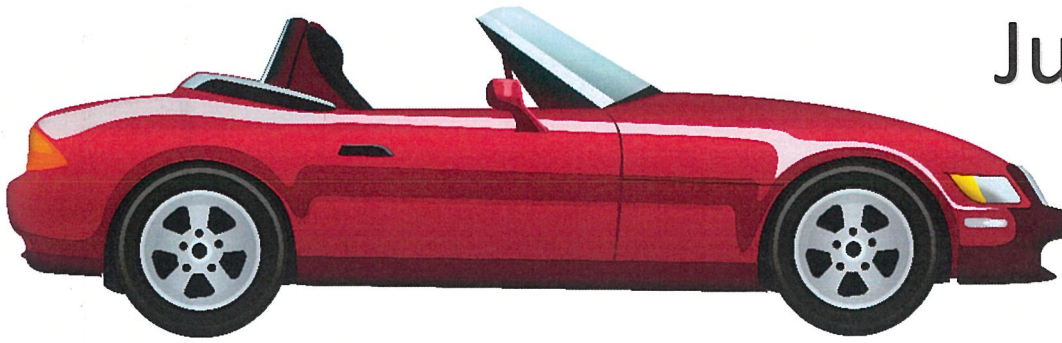
Sign Up today to get emails for our
Outdoor Adventure Groups!

Biking Group – Hiking Group – Cross Country
Skiing Group – SnowShoeing Group

Pickleball – Outdoors at the Melendy Road Courts



June 11, 2025



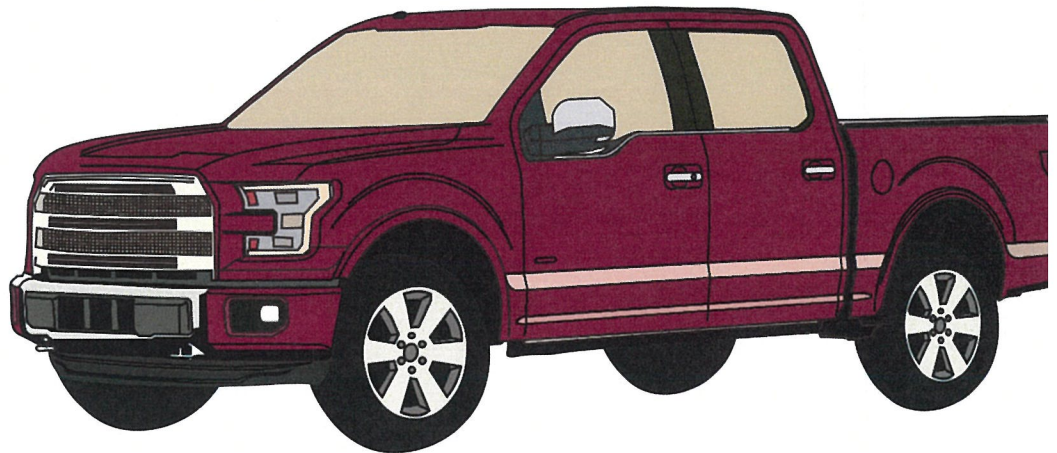
FATHER'S DAY CAR SHOW

RSVP by June 1 to drive your favorite car or truck to show off at the Senior Center!

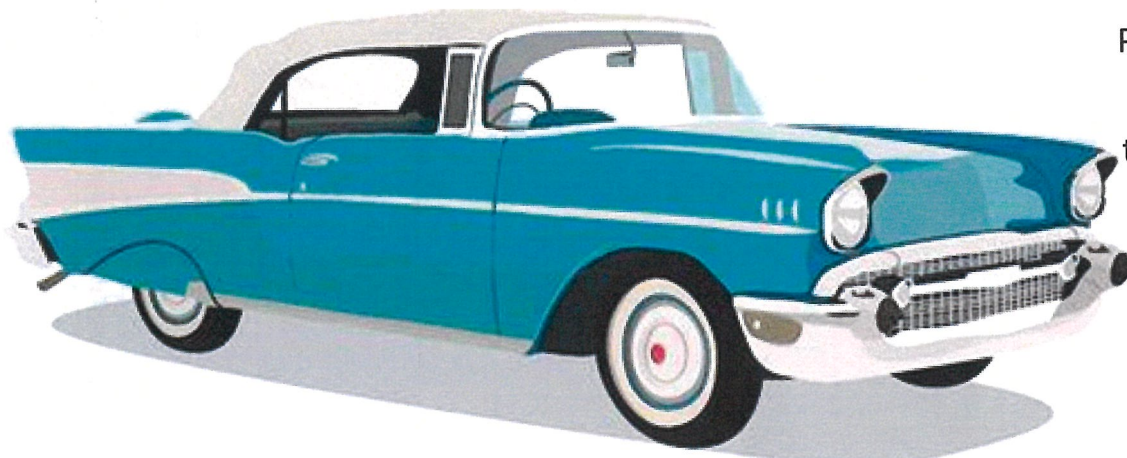
You must RSVP to “show” your car but the “show” is open to all our patrons! We can't wait to see you!

**Hudson Senior
Center**

19 Kimball Hill Road
Hudson NH 03051



**Cars (and trucks!) will be on display from
2:30-3:30pm on June 11, 2025**



Please note the day of the car show the parking lot closest to the driveway entrance will be “closed” for parking except for the car show! Please park at Benson's and walk up or in the second lot “behind” the center.

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

TUESDAY

8:00am Center Opens
 8:15am Coffee Club
 9:30am Walking Group
 10:00am Hearing Help *
1st Tuesday of each month by appointment
 10:00am North Barn Presents
 10:00am Tech Help *
By appointment—sign up at the office
 10:00am Photography Club
1st Tuesday and last Tuesday of the month
 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!
See Page 6 for info
 4:00pm Center Closes

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
 1:00pm Canasta
 1:00pm Rummikub!
 1:00pm Rummy
 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
 1:00pm Hand, Foot & Elbow
 1:30pm Movie Afternoon!
 1:30pm Mah Jongg - Beginners
 4:00pm Center Closes

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

* Please RSVP at the Office

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

** Weather Dependent



SPRING

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!

2025 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>