



NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER



Hello Spring!

FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

Spring has come early up here at the Barn! Those friends that stayed around NH for this Winter Wonderland this year have been keeping busy at the Barn. Our snowbirds are returning from their winter getaways and we are happy to see you!

We have a lot of new presentations and some interesting conversation starters happening in the coming months. So please check out the North Barn Presents Section to see what is coming that will interest you.

All of our exercise classes are continuing to grow, we still have room for you though! Check out the Moving and Shaking Section to see what will interest you and get you moving this Spring!

As always if you think of something you would like to introduce here at the Barn please stop by to see me.

Check out all of our Crafting Classes and Groups, we would love for you to join us!

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 SPRING

May 29th

For Memorial Day

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

The Center is open
Monday-Thursday
8:45am - 3pm

From the Desk of the Hudson Recreation Director

Hello!

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

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

New York Life Insurance Presents:

A financial strategy that includes a plan for extended care may help you realize your goals while helping minimize the impact a need for care may have on you and your loved ones. Come learn about ways you can prepare for the future with long-term care funding options offered by New York Life.

April 11, 2017 10:30am

Shoe and Brace Clinic

*Do you have Diabetes and need Diabetic Shoes?
Are you in need of a Brace for any joint dis-comfort?*

We are offering a Shoe and Brace Clinic on April 25th
Appointments start at 2pm. Please RSVP for your appointment, and take the Doctors Forms to be filled out prior to April 25th.

**** MOVIE SPECIAL EVENT ****

We are going to be showing the 2016 version of
"Pete's Dragon"

This is NH April Vacation Week so please bring
your grandchildren if you would like.

RSVP for this great afternoon at the Center.

Citizen's Bank Presents:

Estate Planning

Tuesday June 13, 2017

This is an educational workshop on "Estate Planning". Discussion includes current methods available to help manage the burden of Estate Planning. You will leave with a solid understanding of all you need to be successful!

MOVIE AFTERNOON!

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

March 7 – Hello My Name Is Doris

March 14 – Greater

March 21 – Snowden

March 28 – Deep Water Horizon

April 4 – Denial

April 11 – Sully

April 18 – The Hollars

April 25 – Pete's Dragon

* Special Event*

May 2 – The Girl on the Train

May 9 – Mother's Day

May 16 – Hacksaw Ridge

May 23 – World War Z

May 30 – Fences

June 6 – Jackie

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

The North Barn Presents Tuesday Mornings 10:30am

Joyce & Mr. R

This fabulous duo will be Singing Songs and sharing laughs at the Center on May 16. Please join us in the Function Room for this Musical Experience!
May 16 at 10:30am

Meals on Wheels Presents:

Nine to Ninety

What does it take to live, love and die with dignity and grace in the modern age?

This is a movie presentation followed by a discussion.

Please RSVP at the Center or by calling 578-3929

Lunch is being served immediately following the discussion time and you can RSVP for lunch too.

MUSIC CONCERT

Featuring Benes!

Benes will once again entertain us with his guitar. Join us on

March 21st at 10:30am

No RSVP required

Coffee with the Cops

Join the Hudson Police Department for coffee and conversation.

They will be here to answer questions and keep you informed.

3/28, 4/25, 5/30

Get your Blood Pressure Checked!

This free service is put on by the Massachusetts College of Pharmacy.

Stop by and meet the newest pharmacy student to come to the Center, ask questions and get your blood pressure checked.

March 14 all morning

Come Play Wii Bowling!

**After you vote on March 14
come bowl with us!**

10:30am-12pm

Fairview Nursing Home

Presents a Series about Nutrition and You!

Please join us on May 9 and May 22

At 10:30am in the Function Room.

Inquire at the Senior Center for more details

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

3/7 4/4 5/2 6/6

Corn Hole

9am Tuesday and
Thursday mornings

At the Hudson
Community Center
12 Lions Ave.

Billiards!

Our billiard table is
ready for you to play
Monday – Thursday
8:45am-3pm

The North Barn Presents

CRAFTING CLASSES!

This is a quick reference guide for all our upcoming crafting classes and groups.

During the Groups we offer teachers during each session and no prior experience is necessary!

Classes require RSVP and payment ahead so please see the Office at the Barn for more information!

We hope you will join us!

GROUPS ~ Free, please join us!

Quilters	Every Wednesday	9am
Silver Knitters	Every Thursday	9am

CLASSES ~ RSVP required

Edible Bird Nest with Eggs	3/27	\$5	9:30am
Painted Wine Glasses	4/24	\$15	9:30am
Fairy Gardens	5/22	\$15	9:30am

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 other 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 11am – 2pm
Please sign up at the Center or call 578-3929

HOW TO USE EBAY CLASS!

Do you have extra stuff lying around? Are you trying to declutter? Just need more room? The Senior Center is pleased to announce we will be offering a how to use 'ebay' class!

Learn what sells and what doesn't, how to value your items and when to sell them. Create searchable titles and mobile-friendly descriptions. Learn how to take an upload simple, attractive photographs of your items. Find out how to complete sales and ship your items. Ebay is easy to use if you know what to do and what not to do! The class will end with listing on one or two items live right from the classroom!

Instructor: Glenn Della-Monica
March 15, 22 & 29, 2017

Space is limited, please sign up today!

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

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!



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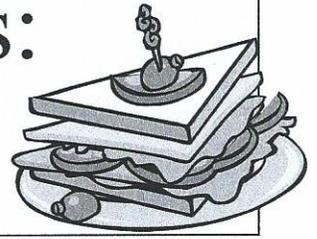
CALL 603-601-8047

Email:
seniornewsletter@aol.com

OR WRITE TO:

**SENIOR NEWS
PUBLICATIONS,
7 PHILBROOK TERRACE
HAMPTON, NH 03842**

The North Barn Presents: Fun & Food!



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

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.

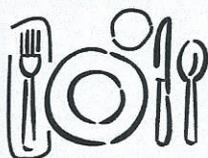
Coffee Club

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



LUNCHEON GROUP

The Luncheon Group visits local restaurants every month. They meet the third Monday 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.



CALLING ALL CARD & GAME PLAYERS!

- Scat - Every day at 9:00 am
- Whist – Tuesday Mornings starting at 9:00 am
- Mah Jongg – Monday at 12:00 pm
- Mah Jongg – Tuesday at 9:00 am
- Pokeeno – Tuesday & Wednesday after lunch
- 7's – Tuesday & Wednesday after lunch
- Scrabble – Tuesday at 12:00 pm
- 45's – Tuesday at 12:30 pm
- Canasta – Wednesday at 12:30 pm
- Pinochle – Thursday at 12:30 pm
- Bingo – Thursday at 12:00 pm
- Community 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 1:00 pm ***new time!***
- Bridge – Wednesday at 9:30 am
- Poker – Wednesday at 11:30 am
- Board Games – Tuesday at 12:00 pm
- 45's – We are looking for players, sign up today!
- Mexican Train Dominoes – Wednesday at 12:00pm

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, don't be shy!



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

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.

Edwards Twins!

**Performing at the
Newport Playhouse**

May 8, 2017

\$87.00 per Person

Buffet Lunch

Question: Would you like to go to Wildwood connection Cape May, New Jersey in September?

Lucille is taking a survey to see if we can put together a trip there!

"A Little Bit of Ireland"

Sunday, March 12, 2017

Pick up at the Community Center

12 Lions Ave Hudson NH

Bus leaves at 10:30am

Don't be late!

The Crazy Time Play & Lobster!!!!

**Join us for a trip to the
Newport Playhouse
For a play and cabaret show!**

October 16, 2017

\$89 per person – wait list only!

"Million Dollar Quartet"

**Tribute to:
Jerry Lee Lewis, Carl
Perkins, Johnny Cash
& Elvis Presley**

**Venus De Milo
\$ 90 per person
September 21, 2017**

Foxwoods!

\$32 per person

**Date announced soon!
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!**

Collette Tours

9 Days in Canyon Country

Arizona and Utah

October 19-27, 2017

**Please see Lucille in the Trip
office to get details**

Bee Gees

**"Staying Alive"
Tribute Band**

Danversport Yacht Club

May 24, 2017 \$90 per person

TAKE A TRIP WITH US!

Tribute to the Legends of the 60's

featuring Don Who? And
comedian Glen Anthony
Thursday August 3, 2017

\$81 per person

The White's of Westport is your
host for the day

Lancaster Pennsylvania

June 4-7, 2017

4 day trip to Penn Dutch Country of Lancaster, Pennsylvania.
Included in this trip are tickets to the theater, meals, tours of the
area, and lodging at a Country Inn.

Prices vary by occupancy, please see Lucille for details, this is a
multi-day and overnight trip \$75 deposit

Illusionist Adam Trent

April 19, 2017

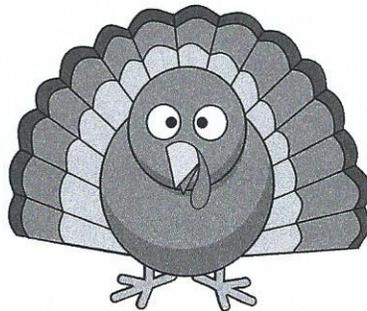
\$96 per person

Lantana's in Randolph Mass is
your destination for this trip!

Harts Turkey Farm & Train Ride on the Winnepesaukee Rail Road

October 13, 2017

\$79.00 per person

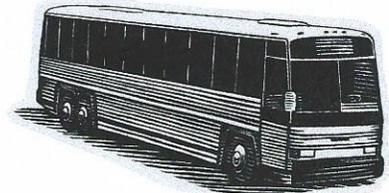


There are more trips being
booked for 2017

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!



Michael Buble Tribute Show

Dinner & Show at
Lake Pearl in Wrentham Mass
December 6, 2017

\$90 per person



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FOR MOVING AND SHAKING!

YOGA

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

\$5 each class

Chair – Mondays at 9am

Mat – Mondays at 10:30am

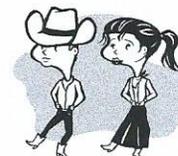


LINE DANCING WITH GAIL

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

Starting in April

Stop by the Office to be added to the list!

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.

PICKLEBALL!

Come to play Pickleball with us!

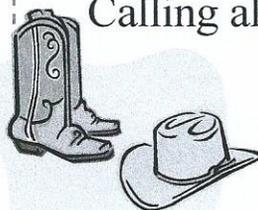
Sign up today! \$12 a year to be a part of the fun! For all those that sign up or have signed up before we now have Pickleball T-Shirts for you! We are also going to re-register for Pickleball starting in October for the 2016-17 year, and will go "back" inside mid-October as it gets cooler out.

**We will play at the Sportszone in Derry on March 14 at 9am \$5 per person **

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!



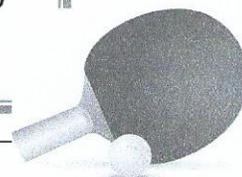
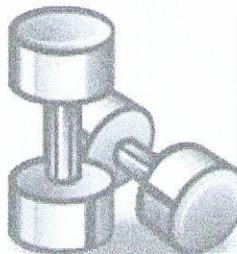
BONE BUILDERS!

Bone Builders is offered at the Hudson Senior Center! Classes are every Tuesday at the Barn at 9am. 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 two 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

We have started a group on Wednesday Mornings that will 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, 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 stich we can teach you!



shutterstock - 119787181

YARN!

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:

Monday – Thursday

8:45am-3pm

And thank you!

Fairy Gardens

May 22

9:30am

\$10.00 each

Please RSVP, all materials are included for this project



Paper Flowers

We will be making a paper flower bouquet on March 6.

\$7

9:30am please RSVP

Join us to paint: *Wine Glasses!*

We are going to be painting Wine Glasses! Please RSVP to share in this fun activity! Pre-pay necessary to ensure your spot 4/24/17 9:30am \$15.00 each



Edible Bird Nest

\$5 3/27/17

Come make a fun edible bird nest to keep or share. All materials provided for this fun craft! Please RSVP and pay ahead for this craft.

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tyngsboroughfh@gmail.com | www.tyngsboroughfuneralhome.com

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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!

SENIOR AFFAIRS COMMITTEE

Tune in to Gov. Channel 22 on Comcast to watch our Advisory council quarterly meetings. See Lori for more details or to be added to the agenda, or consider joining us for public input!

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 March 22 or May 24.



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!

FREE BLOOD PRESSURE SCREENINGS

The Massachusetts College of Pharmacy stops by regularly to offer free blood pressure screenings. The next time they will be in is on March 14, a Tuesday morning. Stop by the Center to see the Pharmacist Students! They will be back-see barn for details.

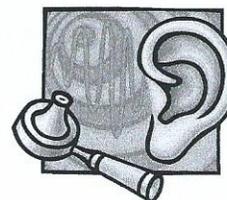
AFFORDABLE HEARING LLC

*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 in the office for a guaranteed appointment time.



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 Art Class (varies please RSVP)
 10:30am Mat Yoga \$5
 11:30am Lunch
 12:00pm Ping Pong
 12:00pm Mah Jongg
 3:00pm Center Closes

*The Billiard Table is available
 every day we are open 8:45-3pm*

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
 3:00pm Center Closes

1st Tuesday of the Month: Free Hearing Screenings

WEDNESDAY

8:45pm Center Opens
 9:00am Aerobics \$3
 9:00am Trip Office Open (to 11)
 10:30am Line Dancing \$3
 11:30am Lunch
 11:45am Beginners Line Dancing \$3
 12:30pm Canasta
 1:00pm Cribbage
 3:00pm Center Closes

March 15, 22 & 29 eBay Class RSVP required

March 22 & May 24 ~ Foot Clinic, see page 10

THURSDAY

8:45am Center Opens
 9:00am Trip Office Open
 9:00am Silver Knitters
 11:00am Technology Classes (by appointment)
 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

ABOUT THE SENIOR CENTER

Registration for 2016-17 starting in July

We are taking new registrations and renewing old ones every day, but starting in July you can register to participate for 2016-17. Please remember you must register to participate in any program at the Center. You can register any day the Center is open. Forms are available at the Center (Barn) or you can find them on the 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!

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

We are not open Friday, Saturday or Sunday.



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

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>

INCLEMENT WEATHER NOTICE

Please be advised if the Hudson School District has NO SCHOOL or a DELAYED OPENING due to inclement weather, the Hudson Senior Center will not be open. Please stay safe and be careful when traveling.