



# NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

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## Summer of Fun!

~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

Summer is finally here! We are kicking off our "Summer of Fun" with some great news. First our Center is celebrating its one year anniversary at our North Barn location! Wow, hard to believe a whole year has gone by. The second news is that in the month of July we are opening a fourth day! Yes you heard me correct, we will be open on Mondays starting July 6<sup>th</sup>! The hours will be 8:45am-3pm on all four days. We will be celebrating this milestone with a few special events, so check out the calendar and RSVP at the Center's Office.

We are also going to be renewing registrations in the month of July. Don't forget everyone must be registered to partake in any activity at the Center. There will be an updated sheet to fill out and can be found on the Hudson NH website after June 22<sup>nd</sup>. The sheet will also be available at the Center. Anyone that is not registered yet this will be a great time to come in and see what we are doing up here at the Center. Registration will require a fee, and checks can be made out to The Town of Hudson. Happy Fourth of July, and thank you to those that served and continue to serve our country so that we may have freedom every day.

If you have any questions please call or email me at  
578-3929 or [lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov).

~Lori Bowen Senior Services Coordinator

# YOU'RE INVITED!

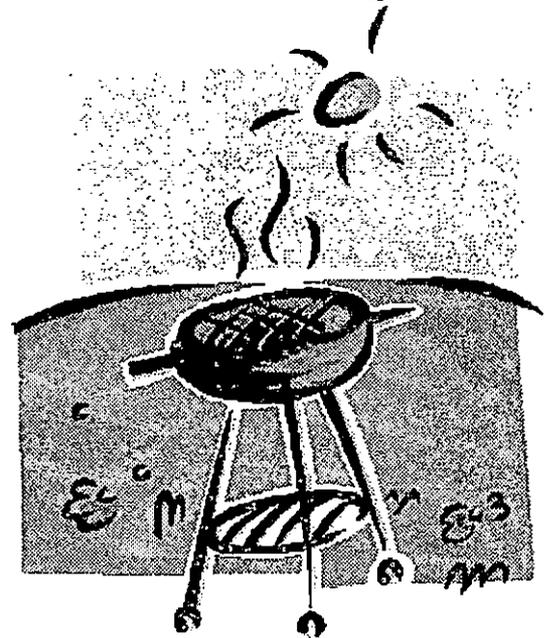
## Summer Celebration Bar-B-Que!

Come celebrate with us!

We have a special day planned including a Bar-B-Que Lunch! The menu for lunch is Amazing Ribs or Chicken paired with Cole Slaw, Red Bliss Potato Salad, Corn Muffin, Raspberry Ice Tea and Ice Cream Sandwich for dessert. Coffee and tea will also be served.

We will also have games and fun during the day. So come for the day and celebrate with us!

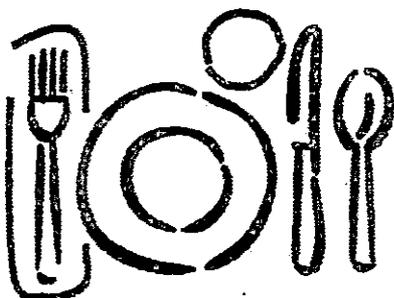
RSVP with Lori by July 14<sup>th</sup>. We are collecting the money up front so you can just enjoy your day!



### LUNCH GROUP

The Lunch Group visits local restaurants every month. They meet the third Thursday of the month. RSVP at the office to get your coupon. 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.



### ICE CREAM SOCIAL!

RSVP for a fun ice cream social at the Center! We will have everything you need for the perfect ice cream sundae so bring your sweet tooth!

July 20<sup>th</sup> at 12:30pm \$2 a sundae

You must RSVP to be included. Sorry but no late sign ups.

### HOW ABOUT A LITTLE HUMOR?

Comedian David Shikes will be at the Barn on July 27<sup>th</sup> at 12:30pm following the Bar-B-Que

Come enjoy this funny afternoon with us.



# YOU'RE INVITED!

## SENIOR ASSISTING FURNITURE & EQUIPMENT

Crystal will be at the Senior Center on June 16<sup>th</sup> from 11:30am-1:30pm and on June 25<sup>th</sup> from 9am-2pm

The mobile showroom will bring a lot of mobility products and assisting products right to the Center. Come check it out, and test out the products.

No appointment needed.

## *FINANCIAL SEMINARS*

Join us every month for some financial advice and information. Mimi is our hostess and she will be discussing all kinds of tidbits to get your finances in order and to help protect you moving forward. This is a free seminar series.

~ Starts at 1pm ~

July 20<sup>th</sup>

August 17<sup>th</sup>

September 21<sup>st</sup>

October 19<sup>th</sup>

Discussion Topics Include:

Long Term Care, Retirement Path, Social Security, and Life Insurance as an asset.

## *CRAFTING CLASS*

The Crafting Class meets the last Thursday of the month. Each month is something different and fun. Come laugh and have a good time while making something new!

In June we are stamping tiles to be used as coasters or trivets (2 for \$5)

In July we will be painting Blueberry Jars, use them when you go pick berries or just to admire. (\$5 each)

August is a surprise, so stop by and see!

Please RSVP at the office to be included in these fun activities...no prior experience necessary!

## *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.



# YOU'RE INVITED!

## American Chestnut Tree Presentation

Please join us on July 8 at 1pm to hear Kurt Laffin speak about the American Chestnut Tree, and hear how Hudson NH is playing a part in the restoration of these giants.

July 8, 2015

1:00pm

## *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!

Starting June 25 John will be here every other week all summer 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.

*Starting at 11am All makes and models of Tech invited!*

## Dave Smith

The Hudson Senior Center is pleased to announce that Dave Smith, photographic artist will be presenting at the Senior Center on

September 16, 2015 at 1pm

Dave specializes in outdoor scenes from high altitudes. Please join us to see his

GLACIER MONTANA photographic adventure.



## **SPECIAL PAINTING CLASS AT THE GRAFFETI PAINT BAR!!! MUST RSVP BY JULY 10<sup>th</sup>**

We are going painting! One afternoon, one painting, one bunch of fun! RSVP today!

Painting Day: August 17 at 1pm

\$25.00 (Discounted Price), please pay when making your reservation. No Refunds.

Included: Materials and your canvas to keep.

We are painting: "Early Bird"

[www.graffitipaintbar.com](http://www.graffitipaintbar.com)



# 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 also access all the forms for the trips on the website: [www.hudsonnh.gov](http://www.hudsonnh.gov).

Lucille can also be reached at 889-1803.

**\*\*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 30 days prior to trip leaving. Checks can be made out to Town of Hudson.

*A Double Lobster Bake at  
The York River Landing  
With Visits to Stonewall  
Kitchen &  
York Beach at Short Sands  
Monday, June 22, 2015  
\$80.00 per person*

*Enjoy a day in Maine!*



*Book your spot today!*

## **CASCO BAY FERRY RIDE WITH LUNCH AT COOK'S ON BAILEY ISLAND**

Travel to the coast of Maine and take a Ferry ride off the coast of Maine. Cruise past lighthouses, lobster men, forts and turn of the century summer colonies.

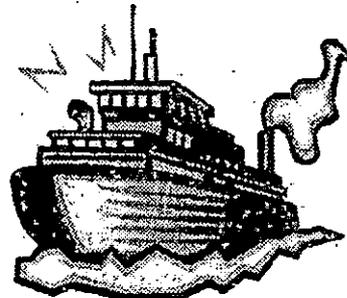
Monday July 13, 2015

\$78.00 per person

**\*\*\* NEW PICK UP LOCATION \*\*\***

**Hudson Memorial School  
1 Memorial Drive (Off Central Street)**

**Look for signs**



# NEW ORLEANS!

If you are traveling with the Hudson Senior Center to New Orleans September 28-October 2, 2015 your final payment is due before July 29<sup>th</sup>.

Thank you!

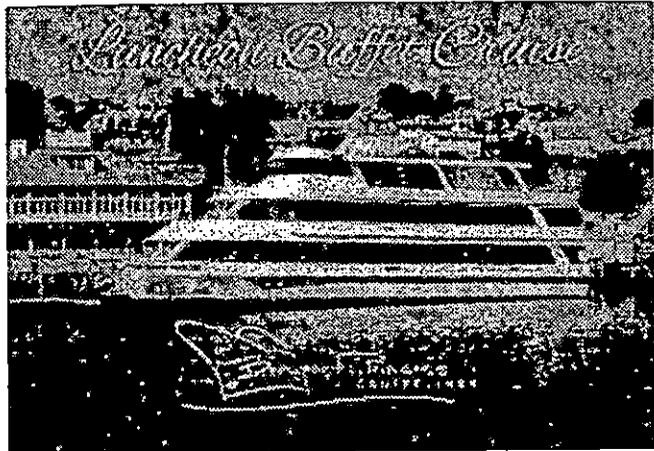
# TAKE A TRIP WITH US!

## *A Cranberry Harvest Tour with Lunch at Isaac's Restaurant*

**Friday, September 11, 2015**  
**\$69.00 per person**

Your group will travel to Plymouth, Massachusetts where they will pick up a local guide for a fun and memorable tour.

**RSVP TODAY!**



***The Hudson Seniors presents  
A Luncheon Buffet Cruise aboard the  
Beautiful Beauport Princess  
In Scenic Gloucester, MA  
Area Sight-seeing and Shopping Too!  
Tuesday, August 4, 2015  
\$76.00 per person***

***Reserve your spot today!***

### Over night at the Indian Head

**We are going back to the Indian  
Head Resort this year!**

**November 20-21**

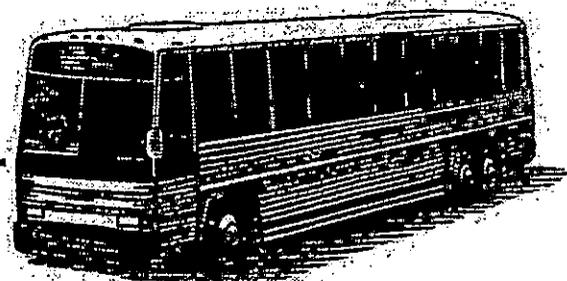
**More details coming soon. Stop  
by the Center to see Lucille and  
reserve your spot today!**

### FOXWOODS RESORT & CASINO

**We are going back to Foxwoods soon!  
Stay tuned for details, stop by for more  
information!**



**More touring and day trips are in  
the works. Stop by the Center to  
see what is coming up and book  
your seat.**



# Hudson Senior Center Summer Of Fun Calendars

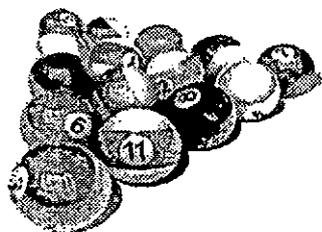
<p><u><b>Tuesday, June 02, 2015</b></u>            Chris Streeter - Hearing 9am            Coffee Club 9am            Bone Builders 9am *New Time*            Mah Jongg 9am            Whist 9:30am            Tapsters 10:30am            Lunch 11:30am            Hand in Foot 12:30pm            Zumba Gold 1:45pm</p>	<p><u><b>Wednesday, June 03, 2015</b></u>            Line Dancing 10:30am \$3            Beginners Line Dancing 11:45am \$3            Canasta 12:30pm    <b>North Barn Presents Movie Day</b>  <i>Elsa and Fred</i>            1pm</p>	<p><u><b>Thursday, June 04, 2015</b></u>            Silver Knitters 9am            Bone Builders 9am @ Rec Office            Men's Meeting 10:30am            Lunch 11:30am            Bingo 12pm            Pinochle 12:30pm</p>
<p><u><b>Tuesday, June 09, 2015</b></u>            Coffee Club 9am            Bone Builders 9am @ Barn            Mah Jongg 9am            Whist 9:30am            Tapsters 10:30am            Lunch 11:30am            Hand in Foot 12:30pm            45's 12:30pm            Zumba Gold 1:45pm</p>	<p><u><b>Wednesday, June 10, 2015</b></u>            Aerobics 9am \$3            Line Dancing 10:30am \$3            Beginners Line Dancing 11:45am \$3            Canasta 12:30pm    <b>North Barn Presents Movie Day</b>  <i>Diana</i>            1pm</p>	<p><u><b>Thursday, June 11, 2015</b></u>            Silver Knitters 9am            Bone Builders 9am @ Rec Office            Senior Center Meeting 11am            Lunch 11:30am            Bingo 12pm            Pinochle 12:30pm</p>
<p><u><b>Tuesday, June 16, 2015</b></u>            Coffee Club 9am            Bone Builders 9am @ Barn            Mah Jongg 9am            Whist 9:30am            Tapsters 10:30am            Lunch 11:30am            Hand in Foot 12:30pm            45's 12:30pm            Zumba Gold 1:45pm  <b>Senior Assisting Furniture and Equipment 11:30am-2pm</b></p>	<p><u><b>Wednesday, June 17, 2015</b></u>            Aerobics 9am \$3            Line Dancing 10:30am \$3            Beginners Line Dancing 11:45am \$3            Canasta 12:30pm    <b>North Barn Presents Movie Day</b>  <i>The Guilt Trip</i>            1pm</p>	<p><u><b>Thursday, June 18, 2015</b></u>            Silver Knitters 9am            Bone Builders 9am @ Rec Office            Book Club 10:30am            Lunch 11:30am            Bingo 12pm            Pinochle 12:30pm</p>
<p><u><b>Tuesday, June 23, 2015</b></u>            Coffee Club 9am            Bone Builders 9am @ Barn            Mah Jongg 9am            Whist 9:30am            Tapsters 10:30am            Lunch 11:30am            Hand in Foot 12:30pm            45's 12:30pm            Zumba Gold 1:45pm</p>	<p><u><b>Wednesday, June 24, 2015</b></u>            Aerobics 9am \$3            Line Dancing 10:30am \$3            Beginners Line Dancing 11:45am \$3            Canasta 12:30pm    <b>North Barn Presents Movie Day</b>  <i>The Judge</i>            1pm</p>	<p><u><b>Thursday, June 25, 2015</b></u>            Silver Knitters 9am            Bone Builders 9am @ Rec Office            Craft of the Month 9:00am  <i>Tiles 2 for \$5</i>            Senior Center Meeting 11am            Lunch 11:30am            Technology Class 11:30pm            Bingo 12pm            Pinochle 12:30pm  <b>Senior Assisting Furniture and Equipment 9am-2pm</b></p>

## House Cleaning For The Senior Citizens

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

*Please call Joyce at 603-275-6469*

Learn to Play Billiards every  
Thursday Morning at 9am



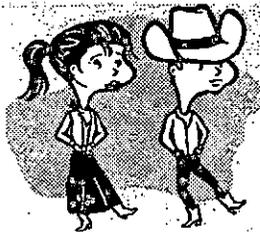
	<p><b><u>Tuesday, June 30, 2015</u></b> Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am Learn to Play - Billiards 10am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm Zumba Gold 1:45pm \$4</p>	<p><b><u>Wednesday, July 01, 2015</u></b> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm  <b>North Barn Presents Movie Day</b> <i>Lee Daniel's The Butler</i> 1pm</p>	<p><b><u>Thursday, July 02, 2015</u></b> Silver Knitters 9am Bone Builders 9am *New Time* Men's Meeting 10:30am Lunch 11:30am Bingo 12pm Pinochle 12:30pm</p>
<p><b><u>Monday, July 06, 2015</u></b>  <b>Pen Give Away Day!</b> <b>Celebrate Our one Year Anniversary!</b>  Ping Pong 8:45am-3pm</p>	<p><b><u>Tuesday, July 07, 2015</u></b> Chris Streeter - Hearing 9am Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><b><u>Wednesday, July 08, 2015</u></b> Aerobics 9am \$3 Line Dancing 10:30am \$3 Photography Club 10:30am Beginners Line Dancing 11:45am \$3 Canasta 12:30pm  <b>North Barn Presents</b> <i>Chestnut Tree Talk with Kurt Laffin</i> 1pm in Function Room</p>	<p><b><u>Thursday, July 09, 2015</u></b> Silver Knitters 9am Bone Builders 9am @ Rec Office Senior Center Meeting 11am Lunch 11:30am Technology Class 11:30pm Bingo 12pm Pinochle 12:30pm</p>
<p><b><u>Monday, July 13, 2015</u></b>  Free Yoga Class 9am Ping Pong 12-3pm  <b>CASCO BAY DAY TRIP</b> <i>leaving from HMS</i> <i>see Page 5 for details</i></p>	<p><b><u>Tuesday, July 14, 2015</u></b> Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am Tapsters 10:30am (new session) Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><b><u>Wednesday, July 15, 2015</u></b> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm  <b>North Barn Presents Movie Day</b> <i>Heaven is for Real</i> 1pm</p>	<p><b><u>Thursday, July 16, 2015</u></b> Silver Knitters 9am Bone Builders 9am @ Rec Office Book Club 10:30am Lunch 11:30am Bingo 12pm Pinochle 12:30pm <b><i>last day to RSVP for Cookout</i></b></p>
<p><b><u>Monday, July 20, 2015</u></b> Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session  <b>ICE CREAM SOCIAL 12:30pm</b>  <b>North Barn Presents</b> <i>Financial Seminar Series</i> <i>w/ New York Life Agent</i> <i>Hostess: MiMi Diringler 1pm</i></p>	<p><b><u>Tuesday, July 21, 2015</u></b> Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am Learn to Play - Billiards 10am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><b><u>Wednesday, July 22, 2015</u></b> <i>Toe Nail/Foot Clinic 882-2941</i> Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm  <b>North Barn Presents Movie Day</b> <i>Captain Phillips</i> 1pm</p>	<p><b><u>Thursday, July 23, 2015</u></b> Silver Knitters 9am Bone Builders 9am @ Rec Office Senior Center Meeting 11am Lunch 11:30am Technology Class 11:30pm Bingo 12pm Pinochle 12:30pm</p>

<p><u>Monday, July 27, 2015</u></p> <p><b>COOKOUT DAY</b></p> <p>Comedian David Shikes 12:30pm</p>	<p><u>Tuesday, July 28, 2015</u></p> <p>Coffee Club 9am Bone Builders 9am @ Barn Mah Jongg 9am Whist 9:30am Learn to Play - Billiards 10am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, July 29, 2015</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm</p> <p>North Barn Presents Movie Day <i>American Sniper</i> 1pm</p>	<p><u>Thursday, July 30, 2015</u></p> <p>Silver Knitters 9am Bone Builders 9am @ Rec Office Crafting Class of the month Please RSVP \$5 <i>Blueberry Jars</i> Lunch 11:30am Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, August 03, 2015</u></p> <p>Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Ping Pong 12-3pm Mah Jongg 12pm</p>	<p><u>Tuesday, August 04, 2015</u></p> <p>Chris Streeter - Hearing 9am Coffee Club 9am Bone Builders 9am @ Barn Mah Jongg 9am Whist 9:30am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, August 05, 2015</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm</p> <p>North Barn Presents Movie Day <i>The Good Lie</i> 1pm</p>	<p><u>Thursday, August 06, 2015</u></p> <p>Silver Knitters 9am Bone Builders 9am @ Rec Office Men's Meeting 10:30am Lunch 11:30am Technology Class 11:30am Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, August 10, 2015</u></p> <p>Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Ping Pong 12-3pm Mah Jongg 12pm</p> <p><b>HANDWRITING ANALYSIS</b> w/ Sandy Please RSVP ~ 10am</p>	<p><u>Tuesday, August 11, 2015</u></p> <p>Coffee Club 9am Bone Builders 9am @ Barn Mah Jongg 9am Whist 9:30am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, August 12, 2015</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm</p> <p>North Barn Presents Movie Day <i>Into the Woods</i> 1pm</p>	<p><u>Thursday, August 13, 2015</u></p> <p>Silver Knitters 9am Bone Builders 9am @ Rec Office Senior Meeting 11am Lunch 11:30am Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, August 17, 2015</u></p> <p>Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Ping Pong 12-3pm Mah Jongg 12pm</p> <p><b>Graffiti Bar - Painting Afternoon - 1pm</b></p> <p>North Barn Presents <i>Financial Seminar Series</i> w/ New York Life Agent Hostess: MIMI Diringer 1pm</p>	<p><u>Tuesday, August 18, 2015</u></p> <p><i>Blood Pressure Checks 9-11am</i></p> <p>Coffee Club 9am Bone Builders 9am @ Barn Mah Jongg 9am Whist 9:30am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, August 19, 2015</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm</p> <p>North Barn Presents Movie Day <i>The Best Exotic Marigold Hotel</i> 1pm</p>	<p><u>Thursday, August 20, 2015</u></p> <p>Silver Knitters 9am Bone Builders 9am @ Rec Office Book Club 10:30am Lunch 11:30am Technology Class 11:30am Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, August 24, 2015</u></p> <p>Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12pm</p>	<p><u>Tuesday, August 25, 2015</u></p> <p>Coffee Club 9am Bone Builders 9am @ Barn Mah Jongg 9am Whist 9:30am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, August 26, 2015</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm</p> <p>North Barn Presents Movie Day <i>2nd Best Exotic Marigold Hotel</i> 1pm</p>	<p><u>Thursday, August 27, 2015</u></p> <p>Silver Knitters 9am Bone Builders 9am @ Rec Office Senior Meeting 11am Lunch 11:30am Bingo 12pm Pinochle 12:30pm</p> <p><b>Crafting Class of the Month</b> <i>To Be Announced</i></p>
<p><u>Monday, August 31, 2015</u></p> <p>Chair Yoga 9am \$32 - 6 week session Mat Yoga 10:30am \$32 - 6 week session Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12pm</p>	<p><u>Tuesday, September 01, 2015</u></p> <p>Chris Streeter - Hearing 9am Coffee Club 9am Bone Builders 9am @ Barn Mah Jongg 9am Whist 9:30am Tapsters 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm Zumba Gold 1:45pm \$4</p>	<p><u>Wednesday, September 02, 2015</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm</p> <p>North Barn Presents Movie Day <i>5 Flights Up</i> 1pm</p>	<p><u>Thursday, September 03, 2015</u></p> <p>Silver Knitters 9am Bone Builders 9am @ Rec Office Men's Meeting 10:30am Lunch 11:30am Technology Class 11:30am Bingo 12pm Pinochle 12:30pm</p>

# FOR MOVING AND SHAKING!

## ~ YOGA ~

Mat and Chair Yoga Classes will be offered at the Senior Center on Mondays at 9am starting in July. Free Class on July 13. \$35 a Session.



## 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. Please stop by the office to add your name to the list!

Cost is \$3 per person, per class.

***Beginners Line Dancing!***  
 Have you ever wanted to try Line Dancing? Well here is your chance! Class starts at 11:45, and will cost you \$3 per week.



## ZUMBA GOLD WITH JESS

A new 8 week session of Zumba Gold is starting on May 5<sup>th</sup>. The class will be Tuesdays at 1:45pm. Sign up at the Barn to be a part of this fun movement class!



## BONE BUILDERS!

Bone Builders is offered through the Hudson Senior Center! Classes are every Tuesday at the Barn and Thursday at the Recreation Office Conference Room. 9am – 10:30am

Stop by the Barn for your doctor forms.



## 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 to sign up to guarantee a spot.

Cost is \$3 each per class.

## TAPSTERS!

We are pleased to announce the addition of a Tapsters Class here at the Hudson Senior Center! The class will be on Tuesday mornings at 10:30am for 6 weeks. Please see Lori to sign up and visit Dancers Closet in Nashua to get a discount on shoes! This is an all abilities class right now, so be sure to stop by and check it out!

Cost is \$35.00 per session



# TAKE A CLASS WITH US!

## RODGERS LIBRARY E-READER CLASS

Learn how to use the online E-Book Library from Rodgers Memorial Library. Class is the third Tuesday of each Month at 1pm.



## MAH JONGG LESSONS

Mah Jongg is the Chinese tile game that will have you using your brain! Lessons are by appointment. See Lori to set up a time with an instructor. Thank you!

## PICKLEBALL!

Come learn to play Pickleball with us! This fast paced game is taking over and we have jumped on the wagon! Sign up at the Center to take the beginner class and be a part of this fun game!



# Happy 4th!

## EXERCISE CLASSES AT THE CENTER!

We offer a variety of classes to move you at the center. Check in with Lori if you have any questions.

**\*NEW!\* Chair Yoga ~ Mondays at 9am**  
(\$35 for 6wks)

**\*NEW!\* Mat Yoga ~ Mondays at 10:30am**  
(\$35 for 6wks)

**Bone Builders ~ Tues & Thurs at 9am (\$2)**

**Zumba Gold ~ Tuesdays at 1:45pm**  
(\$32 for 8 weeks)

**Aerobics ~ Wednesday at 9am (\$3 a class)**

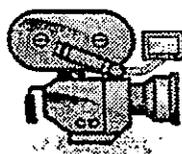
**Line Dancing ~ Wednesdays at 10:30am**  
(\$3 a class)

**Beginners Line Dancing ~ Wednesday at 11:45am (\$3 a class)**

## 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 of the facility, 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.

For more information about the Community Television Access Center you can also visit [www.hudsonnh.gov](http://www.hudsonnh.gov)



# CARDS AND GAMES

## CALLING ALL CARD & GAME PLAYERS!

Scat - Every day at 9am

Whist – Tuesday Mornings starting at 9am

Mah Jongg – Monday at 12pm

Mah Jongg – Tuesday at 9am

Pokeeno – Tuesday & Wednesday after lunch

7's – Tuesday & Wednesday after lunch

Board Games – Tuesdays at 12:00 pm (see calendar)

Scrabble – Tuesday at 12 pm

45's – Tuesday at 12:30 pm

Canasta – Wednesday at 12:30 pm

Pinochle – Thursday at 12:30 pm

Bingo – Thursday at 12 pm

Community Puzzle – Daily from 8:45am – 3pm

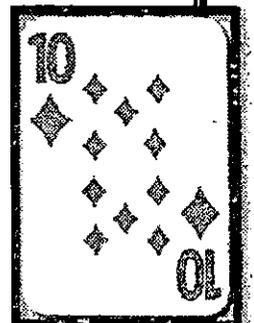
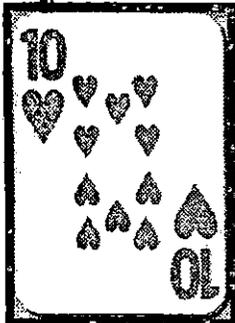
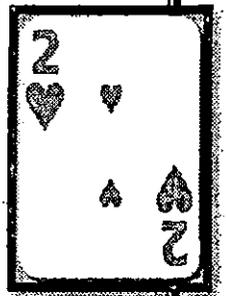
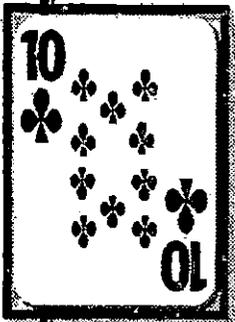
Billiards – Daily from 8:45am – 3 pm

Ping Pong – Monday at 12:30pm

Ping Pong – Tuesday from 11:45am – 1:45pm

There is always room for a group to sit down  
and play any game every day

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



# FOR HEALTH & WELLNESS

## FOOT CLINIC

The Foot Clinic is being held at the Barn on the 4<sup>th</sup> Wednesday every other month. Please contact Health and Hospice at 882-2941 to set up your appointment time.



Next dates: July 22 and September 23

## Diabetic Shoe Clinic

Appointments are available on August 3rd starting at 9am. Please stop by the office to get paperwork to be filled out by your doctor. See the products that will be offered, and to set up your appointment with the specialist.

Additional information can be found at:

[www.drcomfort.com](http://www.drcomfort.com)

## WALKING GROUP

Our walking group is still going out on Monday mornings. Meet them at the kiosk by the Benson Park gate and wander beautiful Benson Park together.

Don't forget, walking is an excellent form of exercise and can be modified to your needs. Join us next Monday morning!

## RITE AID PHARMACY

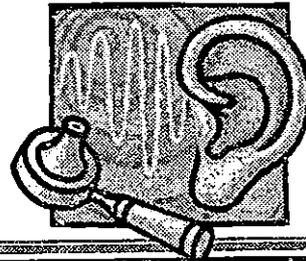
Rite Aid Pharmacy's Wellness Ambassadors will be at the Center on July 7<sup>th</sup>. They will answer any questions you have and talk about the programs that Rite Aid Stores are offering. Please join us starting at 9am to visit with them over coffee.

## AFFORDABLE HEARING LLC

Free Hearing Evaluation.  
Lowest Hearing Aid Prices.

Chris is here the first Tuesday of each month from 10-12pm. (Except July)

You can find him in the Activity Office, or sign up in the office for a guaranteed time.



## JOIN US ON AUGUST 18<sup>TH</sup> FOR BLOOD PRESSURE CHECKS

We will be joined by a pharmacy student from the Massachusetts College of Pharmacy. If you are interested they will be performing blood pressure checks on anyone that stops by the Center.



# FOR CONVERSATION

## 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. Look for their facebook page coming soon!



## 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.



## SENIOR MEETING

The Senior Meeting continues to take place on the 2<sup>nd</sup> and 4<sup>th</sup> 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!

## LUNCH BUNCH

Lunch is served every day at the Barn from our fabulous gourmet kitchen. You are also welcome to pack a lunch and come and enjoy the view from our dining room.



## SENIOR AFFAIRS COMMITTEE

Tune in to Gov. Channel 22 on Comcast to watch our advisory council meetings. Third Wednesday of each month at 7:30. See Lori for more details or to be added to the agenda. We are not airing July & August.

## 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!

## \* BOOK CLUB \*

Natalie and Amy from Rodgers Memorial Library are our book discussion group leaders here at the Center. Every month on the third Thursday there will be a meeting of the minds to discuss the book of the month. This will also be the day that you can pick up your copy of the book for the following month. The books will be available after that in the office, see Lori to reserve your copy. You can also download a digital book to participate, just add your name to the list by talking to Lori so we know to expect you!

June: *The Art Forger*, by B.A. Shaprio



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603-880-8676

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Email: [seniornewsletter@aol.com](mailto:seniornewsletter@aol.com)

OR WRITE TO:

SENIOR NEWS PUBLICATIONS,

7 PHILBROOK TERRACE, HAMPTON, NH 03842



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Contact us and we will be happy to give you a tour of our facility.

203 Lowell Road, Admissions Office, Hudson NH 03051

603-882-5261



## Adult Day Care

We are located in Nashua

Open Monday – Friday

603-589-9570

Adult Daycare is 1/3<sup>rd</sup>  
the cost of homecare.

We offer personal care,  
showering, shaving, etc.

Open one Saturday a month  
for respite care.

# ABOUT THE SENIOR CENTER

## Registration Renewals

We are taking new registrations and renewing old ones starting in July. Please remember you must register to participate in any program at the Center. You can register any day the Center is open.



## Dave's Letter

Hello!

We hope you enjoy using the Center on Mondays starting in July. Lori is available to ask questions but you can also contact me directly with any questions or concerns at 880-1600, or at [dyates@hudsonnh.gov](mailto:dyates@hudsonnh.gov).

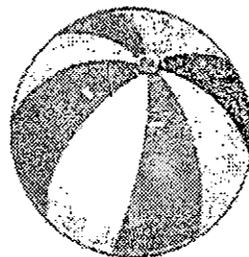
I hope you all have a great summer.

Sincerely,

*Dave Yates*

Dave Yates

Hudson Recreation Director



### HUDSON SENIOR CENTER

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)

[lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov)

#### HOURS OF OPERATION

Tuesday: 8:45am – 3pm

Wednesday: 8:45am – 3pm

Thursday: 8:45am – 3pm

We are not open Friday through Monday.



## *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 over the age of 55.

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

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

**When:** Tuesday – Thursday  
8:45am-3pm

**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>