



NORTH NEWS

SUMMER NEWSLETTER FROM THE HUDSON
RECREATION DEPARTMENT'S SENIOR CENTER



Hello Senior Center Friends!

We have so many exciting things for you to enjoy this Summer at the Barn! Please check out all the details on the following pages and you can always refer to the Town of Hudson Website to get more information! See you soon!

Summer Luau Information Page 4 & 9

North Barn Presents Information Pages 2-3

We will be closed on the
following days

July 1-7

September 2



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

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 every Tuesday Morning!



July 9, 2024

Fyzical Balance Assesment

Join us at 10am in the Function Room for this "Feet On" Presentation on Balance!

RSVP Requested for this free presentation

July 23, 2024

John Watkins Presents

MUSIC TRIVIA

Join us at 10am for this Fun Free event with John Watkins!

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!

July 16, 2024

CAROL LEARY

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

August 13, 2024

Country Music Performed by

Bob Almeida

Come listen to our resident Country Music Star! 10am in the Function Room

August 20, 2024

Center for Physical Therapy & Exercise

Balance and Fall Prevention

Please join us for an informative session with CPTe Physical Therapist Fred Daniels.

10am in the Function Room

July 9, August 6, September 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!

September 10, 2024

ALASKA TRIP PRESENTATION

Join us at 10am in the Function Room for the

Collette Tours

Alaska Land and Sea, Portugal
and 2026 Trip Presentation!

October 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!

September 17, 2024

Tyngsboro Funeral Home

Join us in the Function Room for this informative
presentation followed by a question and answer
session by the Tyngsboro Funeral Home.

10am, coffee will be served!

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

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!

October 2024

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

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

December 10, 2024

CaptionCall

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



North Barn Events!

Wednesday Mornings at 10am

Travel Coffee Club!

Join us every Wednesday for coffee and travel conversation! 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!

Tuesday Mornings at 10am

NORTH BARN PRESENTS

Every Tuesday Morning we offer a presentation in the Function Room. These free events are to help educate and share information with our patrons.

Please join us every Tuesday!

SUMMER LUAU!

Our Annual Summer Bar B Que Luau will be on August 28, 2024! Tickets will go on sale on July 29, and more information is on page 9. We hope you will join us for this fun annual event!
\$5 per person due by August 12

It's that time again!

"2025" Registration!

We renew registrations every July for everyone who wants to participate in our programming here at the Senior Center. Programming includes trips, Pickleball and participation in all other activities and programming we offer. Registration is \$10 per year, our "year" runs July through June.

Please stop by and register to continue with programming any day after July 7. There is a 2025 form to fill out and please bring your badge so you can get your yearly sticker!

Wednesday Afternoon Coffee Club

SHARED MEMORIES

This fun monthly round table will jog your memory and create lasting new ones! Share a story with the group or just listen and laugh as others share stories of their life.

Suggested monthly starting topics:

August 7- Sharing School Stories
September 4 – Travel Tales
1:00pm in the Dining Room



EXERCISE WITH US!



Posture: Critical for Mobility and Stability Class

CPTe Physical Therapy is offering classes for posture and Stability as well as other ailments. *Posture plays a huge role in how our bodies function and our ability to perform our everyday day activities with less risk of falling. The class will introduce you to correct posture and guide you to strengthen and stretch the appropriate muscles to develop and maintain good posture. We will practice good posture while standing, sitting, and moving.*

Monday at 12:15pm
\$3 per class per person

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!

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.

BONE BUILDERS

It's back! The Osteoporosis exercise program is once again being offered here at the Center! Starting April 4, you must have your doctors note filled out prior to starting class. (available online under forms and for pick up at the center.)

Monday at 8:15am & Thursday at 2:30pm
\$3 Donation

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! Marie will teach you the 17 steps of Tai Chi as you progress through the 6 week classes.

Fridays at 9:00am
Class is \$5 per person per class
Please join us June 21 or 28 if it is your first time

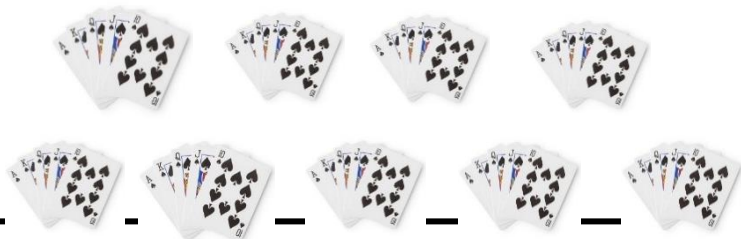
STRENGTH & BALANCE

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

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!



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 1:15pm
- 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 in Foot – Tuesday at 1:00pm
- Hand in Foot – 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 Lessons – Friday at 1:30pm (\$5)
- Mexican Train Dominoes – Friday at 1:00 pm
- Mexican Train Dominoes – Monday 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



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 are looking to teach you too!

BINGO!

Bingo is played here at the Barn!

Bingo is every Tuesday Afternoon and we start selling slider cards at 1:15pm.

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

Our Photo Club is changing days and times. All are welcome, please watch your email and the website for updated Club Meetings dates and times.

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

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!

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.



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! Enjoy!!

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
Biking Group – Sign Up today to get emails!
Hiking Group – Sign Up today to get emails!

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

TECHNOLOGY HELP

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





FOOD, BOOKS & PUZZLES!



COFFEE

We have switched to a Keurig System for coffee. It is 50 cents for a k-cup. 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.

If you are looking to sponsor Tuesday Coffee Club please call 603-578-3929.

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:

July – American History

August – Favorite Author

September – Book that was turned into a Movie

October - Mystery

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.

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.

LUNCH TIME!

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

Located at the North Barn in Benson Park ~ 19 Kimball Hill Road Hudson NH 603-578-3929

Summer Luau Bar B Que!

August 28, 2024

Lunch is served at 12:00
Center Opens at 8am
Fun & Games all day!
RSVP by August 12



\$5 Per Person
RSVP starts July 29
Payment due at
RSVP Please!



~ Fun & Games ~

Bocce!
Corn Hole!
Music!
Fun!
Raffles!
Prizes!



~ MENU ~

Hamburger or Hotdog
Cookout Sides!
Dessert!



Wear Your Best Hawaiian Shirt!



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!

TRIP NAME

COST PER TRIP

TRIP DATE

MALIBU BROTHERS	\$85.00	Wednesday, July 17, 2024
FOXWOODS AND CAP N JACK	\$111.00	Friday, August 16, 2024
CORVETTES DOO WOP SHOW	\$85.00	Thursday, August 8, 2024
STEELEY DAN ULTIMATE	\$75.00	Thursday, August 22, 2024
EDWARDS TWINS	\$127.00	Tuesday, September 10, 2024
HAPPY 2 GATHER	\$89.00	Thursday, September 19, 2024
WILDWOOD NEW JERSEY	Double \$749	September 23-26, 2024
HOBO RAILROAD	\$127.00	Wednesday, October 2, 2024
ROBIN WILLIAMS TRIBUTE	\$117.00	Thursday, October 17, 2024
ELISABETH VON TRAPP	\$127.00	Thursday, November 7, 2024
SICILIAN TENORS - DOWNTON ABBEY	\$89.00	Thursday, November 14, 2024
CHRISTMAS OVERNIGHT	Double \$484	December 8-9, 2024
KENNY AND DOLLY TRIBUTE	\$89.00	Tuesday, December 3, 2024
NASHVILLE CHRISTMAS	\$117.00	Wednesday, December 11, 2024



HUDSON SENIOR CENTER SCHEDULE

MONDAY

8:00am Center Opens
 8:15am Morning Coffee
 9:00am Scat
 9:00am Tech Help *
By appointment—sign up at the office
 9:30am Aerobics \$5
 10:45am Strength & Balance \$5
 12:00pm Lunch Time!
 12:15pm Stability Class \$3
 1:00pm Ping Pong
 1:00pm Corn Hole
 1:00pm Mah Jongg
 1:00pm Cribbage
 1:00pm Mexican Train
 Dominoes
 1:30pm Watercolor Class
 4:00pm Center Closes

* Check Activities page for actual dates

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
 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 Memories Coffee *
 1:00pm Photo Club *
 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
 1:00pm Hand, Foot & Elbow
 1:30pm Movie Afternoon!
 4:00pm Center Closes

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 Cribbage
 1:00pm Poker
 1:00pm Ping Pong
 1:00pm Corn Hole
 1:30pm Mah Jongg Lessons \$5
 (Must rsvp and pay for card)
 4:00pm Center Closes



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 starts on July 1, 2025. 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.



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>