



# NORTH NEWS

## NEWS FROM THE HUDSON SENIOR CENTER



### ~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

It is hard to believe that 2017 is coming to a close! We have had such a great year here at the Center and we are so glad the fun will continue into 2018!

We are pleased to announce the Senior Center "Barn" is now open 5 days a week! Our Hours are: Monday – Thursday 8:45 am - 3:00 pm and on Fridays are 8:45 am – 1:00 pm. We hope you will join us!

Our Annual Christmas Party will be in December, see page two for some information about it. Get your tickets soon, space is running out!

Just a gentle reminder that if the Hudson School District is closed or delayed we are not open for that day. You can find this information the TV on channel WMUR. We are also on the cancellation list under closing business listings.

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).

*Lori A. Bowen*

Lori A. Bowen Town of Hudson - Senior Services Coordinator

### From the Desk of the Hudson Recreation Director

Hello!

There are a lot of activities we hope will interest you this winter 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 WINTER!

**December 25 & 26**

**January 1 & 2**

**January 15**

**February 19**

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

# The North Barn Presents Special Events

## ANNUAL CHRISTMAS PARTY DECEMBER 2017

This event is being Co-Sponsored by the Hudson Council on Aging. The Party date is December 16. Tickets will be \$24 a person and are on sale until December 8.



**SPECIAL HOLIDAY EVENT**  
**The Hudson Memorial School**  
**Chorus will be sharing**  
***"Sounds of the Season"***  
**December 12, 2017 @ 10:30am**  
**Please RSVP by 12/1/17**  
**for this Special event.**  
**There will be music and**  
**Surprises!**

## MOVIE AFTERNOON!

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

December 5 – The Zookeepers Wife

December 12 – Queen of the Desert

December 19 – The Polar Express

January 9 – Snatched

January 16 – Home Again

January 23 – King Arthur

January 30 – The Beguiled

February 6 – Viceroy's House

February 13 – The Mountain  
Between Us

February 20 – The Queen and Abdul

February 27 – Megan Leavey

March 6 – Dunkirk

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

# The North Barn Presents Tuesday Mornings 10:30am

Massage Therapy  
December 1<sup>st</sup> 9am-1pm  
15 minute FREE  
appointments  
Sign up at the office or call  
578-3929 for an  
appointment

The Hudson Memorial School Chorus  
will be sharing  
*"Sounds of the Season"*  
December 12, 2017 @ 10:30am  
Please RSVP for this Special event.  
There will be music and Surprises!

**Wii Bowling**  
**January 23<sup>rd</sup>**  
**March 13<sup>th</sup>**  
**Stop by to play!**

**RENOVATIONS FOR GENERATIONS**  
**Alvirne High School Proposed Renovations**  
Principal Steve Beals will be here to present and  
answer questions about the proposed Warrant  
Articles on the March Ballot  
for Budget Year 2019  
January 9<sup>th</sup> and February 13<sup>th</sup>

**Coffee with the Cops**  
Join the Hudson Police Department  
for coffee and conversation. They  
will be here to answer questions  
and keep you informed.  
12/19 1/30 2/27 3/27

**Alvirne High School Renovation Tours**  
Come see the school and the proposed renovation!  
Must RSVP by 1/9/18 for a tour on 1/12  
Must RSVP by 2/13/18 for a tour on 2/16

**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  
12/5 1/16 2/6 3/6

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

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.



## Coffee Club

The Coffee Club is open to all, even if you don't drink coffee!

Coffee is ready any time after 9am on Tuesdays.



## Art on Display

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

## **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.*

There's no place like home.

See how we can help.

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



**KEENE MEDICAL PRODUCTS**

101 Elm Street, Nashua, NH  
(603) 595-2097 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*

# 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.

## Christmas Special

Thursday December 14

*Pot Roast with Gravy*

*½ Twice Baked Potato*

*California Blend Vegetables*

*Pumpkin Bread*

*Black Forest Trifle*

Please sign up by December 1<sup>st</sup>

By calling 578-3929



## SALON 25

142 Lowell Road  
Hudson, NH  
Valentinos Plaza

603-521-8471  
Salon25NH.com

*20% off Every Friday for All Seniors*

## SPACE FOR SALE

***Great Medium to Reach the Senior Citizens!***

**CALL 603-601-8047**

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

**OR WRITE TO:**

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

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7 Philbrook Terrace, HAMPTON, NH 03842**



## Mary Ann The Tailor

Custom Sewing, Alterations  
& Mending too.

*Located just behind Continental  
Academy of Hair Design"*

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

# TAKE A TRIP WITH US!

## VISIT THE TRIP OFFICE      WED & THURS 9-11AM

Lucille Boucher is the trip coordinator for the Hudson Senior Center. You can leave her a message through the Senior Center phone lines at 578-3929. You may also leave a check and slip with the trip information at the main office in the Barn. You can access all the forms for the trips on the website: [www.hudsonnh.gov](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

### BOSTON DUCK TOUR

May 14, 2018

\$69 per person

Lunch on your own at  
Quincy Market

### PENNSYLVANIA!

September 16-19 2018

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

### 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

### ENCHANTED MUSIC OF IRELAND

March 7, 2018  
\$92 per person  
At the  
Venus de Milo

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. More trips for 2018 will be posted in January.

### EAGLEMANIA

\$92 per person

June 19, 2018

Danvers port  
Yacht Club

### Christmas in July

July 25, 2018

\$89 per person  
At Foster's

### Foxwoods!

\$32 per person

March 2018

Spend the day at  
Foxwoods!

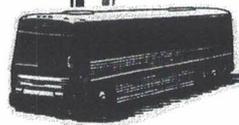
Sign up in January for  
our first trip of the  
New Year!

### Michael Buble Tribute Show

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

### Everly Brothers and Simon & Garfunkel

Tribute Show  
May 23, 2018  
\$92 per person  
At Lantana's



# 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

## 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!

## CRAFTING DONATIONS!

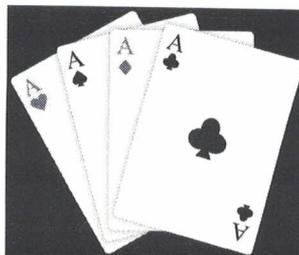
We are always taking donations of yarn...our knitters do a lot of donation work and are always looking for more! You can drop off any amount at the Center during business hours  
Thank you!

## 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

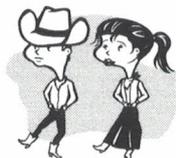


## LINE DANCING WITH GAIL

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



## Snow Shoeing

**We will start up our snow shoeing group again this year weather permitting. Sign up at the Center to be included in this fun Weekly event!**

## 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!

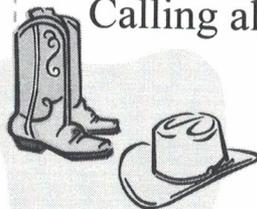
We are going back indoors now that the cold air has returned! Stop by the Senior Center to get your waiver form today!

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!

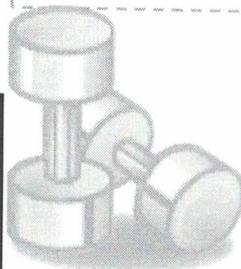
Bone Builders is offered at the Hudson Senior Center! Classes are held

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!

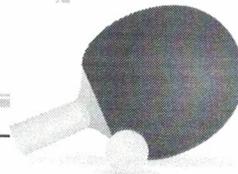


*There are exercise bikes at the Center. They are available during the hours of operation.*



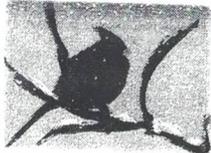
## PING PONG

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



# 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!

## A New 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. Suggestions and ideas on where to get the books and what titles to look for will be available.

We will cover a wide array of subjects: mystery, romance, food, western, war stories, holidays and the list is too long to print. Some of these subjects may even offer a field trip such as author signings, plays, restaurants, etc. This book club is sure to add some new knowledge and adventure to your lives so why not give it a try?

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.

**A Preview Meeting will be held on December 11 at 10:00am.**

**Please come by and check it out!**

# 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!

## PICKLEBALL!

Come to play Pickleball with us!  
Sign up today!  
\$12 a year to be a part of the fun!  
We are going back indoors now that the cold air has returned! Stop by the Senior Center to get your waiver form today!

## Billiards!

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

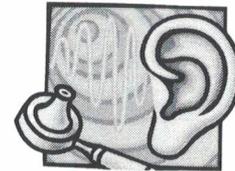
## AFFORDABLE HEARING LLC

*Free Hearing Evaluation.  
Lowest Hearing Aid Prices.*

Chris Streeter is here the first Tuesday of each month from

10:00am-12:00pm.

You can find him in the Library, or sign up at the office for a guaranteed appointment time. You can also call Lori at 578-3929 to set up an appointment time.



## FOOT CLINIC



The Foot Clinic is being held at the Barn on the 4<sup>th</sup> Wednesday every month.

Please contact Home Health and Hospice at 882-2941 to set up your appointment time for the Winter. Please be aware if the Center is closed there is no clinic.

## MEN'S MEETING

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

Join us in the lounge!

## Corn Hole

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

See Lori for details

Be sure to stop by the Center to check out what we are up to! There is always a group's donation box in our lobby, signs on the bulletin board for upcoming community events and information about our local government.

We collect: glasses, plastic bags, box tops for education coupons, grocery and product coupons, new crossword puzzle books and we have a donation bin in the hall for your convenience.

# The Hudson Senior Center Calendar

## MONDAY

8:45am Center Opens  
 9:00am Chair Yoga \$5  
 9:30am Mexican Train Dominoes  
 10:30am Mat Yoga \$5  
 11:30am 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

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

## THURSDAY

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

*1<sup>st</sup> Thursday of the Month:*

10:30am Men's Meeting

*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 2017-18

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

You can register any day the Center is open. Forms are available at the Center (Barn) or you can find them on the Town of Hudson / Senior Center website at [www.hudsonnh.gov](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  
Friday: 8:45am – 1pm

We are not open 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  
Friday 8:45am-1pm

**Why:** To be more active, make new friends, have a good lunch, get in shape, stay healthy and more!

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

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

CLOSED DATES FOR THE "WINTER!"

**December 25 & 26**

**January 1 & 2**

**January 15**

**February 19**

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