



# NORTH NEWS

WINTER NEWSLETTER FROM THE HUDSON RECREATION DEPARTMENT'S SENIOR CENTER



Hello Senior Center Friends!

We hope you enjoy the Holidays at the Senior Center! Drop by and see all of the festive decorations including our fabulous new Snowmen! Thank you to everyone who has donated their time to help decorate our Center this year! And a special thank you to anyone that has donated over the years to our holiday collection! Stop by to see it today!



Stop by the office to sign up today if you aren't currently registered and be a part of our growing Senior Recreation Community!

Merry Christmas, Happy New Year and Best wishes for a wonderful 2025!

## Hudson New Hampshire Recreation Department

Chrissy Peterson -  
Recreation Director  
603-880-1600

Lori Bowen –  
Senior Services Coordinator  
lbowen@hudsonnh.gov  
603-578-3929

Naomi Busnach –  
Administrative Aid  
603-880-1600

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

We will be closed on the following days:  
December 18 PM \*\* Holiday Party  
December 23-31  
January 1  
January 20  
February 17

Please also check our inclement weather policy



# Hudson Recreation Departments Senior Center Programming

## The North Barn Presents!



December 10, 2024

### CaptionCall

Join us for a free presentaion 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 commity resource and support system providing holistic life and death care and all of the services The Sage Heart offers.  
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 for Pennsylvania!! This presentation will be re-scheduled in the event of inclement weather!

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

Last Tuesday of every Month!

### COFFEE WITH THE COPS!

The Hudson Police Department joins us for presentations on different subjects involving Community Policing.  
(The last Tuesday in December is the 17<sup>th</sup>!)  
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.

December 3, January 7, February 7

### 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 8, 2025

## CAROL LEARY

Please join us for this concert  
from Folk Singer Carol Leary!  
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 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

March 18, 2025

## COLLETTE TRAVEL

Please join us for a presentation about travelling  
to Portugal in 2025!  
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



## FREE TAX HELP

Tax Preparation will once again be offered  
through VITA Tax Aid here at the Senior Center.  
We will have limited appointments this year for  
tax help, so please call early. We will begin taking  
calls for appointments on January 6.





# North Barn Events!



1<sup>st</sup> 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! See you on the first Wednesday of each month!

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

## HOLIDAY LIGHTS!!!

Are you someone who LOVES to decorate the exterior of your home during the holiday season with festive lights?

If so, we encourage you to participate in this FREE collaborated event alongside 12 other NH towns! Email Chrissy Peterson at [cpeterson@hudsonnh.gov](mailto:cpeterson@hudsonnh.gov) to register your address by 12/2/2024

Once you receive a confirmation email, you will know that your address is on the list that will be published. On 12/6, a full list of registered addresses for you to go check out will be posted!

Did I mention that anyone who registers his or her address in Hudson will be entered into a chance to win a gift card to a local business? If you don't reside in Hudson please reach out to your local Recreation Departments!

## CHRISTMAS PARTY!

HOLIDAY SOCIAL!

Mark your Calendar and join us on December 18 for an afternoon of Food, Fun, Prizes and Christmas Surprises!

**DECEMBER 18, 2024**

**RSVP is required  
\$5 each**

Please purchase tickets by  
December 13, 2024

There will be no other afternoon activities on December 18, 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 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 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 10:30 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 December 18 \*\***

## 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 10:30am  
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.  
3<sup>rd</sup> Wednesday at 1:30pm (Not in December)

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



# Health & Wellness & Fun!



## Pickleball

### INDOOR PICKLEBALL

We have had such an overwhelming interest in our Winter Indoor Pickleball program! Due to this signups are on hold for now. If you are interested in signing up still, please reach out to Lori and she will put you on the wait list.

### 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...weather depending!

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 – Indoors at the Hudson Community Center  
(registration required)

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

### INCLEMENT WEATHER

Please be advised that if the Hudson School district is CLOSED OR DELAYED 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 on the scroll.





# 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 3<sup>rd</sup> 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 Dec 18*





**The Hudson Recreation Department's**

# **Senior Center**

*~ Annual ~*

# **Christmas Party!**

**December 18, 2023**

***\$5 per person***

**Cost is \$5 cash**

**Due before 12/13/24**

**Join us to celebrate  
the season and we will  
add some food and  
fun & games!**

*1:30pm in the  
Function Room*

*You **must** RSVP by  
December 13!*

***No Exceptions!***

*We will sell out!*

*Thank you!*

The Senior Center will NOT be open for afternoon activities on December 18



# Hudson Recreation Department's Senior Center Trips

Remaining 2024 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!

Thank you to all that traveled with us for the 2024 Season! We are very excited about our 2025 trips and they will be posted soon!

January 21, 2025 10am in Function Room

## 2025 TRIPS!

Mark your calendars to join us for the Trips presentation for 2025!  
Watch for SNEAK PEEKS in your email!  
This presentation will be re-scheduled in the event of inclement weather!  
10am in the Function Room

## ALASKA & PORTUGAL

## Plus Pennsylvania!

Information is available at the Senior Center for the Alaska, Portugal and Pennsylvania 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 \*  
*1<sup>st</sup> Tuesday of each month by appointment*  
 10:00am North Barn Presents  
 10:00am Tech Help \*  
*By appointment—sign up at the office*  
 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

\* 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<sup>rd</sup>  
*Wednesday of the month starting January*  
 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!  
 1:30pm Mah Jongg - Beginners  
 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.

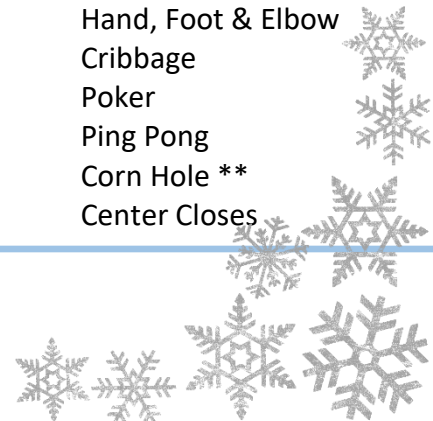
The Menus for hot  
 lunch are posted in the  
 Dining Room and this is  
 where you can also  
 RSVP for hot lunch!  
 \$3 per meal

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 Hand, Foot & Elbow  
 1:00pm Cribbage  
 1:00pm Poker  
 1:00pm Ping Pong  
 1:00pm Corn Hole \*\*  
 4:00pm Center Closes

\*\* Weather Dependent







## 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](http://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!



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>