



NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER



CLOSED DATES FOR THE WINTER!

DECEMBER 24TH

DECEMBER 25TH

DECEMBER 26TH

DECEMBER 31ST

JANUARY 1ST

JANUARY 21ST

FEBRUARY 18TH

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

From the Desk of the Hudson Recreation Director

Hello!

There are a lot of activities planned during the week that 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.

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

~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

Happy Holidays to you and your family!

As this is the time of year to count your blessings I want to say thank you to all of you for being a part of the Hudson Senior Center. This Center wouldn't be possible without your participation and the support of all of our volunteers! Our volunteers selflessly make sure that all the activities run as planned and are a welcoming face to anyone new joining us. I am so grateful for all that you do...so thank you!

Even though it will be cold outside we will be busy at the Senior Center! Be sure to check out the new games that we are playing and stop by to watch a movie, see a presentation or just have a cup of hot coffee!

Our indoor session of Pickleball has started up again; stop by today and speak to me about how to get involved!

Just a gentle reminder that if the Hudson School District is not open or has a delayed opening then we are closed for the day. You can find this information on the website as well. Stay safe!

Be sure to check out the Trip Information for 2019. Lucille will start booking soon so stop by and see her on Wednesday or Thursdays from 9-11am.

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. See you soon!

Lori A. Bowen

Lori A. Bowen

Town of Hudson - Senior Services Coordinator



OUR WEEKLY SCHEDULE

MONDAY

8:45am Center Opens
 9:00am Chair Yoga \$5
 9:15am Mexican Train Dominoes
 10:30am Mat Yoga \$5
 11:30am Lunch
 12:00pm Ping Pong
 12:00pm Poker
 12:00pm 66
 12:00pm Mah Jongg
 1:00pm Technology Classes (by appointment)
 3:00pm Center Closes

WEDNESDAY

8:45pm Center Opens
 9:00am Aerobics \$3
 9:00am Trip Office Open (to 11)
 9:15am Bridge
 10:30am Line Dancing \$3
 11:30am Lunch
 11:45am Beginners Line Dancing \$3
 12:00pm Scrabble
 12:00pm Canasta
 12:00pm Cribbage
 3:00pm Center Closes

TUESDAY

8:45am Center Opens
 9:00am Coffee Club
 9:00am Bone Builders \$1
 9:00am Mah Jongg
 9:15am Whist
 10:00am Free Hearing Screenings (1st Tues)
 10:30am North Barn Presents (see page)
 11:30am Lunch
 12:00pm Rummikub
 12:00pm Movie Afternoon (see Tuesday)
 12:15pm Hand in Foot
 1:00pm Chess
 3:00pm Center Closes

THURSDAY

8:45am Center Opens
 9:00am Trip Office Open (till 11)
 9:00am Silver Knitters
 11:00am Senior Meeting (2nd Thursday)
 11:30am Lunch
 12:00pm Bingo
 12:00pm Pinochle
 1:00pm 45's
 3:00pm Center Closes

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 the Coffee Bar are available every day



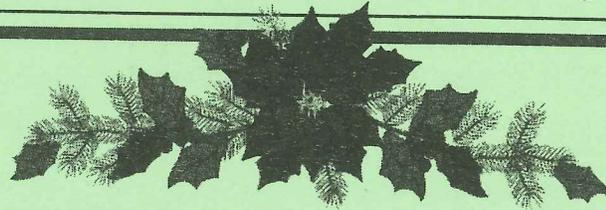
SPECIAL EVENTS AND YOU'RE INVITED!



Rite Aid Pharmacy BROWN BAG EVENT

December 3, 2018

Rite Aid Pharmacists will be here to answer any questions about the medications you are currently taking. Bring a list with you're your medications information and come visit with the pharmacist to make sure everything is ok! Be sure to include all over the counter medications too.



CHRISTMAS PARTY!

DECEMBER 9, 2018

This event is being Co-Sponsored by the Hudson Council on Aging.
Please purchase your tickets at the Senior Center.
Tickets are \$24 a person, 8 people to a table

MUSIC BY BOB ALMEIDA

February 12, 2018

10:30am in the Function Room

Bob Almeida is bringing his Country Western Music back to the Senior Center!

Hudson Memorial School Special Chorus Presentation

Please join us for a morning of music presented by the Hudson Memorial School Student Chorus.
December 18, 2019 at 10:30am
in the Function Room

Holiday Greens Basket Craft!

December 14, 2018
9:30am in the Lounge
\$15 due at RSVP
Come join us for a fun morning making a beautiful holiday centerpiece!

All supplies included!
Please RSVP by
12/10/2018
Thank you!

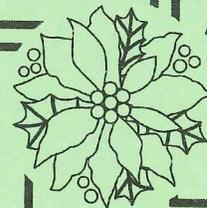
Free Mah Jongg Lessons!

We now offer free Mah Jongg lessons the first Tuesday of each month at 12pm in the Dining Room. Please RSVP on the clip board by the office today!

MARK YOUR CALENDARS!
Hudson Police Department

Scam Information Presentation

April 9, 2019 at 10:30 am
Please join us for this very important presentation!
Please RSVP at the Senior Center Office so we can save a seat for you!



Voter Information Session

There will be a voter information session on February 19, 2019 at 10:30am. Come learn about all the various warrant articles and ask questions! We will have special guests to help answer and present questions.

Patriots Day!

Every Thursday in December wear your Patriots Gear to support the Team! Go Pats!





MONDAY 8:45am – 3:00pm

YOGA

Chair and Mat Yoga are offered at the Hudson Senior Center!

\$5 each class

Chair – Mondays at 9am

Mat – Mondays at 10:30am

66

Come learn the card game 66! Monday afternoons in the Dining Room starting at 12:00!

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 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! Due to high demand please sign up for an appointment for one half hour only per week. Appointments Available on Mondays starting at 1pm. Please sign up at the Center or call 578-3929

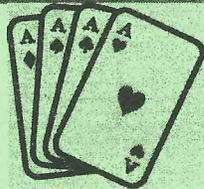
MEXICAN TRAIN DOMINOES

Join us for Meixcan Train Dominoes! Monday mornings in the lounge starting at 9:15am. All aboard!

PING PONG

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

POKER!



Starting at 12 noon on Mondays come play poker with us!

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. Meetings 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
December 3, January 7, February 4, March 4

MAH JONGG

Every Monday Afternoon starting at 12pm come play American Mah Jongg in the Lounge! All abilities welcome and lessons are available the first Tuesday of every Month as well. Please RSVP on the clipboards by the office.





TUESDAY 8:45am – 3:00pm

Join Us For

MOVIE AFTERNOON!

Tuesday at 12pm in the Function Room
Free Popcorn and water!

- December 4 – I Can Only Imagine
- December 11 – Tomb Raider
- December 18 – The Polar Express *Special
- January 8 – I Tonya
- January 15 – Adrift
- January 22 – Mile 22
- January 29 – Sky Scaper
- February 5 – Crazy, Rich Asians
- February 12 – Mama Mia
- February 19 – Mama Mia Here We Go Again!
- February 26 – Christopher Robin

Movies are subject to change based on availability. Please check the Movie Bulletin Board at the Center or online for movie posters. More movies coming in the Spring, pick up your newsletter for more information in December! No RSVP needed.

*Hot Cocoa and Cookies Served

Coffee Club



Grab a cup of coffee and join us to talk politics, religion, world affairs, community issues and everything else! The Coffee Club is open to all, even if you don't drink coffee! Coffee is ready any time after 9:15am.

BONE BUILDERS!

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

CHESS!

Tuesdays at
1pm in the
Lounge

Hand in Foot

Join us to play Hand in Foot in the Lounge on Tuesday afternoons at 12:15pm.

WHIST

Come learn and play the card game Whist! Tuesday mornings in the Lounge starting at 9:15am.

RUMMIKUB

Come play the fun game of Rummikub! Tuesdays at 12pm in the Dining Room.

MAH JONGG

Every Tuesday Morning starting at 9:15am come play American Mah Jongg in the Dining Room!

This is an intermediate level of play group.

FREE LESSONS – Start on the first Tuesday of each month. Please RSVP for guaranteed spot.



The North Barn Presents

Tuesdays at 10:30am in the Function Room

DAVE SMITH PHOTOGRAPHY

DECEMBER 11, 2018

Come watch a movie of Dave's photographs from his travels in NH and the USA!

Coffee with the Cops

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

12/18 1/29 2/26 3/26

MUSIC BY BOB ALMEIDA

February 12, 2018

10:30am in the Function Room

Bob Almeida is bringing his Country Western Music back to the Senior Center!

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

12/4 1/8 2/5 3/5

MARK YOUR CALENDARS!

Hudson Police Department Scam Information Presentation

April 9, 2019 at 10:30 am

Please join us for this very important presentation! Please RSVP at the Senior Center Office so we can save a seat for you!

New Dates!

CORN HOLE!

We will be playing Corn Hole on January 15th and March 12th at 10:30am in the Function Room!

Cookie Recipe Swap

Yes you read that correct! We are holding a cookie recipe swap this year at the Hudson Senior Center!

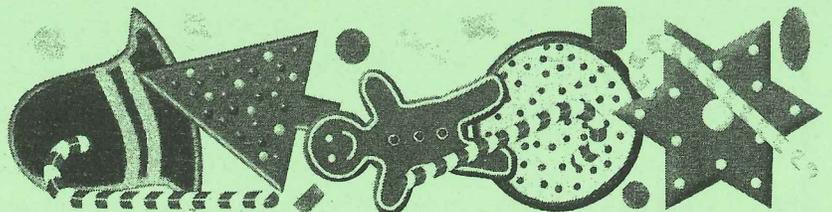
RSVP is required

There is no charge to join us!

Recipes are due on or before December 7.

We will have cocoa and store bought cookies on December 18 at 10:30am and share our recipes!

You will go home with a copy of all the recipes submitted. See Lori for more details.





The North Barn Presents

Tuesdays at 10:30am in the Function Room

AUTHOR PRESENTATION!

Author **Clarice C. James** will be joining us on
April 23, 2019

10:30am in the Function Room

She is the Author of:

Party of One, Manhattan Grace and her newest release *Double Header*

She will be presenting her books and also there will be limited quantities for sale.

Please RSVP to be guaranteed a space!

Visiting Angels

Flower Pen Craft

Come make a Springtime Pen set and learn a little about Visiting Angels!

April 16, 2019

Class is limited to 20, please RSVP by calling 578-3929 or stop by the office at the Senior Center.

Scarf Tying Class

January 22 at 10:30

Bring your scarves and we will show you how to tie them in different ways! Free!

CORN HOLE!

We will be playing Corn Hole on March 12th!
10:30am in the Function Room!

Everyone can learn to play this fun game! Just stop on by, the boards will be set up at 10:30am!

Voter Information Session

There will be a voter information session on February 19, 2019 at 10:30am. Come learn about all the various warrant articles and ask questions! We will have special guests to help answer and present questions.

Hudson Memorial School

Special Chorus Presentation

Please join us for a morning of music presented by the Hudson Memorial School Student Chorus. December 18, 2019 at 10:30am in the Function Room



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*Traditional funeral services,
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WEDNESDAY 8:45am – 3:00pm

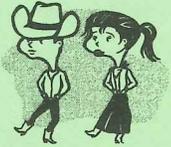


AEROBICS WITH SYLVIE

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.

LINE DANCING WITH GAIL

Gail teaches new dances each week and really gets you moving! This intermediate to advanced class is held Wednesdays at 10:30am. Cost is \$3 per person, per class



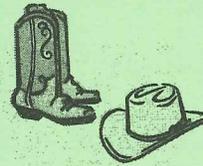
YOGA

We are offering a Mat Yoga - 6 week session to start on September 12. It is \$30 for the 6 weeks, must pay ahead or on September 12. Class begins at 1:15 pm. Save your spot by stopping by or RSVP by calling 578-3929

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!



SCRABBLE

Join us for everyones favorite word game! Wednesday Afternoons at 12pm in the Dining Room.

CALLING ALL QUILTERS!

You are invited to join our quilting group! No experience necessary! We need help ironing, cutting, peicing, sorting and sewing! We make items to give to the community, and are always looking for help! Join us on Wednesday mornings from 9am until 1pm.

CANASTA

Join us for the card game Canasta! Starting at 12:00pm on Wednesday afternoons in the lounge.

BRIDGE

Come play Bridge with us on Wednesday mornings at 9:15am in the Dining Room.

CRIBBAGE

Join us on Wednesday at 12:00pm in the lounge.

RSVP

Lead with Experience

Retired and Senior Volunteer Program (RSVP)

We are looking for volunteers age 55 and up to help make a difference in our community! We have opportunities for people of all abilities, talents, and schedules all over Hillsborough County.

To learn more about our volunteer opportunities please visit us at www.snhs.org or on Facebook at **RSVP Hillsborough County, NH**. To start volunteering, please call (603)-634-1169 or email scotter@snhs.org.



Mary Ann The Tailor

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& Mending too.

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Academy of Hair Design"*

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



THURSDAY 8:45am – 3:00pm

BINGO!

We play Bingo every Thursday afternoon at the Hudson Senior Center! We sell cards for \$1.25 each and we play 12 games, plus an extra .25 cent shotgun cover all! We start selling cards at 12:00pm, games start at 12:30. Please see our registration information as you must be registered prior to playing Bingo!

SILVER KNITTERS

Grab your crafting supplies and come down on Thursday morning from 9am-12pm. If you are looking to learn we also have people that will teach you to knit or crochet! Meet us in the lounge and pull up a chair!

WALKING GROUP

Our walking group has started back up now that it is nice out! Meet us on Thursday mornings at the Hudson Senior Center at 10am, we will go for a walk in Bensons! We walk for about an hour!

45's

Join us to learn and play the card game 45's! Thursday afternoons at 1:00pm in the lounge.

PINOCHLE

Come play the card game Pinochle! Thursday afternoon in the lounge starting at 12:00 pm.

You are invited!

Monthly Senior Meeting

The second Thursday of every month
At 11am in the Dining Room
12/13 1/10 2/14 3/14



FRIDAY 8:45am – 1:00pm

YOGA

Chair Yoga is offered on Friday mornings at 9:00am. Class is \$5 per person. If you take class on Monday and Friday then Friday is only \$3 per person. See the Hudson Senior Center office for more details.

Join us for LUNCH!

Lunch is served every day at 11:30am. To RSVP please call the Hudson Senior Center or stop by and sign up. We ask that you sign up 2 weeks ahead to be guaranteed a meal. Lunch is \$2 per plate.

BONE BUILDERS!

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

House Cleaning For The Senior Citizens

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

Please call Joyce at 603-275-6469

 **LUNCH & OTHER ACTIVITIES**

Join us for LUNCH!

Lunch is served every day at 11:30am. To RSVP please call the Hudson Senior Center or stop by and sign up. Menus are available ahead of time and we ask that you sign up 2 weeks ahead to be guaranteed a meal. Lunch is \$2 per plate.

FOOT CLINIC

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

LUNCHEON GROUP

Join us for lunch at a different restaurant each month. Posters on locations are hanging at the Senior Center. RSVP by calling 578-3929 or stop by!

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.

COFFEE & TEA BAR

Coffee and tea are available daily from 9:15am-2:00pm (Fridays until 12:30pm) Cups are 25 cents a fill up. You will find the pots and cups in the Dining Room.

BILLIARD TABLE

We have a beautiful 9 foot Mahogany billiard table at the Senior Center. It is available for play all day, and there is competition on Tuesday mornings. Stop by and practice or test your skills against our group!

COMMUNITY PUZZLE

Stop by the puzzle table and put a piece in to the community puzzle! Available every day during our hours of operation.

LENDING LIBRARIES

Our Senior Center has two amazing libraries, one is the puzzle closet where you can borrow puzzles from, and the other is our reading library where we have an amazing amount of books to borrow!



TAKE A TRIP WITH US!

VISIT THE TRIP OFFICE WED & THURS 9 AM - 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 information forms for the trips on the website: www.hudsonnh.gov.

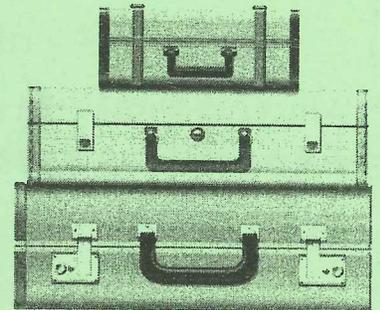
All Forms and more information can also be found on the Trip Bulletin Board at the Barn.

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.

Prices are per person and checks can be made out to Town of Hudson or cash is accepted for payments. Sorry but no credit cards are accepted at this time for payments.

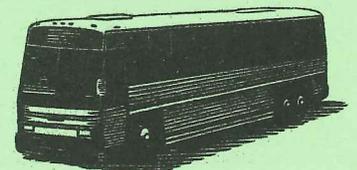
Trips for the first half of 2019 will be available for reservations on January 9, 2019 at 9am. A \$20 deposit is due at time of reservation for each seat. Checks can be made out to the Town of Hudson. Lucille is in the "trip office" on Wednesday and Thursday mornings from 9-11am.



Celtic Angels of Ireland	March 12, 2019	\$92.00
Dancing Dream ~ Abba Tribute	April 24, 2019	\$92.00
Million Dollar Quartet	May 8, 2019	\$99.00
The Edwards Twins	May 19, 2019	\$92.00
Martha's Vineyard Day	June 7, 2019	\$87.00
3 Redneck Tenors	June 18, 2019	\$92.00
Michael Manor	July 17, 2019	\$92.00

Please stop by the Senior Center to see and take all of the flyers with the information on them. They are also available on the website under trips.

*All trips subject to change, cancellation, availability or have date changes.
\$20 deposit per seat due at sign up.
Please reference all of our trip information, including our cancellation policy in the trip manual available at the Senior Center.*





ABOUT THE 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 download the forms off the website at:

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

REGISTRATION FOR 2018 – 2019

Its that time of year again! If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the 2018 – 2019 year.

You can drop by the Senior Center any time we are open to re-register, or register for the first time! It is \$10 a year to belong and we accept cash or checks made out to the Town of Hudson.

Be sure to get the new sticker on your badge!

If you are registering for the first time please leave enough time to sit for your photo ID.

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.

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
Friday: 8:45am – 1pm

We are not open Saturday or Sunday.

