



NORTH NEWS

OCTOBER NEWS FROM THE HUDSON RECREATION DEPARTMENT'S SENIOR CENTER

CLOSED
MONDAY, OCTOBER 9
COLUMBUS DAY



A LETTER FROM THE RECREATION DIRECTOR

The Senior Center is under the management of the Recreation Director and the Recreation Department team, which includes our Senior Service Coordinator. Together, we take tremendous pride in being able to provide senior citizens a place to enjoy programs, events, and a path to foster friendships.

I know everyone is missing Lori while she has been out. I know she misses all of you! Please note that her medical leave has been extended through November to allow more time for her to heal properly. While she is out, please see Collette, Krystal or myself if you have any questions or concerns.

This newsletter is for October only so watch for the November issue later this month!

Thank you,
Chrissy Peterson

Hudson Recreation Director
cpeterson@husonnh.gov



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

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NORTH BARN PRESENTS...

Tuesdays, 10:00am...RSVP recommended

UPCOMING

EVENTS



October 3, 2023

HUMANA & MEDICARE

Humana offers products and information on Medicare supplement health plans. Please join us for this informative presentation from Jerry Leavitt. 10 am in the Function Room. RSVP is suggested



October 10th



Collette Tours

Collette Tours will be here for a meeting with members who registered to attend the internations trip to Ireland.



Meeting is at 10:00am



October 10th



Coffee with Steve Dube from the Hudson Fire Department!

He's Back!! Steve will be joining us Tuesdays of every month to talk Fire Safety, Community Fire Issues and just to share a little fun!

October 17, 2023

MEDICARE MADE CLEAR

Marie Terhune will be here from United Health Care to go over Medicare and answer questions and take appointments to help with enrollment for Medicare for 2023. 10am in the Function Room, 20 minute appointments start at 11am. Sign up at the office or call 603-578-3929 for an appointment with Marie.

October 24

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!

October 31st



Halloween Social!



Join us for a Halloween Costume social at 10:00am with coffee and pastries! We will also be awarding three gift cards for Halloween Contest winners! Come join the fun with us!



HAPPY Halloween

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!

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.



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 2nd and 4th 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!!

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.

2nd and 4th Mondays at 1:30pm

\$10 each class week



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 3rd 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

LUNCH BREAK

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, Wednesday and Friday! 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!

LUNCH TIME!

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.



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!



EXERCISE WITH US!



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



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.



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



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

Beginners Thursday at 1:00pm

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



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!





Pickleball

We have three lined indoor courts that we offer our members. To play inside you must be a current Senior Center member, as of July 2023 or after, in addition to the Pickleball indoor membership that opens in October 16, 2023. *Please note that we have a maximum amount of spots permitted for indoor pickleball.*

Courts are first come first serve. Users setup and break down equipment.

Please note that due to the Senior Center Policies and Procedures, all senior programming is canceled in the event that Hudson schools are canceled or delayed due to inclement weather.

- **Senior Center Membership** - \$10 (only valid if after July 2023)
- **Pickleball Membership** - \$5
- **Signed Pickleball Waiver**
- **Daily Fee** - \$5 per day/session



Dates offered will be announced a month in advance and posted on our website on the home page, www.hudsonnh.gov/seniorcenter.

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



Membership also includes the use of our outdoor courts when open during the spring and summer months. We block off Tuesday, Thursdays, and Sunday mornings from 9:00am-12:00pm for our registered Pickleball members only.

We do not supply balls for outdoors




OPEN GYM

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

First Dates Available
November 8th, and November 15th





TAKE A TRIP WITH US!



TAKE A TRIP WITH US!

Join us for some fantastic adventures, great food, amazing music and fun! We have a fantastic 2023 planned so we hope you can join us! All Trips are advertised at the Senior Center on the Trip Bulletin Board! Forms are located at the Senior Center on the Bookcase under the Trips Bulletin Board. We also have a travel waiver for you to sign if you travel on a Royal Tours trip. All trip flyers are also located online on our website at www.hudsonnh.gov.

Payment is due at registration for each trip. We cannot hold a spot without payment. Please make sure to provide your phone number & email when you sign up!



Turkeys, Trains and Tunes!

October 13, 2023 SOLD OUT



If you are attending the Fun Fall Foliage Day trip, please note that the bus will be picking you up at the Senior Center at 8:30am...not the Community Center

"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.

"Splish Splash" the music of Bobby Darin

October 19, 2023 SOLD OUT



If you are attending this trip with us, doors open at 11:30am at the Castleton, lunch is served at noon, and the show begins at 1:30pm.

"60's Patriotic Tribute"

November 1, 2023 \$111.00 per person

The deadline has passed but we have some available tickets! Sign up and pay by 10/15!

For a memorable and Patriotic show, join us as we go back to the 60's and experience some of the greats from that era. Sung by the group SIXTIES INVASION you will be treated to an afternoon of music and laughter. Held at the Danversport Yacht Club featuring a 3-course meal with Chicken or Baked Scrod.

LET THE
FUN
BEGIN

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. 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

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>

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.



CARE -E- OKE



UNITED WAY OF GREATER NASHUA

A Singing Competition to
Support the Community

**October 25th, 2023
6-9 PM**

Nashua Center for the Arts

Presented by:



RAISE YOUR VOICE AND RAISE FUNDS FOR THE COMMUNITY SAFETY NET NONPROFITS THIS OCTOBER



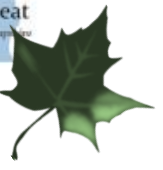
Individual singers must raise \$250 and groups of 2 or more must raise \$500 to participate.

Register and start fundraising TODAY because the first 20 solo acts or groups to meet their goal will secure their spot.



Register here: <https://tinyurl.com/care-e-oke-23>

These are the Non-Profit Partners We will Fund Through this Event!!



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 2nd and 4th 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
1st 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
1:00pm 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
(2nd & 4th Wednesdays of
the month)
1:30pm Photography Club
(2nd & 4th Wednesdays of
the month)
4:00pm Center Closes

LUNCH TIME!

Lunch is served
Monday, Tuesday,
Wednesday and Friday
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
1:00pm Mindful Movements
Beginners Class \$5
Begins June 29, 2023
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

