



# NORTH NEWS

## NEWS FROM THE HUDSON SENIOR CENTER

# Welcome Summer!

### ~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

We are so happy to welcome back Summer and all that brings to 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.

The Middle School Music Students will be stopping by on June 13<sup>th</sup> at 10:30am to share their spring concert with us! Be sure to put it on your calendar and join us!

Our Annual Bar-B-Que will be held in August again this year, and we hope you can join us! Our theme this year is Country Western Hoedown! Tickets go on sale on June 12 at 9am. For more information turn the page!

We hope you will continue to enjoy your Senior Center, let Lori know if there is an activity that you would like to participate in. We are always looking for new groups to start up too, so don't be shy, talk to Lori today!

Happy Father's Day to all our Fathers!

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](mailto:lbowen@hudsonnh.gov).

*Lori A. Bowen*

Lori A. Bowen      Town of Hudson - Senior Services Coordinator

### CLOSED DATES FOR THE SUMMER!

July 4<sup>th</sup>  
August 24<sup>th</sup>  
September 4<sup>th</sup>

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 summer at the Senior Center! See the following pages for details and days/times. The Center has AC so you can stay cool. 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

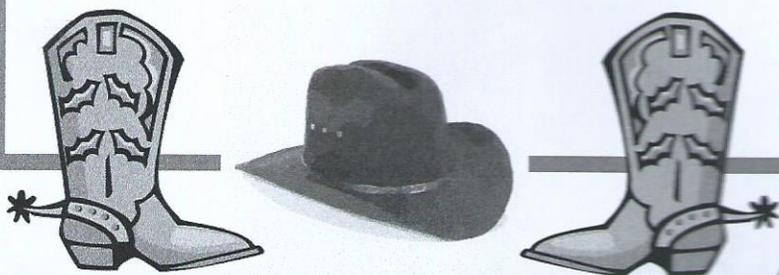
# The North Barn Presents Special Events

The Hudson Senior Center Presents  
its Annual Summer Cookout  
*Country Western*  
*Hoedown*  
August 24, 2017

You must RSVP and purchase tickets for this event, and we expect to sell out! Tickets go on sale on June 12, starting at 9am. Tickets are \$10 per person We will have a DJ this year!

Our Theme this year is *Country Western Hoedown*, so pull on your cowboy boots, button up your plaid shirt, grab your bandana & cowboy hat and join us for a Bar-B-Que!

The Senior Center will be closed to all other activities so we can celebrate!



## MOVIE AFTERNOON!

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

June 6 – Jackie

June 13 – Hidden Figures

June 20 – The Accountant

June 27 – Silence

July 11 – The Comedian

July 18 – The Founder

July 25 – La La Land

August 1 – The Book of Love

August 8 – Florence Foster Jenkins

August 15 – Arrival

August 22- Loving

August 29 – Miss Sloane

September 5 – Allied

September 12 – A Dog’s Purpose

September 19 – Passengers

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

# The North Barn Presents Tuesday Mornings 10:30am

### **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!

## **Hudson Memorial School Spring Concert!**

Hudson Memorial Middle School will be sharing their Spring concert with the Senior Center on **June 13 at 10:30am**. Don't miss this fabulous event as the students share their talents with us here at the Center

### **QUESTIONS ABOUT MEDICARE?**

Service Link will be here presenting on Medicare and answering any questions you may have.

**Join us June 20, 2017  
at 10:30am**

### **US History Trivia Game**

**August 15 @ 10:30**

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

### **Courville is Coming to Visit!**

Courville Communities is presenting how to Cook for 1 or 2  
July 18, 2017

10:30am in the Function Room

### **Coffee with the Cops**

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

6/27, 7/25, 8/29

### **Fairview Nursing Home**

Nutrition Information and Cooking Demonstration!  
Missy Pinard will be joining us once again for an informative session on nutrition and she's bringing along a chef! Don't miss this fun event!

August 8, 2017 at 10:30am 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

6/6, 7/11, 8/1, 9/5

### **Visiting Angles**

Look for them coming to present at the Senior Center in September!

### **BENES!**

Benes is coming back to the Senior Center to play guitar and Sing!  
August 22, 2017  
10:30am

# 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!

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

## 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](http://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!

## WARM WEATHER INFORMATION – HOW TO STAY COOL

Stay cool and healthy when it's hot outside!

- + **Check the weather** and watch for highs in the 80s and 90s.
- + **Stay in an air conditioned place** and limit exercise on hot days.
- + **Drink more water than usual.** Don't wait until you feel thirsty to drink.
- + **Wear loose, lightweight clothing.**
- + **Cool your skin** with a damp towel or ice pack, or take a cool bath or shower.
- + **Check in with a friend or relative twice a day** to let them know you're safe.
- + **Talk to your doctor** about how heat will affect you. Some health conditions and medications make it harder for you to stay cool.
- + **Watch out for signs of heat illness**, and seek medical attention if you need help.

Hudson Senior Center has air conditioning and water. Stop by when the center is open to visit and cool off.

## Tyngsborough FUNERAL HOME

978-419-4954 | 4 Cassaway Drive, Tyngsborough, MA 01879  
[tyngsboroughfh@gmail.com](mailto:tyngsboroughfh@gmail.com) | [www.tyngsboroughfuneralhome.com](http://www.tyngsboroughfuneralhome.com)

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## SPACE FOR SALE

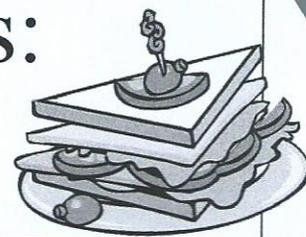
CALL 603-601-8047

Email:

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

SENIOR NEWS PUBLICATIONS  
7 PHILBROOK TERRACE.  
HAMPTON, NH 03842  
603-601-8047

# 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](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.

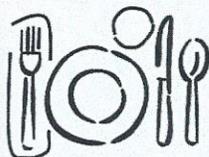
## Coffee Club

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

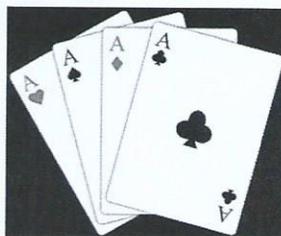
The Luncheon Group visits local restaurants every month. They usually meet the third Monday of the month. RSVP at the office to get your coupon. There is discount or special meal each month just for our patrons! The Menu and Place is located on our bulletin board at the Center.  
See Lori if you have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



## CALLING ALL CARD & GAME PLAYERS!

Scat - Every day at 9:00 am  
Whist – Tuesday Mornings at 9:00 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  
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  
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  
Bridge – Wednesday at 9:30 am  
Poker – Wednesday at 11:30 am  
Mexican Train Dominoes – Wednesday at 9:30am  
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, 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](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.

## Pilgrim Belle Cruise

**July 11, 2017  
\$80 per person**

**Ride to Plymouth,  
MA to cruise the bay  
and have lunch at  
Issac's Restaurant**

## Inn at East Hill Farm

Fall in the Monadnock Region,  
tour the Cathedral of the Pines  
and Lunch at the Inn at East Hill  
Farm. October 23, 2017  
\$69 per person

## Lake George & Saratoga, NY

**Overnight Trip to  
Lake George to see the  
Fall Foliage  
September 17-19, 2017  
Single \$519.00  
Double \$429  
See trip office for more details**

## Foxwoods!

**\$32 per person  
June 19, 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!

## **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!

## Indian Head Resort

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

## **"Million Dollar Quartet"**

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

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

## Michael Buble Tribute Show

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

## Castles & Crustacean's Tour July 21, 2017

**Head to Newport, RI to tour  
Marble House followed by a  
lobster bake at Cap'n Jacks  
\$89 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

## **Portland Maine**

August 22, 2017

Lighthouse lovers Cruise with lunch at

Dimillo's Floating Restaurant

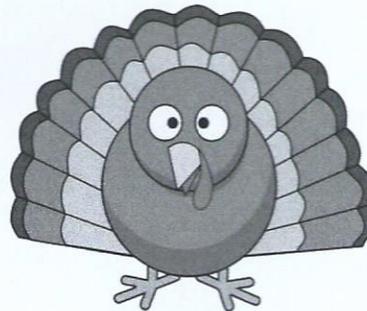
Visit to Portland Head Lighthouse

\$88 per person

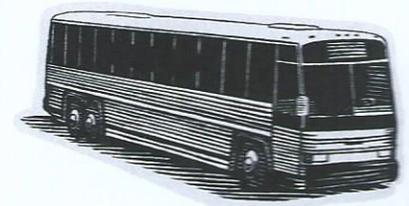
## **Harts Turkey Farm & Train Ride on the Winnepesaukee Rail Road**

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!



## **DOO WOP REVIEW**

Sounds of the 1950's

Featuring the Corvette's

At Lake Pearl in

Wrentham, MA

November 8, 2017

\$90 per person

## **House Cleaning For The Senior Citizens**

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Weekly or 1 Time  
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(603) 882-7309**

# 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

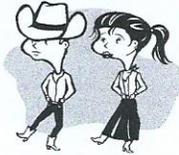


## LINE DANCING WITH GAIL

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**

**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!

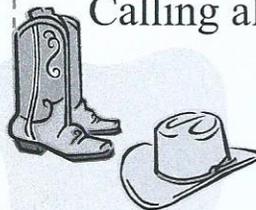
Come to play Pickleball with us!

Sign up today! \$12 a year to be a part of the fun! For all those that sign up for 2017 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!

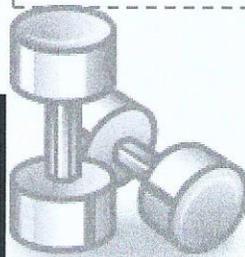
Bone Builders is offered at the Hudson Senior Center! Classes are every Tuesday at the Barn at 9am.

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!

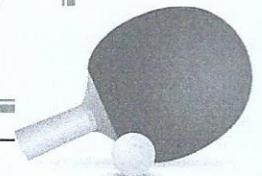


*There are two exercise bikes at the Center. They are available during the hours of operation.*



## 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 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!

## 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!



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## *Is Your Loved One in a Nursing Home?*

- Doing a Medicaid application on your own can be risky and frustrating. Let us use our expertise to help you.
- It might not be too late to protect assets, even without a 5-year wait.

Call us today to learn about your rights and what you can do to protect your lifetime of savings.

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## **SPACE FOR SALE**

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**CALL 603-601-8047**

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

**OR WRITE TO:**

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

# 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	Mah Jongg
3:00pm	Center Closes

## TUESDAY

8:45am	Center Opens
9:00am	Coffee Club
9:00am	Bone Builders \$1
9:00am	Mah Jongg
9:00am	Technology Classes (by appointment)
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: Free Hearing Screenings*

*The Billiard Table, Corn Hole, Puzzle and Coffee are available every day we are open 8:45-3pm*

## 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
12:30pm	Cribbage
3:00pm	Center Closes

## THURSDAY

8:45am	Center Opens
9:00am	Trip Office Open
9:00am	Silver Knitters
11:30am	Lunch
12:00pm	Bingo
12:30pm	Pinochle
<i>1<sup>st</sup> Thursday of the Month:</i>	
10:30am	Men's Meeting

*2<sup>nd</sup> & 4<sup>th</sup> Thursdays of the Month:*

11:00am	Senior Meeting
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# ABOUT THE SENIOR CENTER

## Registration for 2017-18 starting in July

We are taking new registrations and renewing old ones every day, but starting in July you can register to participate for 2017-18. 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](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!

### 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

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>

## CLOSED DATES FOR THE SUMMER!



July 4<sup>th</sup>  
August 24<sup>th</sup>  
September 4<sup>th</sup>



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

# 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 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!

## **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 4<sup>th</sup> Wednesday every other month. Please contact Home Health and Hospice at 882-2941 to set up your appointment time for July 26 or September 27.



## **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!

## **Billiards!**

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

## **Corn Hole**

Has made its way back to the Barn! This fun and easy game is available 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 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.**