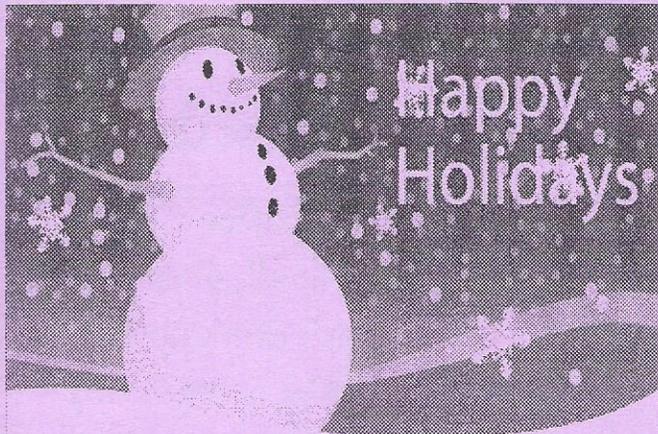


NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER



SPECIAL EVENTS

Be sure to check out the following pages and the Calendar for special events. If you have any questions don't hesitate to ask Lori or check out the website for more information.

**The North Barn Welcomes
The Hudson Police Department**

"Conversation on SCAMS"

Tuesday January 12, 2016

10:30am in the Function Room

Please be sure to come to this very informative discussion on how to avoid scams.

~ FROM THE DESK OF THE COORDINATOR ~

Hello Friends!

We have a wonderful activity filled winter planned up here at the Barn for you. Check out the calendar and stop Monday through Thursday. We have done some rearranging of the furniture, come check out the new Library! Be sure to check the schedule, there are a lot of new activities and some new times for seasoned ones.

Check out the calendar for any closing information in the next few months. Don't forget if Hudson has No School or a Delayed Opening the Senior Center will be closed for the day. This means all activities are cancelled including lunch. We apologize for the inconvenience but we want everyone to stay safe.

Enjoy your Holidays and we will see you soon!

If you have any questions please call
or email me at

578-3929 or lbowen@hudsonnh.gov.

Lori A. Bowen

Lori A. Bowen
Senior Services Coordinator

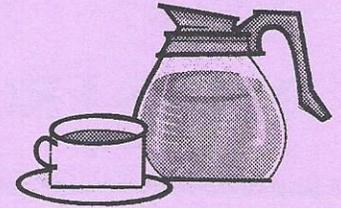
The North Barn Presents

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.

Starting at 11am All makes and models of "Technology"



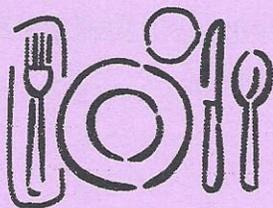
Coffee Club

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

LUNCH GROUP

The Lunch Group visits local restaurants every month. They meet the second 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.



On December 14th will be going to:

NAN KING in Hudson NH
Please RSVP at the Barn

MAH JONGG LESSONS

Mah Jongg is the Chinese tile game that will have you using your brain! Lessons are by appointment. See Lori to set up a time with an instructor. Thank you!

CRAFTING CLASS

The Crafting Class meets the last Thursday of the month. Each month is something different and fun. Come laugh and have a good time while making something new!

Please RSVP at the office to be included in these fun activities...no prior experience necessary!

December 17th – Battenberg Angel

January 28th – Drinkable Arts

The North Barn Presents

Come Listen to Music!

Next time you are at the Barn and you hear music come sit and listen, even join in.

Afternoons when you are at the Center you can hear Benes playing his guitar and singing in the Lounge. He takes requests and often has lyrics so you can sign along as well.



Don comes and plays our piano on Tuesday mornings. You are welcome to sit and listen, or sign along.



AARP TAX HELP

We are once again a host site for AARP Tax Help. Please call the center at 578-3929 to make an appointment.
Starting in February

Dave Smith

The Hudson Senior Center is pleased to announce that Dave Smith, photographic artist will again be presenting at the Senior Center.

Dave specializes in outdoor scenes from high altitudes.

Please join us on the following dates:

SEASONS THROUGH THE WHITE MOUNTAINS ~ January 19th

GLACIER MONTANA ~ February 9th

10:30am in the Function Room



MOVIE AFTERNOON

Please note our Movie Afternoon is changing from Wednesday at 1pm to Tuesday at 12pm starting in January.

~ **SPECIAL EVENT! CINDERELLA** *~*

On Wednesday December 30th the Senior Center will be showing the New Disney Cinderella Movie. We invite you to bring along your Grandchildren for this special event. Please RSVP at the office so we know how much Popcorn to make!

Other Movies in the Coming Months include:

The Great Gatsby, This is Where I leave you, The Water Diviner, Hot Pursuit, I'll See you in my Dreams, The Polar Express, Fury, The Longest Ride, The 100 Foot Journey, The Age of Adeline, Interstellar, Walking Across Egypt

Around the Town of Hudson

FEBRUARY 23rd 10:30am

There will be an information session on February 23rd at 10:30am at the Senior Center. This information session is to clarify any questions about the Town Budget, and inform you about the warrant articles on the 2016 ballot. We will have representatives from the Town here to answer any questions and address any concerns you may have.

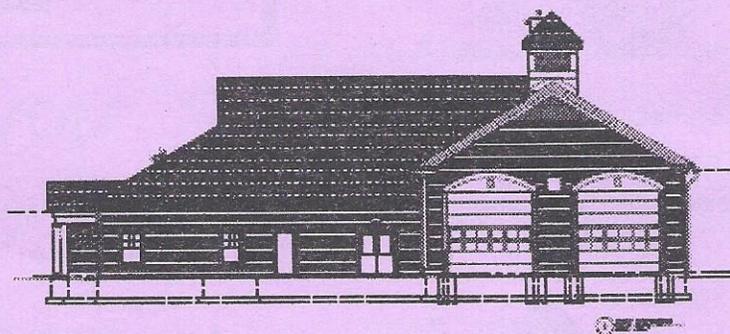
As you may know the Hudson Senior Center is part of the Recreation Department. Because of this, the Senior Center Budget is voted on through the Town of Hudson Budget. Please attend the information session to learn about the way the Senior Center will be affected by Warrant articles and the 2017 Budget.

Thank you!

FROM THE DESK OF THE FIRE CHIEF

As we prepare for the holiday season and another New England winter, I wanted to reach out to you start a dialog regarding the upcoming deliberation on the FY-17 budget. This year the Fire Department is proposing to construct a new fire station in the south end of Hudson. Certainly, the first goal is to continue to improve our service delivery not only in the south end of Hudson, but to also make sure we are situating the station to support our overall mission and service delivery town wide. We ask that you take a few minutes to review this warrant article and the information provided in the Town Information Book located in the North Barn. I will be scheduling a date to come in and answer any questions you may have. Thank you for your time and consideration. Happy Holidays!

~ Robert Buxton Hudson Fire Chief



HUDSON SCHOOL DISTRICT

The Mr. Bryan Lane, Superintendent of the Hudson School District will be here on February 16 at 10:30am to discuss the School Budget and Warrant Articles with you. He will also be able to answer any questions you may have about the status of education in the Town of Hudson.

OUR SENIORS

This is a new section of the newsletter which will feature our own friends. Please submit any ideas or poems to Lori at the Barn to be considered for this section.

A Poem about the Senior Center

The North Barn Senior Center is the place to be

For Fun and Activity

There's Cards, Games and pool

Mah Jongg and Bingo Too

Exercise, Line Dancing, Tap and Zumba for you

*There's Various Speakers from time to time to
keep you alert on Health, Safety and Crime.*

*A Movie once a month you can see and also play
Wii!*

*If you come in the morning you can have coffee
and tea (25 cents)*

If you want to have lunch there is a fee \$2.00

We look forward to seeing you soon.

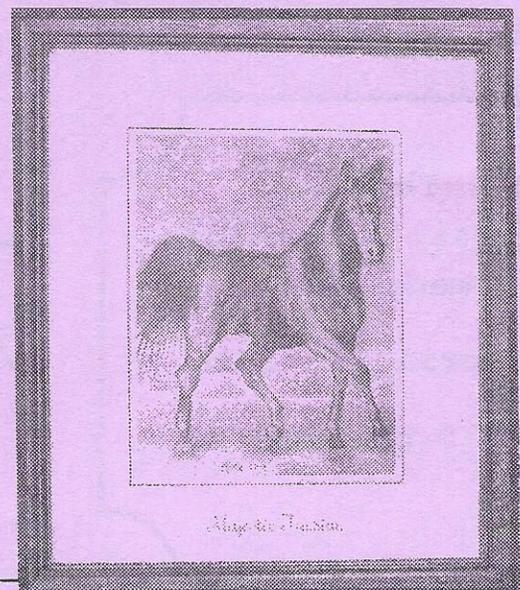
The North Barn is starting to Boom!

~J. Wasserman

A HUGE thank you to all of you who have given of your precious ornaments, trees and accessories to make our Senior Center beautiful for the holiday season. Be sure to stop by and see all the wonderful decorations.

SPOT LIGHT ON RITA PELLAND ~ARTIST & ACTIVIST~

Rita's interest in art began with applying authentic and historical expressions left on clay pots. Ready for new challenges with other gifts of the earth; minerals, silica and fire intrigued her as if working with a spinning kaleidoscope. Her experience as a photography studio Portrait Enhancer required special skills for mixing chemical dyes, and color application where needed to the finished product, improving it to its best portraiture. She is currently working with Pastels, demanding precise execution of composition until creativity comes to its final and revealing distinction; much like a flower that yesterday was not there. Rita currently has a display at St. Joseph's Hospital until the end of December and a percentage of the money raised on the sale of her artwork goes towards cancer research. Please help out this noble cause and consider giving a piece of artwork to a loved one.



TAKE A TRIP WITH US!

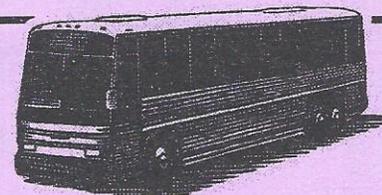
VISIT THE TRIP OFFICE WED & THURS 9-11AM

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 also access all the forms for the trips on the website: www.hudsonnh.gov.

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

Lucille can also be reached at 889-1803.

****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.



**The Ultimate
Tribute Show to
Elton John &
Billy Joel**

May 18, 2015

\$90 per person

Foxwoods

March 7, 2016

\$32 per person

**Lobster Feast &
Beatles Tribute at
the Log Cabin**

August 9, 2016

\$ 89 per person

**Bingo at East Hill
Farm**

May 11, 2016

\$67 per person

**The Young
Irlanders**

March 11, 2016

\$90 per person

**The Highway Men and
Queens of Country
Tribute**

June 22, 2016

\$90 per person

The Moulin Rouge

April 19, 2016

\$90 per person

**The Holy
Grail's Camelot
Comedy Luncheon**

April 12, 2016

\$79 per person

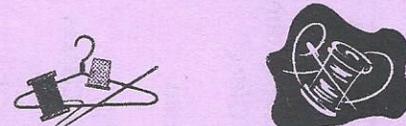
Overnight Trip to Canada!

June 2016

Please stop by the trip office for more information.

The Hudson Senior Center Calendar

<p><u>Monday, December 28, 2015</u></p> <p>Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm</p>	<p><u>Tuesday, December 29, 2015</u></p> <p>Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm</p> <p>North Barn Presents - Movie Afternoon 12 pm "Cinderella "</p>	<p><u>Wednesday, December 30, 2015</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm</p>	<p><u>Thursday, December 31, 2015</u></p> <p>Happy New Year! Senior Center is Closed</p> 
<p><u>Monday, January 4, 2016</u></p> <p>Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm</p>	<p><u>Tuesday, January 5, 2016</u></p> <p>Chris Streeter - Hearing 9am Coffee Club 9am Bone Builders 9am @ Barn Mah Jongg 9am Whist 9:30am 10:30am Shoes and Braces Representative please RSVP Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm</p> <p>North Barn Presents - Movie Afternoon 12 pm "FURY"</p>	<p><u>Wednesday, January 6, 2016</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm</p> <p>Flu Clinic 10am-12pm Please RSVP at the Barn</p>	<p><u>Thursday, January 7, 2016</u></p> <p>Silver Knitters 9am 10am iproduct Tech Class with John Yoga 10am @ Recreation Office Men's Meeting 10:30am Lunch 11:30am 11:30am One on One Tech Classes Bingo 12pm Pinochle 12:30pm</p>



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 for respite care.

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For The Senior
Citizens**

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Weekly or 1 Time
Only!

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603-275-6469

The Hudson Senior Center Calendar

<p>Monday, January 11, 2016</p> <p>Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm</p>	<p>Tuesday, January 12, 2016</p> <p>Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am 10:30am Hudson Police Department Conversation: SCAMS Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm North Barn Presents - Movie Afternoon 12 pm "The Longest Ride"</p>	<p>Wednesday, January 13, 2016</p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Lunch 11:30am Beginners Line Dancing 11:45am \$3 Canasta 12:30pm Bereavement Support Group Please RSVP at the Barn starting at 1pm</p>	<p>Thursday, January 14, 2016</p> <p>Silver Knitters 9am 10am iproduct Tech Class with John Yoga 10am @ Recreation Office Senior Center Meeting 11am Lunch 11:30am 11:30am One on One Tech Classes Bingo 12pm Pinochle 12:30pm</p>
<p>Monday, January 18, 2016</p> <p>Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm</p>	<p>Tuesday, January 19, 2016</p> <p>Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am 10:30am Memory Care Conversation Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm North Barn Presents - Movie Afternoon 12 pm "The Hundred Foot Journey"</p>	<p>Wednesday, January 20, 2016</p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Photography Club 10:30am Lunch 11:30am Beginners Line Dancing 11:45am \$3 Canasta 12:30pm 1pm Bereavement Support Group</p>	<p>Thursday, January 21, 2016</p> <p>Silver Knitters 9am 10am iproduct Tech Class with John Yoga 10am @ Recreation Office Book Club 10:30am Lunch 11:30am 11:30am One on One Tech Classes Bingo 12pm Pinochle 12:30pm</p>

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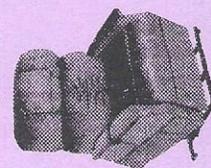
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The Hudson Senior Center Calendar

<p><u>Monday, January 25, 2016</u></p> <p>Martin Luther King Day</p> <p>Senior Center Closed</p> 	<p><u>Tuesday, January 26, 2016</u></p> <p>Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am 10:30am Dave Smith Presentation: Seasons in the White Mountains Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm North Barn Presents - Movie Afternoon 12 pm "The Age of Adaline"</p>	<p><u>Wednesday, January 27, 2016</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm 1pm Bereavement Support Group</p>	<p><u>Thursday, January 28, 2016</u></p> <p>Silver Knitters 9am Arts and Crafts Class 9 am 10am iproduct Tech Class with John Yoga 10am @ Recreation Office Senior Meeting 11am Lunch 11:30am 11:30am One on One Tech Classes Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, February 1, 2016</u></p> <p>Chair Yoga 9am \$35 6 week session Mat Yoga 10:30am \$35 6 week session Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm</p>	<p><u>Tuesday, February 2, 2016</u></p> <p>Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am 10:30am Compass of Aging Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm North Barn Presents - Movie Afternoon 12 pm "Interstellar"</p>	<p><u>Wednesday, February 3, 2016</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm 1pm Bereavement Support Group</p>	<p><u>Thursday, February 4, 2016</u></p> <p>Silver Knitters 9am Yoga 10am @ Recreation Office Men's Meeting 10:30am Lunch 11:30am Technology Class 11:30pm Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, February 8, 2016</u></p> <p>Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm</p>	<p><u>Tuesday, February 9, 2016</u></p> <p>Coffee Club 9am Bone Builders 9am @ Barn Whist 9:30am 10:30am Dave Smith Presentation: Glacier Montana Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm North Barn Presents - Movie Afternoon 12 pm "Walking Across Egypt"</p>	<p><u>Wednesday, February 10, 2016</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm 1pm Bereavement Support Group</p>	<p><u>Thursday, February 11, 2016</u></p> <p>Silver Knitters 9am Yoga 10am @ Recreation Office Senior Center Meeting 11am Lunch 11:30am 11:30am One on One Tech Classes Bingo 12pm Pinochle 12:30pm</p>

The Hudson Senior Center Calendar

<p><u>Monday, February 15, 2016</u></p> <p>President's Day</p> <p>Senior Center Closed</p> 	<p><u>Tuesday, February 16, 2016</u></p> <p>Coffee Club 9am Bone Builders 9am Whist 9:30am 10:30am Hudson School District Budget Conversation Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm</p> <p>North Barn Presents - Movie Afternoon 12 pm "The Great Gatsby"</p>	<p><u>Wednesday, February 17, 2016</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Photography Club 10:30am Beginners Line Dancing 11:45am \$3 Canasta 12:30pm 1pm Bereavement Support Group</p>	<p><u>Thursday, February 18, 2016</u></p> <p>Silver Knitters 9am Yoga 10am @ Recreation Office Book Club 10:30am Lunch 11:30am 11:30am One on One Tech Classes Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, February 22, 2016</u></p> <p>Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm</p>	<p><u>Tuesday, February 23, 2016</u></p> <p>Coffee Club 9am Bone Builders 9am Whist 9:30am 10:30am Town of Hudson Budget Conversation Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm</p> <p>North Barn Presents - Movie Afternoon 12 pm "This is Where I Leave You"</p>	<p><u>Wednesday, February 24, 2016</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm 1pm Bereavement Support Group</p>	<p><u>Thursday, February 25, 2016</u></p> <p>Silver Knitters 9am Arts and Crafts Class 9am Yoga 10am @ Recreation Office Senior Center Meeting 11am Lunch 11:30am 11:30am One on One Tech Classes Bingo 12pm Pinochle 12:30pm</p>
<p><u>Monday, February 29, 2016</u></p> <p>Chair Yoga 9am Mat Yoga 10:30am Lunch 11:30am Ping Pong 12-3pm Mah Jongg 12-3pm</p>	<p><u>Tuesday, March 1, 2016</u></p> <p>Coffee Club 9am Bone Builders 9am Whist 9:30am 10:30am Lunch 11:30am Hand in Foot 12:30pm 45's 12:30pm</p> <p>North Barn Presents - Movie Afternoon 12 pm "The Water Diviner"</p>	<p><u>Wednesday, March 2, 2016</u></p> <p>Aerobics 9am \$3 Line Dancing 10:30am \$3 Beginners Line Dancing 11:45am \$3 Canasta 12:30pm</p>	<p><u>Thursday, March 3, 2016</u></p> <p>Silver Knitters 9am Yoga 10am @ Recreation Office Men's Meeting 10:30am Lunch 11:30am 11:30am One on One Tech Classes Bingo 12pm Pinochle 12:30pm</p>

CARDS AND GAMES

CALLING ALL CARD & GAME PLAYERS!

Scat - Every day at 9am

Whist – Tuesday Mornings starting at 9am

Mah Jongg – Monday at 12pm

Mah Jongg – Tuesday at 9am

Pokeeno – Tuesday & Wednesday after lunch

7's – Tuesday & Wednesday after lunch

Scrabble – Tuesday at 12 pm

45's – Tuesday at 12:30 pm

Canasta – Wednesday at 12:30 pm

Pinochle – Thursday at 12:30 pm

Bingo – Thursday at 12 pm

Community Puzzle – Daily from 8:45am – 3pm

Billiards – Daily from 8:45am – 3 pm

Ping Pong – Monday at 12:30pm

* NEW! * Cribbage – Wednesday at 9am

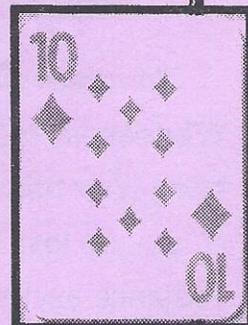
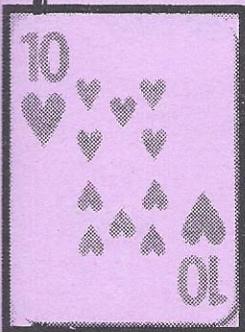
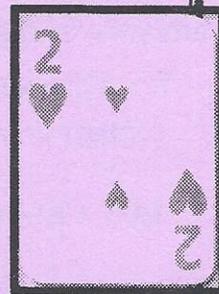
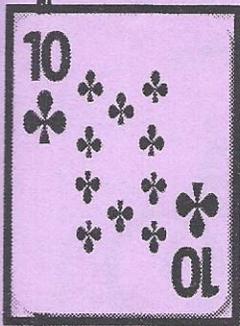
* NEW! * Bridge – Wednesday at 9am

(Bridge and Cribbage are new games for us
so let us know if you are interested!)

There is always room for a group to sit down and play a game.

We have lots of board games at the Barn, don't be shy!

(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. Purchase 5 classes in advance and get the 6th free! \$35

for 6 classes or \$7 each class

Chair – Mondays at 9am

Mat – Mondays at 10:30am

Mat – Thursdays at 10am at the Recreation Office



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



AEROBICS WITH SYLVIE

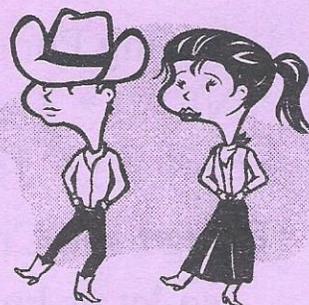
Aerobics with Sylvie meets on Wednesday mornings at 9am. Please bring your hand weights and smile, as you do low impact aerobics and balance exercises. Then finish class with chair and hand weight exercises. This is an all abilities class and all are welcome! Please see the office to sign up to guarantee a spot. Cost is \$3 each per class.



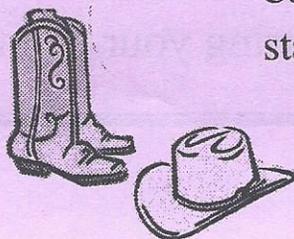
LINE DANCING WITH GAIL

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.



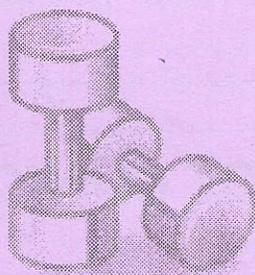
Beginners Line Dancing!
 Calling all beginners! Class starts at 11:45, and will cost you \$3 per week.



FOR MOVING AND SHAKING!

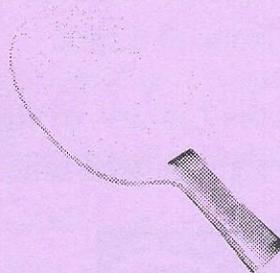
BONE BUILDERS!

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. \$2 donation per class



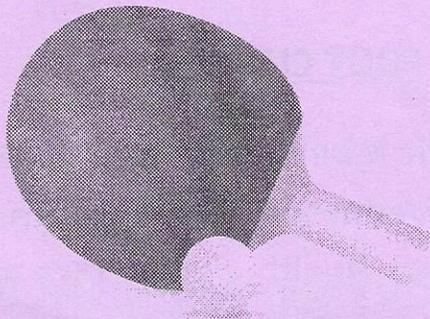
PICKLEBALL!

Come to play Pickleball with us!
We have moved indoors for the winter but would love for you to join us!
Sign up today! \$12 a year to be a part of the fun!



PING PONG

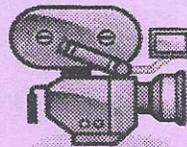
We play Ping Pong on Monday afternoons from 12:30-3pm. Bring your paddle or borrow one from the Center and come and play on our fabulous table!



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 of the facility, 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.

For more information about the Community Television Access Center you can also visit www.hudsonnh.gov



SNOW SHOE CLUB

THE SNOW SHOE CLUB WILL AGAIN BE VENTURING OUT INTO BENSON PARK THIS WINTER IF THERE IS SNOW. PLEASE LEAVE YOUR NAME AND NUMBER WITH LORI SO THE GROUP CAN GET ESTABLISHED ONCE AGAIN.

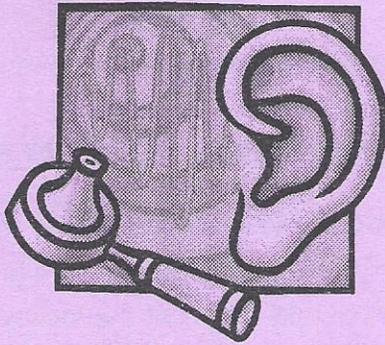
FOR HEALTH & WELLNESS

AFFORDABLE HEARING LLC

*Free Hearing Evaluation.
Lowest Hearing Aid Prices.*

Chris Streeter is here the first Tuesday of each month from 10-12pm.

You can find him in the Library, or sign up in the office for a guaranteed time.



Amy Baxter – Shoe and Brace Clinic

Appointments are available on January 5, starting at 10:30am. See the products that will be offered, she has expanded her business to include braces. To set up your appointment with the specialist see or call Lori at the Barn – 578-3929.



Memory Care Conversation

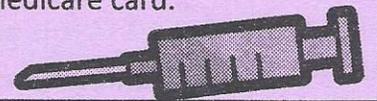
January 19 at 10:30am

This will be a presentation by the Director of Memory Care from Bridges by Epoch. Please RSVP at the Barn to hold your spot.

FLU SHOT CLINIC

January 6, 2016 Wednesday from 10am – 12pm

This flu clinic is being put on by the Nashua Division of Public Health and also includes High Dose Flu, Shingles, Pneumonia and TDAP Vaccines. Please RSVP by calling 578-3929 or sign up at the Barn on your next visit. There is a \$10 fee for these shots and \$15 for the flu vaccine unless you have Medicare. Please bring your Medicare card.



FOOT CLINIC

The Foot Clinic is being held at the Barn on the 4th Wednesday every month. Please contact Health and Hospice at 882-2941 to set up your appointment time.



FOR CONVERSATION

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. Look for their facebook page coming soon!



LUNCH BUNCH

Lunch is served every day at the Barn from our fabulous gourmet kitchen. You are also welcome to pack a lunch and come and enjoy the view from our dining room.



SENIOR MEETING

The Senior Meeting continues to take place on the 2nd and 4th Thursday of each month and all patrons of the Senior Center are invited. The meeting takes place just before lunch at 11am. If you have something to add to the agenda please contact the office at 578-3929. See you there!

SENIOR AFFAIRS COMMITTEE

Tune in to Gov. Channel 22 on Comcast to watch our advisory council meetings. Third Wednesday of each month at 7:30pm. See Lori for more details or to be added to the agenda.

** NEW **

BEREAVEMENT GROUP Wednesday at 1pm Starting January 13th

The Senior Center is pleased to announce the addition of a bereavement group at the Hudson Senior Center. The group will meet for 6 weeks at a time. Please RSVP with Lori at the Office and she will give you the information needed. This support group is offered through Amedisys Hospice, 1E Commons Drive Unit 33 Londonderry, NH.

Our support group will be run by: Sharon M. Bailey MSW Bereavement Coordinator

See the Office with more questions.

* BOOK CLUB *

Natalie and Amy from Rodgers Memorial Library are our book discussion group leaders here at the Center. Every month on the third Thursday there will be a meeting of the minds to discuss the book of the month. This will also be the day that you can pick up your copy of the book for the following month. The books will be available after that in the office, see Lori to reserve your copy. You can also download a digital book to participate, just add your name to the list by talking to Lori so we know to expect you!



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!

ABOUT THE SENIOR CENTER

Registration Renewals

We are taking new registrations and renewing old ones every day. Please remember you must register to participate in any program at the Center. You can register any day the Center is open. Forms are available at the Center (Barn) or you can find them on the website at www.hudsonnh.gov under the Recreation Department.

Dave's Letter

Hello! Just a friendly reminder if there is no school in Hudson or a delayed opening then the Center is closed for the day. Everything is cancelled including lunch. Lori is available at the Barn, but you can also contact me directly with any questions or concerns at 880-1600, or at dyates@hudsonnh.gov.

I hope you enjoy the winter and stay safe.

Sincerely,

Dave Yates

Dave Yates

Hudson Recreation Director

HUDSON SENIOR CENTER

LOCATED IN THE NORTH BARN AT BENSON PARK
19 KIMBALL HILL ROAD HUDSON, NH 03051
603-578-3929

WWW.HUDSONNH.GOV

lbowen@hudsonnh.gov

HOURS OF OPERATION

Monday: 8:45am – 3pm
Tuesday: 8:45am – 3pm
Wednesday: 8:45am – 3pm
Thursday: 8:45am – 3pm

We are not open Friday, Saturday or Sunday.



The 5 W's about the

Hudson Senior Center

What: The Hudson Senior Center is an active adult recreation center that focuses on improving the daily activities of the local population of residents age of 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>