

NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

What an amazing Summer we had here at the Senior Center! We ended it with a bang at our Luau which was so much fun! Be sure to watch for it again next year!

There is a lot of information jammed into this newsletter about the Senior Center. I hope you find everything you are looking for. We have some great special events coming up this season!

We will have a Halloween Costume Contest on October 31, 2019. Be sure to wear your scariest, funniest or craziest costume to the Senior Center that day!

Our Annual Holiday Party is happening again in December. Look for tickets to go on sale in October. We will sell out this year, so be sure to get in early and reserve your seats. More details will be announced in early October at the Center.

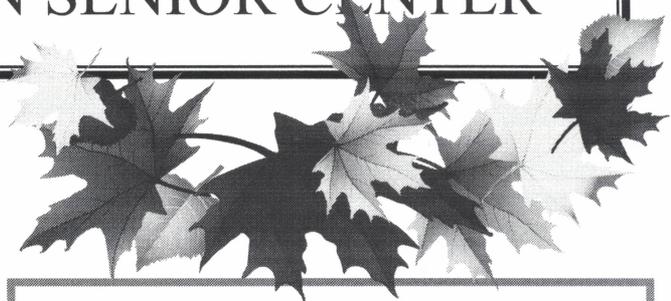
We do have some closed dates coming up. Be sure to check the list on the top right of this page. As a gentle reminder....don't forget to turn to your clocks back on Saturday Night, November 3!

We are also offering A Matter of Balance class and Flu Shots again this year. Information for these are on page 7. We also added a second Aerobics class on Friday!

Thank you all for being a part of the Hudson Senior Center, and as always if you have any questions or comments please call or email me at: 578-3929 or lbowen@hudsonnh.gov. See you soon!

Lori A. Bowen

Lori A. Bowen
Town of Hudson - Senior Services Coordinator



CLOSED DATES FOR THE FALL

*Thank you for your service and our freedom
to all our Veterans & their families.*

September 2 Labor Day

October 14 Columbus Day

November 11 Veteran's Day

November 28 – 29 Thanksgiving Holiday

December 24-26 Christmas Holiday

THANK YOU VOLUNTEERS!

In last season's newsletter I missed a few of our fantastic volunteers. I want to take a moment to thank them for their help! Anne R., Bert, Barbara, Jackie, Sandy, Mary T., Rita, Bonita, Joel, John, Shirley, Bob, Joanne, Joe, Bob T., Heather, Kate and Michaela.

You all have made a difference here and I appreciate all your efforts to make the center run smoothly!

From the Desk of the Hudson Recreation Director

Hello!

Be sure to stay up to date on activities through the new website and by stopping by the senior center. There are a lot of activities planned that we hope will interest you!

If you have any questions you can see Lori in the office or give me a call at 880-1600.

Sincerely,
Dave Yates

Dave Yates Hudson Recreation Director



OUR WEEKLY SCHEDULE

MONDAY

8:45am Center Opens
 9:00am Chair Yoga \$5
 9:15am Mexican Train Dominoes
 10:30am Mat Yoga \$5
 11:30am Lunch
 12:00pm Ping Pong
 12:00pm Poker
 12:00pm 66
 12:00pm Mah Jongg
 3:00pm Center Closes

WEDNESDAY

8:45pm Center Opens
 9:00am Aerobics \$3
 9:00am Trip Office Open (to 11)
 9:15am Bridge
 10:30am Line Dancing \$3
 11:30am Lunch
 11:45am Beginners Line Dancing \$3
 12:00pm Scrabble
 12:00pm Canasta
 12:00pm Cribbage
 3:00pm Center Closes

TUESDAY

8:45am Center Opens
 9:00am Coffee Club
 9:00am Bone Builders \$1
 9:00am Mah Jongg
 9:15am Whist
 10:00am Free Hearing Screenings (1st Tues)
 10:30am North Barn Presents (see page 6 / 7)
 11:30am Lunch
 12:00pm Movie Afternoon (see Tuesday)
 12:00pm Hand in Foot
 1:00 pm 45's
 1:00pm Chess
 3:00pm Center Closes

THURSDAY

8:45am Center Opens
 9:00am Trip Office Open (till 11)
 9:00am Silver Knitters
 11:00am Senior Meeting (2nd Thursday)
 11:00am Rummikub
 11:00am Walking Group
 11:30am Lunch
 12:00pm Bingo
 12:00pm Pinochle
 3:00pm Center Closes

FRIDAY

8:45am Center Opens
 9:00am Chair Yoga \$5
 10:30am Bone Builders \$1
 11:45am Aerobics \$3
 1:00pm Center Closes

The Billiard Table, Community Puzzle, Playing Cards and the Coffee Bar are available every day



SENIOR CENTER ACTIVITIES

Technology Classes!

Are you having trouble with your technology? Or maybe aren't sure of how to turn on your new phone? Do you want to get some games on your tablet? Then we have the class for you! Bring in your technological devices, and all the accessories and John will teach you how to use them! John is here every week to help make you a master of your technology! Due to high demand please sign up for an appointment for one half hour only per week, days vary. Please sign up at the Center outside the office or call 578-3929 to make an appointment.

COMMUNITY PUZZLE

Stop by the puzzle table and put a piece in to the community puzzle! It's located in the lounge.

AFFORDABLE HEARING LLC.

Free Hearing Evaluation.

Lowest Hearing Aid Prices.

Chris Streeter is here the first Tuesday of each month from

10:00am-12:00pm.

You can find him in the Library, or sign up at the office for a guaranteed appointment time.

You can also call Lori at 578-3929 to set up an appointment time.

LUNCHEON GROUP

Join us for lunch at a different restaurant the 3rd Monday of the month. Posters on locations are hanging at the Senior Center. RSVP by calling 578-3929 or stop by!

HOME, HEALTH & HOSPICE FOOT CLINIC

The Foot Clinic is being held at the Barn on the 4th Wednesday every month.

Please contact Home Health and Hospice at 882-2941 to set up your appointment time for the summer. Please be aware if the Center is closed there is no clinic offered.

DAILY LUNCH

Lunch is served Monday - Thursday at 11:30am. To RSVP please call the Hudson Senior Center at 578-3929 or stop by and sign up. Menus are available ahead of time and we ask that you sign up 2 weeks ahead to be guaranteed a meal.

Lunch is \$2 per plate.

BILLIARD TABLE

We have a beautiful 9 foot Mahogany billiard table at the Senior Center. It is available for play all day, and there is competition on Tuesday mornings.

Stop by and practice or play with a group!

COFFEE & TEA BAR

Coffee and tea are available daily from 9:15am-2:00pm (Fridays until 12:30pm) Cups are 25 cents a fill up. You will find the pots and cups in the Dining Room.

LENDING LIBRARIES

Our Senior Center has two amazing libraries, one is the puzzle closet where you can borrow puzzles, and the other is our reading library where we have an amazing amount of books to borrow!



THURSDAY 8:45am – 3:00pm

You are invited!

Monthly Senior Meeting

The second Thursday of every month
At 11am in the Dining Room

9/12 10/10 11/14 12/12

PINOCHLE

Come play the card game Pinochle!
Thursday afternoon in the lounge
starting at 12:00 pm.

RUMMIKUB

Come play the fun game of Rummikub!
Thursday at 11am in the Lounge.

WALKING GROUP

Our Summer Walking Group is at it again!
Thursday mornings at 11am. Please meet at the
Senior Center near the check in center and wear
comfortable athletic shoes.

BINGO!

We play Bingo every Thursday
afternoon at the Hudson Senior
Center! We sell cards for \$1.25 each
and we play 12 games, plus an extra
.25 cent shotgun cover all! We start
selling cards at 12:00pm, games start
at 12:30. Please see our registration
information as you must be registered
prior to playing Bingo!

SILVER KNITTERS

Grab your crafting supplies and come down on
Thursday morning from 9am-12pm. If you are
looking to learn we also have people that will
teach you to knit or crochet! Meet us in the
lounge and pull up a chair!

SPECIAL EVENT
OCTOBER 31, 2019
Halloween Costume Contest!

RSVP

Lead with Experience

Retired and Senior Volunteer Program (RSVP)

We are looking for volunteers age 55 and up to
help make a difference in our community! We
have opportunities for people of all abilities,
talents, and schedules all over Hillsborough
County.

To learn more about our volunteer opportunities
please visit us at www.snhs.org or on Facebook at
RSVP Hillsborough County, NH. To start
volunteering, please call (603)-634-1169 or email
scotter@snhs.org.



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TUESDAY 8:45am – 3:00pm



MOVIE AFTERNOON!

Tuesday at 12pm in the Function Room
Free Popcorn and water if available!

September 3 – The Mule

September 10 – Bohemian Rhapsody

September 17 – Breakthrough

September 24 – Captain Marvel

October 1 – Poms

October 8 – The Professor and the Madman

October 15 – The Tomorrow Man

October 22 – The Hustle

October – A Dog's Journey

November 5 – The Best of Enemies

November 12 – The Upside

November 19 – An Acceptable Loss

November 26 – In Harm's Way

December 3 – Noel

Movies are subject to change based on availability. Please check the Movie Bulletin Board at the Center or online for movie posters. More movies coming in the Winter, pick up your newsletter for more information in December!

No RSVP needed.

Coffee Club

Grab a cup of coffee and join us to talk politics, religion, world affairs, community issues and everything else! The Coffee Club is open to all, even if you don't drink coffee! Coffee is ready any time after 9:15am.

BONE BUILDERS!

Bone Builders is offered at the Hudson Senior Center! Classes are held Tuesday at 9am. Stop by the Barn for doctor forms. \$1 donation per class. This total body work out is good for your muscles and brain! You need a doctor's note to participate so stop by and get the forms!

Hand in Foot

Join us to play Hand in Foot in the Lounge on Tuesday afternoons at 12:15pm.

WHIST

Come learn and play the card game Whist! Tuesday mornings in the Lounge at 9:15am

45's

Calling all 45's players!! We are starting up this fun game again! Join us to learn and play the card game 45's! Thursday afternoons at 1:00pm in the lounge.

MAH JONGG

Every Tuesday Morning starting at 9:15am come play American Mah Jongg in the Dining Room!
(Intermediate level of play group.)

Free Mah Jongg Lessons!

We now offer free Mah Jongg lessons the first Tuesday of each month at 12pm in the Dining Room. Please RSVP on the clip board by the office today, or call 578-3929!



The North Barn Presents

Tuesdays at 10:30am in the Function Room

Disaster Preparedness

September 10, 2019

Talk will include financial preparedness, planning, contacts, meeting places etc. As an illustration. If you are home, and a tornado warning is issued. What do you do? And do we know the difference between a watch and a warning? Very informative information!!

Dave Smith Photographs

October 15, 2019

Dave will be here presenting his 2019 collection of photographs, from his travels in the Mountains of NH!

ADT

PERSONAL SAFETY BUTTON

NOVEMBER 12, 2019

10:30AM

IN THE FUNCTION ROOM

Learn about ADT's Personal Safety Buttons and how they can change your life and make you more independent!

RSVP is suggested

Oasis Senior Advisors

September 17, 2019

Learn about Downsizing and how to find, and be happy in a Senior Living Community. Also Presenting is Jazz - Personal Management - Senior downsizing & moving information

EASTER SEALS OF NH

SENIOR PROGRAM AT HOME CARE

OCTOBER 22, 2019

Learn about opportunities to work for Easter Seals and help local Seniors in their homes.

COLLETTE TOURS

October 8, 2019

Collette Tours will be here to discuss

Travel for 2020

10:30am in the Function Room

RSVP is suggested

Tyngsborough FUNERAL HOME

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tyngsboroughfh@gmail.com | www.tyngsboroughfuneralhome.com

Roland W. Martin | Daniel R. Martin

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