



# NORTH NEWS

SPRING NEWSLETTER FROM THE HUDSON  
RECREATION DEPARTMENT'S SENIOR CENTER

Hello Senior Center Friends!

Spring is here...and we are doing some Spring Cleaning! We have taken a look at our activities and even though we may go back to them at some point, for now we have eliminated some unattended activities here at the Center.

Please check out the updated Cards and Games list on page 7. If you don't see your favorite game, just come talk to Lori!

We have some upcoming closed dates, so be sure to add those to your calendar.

We are excited to welcome all of our new registrants to the Senior Center! We are offering a new registrants coffee meet and greet on the 4<sup>th</sup> Wednesday of each month. Even if you are not "new" you are welcome to come meet new people and make new friends!

Be sure to join us for all of the different activities we have planned to keep you active, moving and to add to your social calendar!

We look forward to seeing you at upcoming programming! Happy Spring!

## Hudson New Hampshire Recreation Department

Chrissy Peterson -  
Recreation Director  
603-880-1600

Lori Bowen –  
Senior Services Coordinator  
lbowen@hudsonnh.gov  
603-578-3929

Naomi Busnach –  
Administrative Aid  
603-880-1600

[www.hudsonnh.gov](http://www.hudsonnh.gov)

Senior Center Office:  
603-578-3929

**We will be closed on the  
following days:**

**Please also check our inclement  
weather policy on page 8!**

**May 25, 2026**

**June 19, 2026**

**July 3, 2025**

**Watch for our Summer Schedule!**

The Center is Open Monday - Friday - Opens at 8am - Closes at 4pm



## Hudson Recreation Departments Senior Center Programming

# North Barn Presents

North Barn Presents is our free community information presentations and fun conversations every Tuesday at 10am!

April 7, 2026

### HUDSON FIRE DEPARTMENT

Join us for the Fire Department's Community Outreach with Steve Dube! Steve is retiring and his last day is April 7, please come wish him well in his retirement!  
10am in the Dining Room

April 14, 2026

### HUDSON CONSERVATION COMMITTEE

Presentation on the Trails and Properties and Hiking information on the Town of Hudson and neighboring Trails!  
10am in the Activity Room

May 19, 2026

### Focus Eye Care

Please join us for a presentation about Focus Eye Care and all the benefits of having healthy eyes!  
10am in the Function Room

April 21, 2026

### FCP Live in Home Care

Mark your calendars now!  
Please join us for a presentation about how to ready your home for home care.  
10am in the Function Room

May 12, 2026

### 603 FOOTCARE

Please join us for a presentation about *Mobile Routine Foot Care Services*. Crystal will come to your home to take care of your podiatry needs, learn how today!  
10am in the Function Room

### Last Tuesday of every Month! COFFEE WITH THE COPS!

The Hudson Police Department joins us for presentations on different subjects involving Community Policing and Scams.  
10am in the Dining Room!

# North Barn Presents

North Barn Presents is our free community information presentations and fun conversations every Tuesday at 10am!

May 5, 2026

## Talk of the Town

Please join us for a conversation about the Town of Hudson.  
Hosted by Roy Sorenson, Town of Hudson Administrator.

10am in the Dining Room

July 21, 2026

## OFF YOUR ROCKERS

Please mark your calendars for our favorite local comedy group to join us and bring their newest laugh filled routine to the Center!

10am in the Function Room

June 9, 2026

## HMS CONCERT

Please mark your calendars for our annual visit by the Hudson Memorial Special Bands and Chorus! This concert will start by 10:30am  
Not to be missed!

June 23, 2026

## COLLETTE TRAVEL

Please join us for a presentation about the 2026 trips and exciting new trips planned for 2027!

10am in the Function Room

June 16, 2026

## Hits of the 50's & 60's with DJ Dave!

Please join us for a morning of Music, and reminiscing!

Dance Space available!!!

10am in the Function Room

June 2, 2026

## I PASS AS WHITE

Book Reading by Laura Pointer  
"I Pass as White" is her father Tex Pointer's Book, and Tex was a local legend in Hudson!

10am in the Function Room

# Join us at the Center!

*Every Wednesday!*

## **QUILTING GROUP**

Our quilting group is growing by the week! We have the machines, we just need you to join us! We are doing all kinds of projects, or bring your own and come socialize while you work! Check us out every Wednesday afternoon at 1pm! First, Third and Fifth Wednesdays we sew all day starting at 9am!

## **PHOTOGRAPHY CLUB**

All Photographers are welcome! The Photography Club meets the First and Last Tuesdays of each month. On the First Tuesday we discuss computer programs and learning to manipulate your photos and cameras! On the Last Tuesday we go take photos! Meet at 9:30am in the Function Room! Cameras and cell phones are welcome!

*Every Wednesday starting at 9:00am*

## **SILVER NEEDLES!**

This is our crafting group here at the Senior center! We meet every week and enjoy social time while we work! Bring your own project and join us for a morning of fun! There is always a lending ear and a hand to help as well! Come learn to knit and crochet! It is also fun to stop by to see all the wonderful projects our patrons are working on!

## **OUR "FAMOUS" BOOK CLUB**

We will meet the 3<sup>rd</sup> Wednesday of each month at 10:00am in the Dining Room. Our Book Club is taking on a new look in 2026! We want all of our avid readers to join us for a conversation about "what you have read lately!"  
10am in the Dining Room

## **COOKBOOK SWAP**

Join us the 2<sup>nd</sup> Wednesday of each month for a cookbook swap! This new social group will meet and share cookbooks and recipes with each other!  
10am in the Dining Room

## **NEW REGISTRANTS GROUP**

All New registrants are welcome to attend our newest coffee club! Great way to meet new people and get acclimated with the center!  
4<sup>th</sup> Wednesday ~ 10am in the Dining Room

*1<sup>st</sup> Wednesday of the Month at 10am*

## **TRAVEL COFFEE CLUB!**

Come meet fellow travelers, maybe even a future traveler companion! We chat about everything from where to go, where we've been and where we want to go! We also chat about what to wear and how to buy travel gear and gadgets to make your trips extra special! See you on the first Wednesday of each month! This is also where you can meet up with your fellow travelers for upcoming trips!



# EXERCISE WITH US!



## BONE BUILDERS

This Osteoporosis exercise program is being offered here at the Center!

You must have your waiver and doctors note filled out to take class. (Available online under forms or pick up at the Center.)

**Thursday at 2:45pm**

**\$3 Donation per person, per class please**

## TAI CHI

Come learn the Art of Tai Chi!  
The 108 steps of Tai Chi are worked on weekly!

**Fridays at 9:30am**

**Class is \$5 per person per class**

## LINE DANCING

Gail Eaton offers two levels of classes for our Line Dancing enthusiasts!

**Beginners is Thursday at 9am**

**Intermediate is Thursday at 10:15am**

**Class is \$5 per person per class**

## CARDIO DRUMMING!

Our newest class offering is Cardio Drumming!  
This creative class will work on your balance and also sharpen your brain!

**Class is on Thursday at 11:45am**

**Class is \$5 per person per class**

You will need some drumming equipment for this class so please see the office for details.

## AEROBICS

Join us for Aerobics with Sylvie! This high energy, go at your own pace aerobics class is offered twice a week!

**Monday Mornings at 9:30am**

**Friday Mornings at 10:45am**

**Class is \$5 per person per class**

## HIKING & BIKING GROUPS

Stop by today to add your email to these lists! The group sends emails out to share where they will be trekking off too so sign up today! Weather Dependent during the Winter months and mud season, but Spring is here so sign up soon!

## WALKING CLUB

Tuesday and Thursday mornings in good weather please join us to take a walk! We will stick to the main paths of Benson Park or wander around our beautiful area in the parking lot! We will begin walking at 9:30am, meet us in the lobby!

## STRENGTH & BALANCE

Our Strength & Balance class will improve your overall health!

**Monday mornings at 10:45am**

**Thursday afternoons at 1:15pm**

**Class is \$5 per person per class**

Sign Up for our outdoor activity email lists. You must provide your own equipment; this is meant to be gather groups so emails are sent where to gather. Discretion is advised as you participate at your own risk.

Don't forget about our other "exercise" activities at the Center!

**Ping Pong - Mondays & Fridays 1pm**

**Bocce Ball - Tuesday & Thursday 1pm**

**Corn Hole - Mondays & Fridays 1pm**

**We even have Croquet! (ask at the office!)**

# ACTIVITIES FOR EVERYONE!

## PUZZLE LIBRARY

We have a closet full of puzzles to share with you in the Activity Room. You are welcome to borrow and bring back puzzles to share with others. Please bring your puzzles to share to the Activity Room and browse through other puzzles that have been brought in!

*Please note we do not keep puzzles with damaged or missing pieces.*

## COMMUNITY DINING

Community Dining is the place to be! Lunch is served in the Function Room at 12:00pm. You must register ahead of time to be guaranteed a meal. Sign up clip boards are located on the wall in the Dining Room. Or you can call 603-578-3929 for a reservation.

**Lunch is served Monday, Tuesday, and Wednesday!**

We must have 10 people signed up to serve lunch so please be sure to add your name to the RSVP list in the Dining Room!

**Meals are a \$4 donation per meal**

There is no take or take home at this time. Menus are available at the Senior Center. Our caterer is Moose City Catering, and we are part of the Community Dining Program of Meals on Wheels of Hillsboro County.

## COFFEE TIME!

We have carafs of coffee on Tuesday and Wednesday in the Dining Room and a Keurig System for coffee in the Activity Room. It is 50 cents for a cup of coffee. If you bring your own k-cup please leave 25 cents if you use our creamers, sugar and cups! The cost goes to replacing cream, sugar, cups and more K-Cups!

**Our Coffee Club will meet from 8:30-9:45am in the Function Room on Tuesday Mornings. This club is followed by the North Barn Presents every week!**

You are also welcome to bring in your own cup of coffee to enjoy here at the Center!

## BOOK LIBRARY

Our lending library is ready for your next great book find- located in the hallway! Please stop by and check it out! All the books are organized by author, large print, biographies etc.

## LUNCH TIME!

You can always bring a bagged lunch and join us in the Dining Room! Daily from 12:00pm – 1:00pm.

Thursday we eat in the Activity Room.

## Coffee Clubs

Every Wednesday in the Dining Room we have a different group that meets!  
See page 4 for details!  
10am in the Dining Room

# Cards & Games

## CARDS & GAMES LIST

*We have done some "Spring Cleaning" on our cards and game schedule. Please let us know if there is something you are wanting to do!*

- 45's – Wednesday 1:00 pm
- 66 – Thursday 1:00 pm
- Billiard Table – Every day
- Bingo – Tuesday at 1:10pm \$\$
- Board Games – Wednesday at 1:00 pm
- Bocce – Tuesday & Thursday at 1:00pm
- Bridge – Friday at 10:00 am
- Corn Hole – Monday & Friday at 1:00pm
- Cribbage – Everyday at 1:00 pm
- Hand & Foot – Tuesday at 1:00pm
- Hand Foot & Elbow – Tuesday & Friday - 1:00pm
- Mah Jongg – Monday & Friday at 1:00 pm
- Mah Jongg Beginners Group – Wednesday 1:30
- Mexican Train Dominoes – Friday at 1:00 pm
- Pay Me Card Game – Mon & Wed at 9:00 am
- Ping Pong – Monday & Friday at 1:00pm
- Rummikub – Wednesday at 1:00pm
- Scrabble – Wednesday at 1:00 pm
- Shuffleboard Table – Every day
- Whist – Monday at 10:00 am

Depending on the game.... bring your Pennies, Nickels and Dimes!  
Please note all our games are drop in so please stop by to play!

## DECORATING & UNDECORATING GROUP!

Join us to decorate for the holidays!! We also always welcome un-decorating help too! Sign up to help decorate the Senior Center for our next big event!!

## PLAY BINGO!

Bingo is played here at the Barn!

Bingo is every Tuesday Afternoon and we start selling slider cards at 1:10pm.

Slider Cards are \$1.25 each and its 50 cents to play the Shotgun Coverall

You must be registered at the Senior Center to play Bingo, and please wear your badge!

## PLAY MAH JONGG!

Come Play Mah Jongg at the Hudson Senior Center! We have intermediate groups that play Monday and Friday from 1-4pm and a beginners group on Wednesday afternoons from 1:00-3:45pm. We are playing with 2026 cards!

## PLAY BOARD GAMES

Here at the Senior Center we have a whole bookshelf full of the best games to play! From Clue, Scrabble, Monopoly to Trivia Pursuit, Papa's Penny Game, Tock and many more! Join us on Wednesday Afternoons to play any Board Game of your choosing! 1pm in the Dining Room!

# Helpful & Happening Programming

## TECHNOLOGY HELP

John is here every week on Tuesday mornings to help with your technology needs. Please sign up for an appointment on the clip board outside the office. You can also call 603-578-3929 to set up an appointment or email [lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov) for an upcoming appointment

## AFFORDABLE HEARING AIDS

Chris Streeter is here the first Tuesday of every month for appointments. Please sign up at the Senior Center or call 603-578-3929 to make an appointment with Chris!

## DONATIONS & FREEBIES

We are sorry to announce that as of November 1, 2025 we will no longer have a freebie area at the Center.

We appreciate that this area has brought joy to many and thank you all for contributing to it over the years.

We will still take donations of yarn for our knitters. Yarn donations go out Wednesday Mornings and the knitters are asked to use it to make donations.

We will also still take donations of walkers, canes and wheelchairs to be shared with our patrons and neighbors as needed.

## Home Health & Hospice

### Foot Care Clinic

Tuesday & Wednesday's each month by Appointment only.  
We host the foot care clinic during the month. Please call 603-689-2899 to set up an appointment. Please be aware if the Center is closed due to inclement weather there is no Clinic, and they will call to reschedule.

## COMMUNITY AREA

Please check out our Community Area at the Senior Center. It is located in the Vestibule by the Office. Here you will find posters with Community Events and flyers and brochures with information that benefit our patrons. Please help yourself!

If you have a community event poster please drop it at the office and it will be hung up for all to see!

## TRIPS BOARD

Stop by and check out the Trips Bulletin Board at the Senior Center. We currently have international Trips being offered by Collette Tours on the board. There is information about Greece, Iceland being offered in 2026.

## CHECK IN AT THE CENTER

Please bring your badge to the Center with you so you can check in!

The check in computer is located in the hallway outside the Function Room. Please scan your unique bar code and follow the directions to check in. Thank you!





# Hudson Recreation Department's Senior Center Trips

2026 Trips are filling up quickly, we recommend you purchase your tickets as soon as possible to be guaranteed a space on the Trips of your choosing. We have posted all seats available at the Senior Center on the Bulletin Board at the Senior Center. The ticket availability is subject to change. There are no reservations taken without payment. All flyers are available on the Trips webpage or at the Center.

## **FUN FACTS ABOUT HUDSON SENIOR CENTER TRIPS!**

- \*New in 2026 there will be a \$25 fee for canceling a trip if less than 2 weeks before a trip departs, this fee will be waived if it is a medical reason, and a doctor's note may be required. Over nights will have a minimum of \$50 cancellation fee if less than 2 weeks before a trip departs or as noted on the trip document.**
- \* No refunds are guaranteed 30 days before a trip**
- \*If you do not choose a meal when signing up the first option will be marked for you.**
- \* All trips will depart from 19 Kimball Hill Road, including overnights.
- \* We do have limited tickets available for some 2026 trips so please sign up and pay early to guarantee your spot!
- \* All Money is due 8 weeks prior to a trip. At 8 weeks prior to a trip we give back unsold tickets to the vendors. At that time a wait list will be started.
- \* Once a trip has "sold out" we will start a wait list and if you are on the wait list you do not have to pay until you move to the actual patron totals for the trip.
- \* Seating on the bus is determined by date paid for the trip, we have assigned bus seats for all trips. Depending on the food venue we may also have assigned seats for tables.
- \* You must have a doctor's note if you need to be placed at the front of the bus for motion sickness. Or present your handicapped plaque to be an exception. Please remember there are only 4 seats in the front of the bus and they may have limited leg room. On most buses there is also a step up to the first few rows as the pathway is angled. We recommend if you want to attend a trip and sit at the front that you pay as soon as the trip is posted/released.
- \* Please fill out the bottom of the flyer and turn it in with your payment
- \* Collette Tours has their own travel insurance and waivers as well as cancellation rules
- \* The Royal Tours waiver must be filled out prior to taking a Royal Tours Trip in 2026, this form will be available at the Center and on the website.
- \* If you have any questions regarding Trips please see Lori at the Hudson Senior Center

# UPCOMING SOCIAL EVENTS

## Hat Making Workshop

Bring your best hat to turn it into a Kentucky Derby Masterpiece!

*April 22, 2025*

Meet us in the Function Room to create with us!

Some supplies will be available, please bring anything specific you would like to use!

Please RSVP for this event!

## Father's Day Car Show

3<sup>rd</sup> Annual Father's Day Car Show!

*June 10, 2025*

1-3:00pm at the Senior Center! Free to the public!

*If you would like to show your cars or know someone who would, please see Lori!*

## Mother's Day Tea & Kentucky Derby Party!

Wear your best hat and join us for tea, games and fun!

*MAY 6, 2025*

Raffles, Prizes, Snacks, Fun and of course tea!

\$5 each RSVP by May 1

Limited Number of tickets to be sold, get yours today!

We will sell out!

*No sales the day of the social  
There will be no other programming in the Dining Room & Function Room May 6.*



# HUDSON SENIOR CENTER SCHEDULE

## HUDSON RECREATION DEPARTMENT - SENIOR CENTER PROGRAMMING

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

603-578-3929

WWW.HUDSONNH.GOV

### MONDAY

8:00am Center Opens  
8:15am Morning Coffee  
9:00am Pay Me Card Game  
9:30am Aerobics \$5  
10:00am Whist  
10:45am Strength & Balance \$5  
12:00pm *Lunch Time!*  
1:00pm Ping Pong  
1:00pm Corn Hole \*\*  
1:00pm Mah Jongg  
1:00pm Cribbage  
1:30pm Watercolor Class  
4:00pm Center Closes

### TUESDAY

8:00am Center Opens  
8:15am Coffee Club  
9:30am Walking Group  
10:00am Hearing Help \*  
*1<sup>st</sup> Tuesday of each month by appointment*  
10:00am North Barn Presents  
10:00am Tech Help \*  
*By appointment—sign up at the office*  
9:30am Photography Club  
*First and last Tuesday of the month*  
12:00pm *Lunch Time!*  
1:00pm Hand & Foot  
1:00pm Hand, Foot, Elbow  
1:00pm Cribbage  
1:00pm Bocce Ball \*\*  
1:00pm BINGO!  
*See Page 7 for info*  
4:00pm Center Closes

### WEDNESDAY

8:00am Center Opens  
8:15am Morning Coffee  
9:00am Silver Knitters  
9:00am Pay Me Card Game  
10:00am Coffee Clubs  
*Check out page 4 for details*  
10:00am Book Club  
*Check out page 4 for details*  
12:00pm *Lunch Time!*  
1:00pm Scrabble  
1:00pm Quilting Group  
1:00pm Rummikub!  
1:00pm Card Games!  
1:00pm Play Board Games!  
1:00pm Cribbage  
1:00pm Mah Jongg – Beginners  
1:00pm 45s (Card Game)  
4:00pm Center Closes

### THURSDAY

8:00am Center Opens  
8:15am Morning Coffee  
9:00am Line Dancing - Beginners \$5  
9:30am Walking Group  
10:15am Line Dancing – Intermediate \$5  
11:45am Cardio Drumming \$5  
12:00pm *Lunch Time!*  
1:00pm Cribbage  
1:00pm 66 (Card Game)  
1:00pm Bocce Ball \*\*  
1:15pm Strength & Balance \$5  
2:30pm Bone Builders \$3  
4:00pm Center Closes

### LUNCH TIME!

Hot Lunch is served Monday, Tuesday, and Wednesday at 12:00pm in the Dining Room.

The Menus for hot lunch are posted in the Dining Room and this is where you can also RSVP for hot lunch!  
\$4 donation per meal

Please feel free to bring a bag lunch and join us every day of the week! On Thursdays we eat in the Activity Room.

### FRIDAY

8:00am Center Opens  
8:15am Morning Coffee  
9:30am Tai Chi Class \$5  
10:45am Aerobics \$5  
10:00am Bridge  
12:00pm *Lunch Time!*  
1:00pm Mexican Train  
Dominoes  
1:00pm Mah Jongg  
1:00pm Hand, Foot & Elbow  
1:00pm Cribbage  
1:00pm Ping Pong  
1:00pm Corn Hole \*\*  
4:00pm Center Closes

Shuffle Board, Puzzle Table, Billiard Table and Lending Libraries are available from 8am-4pm

\* Appointment required

\*\* Weather Dependent



# HUDSON SENIOR CENTER

The 5 W's & 1 H 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, which is run under the Town of Hudson's Recreation Department.

**Who:** Anyone over the age of 55, and their spouse if younger. You do not need to live in Hudson to join our center and participate in programming!

**Where:** 19 Kimball Hill Road, Hudson NH

**When:** Monday – Friday 8:00am -4:00pm

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

**How:** Register any day at the office! \$10 registration fee per fiscal year; per person. (Staff is not available for registration Tuesdays from 1-2:30pm and during lunch breaks)

You can read this newsletter and find all our activity information on our website at:

<https://www.hudsonnh.gov/seniorcenter>

Hudson New Hampshire  
Recreation Department

Chrissy Peterson - Recreation Director  
603-880-1600

Lori Bowen – Senior Services Coordinator  
[lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov) 603-578-3929

Naomi Busnach – Administrative Aid  
603-880-1600



## REGISTRATION FOR 2026

If you would like to continue being a part of the Hudson Senior Center and coming to activities you must register for the fiscal 2026 year. Our new year started on July 1, 2025. 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 (we run a fiscal year at the Senior Center – July through June) to belong and we accept cash or checks made out to the *Town of Hudson*.

Please bring your badge if you are registering for another year and get this years sticker!

*New year - 2027 - starts July 1!*

## EMAIL LIST!

We will be able happy to email your newsletter to you, as well as any updates and special event information! To stay in touch with all things happening at the Senior Center please register and add your email to our database! If you are not receiving emails, please let us know.

Please note the email list is created each fiscal year to avoid past and expired members from receiving unwanted emails, so if you are not receiving emails you may need to update your registration!

If you are still not receiving emails please add [lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov) to your address book as your email service may think we are spam!