



# NORTH NEWS

## NOVEMBER NEWS FROM THE HUDSON RECREATION DEPARTMENT'S SENIOR CENTER

### CLOSED DATES:

November 10, 2023 – Veteran's Day

November 22, 23 and 24<sup>th</sup> 2023 - Thanksgiving



November



### Hudson NH Recreation Department

Chrissy Peterson -  
Recreation Director

Lori Bowen –  
Senior Services Coordinator

Naomi Busnach –  
Administrative Aid

Krystal Allison -  
Senior Center Temp Extraordinaire

Collette Peterson  
Senior Center Temp Extraordinaire



# EXERCISE WITH US!



## 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**



## MINDFUL MOVEMENTS

Come learn the Art of Tai Chi! Marie will teach you the 17 steps of Tai Chi as you progress through the classes. We have added two more classes per week to this popular exercise!

**Beginners Fridays at 9:00am**

**Intermediate Level 2 Tuesday 2:45pm \*\***

**Class is \$5 per person per class**

Please join us on beginner week 1 if it is your first time



## STRENGTH & BALANCE

Our Strength & Balance class will improve your overall health!

**Monday mornings at 10:45am**

**Thursday afternoons at 2:15pm**

**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.

## 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 and wander around our beautiful area! We will begin walking at 9:30am, meet us in the Senior Center lobby!





# FUN & GAMES

## 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 – Wednesday at 1:15pm
- Board Games – Wednesday at 1:00 pm
- Bridge – Tuesday at 1:00 pm
- Bridge – Friday at 1:00 pm
- 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 in Foot – Tuesday at 1:00pm
- Hand in Foot – Friday at 1:00pm
- Mah Jongg – Monday at 1:00 pm
- Mah Jongg – Friday at 1:00 pm
- Mexican Train Dominoes – Friday at 1:00 pm
- Mexican Train Dominoes – Monday 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

## 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!

## 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!

## MAH JONGG LESSONS

We will be offering Mah Jongg Lessons again! It will be \$25 to take this class and that also covers the cost of your 2023 card! RSVP today as this class will fill up fast!  
(Payment is due at reservation)

## BRIDGE & POKER

Poker on Friday afternoons at 1pm.  
Bridge is on Tuesday & Friday at 1pm  
Join us today!

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





**UPCOMING  
EVENTS**



**PUT THIS  
on YOUR  
CALENDAR!**

*Join us!*

November 8<sup>th</sup>

**DIABETIC SHOE CLINIC**

We will be hosting a Diabetic Shoe Clinic on November 8th. Appointments start at 1:30pm. Please RSVP with the Office and get your paperwork for your doctor to approve. Free pair of shoes to anyone with diabetes!

November 21<sup>st</sup>

**HARVARD PILGRIM**

We will be hosting a Medicare Advantage presentation at 10:00am. Signups are required to ensure interest and attendance.

**November 28<sup>th</sup>**

**COFFEE WITH THE COPS!**

The Hudson Police Department joins us for presentations on different subjects involving Community Policing.  
COFFEE WILL BE SERVED!  
10am in the Function Room!

November 15<sup>th</sup>

**BALANCE & FALLS SCREENING**



Each year millions of individuals over the age of 65 fall. Out of those, 3 million are hospitalized due to falls injuries. Only a small percentage of those individuals report their falls to their doctor. There are many reasons for imbalance in the older adult such as impaired inner ear function, impaired vision, weakness in the lower extremities and many others. At FYZICAL Therapy and Balance Centers we are committed to helping individuals prevent these falls. Please join us for a complimentary balance and falls screening. This screening tool will help assess your current falls risk status. If you are at risk, you can speak with your doctor about ways to change it.

Screenings will take approximately 10-15 minutes.

**SIGN UP TODAY!**

**DON'T  
FORGET!**

**DON'T  
MISS  
THIS**





# FOOD, BOOKS & PUZZLES!



## COFFEE

We have switched to a Keurig System for coffee. It is 50 cents for a k-cup. 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.

If you are looking to sponsor Tuesday Coffee Club please call 603-578-3929.

## 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. Due to limited space, we are not currently accepting new donations. Please check back this winter!



## 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 Theme is posted at the Senior Center on the Bulletin Board...join us at 10am in the Activity Room!

## 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 used donations.

## LUNCH TIME!

**LUNCH  
BREAK**

You can always bring a bagged lunch and join us in the Dining Room! Daily from 12:00pm – 1:00pm. Thursday we will eat in the Activity Room.



# Health & Wellness



## 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!

## DIABETIC SHOE CLINIC

We will be hosting a Diabetic Shoe Clinic on November 8th. Appointments start at 1:30pm. Please RSVP with the Office and get your paperwork for your doctor to approve. Free pair of shoes to anyone with diabetes!



## SILVER KNITTERS

This is our crafting group! We don't care if you knit, needle point, crochet or just plain craft! Join us on Wednesday Mornings in the Function Room! Please bring whatever project you are working on and pull up a chair!

## PHOTOGRAPHY CLUB



Our new Photography Club meets the 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays of each month at 1:30pm in the Dining Room! We are going over camera use right now but plan to venture out on adventures soon! Join us!!

## Home Health & Hospice

### Foot Care Clinic



Tuesday & Wednesday's

We host a foot care clinic four times 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.



## WATER COLOR CLASSES

We now offer Watercolor Classes on Monday afternoons. Our teacher Carole teaches the class specific techniques each week and we work on small projects. RSVP is suggested if you are new to our class. The fee is \$10 per week and this covers a 2 hours class plus the cost of some materials. The other Mondays are available for free painting time.

2<sup>nd</sup> and 4<sup>th</sup> Mondays at 1:30pm

\$10 each class week

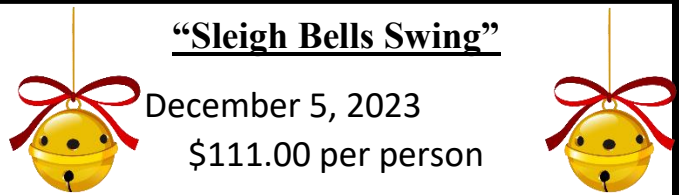




Stay tuned for more trips  
coming in 2024!



**“Sleigh Bells Swing”**



December 5, 2023

\$111.00 per person

Deadline to register is 11/1/23!

Today’s show “Sleigh Bells Swing” features Award-winning jazz and cabaret singer Krisanthi Pappas and her merry band as they make sleigh bells swing and warm your spirits like hot chocolate! Held at the Danversport Yacht Club. Tickets include a 3-course meal with Angus beef or a seafood trio.

**Trip will leave from the Senior Center (not the Community Center) at 9:00am.**



AVAILABLE DATES

As dates become available; they will be posted on the homepage of our website so please watch for announcements there. [www.hudsonnh.gov/seniorcenter](http://www.hudsonnh.gov/seniorcenter)

FEE INCREASE EXPLANATION

All of our Senior Center programs have a \$5 daily fee, per program, per person. The \$5 fee covers an hour of programming and no supplies.

Pickleball was the last program that we delayed the increase for two years. For \$5, participants receive well over an hour of programming and instead receive 3 hours of amazing gym time in addition to the Rec Dept. providing the balls and nets.

All programming fees are consistent across the board for the FY24 Fiscal Year.

DATE	TIME
November 7, 2023	9:00am – 12:00pm
November 14, 2023	9:00am - 12:00pm
November 21, 2023	9:00am - 12:00pm
November 28, 2023	9:00am - 12:00pm



We offer Basketball Open Gym to our registered members. Available dates will be announced on the homepage of our website.

**First Dates Available will be announced on our website homepage...[www.hudsonnh.gov/recreation](http://www.hudsonnh.gov/recreation)**





## MONDAY

8:00am Center Opens  
 8:15am Morning Coffee  
 9:00am Scat  
 9:30am Aerobics \$5  
 10:45am Strength & Balance \$5  
 12:00pm Tech Help  
*By appointment – sign up at the office*

12:00pm Lunch Time!  
 1:00pm Ping Pong  
 1:00pm Corn Hole  
 1:00pm Mah Jongg  
 1:00pm Cribbage  
 1:00pm Mexican Train  
 Dominoes  
 1:30pm Watercolor Class \$10  
*Lessons on the 2<sup>nd</sup> and 4<sup>th</sup> Mondays*  
*Open Paint (no charge) on the other*  
*Mondays of each month*  
 4:00pm Center Closes



## 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  
 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  
 2:45pm Mindful  
 Movements  
*Level 2 \$5*  
 4:00pm Center Closes

## WEDNESDAY

8:00am Center Opens  
 8:15am Morning Coffee  
 9:00am Silver Knitters  
 9:00am Pay Me Card Game  
 12:00pm Lunch Time!  
 1:00pm Scrabble  
 1:00pm Canasta  
 1:00pm Rummikub  
 1:00pm Checkers  
 1:00pm Chess  
 1:00pm Papas Penny Game  
 1:00pm Play Board Games!  
 1:00pm 5 Crowns  
 1:00pm Cribbage  
 1:00pm Corn Hole  
 1:00pm Quilting Group  
 (2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of  
 the month)  
 1:30pm Photography Club  
 (2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of  
 the month)  
 4:00pm Center Closes

## LUNCH TIME!

Lunch is served  
 Monday, Tuesday, and  
 Wednesday at  
 12:00pm in the Dining  
 Room.

Please feel free to  
 bring a bag lunch and  
 join us every day of the  
 week!

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

## 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  
 (Please RSVP for this class)  
 12:00pm Lunch Time!  
 1:00pm Pinochle  
 1:00pm Cribbage  
 1:00pm 66 (Card Game)  
 1:00pm Bocce Ball  
 2:15pm Strength & Balance \$5  
 4:00pm Center Closes

## FRIDAY

8:00am Center Opens  
 8:15am Morning Coffee  
 9:00am Mindful Movements  
 Beginners Class \$5  
 10:45am Aerobics \$5  
 12:00pm Lunch Time!  
 1:00pm Mexican Train  
 Dominoes  
 1:00pm Hand n Foot  
 1:00pm Mah Jongg  
 1:00pm Cribbage  
 1:00pm Poker  
 1:00pm Ping Pong  
 1:00pm Bridge  
 1:00pm Mah Jongg Lessons  
 Starting on August 4, 2023  
 \$25 Sign up today!  
 4:00pm Center Closes







## REGISTRATION FOR 2024

If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the 2023-2024 year no later than November. Our new year starts on July 1, 2023. 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.




## 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, or 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>



