



The North Barn Presents

Tuesdays at 10:30am in the Function Room

Coffee with the Cops

Join the Hudson Police Department for coffee and conversation. They will be here to answer questions and keep you informed on scams and community issues

9/24 10/29 11/26 1/28

Hudson Fire Department

Safety Seminars

The Hudson Fire Department will be hosting informal safety discussions on the first Tuesday of every month.

10:30am in the Function Room

9/3 10/1 11/5 12/2

UNITED WAY VOLUNTEERISM

NOVEMBER 19, 2019

Learn about volunteer opportunities with United Way.
10:30am in the Function Room

AMEDISYS

Home, Hospice and Personal Care

December 10, 2019 AT 10:30am

Learn about all the offerings that Amedisys offers and how you or your loved one can benefit.

Bone Builders

Nutrition Workshop

December 17, 2019

SALT



SPECIAL EVENTS

FLU SHOTS!

OCTOBER 12, 2019

APPOINTMENTS AVAILABLE
9AM – 12PM

Please RSVP for your FLU SHOTS...Appointments are available every 10 minutes all morning. You can stop by the center or call 578-3929 to RSVP

2019 SENIOR CENTER

HOLIDAY PARTY!

PLEASE STOP BY THE
SENIOR CENTER FOR
MORE INFORMATION
ABOUT OUR HOLIDAY
PARTY THIS YEAR!
TICKETS GO ON SALE
OCTOBER 22, 2019

A MATTER OF BALANCE CLASS

Once again the Senior Center is host to the A MATTER OF BALANCE Class
The cost is \$15, and you can make your check out to the Town of Hudson. Please call 578-3929 to reserve your seat.
The Class lasts 8 weeks and will run from October 2- November 20



WEDNESDAY 8:45am – 3:00pm

AEROBICS WITH SYLVIE

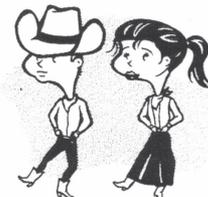
Aerobics with Sylvie meets on Wednesday mornings at 9am. Please bring your hand weights and smile, as you do low impact aerobics and balance exercises. Then finish class with chair and hand weight exercises.

This is an all abilities class and all are welcome! Please see the office at the Barn with any questions. Cost is \$3 each per class.

LINE DANCING WITH GAIL

Gail teaches new dances each week and really gets you moving! This intermediate to advanced class is held Wednesdays at 10:30am.

Cost is \$3 per person, per class



BRIDGE

Come play Bridge with us on Wednesday mornings at 9:15am in the Dining Room.

SCRABBLE

Join us for everyone's favorite word game! Wednesday Afternoons at 12pm in the Dining Room.

CRIBBAGE

Join us on Wednesday at 12:00pm in the lounge.

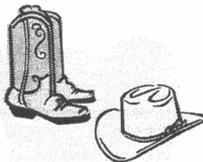
CANASTA

Join us for the card game Canasta! Starting at 12:00pm on Wednesday afternoons in the lounge.

Beginners Line Dancing!

Calling all beginners! Class starts at 11:45, and will cost you \$3 per week.

We are always looking for new dancers, join us this Wednesday!



CALLING ALL QUILTERS!

You are all invited to join our quilting group! No experience necessary! We need help ironing, cutting, peicing, sorting and sewing! We make items to give to the community, and are always looking for help!

Join us on Wednesday mornings from 9am until 1pm.

House Cleaning For The Senior Citizens

Once a Month or Bi-Weekly or 1 Time Only!

Please call Joyce at 603-275-6469



MONDAY 8:45am – 3:00pm

YOGA

Chair and Mat Yoga are offered at the Hudson Senior Center!

\$5 each class

Chair – Mondays at 9am

Mat – Mondays at 10:30am

66

Come learn the card game 66! Monday afternoons in the Dining Room starting at 12:00!



MAH JONGG

Every Monday Afternoon starting at 12pm come play American Mah Jongg in the Lounge! All abilities welcome!

MEXICAN TRAIN DOMINOES

Join us for Mexican Train Dominoes!

Monday mornings in the lounge starting at 9:15am. All aboard!

POKER!

Starting at 12 noon on Mondays

In the Dining Room....come play poker with us.



PING PONG

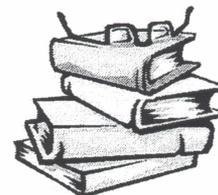
We play Ping Pong on Monday afternoons from 12:00-3pm. Bring your paddle or borrow one from the Center...just come and play in the Function Room!

North Barn Book Club

What can be new about a book club you ask?

Well, lots of things...for example, everyone will not be reading the same book. Every month we will choose a subject and you will choose your own book to read. The next month you will give a brief summary of your book and give it a thumbs up or thumbs down. Meetings will be held at the North Barn on the first Monday of every Month at 10:00am.

September 9, October 7, November 4
December 2
Monthly theme posted at the Center



Mary Ann The Tailor

Custom Sewing, Alterations
& Mending too.

*Located just behind Continental
Academy of Hair Design"*

**For Appointment Please Call
(603) 882-7309**

SPACE FOR SALE

Please call Steve Persichetti
at 978-457-2612 for immediate response!!
OR email seniornewsletter@aol.com



FRIDAY 8:45am – 1:00pm

YOGA

Chair Yoga is offered on Friday mornings at 9:00am. Class is \$5 per person. If you take class on Monday and Friday then Friday is only \$3 per person. See the Hudson Senior Center office for more details.

BONE BUILDERS!

Bone Builders is offered at the Hudson Senior Center! Classes are held Friday at 10:30am. 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!

AEROBICS WITH SYLVIE

We are offering a second day of Aerobics! Starting September 13, 2019 Class starts at 11:45am \$3



TAKE A TRIP WITH US!

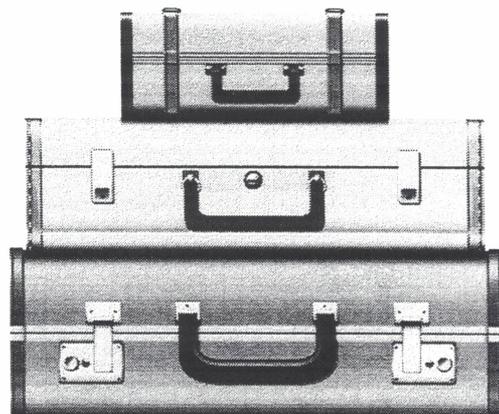
TRIPS PAYMENT NOTICE

All trips must be paid for in full 32 business days before the date of the trip. All final invoices are paid 30 days prior to the trip so it is imperative that we receive your balance 32 business days prior. All checks can be made out to the Town of Hudson. If you need to know your balance please speak to Lucille in the Trip Office.

PLEASE BE SURE TO CHECK FOR ALL BELONGINGS WHEN LEAVING THE BUS. HUDSON SENIOR CENTER, THE TRIP COMPANY OR THE BUS COMPANY IS NOT RESPONSIBLE FOR ANY LEFT OR LOST ITEMS ON OUR TRIPS.

BUS INFORMATION

All buses depart from designated areas, please see trip flyers for more details. If a time is not given one will be announced prior to departure date. It will be posted at the Senior Center on the **TRIPS** bulletin board.





TAKE A TRIP WITH US!

VISIT THE TRIP OFFICE WED & THURS 9 AM - 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. **PLEASE SEE NOTICE ON PAGE 10 ABOUT PAYMENTS**

You can access all the information forms for the trips on the website: www.hudsonnh.gov.

All Forms and more information can also be found on the Trip Bulletin Board at the Barn.

Lucille can also be reached at 889-1803, outside of the Trip Office Hours (W & TH 9-11am)

****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 32 business days prior to trip leaving.

Prices are per person and checks can be made out to Town of Hudson or cash is accepted for payments. Sorry but no credit cards are accepted at this time for payments.

TRIPS FOR 2019

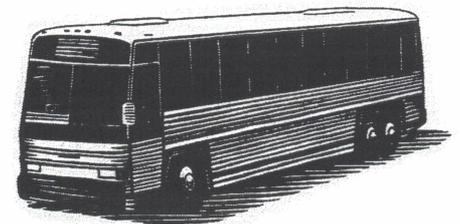
Foxwoods Resort & Casino	October 18, 2019	\$32
Ricky Nelson Remembered	November 14	\$95
Indian Head Resort Christmas	November 22	\$70
Johnny Mathis Christmas	December 3	\$92
All American Bandstand	December 31	\$89

All Trips are subject to cancellation. Please stop by the Center for more details.

TRIPS FOR 2020

Trips for the beginning of 2020 will be announced in January at the Senior Center and on the website. More information will be included in the Winter newsletter that will be available in December. Trips for 2020 will be available for reservation starting in January. A \$20 deposit per seat is due at time of reservation. Please be sure to update your phone record with Lucille Boucher in the Trip Office or Lori in the main office in case they need to contact you. Thank you!

A \$20 deposit is due at time of reservation for each seat, balance is due 32 business days before the trip date. If not paid then you may forfeit your seat with no refund. Checks can be made out to the Town of Hudson. Lucille is in the "trip office" on Wednesday and Thursday mornings from 9-11am. Please stop by the Senior Center to see and take all of the flyers with the information on them. They are also available on the website under trips.



All trips subject to change: cancellation, availability or have date changes. \$20 deposit per seat is due at sign up. Please reference all of our trip information, including our cancellation policy in the trip manual available at the Senior Center. All flyers are available at the Senior Center and have the information on them about each trip. They are also available on the website under the SENIOR TRIPS tab.



ABOUT THE SENIOR CENTER

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.

Who: Anyone over the age of 55, or their spouse if younger

Where: 19 Kimball Hill Road, Hudson NH (603) 578-3929

When: Monday – Thursday
8:45am-3pm
Friday 8:45am-1pm

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 fiscal year; per person. You can also down load the forms off the website at:

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

REGISTRATION FOR 2019 – 2020

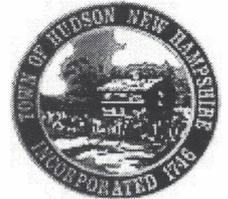
If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the 2019 - 2020 year. We began registration for the year on July 1, 2019. You can drop by the Senior Center any time we are open to re-register, or register for the first time! It is \$10 a year (we run a fiscal year at the Senior Center) 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! If you are registering for the first time please leave enough time to fill out paperwork and sit for your photo ID!

Forms are also available on the website

Be sure to stop by the Center to check out what we are up to! There is always a group's donation box in our lobby, signs on the bulletin board for upcoming community events and information about our local government. We collect: glasses, plastic bags, box tops for education coupons, grocery and product coupons, new crossword puzzle books and we have a donation bin in the hall for your convenience.

HUDSON SENIOR CENTER
LOCATED IN THE NORTH BARN AT BENSON PARK
19 KIMBALL HILL ROAD, HUDSON, NH 03051
603-578-3929
WWW.HUDSONNH.GOV
lbowen@hudsonnh.gov



HOURS OF OPERATION

Monday: 8:45am – 3pm
Tuesday: 8:45am – 3pm
Wednesday: 8:45am – 3pm
Thursday: 8:45am – 3pm
Friday: 8:45am – 1pm

We are not open Saturday or Sunday.

