



NORTH NEWS

FALL NEWSLETTER FROM THE HUDSON
RECREATION DEPARTMENT'S SENIOR CENTER

Hello Senior Center Friends!

As we enter into the fall and the season of giving we want to thank all of you for being a part of the Hudson Senior Center!

We want to thank all of our Veterans, spouses and families of those who served in the past and those currently serving in our military. Please take a moment to thank a Veteran for their service and our freedom.

Check out the following pages for information about upcoming events, news and presentations!

As always if you have questions please stop by the office and we will be happy to help!

See you soon!

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



**We will be closed
on the following
days:**

October 13, 2025

November 11, 2025

November 26-28,
2025

**Please also check
our inclement
weather policy on
page 8!**

**The Center is Open
Monday - Friday
Opens at 8am - Closes at 4pm**



Hudson Recreation Departments Senior Center Programming

North Barn Presents

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

October 7 November 4 December 2

HUDSON FIRE DEPARTMENT

Join us for the Fire Departments
Community Outreach with Steve
Dube! (Sometimes the trucks come!)

Coffee will be served!

10am in the Dining Room

Last Tuesday of every Month!

COFFEE WITH THE COPS!

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

10am in the Dining Room!

October 14, 2025

MEDICARE INFORMATION

Please join us as Andy Dillman
presents information on Medicare in
New Hampshire and the changes for
2026. Bring your questions and get
some answers!

10am in the Function Room

November 18, 2025

GENEOLOGY

Please join us for a presentation
about Geneolgy and how to get
started, fun facts and the fascinating
things you will uncover as you
research your family tree!

10am in the Function Room

October 21, 2025

HUDSON CONSERVATION COMMITTEE

Presentation on the Trails and
Properties and Hiking information on
the Town of Hudson and
neighboring Trails!

10am in the Activity Room

December 9, 2025

CHRISTMAS CARDS

Please join us for a morning of writing
Christmas Cards for our neighbors.

They will be shared with the
members of our community.

(Cards are supplied)

10am in the Function Room

North Barn Presents

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

Coming Soon!

CHRISTMAS PARTY

Please join us for our annual
Christmas Party.
The Center will be closed to all
other activities today.
More information coming soon!

January 20, 2026

TRAVEL PRESENTATION

Please join us for a presentation
introducing all our
Senior Center trips
planned for 2026!
10am in the Function Room

December 23, 2025

HOT CHOCOLATE BAR

Please join us for a morning break
with a cup of hot chocolate!
This will be a nice morning to come
and sit and enjoy some friendly
chatter before the Holidays!
10am in the Function Room

April 21, 2026

FCP Live in Home Care

Mark your calendars now!
Please join us for a presentation
about how to ready your home for
home care.
10am in the Function Room

January 13, 2026

COLLETTE TRAVEL

Please join us for a presentation
about International Trips planned for
the fall of 2026!
Greece in September & Iceland in
November
10am in the Function Room

May 12, 2026

603 FOOTCARE

Please join us for a presentation
about *Mobile Routine Foot Care
Services*. Crystal will come to your
home to take care of your podiatry
needs, learn how today!
10am in the Function Room

Join us at the Center!



Every Wednesday!

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 at 1pm! First, Third and Fifth Wednesdays we sew all day starting at 9am!

PHOTOGRAPHY CLUB

All Photographers 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! Meet at 9:30am in the Function Room! Cameras and cell phones are welcome!

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 our patrons are working on!

OUR "FAMOUS" BOOK CLUB

We will meet the 3rd Wednesday of each month at 10:00am in the Dining 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 any month that interests you!

Monthly Themes:

October 15 – Mystery or Witch's Brew
November 19 – Kings & Queens or Royalty
December 17 – Winter or Holiday Story
January 15 – Warm Weather Setting
February 19 – Love Story
March 19 – New Author to you!

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! This is also where you can meet up with your fellow travelers for upcoming trips!

COFFEE & TEA CLUB

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



EXERCISE WITH US!



BONE BUILDERS

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

You must have your waiver and doctors note filled out to take 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

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!

Sign Up for our outdoor email lists:

Snow Shoeing & Cross Country Skiing

You must provide your own equipment, this is meant to be a gather group so emails are sent where to gather. Discretion is advised as you participate at your own risk.

TAI CHI

Come learn the Art of Tai Chi!

The 108 steps of Tai Chi are worked on weekly!

Fridays at 9:30am

Class is \$5 per person per class

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.

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!

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

Don't forget about our other "exercise" activities at the Center!

Ping Pong - Mondays & Fridays 1pm

Bocce Ball - Tuesday & Thursday 1pm

Corn Hole - Mondays & Fridays 1pm

ACTIVITIES FOR EVERYONE!



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 keep damaged or missing pieces puzzle 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 guarantee 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!

We must have 10 people signed up to serve lunch so please be sure to add your name to the RSVP list in the Dining Room!

On Tuesdays the Dessert is ice Cream!

There is no take out, but left overs can be taken. Menus are available at the Senior Center. Our caterer is Moose City Catering, and we are part of the Community Dining Program of Meals on Wheels of Hillsboro County.

COFFEE TIME!

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- located in the hallway! Please stop by and check it out! All the books are organized by author.

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.

MOVIE AFTERNOON!

WEDNESDAY AT 1:30PM

Stop by and check out the list of upcoming titles!

Cards & Games



CARDS & GAMES LIST

- 45's – Wednesday 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 – Wednesday at 1:00pm
- Hand & Foot – Tuesday at 1:00pm
- Hand Foot & Elbow – Tuesday & Friday - 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 – Mon & Wed 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 – Monday at 9:00 am

Depending on the game....bring your Pennies, Nickels and Dimes!
Please note all our games are drop in so please stop by to play!

PLAY 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 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 1:00-3:45pm.
We are playing with 2025 cards!

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! 1pm in the Dining Room!



Helpful Programming

TECHNOLOGY HELP

John is here every week on Tuesday mornings 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 for an upcoming appointment

AFFORDABLE HEARING AIDS

Chris Streeter is here the first Tuesday of every month for appointments. Please sign up at the Senior Center or call 603-578-3929 to make an appointment with Chris!

Home Health & Hospice Foot Care Clinic

Tuesday & Wednesday's each month by Appointment only.
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.

INCLEMENT WEATHER

PLEASE NOTE

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 our Town of Hudson website (it will be posted on the main page and under the inclement weather tab) Also: HCTV local Hudson channels and WMUR for closing updates. On WMUR the Senior Center shows up under business listings under the scrolling names or alphabetically.





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. Remaining seats available are posted at the Senior Center on the Bulletin Board on the post-it notes! 2026 Trips will be finalized and posted in January of 2026. Collette Tours 2026 trips are available now at the Center and online.

FUN FACTS ABOUT HUDSON SENIOR CENTER TRIPS!

- * We are currently working on our Trips for 2026!
- * **New in 2026 there will be a \$25 fee for canceling a trip if less than 2 weeks before a trip departs, this fee will be waived if it is a medical reason, and a doctor's note may be required. Over nights will have a minimum of \$50 cancellation fee if less than 2 weeks before a trip departs or as noted on the trip document.**
- * 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 prior to a trip we give back unsold tickets to the vendors. At that time a wait list will be started.
- * Once a trip has "sold out" we will start a wait list and if you are on the wait list you do not have to pay until you move to the actual patron totals for the trip.
- * Seating on the bus is determined by date paid for the trip, we have assigned bus seats for all trips. Depending on the venue we will also have assigned seats for tables.
- * 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 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. We recommend if you want to attend a trip and sit at the front that you pay as soon as the trip is posted/released.
- * Collette Tours has their own travel insurance and waivers as well as cancellation rules
- * The Royal Tours waiver must be filled out prior to taking a Royal Tours Trip in 2026, this form will be available at the Center and on the website.
- * If you have any questions regarding Trips please see Lori



News About the Center!

COMMUNITY AREA

Please check out our Community Area at the Senior Center.

It is located in the Vestibule by the Office. Here you will find posters with Community Events and flyers and brochures with information that benefit our patrons. Please help yourself!

If you have a community event poster please drop it at the office and it will be hung up for all to see!

DONATIONS & FREEBEES

We are sorry to announce that as of November 1 we will no longer have a freebie area at the Center.

We appreciate that this area has brought joy to many and thank you all for contributing to it over the years.

We will still take donations of yarn for our knitters. Yarn donations go out Wednesday Mornings and the knitters are asked to use it to make donations.

We will also still take donations of walkers, canes and wheelchairs to be shared with our patrons and neighbors as needed.

TRIPS BOARD

Stop by and check out the Trips Bulletin Board at the Senior Center. We currently have 3 Trips being offered by Collette Tours on the board.

There is information about Greece, Iceland and a Music Cities tour all being offered in 2026.

2026 Trips released in January of 2026!

CHECK IN AT THE CENTER

Please bring your badge to the Center with you so you can check in!

The check in computer is located in the hallway outside the Function Room. Please scan your unique bar code and follow the directions to check in. Thank you!

DECORATING & UNDECORATING GROUP!

Join us to decorate for the holidays!! We also always welcome un-decorating help too! Sign up to help decorate the Center!!



HUDSON SENIOR CENTER SCHEDULE

MONDAY

8:00am Center Opens
 8:15am Morning Coffee
 9:00am Scat
 9:00am Pay Me Card Game
 9:00am Whist
 9:30am Aerobics \$5
 10:45am Strength & Balance \$5
 12:00pm *Lunch Time!*
 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 Hand, Foot, Elbow
 1:00pm Cribbage
 1:00pm 45s (Card Game)
 1:00pm Bocce Ball **
 1:00pm BINGO!
See Page 7 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
1st Wednesday of each month
 12:00pm *Lunch Time!*
 1:00pm Scrabble
 1:00pm Quilting Group
 1:00pm Rummikub!
 1:00pm Card Games!
 1:00pm Play Board Games!
 1:00pm Cribbage
 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 Cribbage
 1:00pm 66 (Card Game)
 1:00pm Bocce Ball **
 1:15pm Strength & Balance \$5
 2:30pm Bone Builders \$3
 4:00pm Center Closes

FRIDAY

8:00am Center Opens
 8:15am Morning Coffee
 9:30am Tai Chi Class \$5
 10:45am Aerobics \$5
 10:00am 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 Ping Pong
 1:00pm Corn Hole **
 4:00pm Center Closes

LUNCH TIME!

Hot 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 donation per meal

Please feel free to bring a bag
 lunch and join us every day of
 the week! On Thursdays we eat
 in the Activity Room.

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

* Appointment required

** Weather Dependent



HUDSON RECREATION DEPARTMENT - SENIOR CENTER PROGRAMMING

LOCATED IN THE NORTH BARN AT BENSON PARK

19 KIMBALL HILL ROAD, HUDSON, NH 03051

603-578-3929

WWW.HUDSONNH.GOV

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 our center and participate in programming!

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. (not available Tuesdays from 1-2:30pm and staff lunch breaks)

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

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

Hudson New Hampshire
Recreation Department

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REGISTRATION FOR 2026

If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the fiscal 2026 year. Our new year started 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*.

Please bring your badge if you are registering for another year and get this years sticker!

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!