



NORTH NEWS

NEWS FROM THE HUDSON SENIOR CENTER



AARP TAX HELP

Thursdays at the Senior Center. Please call 578-3929 or 211 and follow the prompts for an appointment.

CLOSED DATES FOR THE SPRING

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

Memorial Day - May 27

From the Desk of the Hudson Recreation Director

Hello!

Be sure to stay up to date on activities through the website and by stopping by the senior center. There are a lot of activities planned that we hope will interest you!

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!

Spring is here! Just under that fresh dusting of snow is the green grass and flowers just waiting to come out! By the time this newsletter is “old” we will have warm days and another New England Winter will be behind us! 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.

We have a lot of exciting things planned this Spring here at the Senior Center! Check out all of the North Barn Presents presentations on Tuesday morning...we have some new visitors coming to share with us this Spring. We also have a new list of movies to watch and of course all of our exercise classes to keep you moving! Don't forget about our daily activities such as cards and games! We also have done a little “sprucing” up around here so stop by and see what we've done!

Be sure to check out the Trip Information for 2019. Lucille will start booking on May 1 for the second half of the year trips, but there is still room to do something sooner! You can stop by and see her on Wednesday or Thursdays from 9-11am in the library.

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 (1 st Tues)
10:30am	North Barn Presents (see page 6)
11:30am	Lunch
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 (2 nd Thursday)
11:00am	Rummikub
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
1:00pm	Center Closes

*The Billiard Table, Community Puzzle and the
Coffee Bar are available every day*



SENIOR CENTER ACTIVITIES

AARP TAX HELP

AARP is offering Tax Help again this year at the Senior Center. They are in our building on Thursdays again this year. To make an appointment please call 578-3929 or call 211 and follow the prompts. Appointments are available at 9am, 10am, 11am and 12pm.

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!

DAILY LUNCH

Lunch is served Monday - Thursday 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.

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.

COMMUNITY PUZZLE

Stop by the puzzle table and put a piece in to the community puzzle!

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.

HOME, HEALTH & HOSPICE 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.

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 play with a group!

LENDING LIBRARIES

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



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!



MAH JONGG

Every Monday Afternoon starting at 12pm come play American Mah Jongg in the Lounge! All abilities welcome!

MEXICAN TRAIN DOMINOES

Join us for Mexican Train Dominoes!

Monday mornings in the lounge starting at 9:15am. All aboard!

POKER!

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



PING PONG

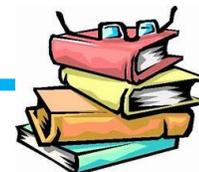
We play Ping Pong on Monday afternoons from 12:00-3pm. Bring your paddle or borrow one from the Center...just come and play!

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

April 1, May 6, June 3, July 1



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

Monday Afternoons this Spring.

Please sign up at the Center or call 578-3929



TUESDAY 8:45am – 3:00pm

MOVIE AFTERNOON!

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

March 5 – The House with a Clock in
Its walls

March 12 – The 12th Man

March 19 – The Yellow Birds

March 26 – Annihilation

April 2 – The First Man

April 9 – Collette

April 16 – Little Women (2018)

April 23 – Wreck it Ralph –Ralph

Breaks the Internet

April 30 – The Favorite

May 7 – A Simple Favor

May 14 – Here and Now

May 21 – A Star is Born

May 28 – Unbroken – Path to

Redemption

June 4 – A Private War

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 Summer, pick up your newsletter for more information

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!

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 at 9:15am

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!

MAH JONGG

Every Tuesday Morning starting at 9:15am come play American Mah Jongg in the Dining Room! (Intermediate level of play group.)

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 Chris Streeter 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.



The North Barn Presents

Tuesdays at 10:30am in the Function Room

MUSIC BY BOB ALMEIDA

March 19, 2018

10:30am in the Function Room

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

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

3/26 4/30 5/28 6/25

MUSIC TRIVIA

John, our trivia creator extraordinaire, will have a special presentation of his music trivia game! March 12 at 10:30am in the Function Room.

All are welcome!

Hudson Fire Department Safety Seminars

The Hudson Fire Department will be hosting informal safety discussions on the first Tuesday of every month.

10:30am in the Function Room

3/5 4/1 5/7 6/4

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!

CORN HOLE!

We will be playing Corn Hole on May 14, 2019 at 10:30am in the Function Room...but if it is nice we will bring the game outside! Learn to play this fun game now so you are ready for all your summer outings!

Hudson Memorial School

Special Band Concert

Please join us for a morning of music presented by the Hudson Memorial School Student Chorus.

June 11, 2019 at 10:30am

in the Function Room

The students will be sharing all the music they learned this year. This is an annual concert the students perform and is not to be missed!



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

Free!

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.

Attorney Beasley

JUNE 18, 2019 10:30am

More details coming soon

MUSIC BY BOB ALMEIDA

May 21, 2018

10:30am in the Function Room

Bob Almeida will be joining us again to share his Country Western Music at the Senior Center!



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.

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

SCRABBLE

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

CANASTA

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

CRIBBAGE

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

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



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!

CALLING ALL QUILTERS!

You are invited to join our quilting group! No experience necessary! We need help ironing, cutting, piecing, 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.

BRIDGE

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



THURSDAY 8:45am – 3:00pm

You are invited!

Monthly Senior Meeting

The second Thursday of every month
At 11am in the Dining Room

3/14 4/11 5/9 6/13

45's

Calling all 45's players!! We are starting up this fun game again! Join us to learn and play the card game 45's! Thursday afternoons at 1:00pm in the lounge.

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!

PINOCHLE

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

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!

RUMMIKUB

Come play the fun game of Rummikub!
Thursday at 11am in the Dining Room.



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.

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!

We are sorry for the inconvenience but we no longer serve lunch on Fridays. Please join us Monday – Thursday at 11:30am. To RSVP for lunch please call 578-3929



TAKE A TRIP WITH US!

Trip Office

The "Trip Office" is located in the library here at the Senior Center. You will find Lucille there Wednesday and Thursday mornings from 9-11am.

NOTICE

All trips must be paid for in full 32 days before the date of the trip. All checks can be made out to the Town of Hudson. If you need to know your balance please speak to Lucille in the Trip Office.

BUS INFORMATION

All buses depart from designated areas, please see trip flyers for more details. If a time is not given one will be announced prior to departure date. It will be posted at the Senior Center on the TRIPS bulletin board.





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.

Million Dollar Quartet	May 8, 2019	\$99
The Edwards Twins	May 19, 2019	\$92
Martha's Vineyard Day	June 7, 2019	\$87
3 Redneck Tenors	June 18, 2019	\$92
Michael Manor	July 17, 2019	\$92
Isles of Shoals	July 30	\$91
Lobster Roll Cruise	August 13	\$89
Wildwood Resort & Casino	September 23-26	\$TBA
Diamonds and Pearls	August 28	\$92
Atlantic City Boys	September 17	\$92
Newport Playhouse	October 2	\$92
Elton John & Billy Joel Tribute	October 16	\$92
Ricky Nelson Remembered	November 14	\$95
Indian Head Resort Christmas	November 22	\$TBA
Johnny Mathis Christmas	December 3	\$92
All American Bandstand	December 31	\$89

Trips after July 2019 will be available for reservations on May 1, 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. 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. All flyers with the information on them about each trip. They are also available on the website under trips.



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.

