



# NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER

## Spring Has Sprung!



### ~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

Happy Spring! Yes it is almost here, and soon we will be enjoying the fresh air and watching flowers bloom! We have some great Arts & Crafts Classes coming up to help you think Spring, details in the following pages.

Until then you can come and enjoy some of the activities here at the Senior Center. We have some exciting new programs coming up and of course all of our old favorites! Check out our new Book Club, they are our newest addition! Come make some new friends at our coffee club, play some games or just watch a movie. We have a wonderful selection of exercise classes available and there is plenty of room for you in all of them!

Don't forget to sign up to have your taxes done here at the Barn. AARP Tax Help is here at the Barn on Thursdays. You can call 578-3929 to set up your appointment.

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

*Leri A. Bowen*

Lori A. Bowen

Town of Hudson - Senior Services Coordinator

### AARP Tax Help

Thursdays from 9am-1pm

Please call for an appointment  
578-3929 or 211

### 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! Be sure to stay up to date on activities through the website and by stopping by the senior center.

We hope you enjoy having 5 days to partake in activities at 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

### CLOSED DATES FOR THE SPRING!

**May 28**

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

# The North Barn Presents

## FOOT CLINIC



The Foot Clinic is being held at the Barn on the 4<sup>th</sup> Wednesday every month. Please contact Home Health and Hospice at 882-2941 to set up your appointment time for the Spring. Please be aware if the Center is closed there is no clinic.



## 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.

## 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 16<sup>th</sup>  
Appointments start at 1pm. Please RSVP for your  
appointment, and take the Doctors Forms to be filled out  
prior to April 16<sup>th</sup>. Shoes and Braces are free.

## 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!

## MOVIE AFTERNOON!

- March 6 – Dunkirk
- March 13 – Seabiscuit
- March 20 - Wonder
- March 27 – Thank you for your Service
- April 3 – Brad’s Status
- April 10 – The Ballad of Lefty Brown
- April 17 – Daddy’s Home 2
- April 24 –All I see is You
- May 1 –If you can’t beat the House
- May 8 -Valerian
- May 15 – Only the Brave
- May 22 –The Glass Castle
- May 29 – Geostorm
- June 5 –Marshall
- June 12 – Moana
- June 19 – Suburbicon
- June 26 – Guardians of the Galaxy 2

*Movies are 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 newsletter for more information in March!  
See the Movie Bulletin Board for details at the Barn or online*

# The North Barn Presents Tuesday Mornings 10:30am

## Military & American History Game

April 10

John will be here with his American History and Military Trivia Game!

## SPECIAL MUSIC EVENT!

The Hudson Memorial School Bands will be sharing their Spring Concert with us on June 5, 2018 at 10:30am. Please join us for this wonderful musical experience!

## Photography by Dave Smith

Photographer Dave Smith will be joining us on March 20 to show his photographs entitled "Seasons of the White Mountains"

## Estate Planning May 15

'At this free legal seminar, Elder Law Attorney Edward "Ted" Beasley will discuss how to protect your house and lifetime of savings from a prolonged nursing-home stay, how to avoid probate, plus strategies for passing assets safely and efficiently. Learn how to protect your children's inheritance from divorce or drug dependency. Attorney Beasley, former chairman of the American Bar Association Elder Law Committee, presents this lively and engaging seminar in everyday language, and there will be plenty of time for questions. Receive a copy of our latest book and our new guide, "How to Protect Your Children's Inheritance from Loss to Divorce, Creditors, Addictions, Death and other Unforeseen Life Events." Co-Author Greg Gagne will also present.'

**Please RSVP outside the office or call 578-3929**

## Come Play Corn Hole!

March 13<sup>th</sup>

April 17

May 8

Stop by to play!

## Coffee with the Cops

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

3/27 4/24 5/29 6/26

## 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  
3/6 4/3 5/1 6/5

Stop by the office and see Lori if you have any questions about presentations. Don't forget if the Center is not open due to inclement weather the presentations for the day will be cancelled. They may be made up at a later date so see Lori for details.

# The North Barn Presents

## 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!

Appointments Available on Mondays 12:30pm – 2:30pm  
Please sign up at the Center or call 578-3929

## 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.



## Inclement Weather Notification

The Hudson Senior Center will be closed if there is no school OR a delayed opening for the Hudson School district during inclement winter weather. In the event of weather cancellations or emergencies, cancellations will be registered with WMUR channel 9 on television. The Senior Center comes up on the business listings scroll. Any inclement weather cancellations will also include cancellation of Community Dining Meals and all activities. You will also be able to find this information on the Town of Hudson Website at [www.hudsonnh.gov](http://www.hudsonnh.gov), and channel 22 on HCTV through Comcast.

Even though the Center is open please use discretion if traveling with the weather. Your safety is imperative to us and we want everyone to stay safe!

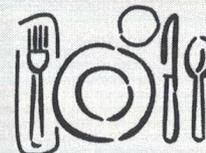


Thank you to Gloria Maille who has art work displayed in our hallway!

## 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.



## 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!

## North Barn Book Club

**What can be new about a book club you ask?** Well, lots of things...for example, everyone will not be reading the same book. Every month we will choose a subject and you will choose your own book to read. The next month you will give a brief summary of your book and give it a thumbs up or thumbs down.

Meeting will be held at the North Barn on the first Monday of every Month at 10:00am. If the Monday is a holiday we will meet on the following Monday.

# 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](http://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.

## MARCH SALAD BAR MENU

Wednesday March 14, 2018

Lunch is served at 11:30am for \$2 per meal. RSVP is required by March 2, please specify Entrée choice when you RSVP

Entrée 1: Parmesan Chicken Wrap

Entrée 2: Hummus and Veggie Wrap

Minestrone Soup

Caesar Salad

Apple Cake

There is a Salad Bar option for lunch every month. Stop by the Center to see April & May

## Tyngsborough FUNERAL HOME

978-419-4954 | 4 Cassaway Drive, Tyngsborough, MA 01879  
tyngsboroughfh@gmail.com | www.tyngsboroughfuneralhome.com

*Roland W. Martin | Daniel R. Martin*

*Traditional funeral services,  
Pre-need Planning, Cremation services,  
Memorial services, & more.*



## Mary Ann The Tailor

Custom Sewing, Alterations  
& Mending too.

*Located just behind Continental  
Academy of Hair Design"*

For Appointment Please Call  
**(603) 882-7309**

There's no place like home.

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- Home Oxygen - Stairlifts - Walking Aids
- Scooters - Bathroom Safety - Sleep Therapy

### KEENE MEDICAL PRODUCTS

101 Elm Street, Nashua, NH  
(603) 595-2097 [www.KeeneMedical.com](http://www.KeeneMedical.com)

## House Cleaning for The Senior Citizens

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

*Please call Joyce at 603-275-6469*

# 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](http://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.

### KINGS AND QUEENS OF COUNTRY

April 23, 2018

\$89 per person

At the Log Cabin

### EAGLEMANIA

\$92 per person

June 19, 2018

Danvers port  
Yacht Club

### PENNSYLVANIA!

September 16-19 2018

Price Varies upon occupancy  
Includes: 6 meals, Gettysburg,  
Amish Home Meal, Hershey  
and a New Show!

More information for these trips can be found at the Center on the Trip Board or by going onto our website. All seats require a \$20 deposit to hold your space and seats are assigned at sign up.

### JAZZ 'N' BLUES CRUISE

June 6, 2018

\$89 per person

Aboard the  
Mount Washington Cruise

### Country Legends

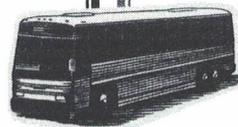
April 11, 2018

\$92 per  
person

At Lake Pearl

The  
Enchanted  
Music of  
Ireland Bus  
leaves at  
8:15am

**Trips Available for  
booking on  
April 11 at 9am**



Lobster Roll Cruise  
Bobby Rydell  
Newport Playhouse  
Turkey Train

“Cruisin thru the 50’s”  
Buddy Holly  
Kenny & Dolly

### Christmas in July

July 25, 2018

\$89 per person  
At Foster's

### Everly Brothers and Simon & Garfunkel

Tribute Show  
May 23, 2018

\$92 per person  
At Lantana's

### Foxwoods!

\$32 per person

June Date TBA

Spend the day at

Foxwoods!

Look for more details  
coming soon!

# HAVE SOME FUN WITH US!

**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

## ARTS & CRAFTS CLASSES

March 23 Button Tree \$15  
April 20 Alcohol Inks Tiles \$15  
May TBA Wine Glass Painting \$15  
May 18 Succulent Garden Display \$15

See samples of our projects at the Center.  
RSVP is required, and payment is due at time of RSVP

## Silver Knitters

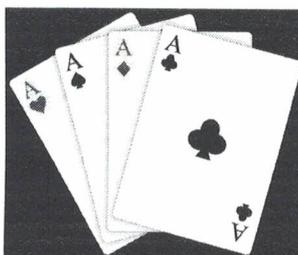
Thursday Mornings at 9am  
Bring your craft that you are working on and join us in the Lounge! If you don't know how to knit, crochet or cross stich we can and will teach you!

## 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 open to close  
Billiards – Daily from open to close  
Ping Pong – Monday at 12:00pm  
Cribbage – Wednesday at 12:00 pm  
Bridge – Wednesday at 9:30 am  
Poker – Monday at 12 pm  
Mexican Train Dominoes – Monday at 9:00am  
Board Games – Tuesday at 12:00 pm  
Cribbage – Wednesday at 12:00 pm

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

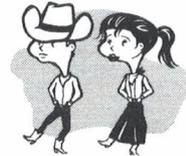


## LINE DANCING WITH GAIL

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

Yes it is that time of year again! Sign up to be a part of our groups...we will walk every day so it fits in your schedule!

## AEROBICS WITH SYLVIE

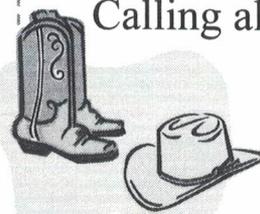
Aerobics with Sylvie meets on Wednesday mornings at 9am. Please bring your hand weights and smile, as you do low impact aerobics and balance exercises. Then finish class with chair and hand weight exercises. This is an all abilities class and all are welcome! Please see the office at the Barn with any 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!  
We will play indoors until the end of  
Stop by the Senior Center to get your  
waiver form today!  
We play indoors 2 times per week!

## *Beginners Line Dancing!*



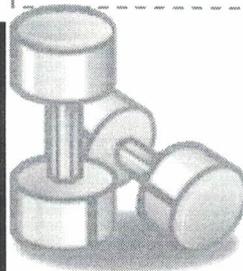
Calling all beginners! Class starts at 11:45, and will cost you \$3 per week. We are always looking for new dancers, join us this Wednesday!

## BONE BUILDERS!

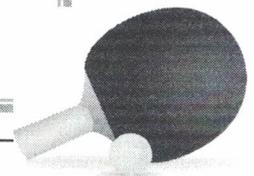
Bone Builders is offered at the Hudson Senior Center! Classes are held Tuesday at 9am & Friday at 10:30am

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!

# 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  
 11:30am Lunch  
 12:00pm Ping Pong  
 12:00pm Poker  
 12:00pm Mah Jongg  
 12:30pm Technology Classes (by appointment)  
 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

*1<sup>st</sup> 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 AARP Tax Help (Through April 12)  
 9:00am Trip Office Open (till 11)  
 9:00am Silver Knitters  
 11:30am Lunch  
 12:00pm Bingo  
 12:30pm Pinochle

*2<sup>nd</sup> & 4<sup>th</sup> 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 2018

**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](http://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!

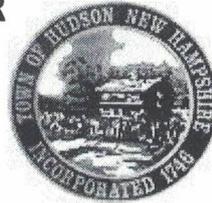
**How:** Register any day at the office! \$10 registration fee per year; per person. You can also down load the forms off the website at:

<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](http://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 SPRING!

*May 28*

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

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.