



NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

Fall at the Barn

~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

We want you to “*Fall in Love*” with your Senior Center! Check out the following pages for all the fun activities and presentations that are coming to the Barn in the next few months.

We are pleased to announce that the Senior Center “Barn” is now open 5 days a week! Our Hours on Fridays will be 8:45 am – 1:00 pm. We will offer a second day of Chair Yoga and Bone Builders. Lunch will be served at 11:30 too. We hope you will join us!

Our Annual Christmas Party will be in December, see page two for some information about it.

We hope you will continue to enjoy your Senior Center, let me know if there is an activity that you would like to participate in. We are always looking for new groups to start up too, stop by and see me today!

Thank you all for being a part of the Hudson Senior Center, and we hope you stop by again soon! If you have any questions please call or email me at: 578-3929 or lbowen@hudsonnh.gov.

Lori A. Bowen

Lori A. Bowen Town of Hudson - Senior Services Coordinator

CLOSED DATES FOR THE FALL!

- October 9th
- November 10th
- November 23rd
- November 24th

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

From the Desk of the Hudson Recreation Director

Hello!

There are a lot of activities we hope will interest you this fall at the Senior Center! See the following pages for details and days/times.

We hope you enjoy having 5 days to enjoy the Center.

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

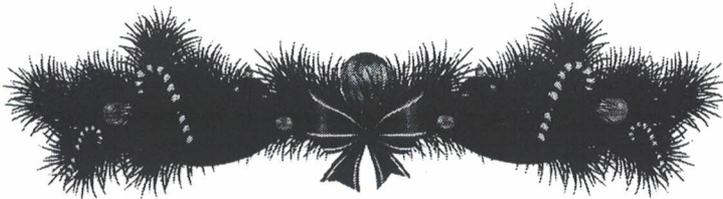
The North Barn Presents Special Events

ANNUAL CHRISTMAS PARTY DECEMBER 2017

This event is being Co-Sponsored by the Hudson Council on Aging. Please purchase your tickets early as this event will sell out.

Tickets will be \$24 a person and tickets will go on sale November 6th at 9am.

We will offer tables of 8 again this year.



SPECIAL HOLIDAY EVENTS

Coming Soon!

Check the Center for more information

Halloween Costume Contest
October 2017

Hudson Memorial School Chorus
December 2017

MOVIE AFTERNOON!

We show a movie every Tuesday at 12pm. Join us in the Function Room!

September 5 – Allied

September 12 – A Dog's Purpose

September 19 – Passengers

September 26 – Going in Style

October 3 – 3 Generations

October 10 – The Last Word

October 17 – The Great Wall

October 24 – The Shack

October 31 – Practical Magic

November 7 – Gifted

November 14 – A United Kingdom

November 21 – The Immortal Life of Henrietta Lacks

November 28 – Wonder Woman

December 5 – The Zookeepers Wife

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

The North Barn Presents Tuesday Mornings 10:30am

Cooking with Corville

Returns to the Senior Center
on October 24 at 10:30 am
In the Function Room
Please join us for this fun
presentation!

The Hudson Fire Department

Will be here and is
Bringing the **Ambulance**
& Offering **Blood Pressure Checks!**
Join us October 3rd
at 10:30am
Meet us in the Function Room!

Visiting Angels

September 12 at 10:30

**Please join us for a
presentation from Visiting
Angels in the Function Room.**

US History Trivia Game

**November 21 @
10:30**

John is back
with another
version of his
US history
game! Prizes
awarded!

Medicare Day

**The Senior Center is Hosting a
Medicare Enrollment Day.
Please see the office for an
Appointment and paperwork.
Forms are due by October 16
Appointments: November 6, 9-2:30**

Coffee with the Cops

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

9/26, 10/31, 11/28

Dave Smith Photography

**Dave will be joining us for a presentation on a
journey through Photographs. Please join us
at 10:30 am in the Function Room.**

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

9/5, 10/3, 11/7, 12/5

GAME DAY!!!

**Corn Hole
& Wii Bowling**

September 19, 2017

10:30am

In the Function Room

BENES!

Benes is coming back
to the Senior Center
to play guitar and
Sing!

October 17, 2017

10:30am

The North Barn Presents

WALGREEN'S PHARMACY

FLU SHOT CLINIC

OCTOBER 10, 2017

Appointments starting at 10:30am

Get your Flu Shot at the Senior Center!

Please RSVP for your appointment time at the office or by calling 578-3929

BALANCE CLASS

Center for Physical Therapy and Exercise will be offering this program at the Hudson Senior Center beginning Wednesday, September 27th. Classes will be held on Wednesdays from 1 – 2:30 PM for eight (8) weeks. The fee for the program is \$15. In the Matter of Balance program, you will learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home, and exercise to increase strength and balance. Sign up today or call 578-3929 to reserve your space

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 new tablet? Then we have the classes 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!

He will also show you how to stay safe on the internet, keep your personal information away from predators and how to safely make purchases online.

Appointments Available on Mondays 11am – 2:30pm
Please sign up at the Center or call 578-3929

Mass College of Pharmacy

Blood Pressure Checks
September 26 9am – 11am
In the Dining Room

LEARN ABOUT THE TELEVISION PROCESS AT HCTV!

The Hudson Community Television is excited to offer tours and more of the Television Studio. The facility is open to the Seniors to take a tour, learn how the shows are created and produced, and learn how to use the equipment and the possibility to create and direct or star in your own show! Everyone is invited to join us on the first and third Tuesdays of the month at 1pm. Please check in at the Senior Center office with questions and to RSVP for your tour.

For more information about the Community Television Access Center you can also visit www.hudsonnh.gov

Coffee Club

The Coffee Club is open to all, even if you don't drink coffee! Coffee is ready any time after 9am on Tuesdays.



Art on Display

We have art on Display by HSC participant Meredith Landry. Meredith is a resident of Hudson and specializes in watercolors. Stop by the Center's library to see her amazing work!

LUNCHEON GROUP

The Luncheon Group visits local restaurants every month. They usually meet the third Monday of the month. RSVP at the office to save your space. There is discount or special meal each month just for our patrons! The Menu and Place is located on our bulletin board at the Center. See Lori if you have any questions.



The North Barn Presents ~ Lunch

LUNCH!

Lunch is served every day at 11:30 in our Dining Room...please join us!

Please sign up in person or call 578-3929 and RSVP one week or more ahead of time for our hot meal of the day. \$2

Menus are available at the Center and online at www.hudsonnh.gov

"Octoberfest" Special

Thursday, October 12, 2017

CH1 Pork Schnitzel Roast
CH2 Beer Bratwurst w/ Sauerkraut (not for SR)
Brussel Sprouts
Warm German Potato Salad
Rye Roll
Chocolate Mousse w/ Whipped Topping

Sign up today in the Dining Room or call 578-3929 with your meal choice

Dining Room

You are always welcome to bring a bag lunch or a snack and enjoy our dining room!

Coffee & tea are available daily, 9am – 2pm, for 25 cents.

OCTOBER SALAD BAR

Wednesday, 10/18/2017

Choice #1 Roast Beef Wrap w/Lettuce Tomato & Cheese
Choice #2 Turkey Wrap w/Lettuce, Tomato & Cheese
Citrus Bowtie Salad
Butternut Apple Bisque Soup
New England Roll
Ginger Bread Cake w/whipped topping

Sign up today in the Dining Room or Call 578-3929 with your meal choice



SPACE FOR SALE

Great Medium to Reach the Senior Citizens!

CALL 603-601-8047

Email: seniornewsletter@aol.com

OR WRITE TO:

**SENIOR NEWS PUBLICATIONS,
7 Philbrook Terrace, HAMPTON, NH 03842**



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(603) 882-7309**

TAKE A TRIP WITH US!

VISIT THE TRIP OFFICE WED & THURS 9-11AM

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. You can access all the 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.

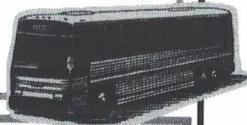
Lucille can also be reached at 889-1803, outside of the Trip Office Hours (W & TH 9-11am)

****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 40 days prior to trip leaving. Checks can be made out to Town of Hudson.

DOO WOP REVIEW

Sounds of the 1950's
Featuring the Corvette's
At Lake Pearl in
Wrentham, MA
November 8, 2017
\$90 per person

Stop by the trip office on Wednesday or Thursday mornings from 9-11am. Located in the Library at the Barn. You can also leave trip suggestions in the suggestion box!



Lake George Overnight Trip

Bus will depart from the Hudson Community Center
on
September 17, 2017
At 9:00am
Please arrive around 8:45am

Foxwoods!

\$32 per person
October 23, 2017
Spend the day with us at Foxwoods Casino!
We will leave nice and early so you get a full day in, play slots or Bingo and enjoy the Buffet. Day includes free slot play, lunch buffet, transportation and fun!
Tell your friends, we always fill the bus so get your reservation in today! This is the last trip to Foxwoods for 2017...next on in March 2018!

The Crazy Time Play & Lobster!!!!
October 16, 2017
Pick up at the Community Center
12 Lions Ave Hudson
8:30am

Indian Head Resort

Christmas in the White Mountains Day Trip
November 8, 2017
Featuring Don Who? Home for the Holidays
\$69 per person

Michael Buble Tribute Show

Dinner & Show at Lake Pearl in Wrentham Mass
December 6, 2017
\$90 per person

Harts Turkey Farm & Train Ride on the Winnepesaukee Rail Road
October 13, 2017
Bus departs at 9:00am
From the Community Center
12 Lions Ave, Hudson



"Million Dollar Quartet"

Tribute to:
Jerry Lee Lewis, Carl Perkins,
Johnny Cash
& Elvis Presley
September 21, 2017
Bus departure time TBA

HAVE SOME FUN WITH US!

Suggested Trips for 2018

Please stop by the Trip Office and see what the ideas are for 2018. If you see something you like let Lucille know;

Suggestions:

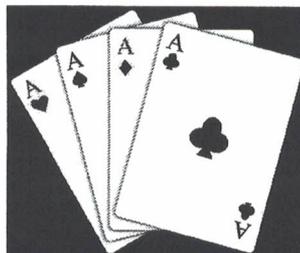
- Country Music Legends Show
- Kings & Queens of Country
- Tribute to the Everly Brothers
- Jazz and Blues Cruise
- ABBA Tribute
- Edward Twins Show
- Lobster Cruise
- Christmas in July
- Bobby Rydell Live
- Kenny & Dolly Tribute Show
- Newport Playhouse
- Tribute to Buddy Holly
- Tribute to Rod Stewart
- Boston Duck Tour
- Lake Sunapee Cruise
- Pennsylvania Overnight
- Cape May

CALLING ALL CARD & GAME PLAYERS!

- Scat - Every day at 9:00 am
- Whist – Tuesday Mornings at 9:30 am
- Mah Jongg – Monday at 12:00 pm
- Mah Jongg – Tuesday at 9:00 am
- Pokeeno – Tuesday & Wednesday at 1:00pm
- 7's – Tuesday & Wednesday at 12:00 pm
- Scrabble – Tuesday at 12:00 pm
- Hand in Foot – Tuesday at 12:00pm
- Canasta – Wednesday at 12:00 pm
- Pinochle – Thursday at 12:00 pm
- Bingo – Thursday at 12:00 pm
- Puzzle – Daily from 8:45am – 3:00 pm
- Billiards – Daily from 8:45am – 3:00 pm
- Ping Pong – Monday at 12:00pm
- Cribbage – Wednesday at 12:00 pm
- Bridge – Wednesday at 9:30 am
- Poker – looking for players!
- Mexican Train Dominoes – Monday at 9:00am
- Board Games – Tuesday at 12:00 pm
- 45's – We are looking for players, sign up today!

There is always room for a group to sit down and play a game....just check in with Lori for cards!

We have lots of board games to play at the Barn, see Lori for details and where to find them!



(Depending on the game, bring your pennies, nickels and dimes!)

FOR MOVING AND SHAKING!

YOGA

Chair and Mat Yoga are being offered at the Hudson Senior Center.

\$5 each class

Chair – Mondays at 9am

Chair – Fridays at 9am

Mat – Mondays at 10:30am

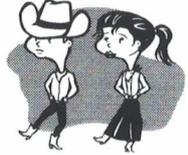


LINE DANCING WITH GAIL

Gail teaches new dances each week and really gets you moving! This intermediate to advanced class is

Wednesdays at 10:30am.

Cost is \$3 per person, per class



WALKING GROUP

Monday Mornings at 10:30am

Stop by the Office to be added to the list! No walking on rainy days.

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.

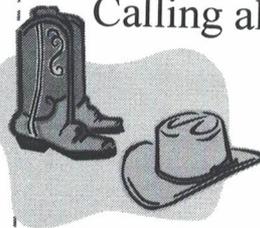
PICKLEBALL!

Come to play Pickleball with us!

Sign up today! \$12 a year to be a part of the fun! For all those that sign up for 2017/18 we now have Pickleball Bags for you! We are also going to re-register for Pickleball starting in October for the "18" year, and will go "back" inside mid-October as it gets cooler out.

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!



BONE BUILDERS!

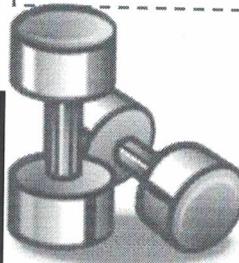
Bone Builders is offered at the Hudson Senior Center! Classes are held

Tuesday at 9am & 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 from Lori today!

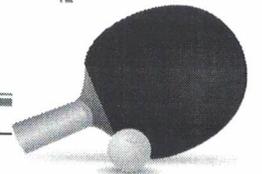


There are exercise bikes at the Center. They are available during the hours of operation.



PING PONG

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



For Our Creative Friends (or those that want to be)

QUILTING GROUP

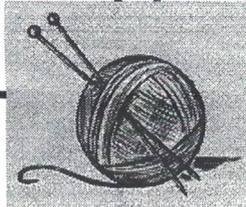
Join our quilting group on Wednesday Mornings! We take on various projects together. Please stop by and check it out, join us or donate fabrics. If you would like to join us to iron, quilt and piece or learn to do any of these things just stop by! Wednesday Mornings at 9am

Silver Knitters

Thursday Mornings at 9am
Bring your craft that you are working on and join us in the Lounge! If you don't know how to knit, crochet or cross stitch we can teach you!

CRAFTING DONATIONS!

We are always taking donations of yarn...our knitters do a lot of donation work and are always looking for more! You can drop off any amount at the Center during business hours
Thank you!



DONATIONS!

Bert is collecting Yarn at the Senior Center for Operation Care for Troops. She is also collecting Scarves and miscellaneous items for this cause too. Please stop by and see her on Thursday mornings in the Lounge for more details

SPACE FOR SALE

CALL 603-601-8047

Email:

seniornewsletter@aol.com

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KEENE MEDICAL PRODUCTS

101 Elm Street, Nashua, NH
(603) 595-2097 www.KeeneMedical.com

Other Happenings at the Barn!

PHOTOGRAPHY CLUB

Join us the second Wednesday of the month for the photography club. Each month the group will choose a topic to photograph and then share their pictures.

SENIOR MEETING

The Senior Meeting continues to take place on the 2nd and 4th Thursday of each month and all patrons of the Senior Center are invited! The meeting takes place just before lunch at 11am. If you have something to add to the agenda please contact the office at 578-3929. See you there!

MEDICAL EQUIPMENT

We have a Senior in need of a wheel chair, not a transport chair, but one with the large wheels. If anyone has a chair to loan or give please contact Lori at 578-3929. Thank you for your kindness!

Billiards!

Our billiard table is waiting for you to play every day!

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.



FOOT CLINIC



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

Please contact Home Health and Hospice at 882-2941 to set up your appointment time for November 22.

MEN'S MEETING

There is a meeting at the Barn for all our male patrons interested in discussing men's topics. Whether that be politics, health, sports or anything other topic! Charlie Matthews, director of the Rodgers Library is sitting in as the moderator for this meeting. The meeting gets underway at 10:30 on the first Thursday of the month.

Join us in the lounge!

Corn Hole

Has made its way to the Barn! It will be down at the Community Center on Tuesday and Thursday mornings, 9-12, starting in October. Come play with us!

See Lori for details

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.

The Hudson Senior Center Calendar

MONDAY

8:45am Center Opens
 9:00am Chair Yoga \$5
 9:30am Mexican Train Dominoes
 10:30am Mat Yoga \$5
 11:00am Technology Classes (by appointment)
 11:30am Lunch
 12:00pm Ping Pong
 12:00pm Mah Jongg
 3:00pm Center Closes

TUESDAY

8:45am Center Opens
 9:00am Coffee Club
 9:00am Bone Builders \$1
 9:00am Mah Jongg
 9:30am Whist
 10:30am North Barn Presents (see page 3)
 11:30am Lunch
 12:00pm Movie Afternoon (see page 2)
 12:00pm Hand in Foot
 12:30pm Scrabble (& other board games)
 3:00pm Center Closes

1st Tuesday of the Month:

10am Free Hearing Screenings

WEDNESDAY

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

THURSDAY

8:45am Center Opens
 9:00am Trip Office Open (to 11)
 9:00am Silver Knitters
 11:30am Lunch
 12:00pm Bingo
 12:30pm Pinochle

1st Thursday of the Month:

10:30am Men's Meeting

2nd & 4th Thursdays of the Month:

11:00am Senior Meeting

FRIDAY

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

*The Billiard Table, Community Puzzle
 and Coffee are available every day*

ABOUT THE SENIOR CENTER

Registration for 2017-18

We are taking new registrations and renewing old ones every day. Please remember you must register every year to participate in any program at the Center. We run a fiscal year for registrations (July-June) and don't pro-rate your first year.

You can register any day the Center is open. Forms are available at the Center (Barn) or you can find them on the Town of Hudson / Senior Center website at www.hudsonnh.gov under the Recreation Department / Senior Center. Registration is \$10 a person and checks can be made out to Town of Hudson. Thank you for being a part of the Hudson Senior Center!

The 5 W's 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 year; per person. You can also download the forms off the website at:

<http://www.hudsonnh.gov/departments/hudson-recreation/senior-center>

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.



CLOSED DATES FOR THE FALL!



October 9th
November 10th
November 23rd
November 24th



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