



# NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

Happy Valentine's Day!



Happy St. Patrick's Day!



Fun Game:  
Find the  
Hearts and  
Shamrocks!  
24 in all!

~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

Just a friendly hello from the Barn! We have a lot of new activities to share with you this winter. Check out the calendar in the middle of the newsletter for a day to day schedule. Be sure to stop by and sign up for the new classes and speakers we have coming to the Barn in February and March.

I want to take a moment to say goodbye to Dot Jacobs, one of our long time Senior Members. "We will miss you terribly and want to say a heartfelt thank you for all you have done to support Seniors. Your dedication to this community has been truly inspiring. I wish you happiness and joy, visit us as often as you can!"

If you have any questions please call or email me at 578-3929 or [lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov).

~Lori Bowen Senior Services Coordinator

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# FOR CONVERSATION

## Chinese New Year!

Come celebrate Chinese New Year with our newly formed Luncheon Group. Sign up to get your ticket for a \$5 buffet luncheon to be followed by cards and games. Feb. 16<sup>th</sup> Wear Red for Luck! Lunch is in Hudson



## 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.

## 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 in the lounge!

## PHOTOGRAPHY CLUB

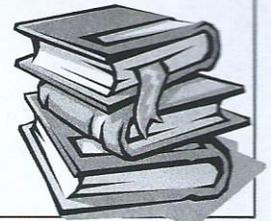
Join us the second Wednesday of the month for the photography club. Each month the group will choose a topic to photograph and then share their pictures. You can also see the photography class photographs currently being displayed in our hallway.



## \* 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!

February: *Where'd you go Bernadette?* By Maria Semple  
March: to be announced  
April: to be announced



## 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



## SENIOR MEETING

The Senior Meeting continues to take place on the 2<sup>nd</sup> and 4<sup>th</sup> 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!

## SENIOR AFFAIRS COMMITTEE

Meet us at Town Hall and be a part of our advisory council.  
February 25<sup>th</sup> 7:30pm  
See Lori for more details.





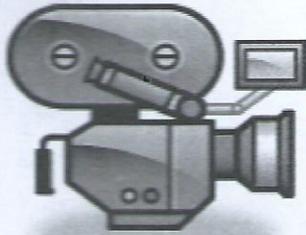
# TAKE A CLASS WITH US!



## LEARN ABOUT THE TELEVISION PROCESS AT HCTV!

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



## PHOTOGRAPHY CLASS

We are going to hold a photography class in the spring. Please sign up in the Office to be added to the class.

You must own a digital camera.



## 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. Please sign up ahead of time at office.

Thank you!

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

Learn how to use the online E-Book Library from Rodgers Memorial Library. Class is the third Tuesday of each Month at 1pm.



## ARTS AND CRAFTS

The last Thursday of the month we sponsor a fun themed craft! RSVP at the Office with Lori.

Cost is minimal per piece

February 26  
T-Shirt Scarves

March 26  
Coffee Mugs

Don't forget the Silver Knitters meet every Thursday at 9am. Bring your project with you or come learn to knit from Gert!

**Check Out Page 5  
for all our exercise  
classes!**

We always have volunteers on hand to teach any number of card games. Please speak to Lori in the Office to see what games are being offered.

*Be sure to sign up  
for all classes to  
ensure the class  
will be held.  
Thank you!*

# FOR MOVING AND SHAKING!

## TAPSTERS!

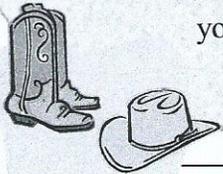
We are pleased to announce the addition of a Tapsters Class here at the Hudson Senior Center! The class will be on Tuesday mornings at 10am for 8 weeks. Please see Lori to sign up and visit Dancers Closet in Nashua to get a discount on shoes! This is an all abilities class right now, so be sure to stop by and check it out!

Cost is per session



## *Beginners Line Dancing!*

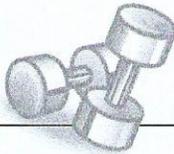
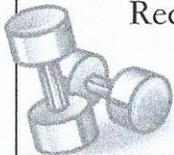
Have you ever wanted to try Line Dancing? Well here is your chance! Class starts at 11:45, and will cost you \$3 per week. Bring your friends and come have fun!



## BONE BUILDERS!

Bone Builders is at the Hudson Senior Center! Classes are every Tuesday and Thursday at the Recreation Office Conference Room.

Stop by the Barn for your doctors forms.



## 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.

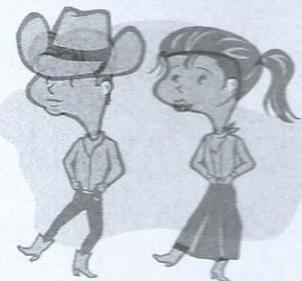
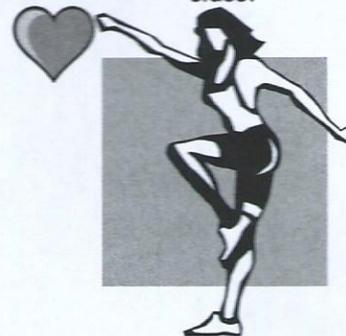


**ZUMBA  
GOLD**

## AEROBICS WITH SYLVIE

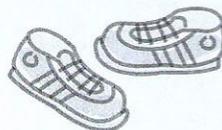
Aerobics with Sylvie meets on Wednesday mornings at 9am. Please bring your hand weights and smiles as you do low impact aerobics and balance exercises. Then finish class with chair and hand weight exercises.

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.



## 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.



Bring your sneakers and change on our new bench!

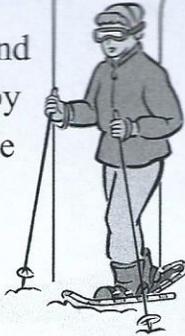


# FOR MOVING AND SHAKING!



## CALLING ALL SNOWSHOERS!

If you have a pair of snow shoes and would like to join us please stop by and add your name to the list! We are going to go out Mondays at 10am. See you at the gate!



## 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!



## 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.



## 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!

(Not available Wednesday & Thursday until 11am. Thank you!)



## 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.



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

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.

### FOXWOOD CASINO

Monday, March 2, 2015.

Trip to Foxwoods Casino in Ledyard, Ct. Bus will leave the Community Center on Lions Ave at 6:40am.

Cost: \$31 per person

Space is limited... book today!



Next Trip to Foxwoods is going to be May 11<sup>th</sup>.

Book Today!

# The Edwards Twins

2 Brothers 100 Stars

Direct from their act in Las Vegas the Edwards Twins are two identical brothers who look and sounds like famous celebrities. You won't believe your eyes and ears as they perform hit songs. Enjoy a luncheon in East Greenwich, RI and watch the brothers perform at the historic Greenwich Odeum.

May 3, 2015 \$84.00 per person

### Cheaters



Join us for a trip to the Newport Playhouse to see Cheaters at this dinner theater! With a buffet luncheon and a cabaret show to follow.

Sunday June 14, 2015  
\$80.00 per person

### CASCO BAY FERRY RIDE WITH LUNCH AT COOK'S ON BAILEY ISLAND

Travel to the coast of Maine and take a Ferry ride off the coast of Maine. Cruise past lighthouses, lobster men, forts and turn of the century summer colonies.

Monday July 13, 2015  
\$78.00 per person



You can also mail payments to:  
19 Kimball Hill Road  
Hudson NH





# TAKE A TRIP WITH US!

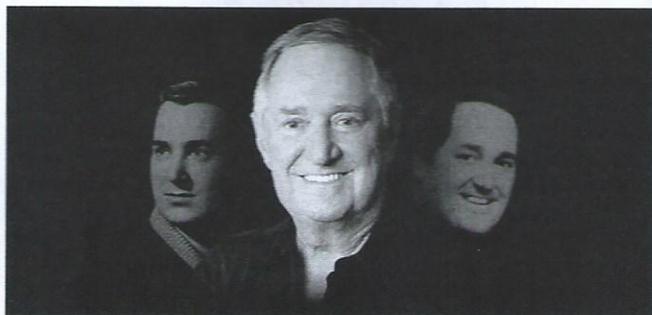


## Neil Sedaka Live!

Best of Times is proud to bring to the stage this true icon and musical legend. Come hear Neil sing the songs that have become part of our culture and return us to those special times in our lives.

One of the most prolific songwriting partnerships of the last half-century that sold forty million records between 1959-1963.

Tickets start at \$89.00 April 21, 2015  
Mohegan Sun Casino



## 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.

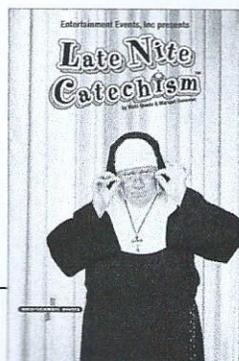
Perks include:  
\$20.00 slot Play  
2 Buffets  
1 \$5.00 Meal Credit  
Show (if available)

\$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.

## LATE NIGHT CATECHISM

Late Nite Catechism is an uproariously funny play that takes the audience back to their youth. The irrepressible Sister teaches class to a roomful of "students." Throughout the course of the class the benevolent instructor rewards the "students" for correct answers with glow-in-the-dark rosaries and other nifty prizes. Naughty students may well find themselves on stage sitting in a corner reflecting their actions.

However, even the most reluctant "students" will be clamoring to get into this Sister's class.



**Tuesday May 19th, 2015**

**Location:**  
**Lantana's Randolph, MA**  
**\$89.00 PER PERSON**

**TRANSPORTATION, SHOW  
& LUNCH**

# NEW ORLEANS!

Travel with the Hudson Senior Center to New Orleans September 28-October 2, 2015  
Highlights of the trip include visits to the French Quarter, New Orleans School of Cooking, Swamp Tour and the Court of Two Sisters. Stay at the Royal Sonesta Hotel in New Orleans. Price includes round trip airfare from Logan Intl. Airport, Air Taxes and fees/surcharges, Hotel Transfers.

Speak to Lucille in the Trip office or call her to book your space for this amazing trip!

~ FEBRUARY ~

Tuesday

Wednesday

Thursday

|   |  |  |
|---|--|--|
| <p>3<br/>                 *Coffee Club 9am<br/>                 *Wii Bowling 9am<br/>                 *Mah Jonng 9am<br/>                 *Whist 9:30am<br/>                 *Learn to play Billiards 10am<br/>                 *Affordable Hearing 10am -12pm<br/>                 *Bone Builders 10am<br/>                 *Lunch 11:30am<br/>                 *HCTV 1pm<br/>                 *Zumba Gold 1:45</p>  | <p>4<br/>                 *Aerobics 9am<br/>                 *Line Dancing 10:30am<br/>                 *Lunch 11:30am<br/>                 * Beginners Line Dancing 11:45am<br/> <br/>                 *North Barn Presents @ 1pm<br/>                 "Elsa &amp; Fred"<br/>                 (Sponsored by Nashua Crossings)</p>   | <p>5<br/>                 *Silver Knitters 9am<br/>                 *Bone Builders 10am<br/>                 *Mah Jonng 10:30am<br/>                 *Men's Meeting 10:30am<br/>                 * Lunch 11:30am<br/>                 *Bingo 12pm</p>  |
| <p>10<br/>                 *Coffee Club 9am<br/>                 *Wii Bowling 9am<br/>                 *Mah Jonng 9am<br/>                 *Whist 9:30am<br/>                 *Learn to play Billiards 10am<br/>                 *Bone Builders 10am<br/>                 *Lunch 11:30am<br/>                 *Board Game 12pm <i>Scrabble</i><br/>                 *Zumba Gold 1:45</p>  | <p>11<br/>                 *Aerobics 9am<br/>                 *Photography Club 10am<br/>                 *Line Dancing 10:30am<br/>                 *Lunch 11:30am<br/>                 * Beginners Line Dancing 11:45am<br/> <br/>                 *North Barn Presents @ 1pm<br/>                 Dave Smith Story Teller &amp;<br/>                 Photographer</p>               | <p>12<br/>                 *Silver Knitters 9am<br/>                 *Bone Builders 10am<br/>                 *Mah Jonng 10:30am<br/>                 *Senior Meeting 11am<br/>                 * Lunch 11:30am<br/>                 *Bingo 12pm<br/> <br/>                 Last Day to Sign Up for Chinese<br/>                 New Year Luncheon</p>                                     |
| <p>17<br/>                 *TODD POLLACK<br/>                 ~Dental Presentation 9am<br/>                 *Coffee Club 9am<br/>                 *Wii Bowling 9am<br/>                 * Mah Jonng 9am<br/>                 *Whist 9:30am<br/>                 *Learn to play Billiards 10am<br/>                 *Bone Builders 10am<br/>                 *Lunch 11:30am<br/>                 *Board Game 12pm<br/>                 The Game of Life<br/>                 *HCTV 1pm<br/>                 *Zumba Gold 1:45</p> | <p>18<br/>                 *Aerobics 9am<br/>                 *Line Dancing 10:30am<br/>                 *Lunch 11:30am<br/>                 * Beginners Line Dancing 11:45am<br/> <br/>                 *North Barn Presents @ 1pm<br/>                 Hudson School District Budget Round<br/>                 Table Conversation</p>   | <p>19<br/>                 *Silver Knitters 9am<br/>                 *Bone Builders 10am<br/>                 *Mah Jonng 10:30am<br/>                 *Book Club 10:30am<br/>                 * Lunch 11:30am<br/>                 *Bingo 12pm</p>   |
| <p>24<br/>                 *Coffee Club 9am<br/>                 *Wii Bowling 9am<br/>                 *Mah Jonng 9am<br/>                 *Whist 9:30am<br/>                 *Learn to play Billiards 10am<br/>                 *Bone Builders 10am<br/>                 *Lunch 11:30am<br/>                 *Board Game 12pm <i>Monopoly</i><br/>                 *Zumba Gold 1:45</p>  | <p>25<br/>                 *Aerobics 9am<br/>                 *Line Dancing 10:30am<br/>                 *Lunch 11:30am<br/>                 * Beginners Line Dancing 11:45am<br/>                 *North Barn Presents @ 1pm<br/>                 Hudson Fire Department<br/>                 Warrant Articles Presentation<br/>                 *Senior Affairs Committee 7:30pm</p> | <p>26<br/>                 *Silver Knitters 9am<br/>                 *Bone Builders 10am<br/>                 *Mah Jonng 10:30am<br/>                 *Senior Meeting 11am<br/>                 * Lunch 11:30am<br/>                 *Bingo 12pm<br/> <br/>                 *CRAFT OF THE MONTH 9:15am<br/>                 Sign up in the Office<br/>                 T-Shirt Scarves</p> |

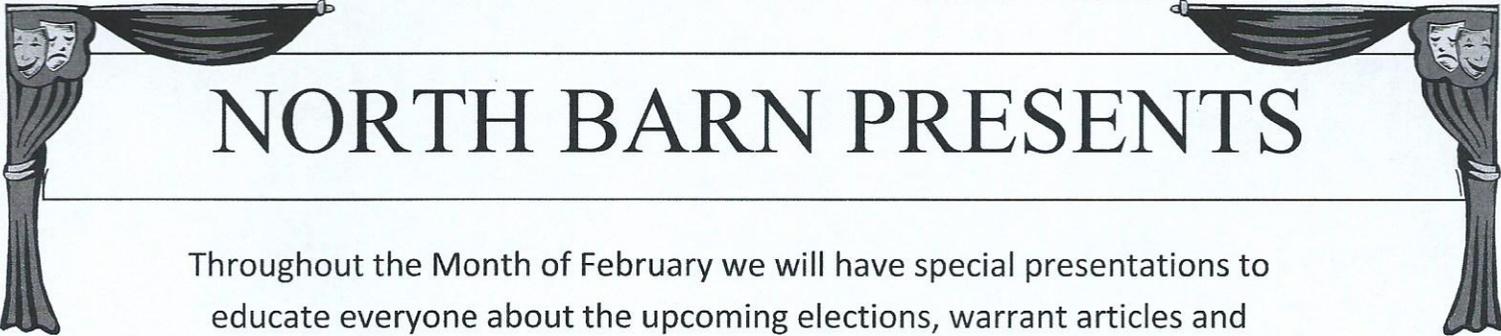
~ MARCH ~

Tuesday

Wednesday

Thursday

|  |  |   |
|--|--|---|
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| <p>10</p> <ul style="list-style-type: none"> <li>*Coffee Club 9am</li> <li>*Wii Bowling 9am</li> <li>*Mah Jonng 9am</li> <li>*Whist 9:30am</li> <li>*Tapsters 10am</li> <li>*Learn to play Billiards 10am</li> <li>*Bone Builders 10am</li> <li>*Lunch 11:30am</li> <li>*Board Game 12pm <i>Scrabble</i></li> <li>*Zumba Gold 1:45</li> </ul>  | <p>11</p> <ul style="list-style-type: none"> <li>*Aerobics 9am</li> <li>*Photography Club 10am</li> <li>*Line Dancing 10:30am</li> <li>*Lunch 11:30am</li> <li>*Beginners Line Dancing 11:45am</li> <br/> <li>*North Barn Presents @ 1pm</li> </ul>  | <p>12</p> <ul style="list-style-type: none"> <li>*Silver Knitters 9am</li> <li>*Bone Builders 10am</li> <li>*Mah Jonng 10:30am</li> <li>*Senior Meeting 11am</li> <li>*Lunch 11:30am</li> <li>*Bingo 12pm</li> <li>*AARP Tax Aide 9-12</li> <br/> <li><i>Last Day to Sign Up for Chinese New Year Luncheon</i></li> </ul>                               |
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# NORTH BARN PRESENTS

Throughout the Month of February we will have special presentations to educate everyone about the upcoming elections, warrant articles and information on the ballots. These presentations are meant for everyone so if you know of someone that could benefit from these candid discussions please bring them along. We look forward to you joining us for all of these presentations.



## FIRE DEPARTMENT PRESENTATION

The Hudson Fire Department will be joining us on February 25<sup>th</sup> at 1pm to discuss the plans for the Fire Department Warrant Articles. Please join us for this informative presentation.

## Hudson School District Budget Conversation

Bryan Lane, Superintendent of Schools for Hudson will be joining us on February 18<sup>th</sup>. This is a round table discussion about the school budget for 2016. Please bring your questions and join us for afternoon coffee.



## Town of Hudson

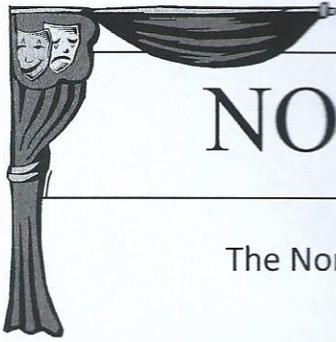
Representatives from the Town of Hudson will be here on February 17<sup>th</sup> at 10am. to discuss the budget and answer questions. Please be sure to join us for this round table discussion.

## Hudson Senior Center

Come hear our current status and be a part of the conversation about the future of the Hudson Senior Center.

\* Special Time \*

**Thursday March 5<sup>th</sup> at 10am**



# NORTH BARN PRESENTS

The North Barn Presents is presentations for all our patrons to enjoy!  
Stop by the office to sign up to be guaranteed a spot!

**EVERY WEDNESDAY AT 1PM**

**SCEHDULED EVENTS BELOW...**

## FIRST WEDNESDAY IS MOVIE DAY!

Popcorn and a movie will start at 1pm!  
Movie Day is sponsored by Nashua Crossings  
and they bring Pizza so be sure to  
RSVP for the movie!



February 4 "Elsa & Fred"



March 4 "Gone Girl"

*\*Viewer Discretion is Advised\**

April 1 "When the Game Stood Tall"



### Dave Smith

The Hudson Senior Center is pleased to  
announce that Dave Smith, photographic artist  
will be presenting at the Senior Center on

February 11th at 1pm

Dave specializes in outdoor scenes from high  
altitudes. Please join us to see his newest  
projects as photographic artist and story teller.

## Collette Tours

A representative from Collette Tours will be  
discussing upcoming trips being hosted by the  
Hudson Senior Center.

March 18, 2015 at 1pm

## POPCORN AND A MOVIE!

March 25<sup>th</sup> 1pm

Calendar Girls



## AARP TAX AIDE

AARP will be providing Tax Aide help out  
of the Hudson Senior Center from  
February until April. Please sign up in  
the office for a guaranteed time slot, but  
walk-ins are welcome.



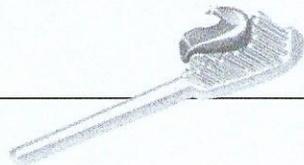


# FOR HEALTH & WELLNESS

## DENTAL CARE FOR SENIORS

Todd Pollack D.M.D. will be joining us on February 17<sup>th</sup> at 9am for a presentation on dental hygiene.

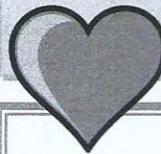
From Todd's Website: "When you visit our dental office in Nashua, NH, ***your smile is our top priority.*** Our entire team is dedicated to providing you with the personalized, gentle care that you deserve."



## FOOT CLINIC

The Foot Clinic is being held at the Barn on the 4<sup>th</sup> Wednesday every other month. Please contact Health and Hospice at 882-2941 to set up your appointment time.

Please be aware in inclement weather to watch the television on WMUR. If the center is not open there is no foot clinic.



## Diabetic Shoe Clinic

Appointments are available on February 25 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](http://www.nocostshoes.com)

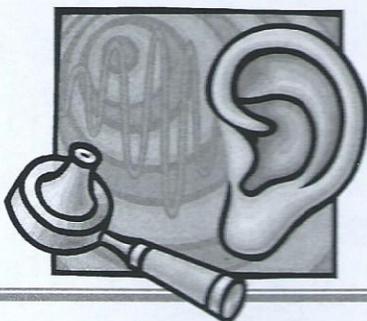


# AFFORDABLE HEARING

Free Hearing Evaluation.  
Lowest Hearing Aid Prices.

Chris is here the first Tuesday of each month from 10-12pm.

You can find him in the Activity Office, or sign up in the office for a guaranteed time.

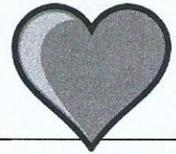


## Pickle Ball is Coming!



Please sign up in the office if you would be interested in playing this fun game! We will be starting this spring so let us know that you want to participate!

# FOR FUN!



## 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

We are hoping to start Pinochle, sign up today!  
(Depending on the game, bring your pennies, nickels and dimes!)

## MAH JONGG

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



## *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.

## 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 12:30pm.



## 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!



We have many "On your Honor" Lending libraries at the Center. Be sure to stop by and check them out! Donations are always welcome to the libraries and we thank you ahead of time for thinking of us!

\* The Book Library can be found in the Lounge by the Billiard Table

\* The Media Library can be found in the closet in the lounge

\* The Puzzle Library can be found in the closet in the lounge

# Inclement Weather Cancellation Notice

Hudson Senior Center will be closed if there is no school OR a delayed opening for the Hudson School district during inclement winter weather. In the event of weather cancellations or emergencies, cancellations will be registered with WMUR channel 9 on television. The Senior Center comes up on the business listings scroll. Any inclement weather cancellations will also include cancellation of Community Dining Meals and all activities. You will also be able to find this information on the Town of Hudson Website at [www.hudsonnh.gov](http://www.hudsonnh.gov), and channel 22 on HCTV through Comcast.

Even though the Center is open please use discretion if traveling with the weather. Your safety is imperative to us and we want everyone to stay safe!



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Lucille Boucher's Nephew, owner of Capri Pizza

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**Email: [seniornewsletter@aol.com](mailto:seniornewsletter@aol.com)**

**OR WRITE TO:**

**SENIOR NEWS PUBLICATIONS,  
7 Philbrook Terrace, HAMPTON, NH 03842**

### **ATTENTION SENIORS!!**

The Advertisers have contributed toward the publication of your newsletter. Please patronize them and say

*Thank You*

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DO YOU WANT TO REACH THE LOCAL SENIOR CITIZENS IN A MEDIUM THAT HAS TREMENDOUS RETENTION?

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**EMAIL: seniornewsletter@aol.com**

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

# Fairview

## Healthcare

*It's the caring that counts*

**We are here to provide short-term rehabilitation services !!!**

Our services include:

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"My time spent in rehabilitation at Fairview Healthcare was a wonderful experience in all aspects. The quality of care, the attitude and efficiency of the staff, and the overall atmosphere was outstanding, all contributing to my quick recovery and release." – Shirley Herd

Your well being is our primary concern: we want to see you healthy, happy, and enjoying life. Let us help you return to your daily activities.

**Experience a warm and friendly atmosphere !!**

Contact us and we will be happy to give you a tour of our facility.

**203 Lowell Road , Admissions Office, Hudson NH 03051**

**603-882-5261**

## ATTENTION SENIORS!!

The Advertisers have contributed toward the publication of your newsletter. Please patronize them and say *Thank You*

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OR WRITE TO:

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 HAMPTON, NH 03842

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for the

**Senior Citizens**

Once a month or

Bi-Weekly or

1 Time Only!

*Please call Joyce at*

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**Buy One Dinner / Get One FREE**

Four Choices:

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# ABOUT THE SENIOR CENTER

## Dave's Letter

Hello!

As you all know it is "budget season" and we want everyone to be informed on the upcoming budget. Please be sure to take part in all the discussions about the budget and warrant articles on this year's ballot. You can find the information under North Barn Presents to find out when the specific presentations and round table discussions are. I will be joining you on March 5<sup>th</sup> at 10am to have a conversation about the plans for the Center. I hope to see you there.

Please contact me directly with any questions at 880-1600, or at [dyates@hudsonnh.gov](mailto:dyates@hudsonnh.gov)

Sincerely,

Dave Yates  
Hudson Recreation Director

## *The 5 W's 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 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 download the forms off the website at:

<http://www.hudsonnh.gov/departments/hudson-recreation/senior-center>

## HUDSON SENIOR CENTER

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)

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



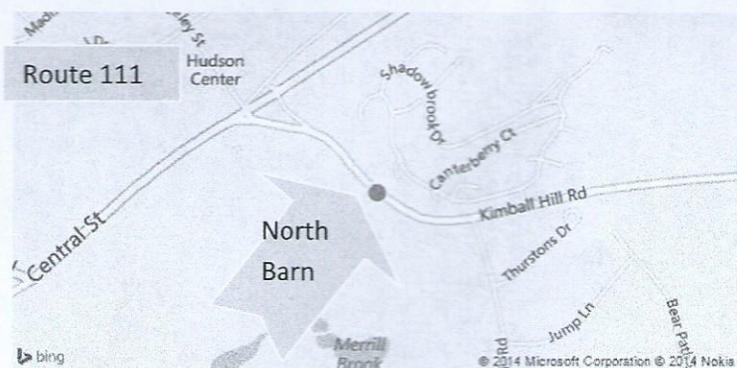
### HOURS OF OPERATION

Tuesday: 8:45am – 3pm

Wednesday: 8:45am – 3pm

Thursday: 8:45am – 3pm

We are not open Friday through Monday.



Map to the Center:

Find all the Hearts and Shamrocks in this issue of the North News!

