



# NORTH NEWS

## NEWS FROM THE HUDSON SENIOR CENTER



### CLOSED DATES FOR THE SUMMER

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

July 4 September 2

### THANK YOU VOLUNTEERS!

I want to take a moment to thank all of our wonderful volunteers. Lucille, Gloria, Lillian, Mary, Charlotte, Janice, Cathy, Millie, Diane N, Marg, Joan, Sue, Rita, Jan, Camille, Dave, Bruce, Doris, Carol, Frank, Diane W, Rollande, Bev, Lorraine, Donna, Don, Vi, Ann, Judy, Bill, Sheila, Joe, John, Bob, Sue, Rose, Bob A and Betty. You all have made a difference here and I appreciate all your efforts to make the center run smoothly!

Thank you!!!

### 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!

It's another Summer here at the Hudson Senior Center!

Thank you for celebrating our 5<sup>th</sup> Anniversary with us! Yes that's right, our Center opened in June of 2014. It's hard to believe we have been having so much fun here that 5 years has gone by in the blink of an eye!

As we celebrate number 5, we are also at the beginning of our fiscal year. So starting in July you can re-register to be a part of our center in its 6<sup>th</sup> year! Registration is still \$10 a year per person, and you must register or re-register in order to continue to use the center. When you register this year be sure to get on our birthday and anniversary lists! We will start sharing these great milestones with all our readers in the Fall Newsletter.

Our annual Summer Bar B Que will be in August again this year. Details are on page 9! Get ready to be transported to the Tropics again!!

We have a lot of different presentations this summer, please see page 6 and 7 for more information. If you have any questions stop by the office and ask! We are always here to help.

Our trips are filling up quickly so be sure to stop by and leave your deposit so you can join us!

Thank you all for being a part of the Hudson Senior Center, and as always if you have any questions or comments please call or email me at: 578-3929 or [lbowen@hudsonnh.gov](mailto:lbowen@hudsonnh.gov). 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  
 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<sup>st</sup> Tues)  
 10:30am North Barn Presents (see page 6)  
 11:30am Lunch  
 12:00pm Movie Afternoon (see Tuesday)  
 12:15pm Hand in Foot  
 1:00 pm 45's  
 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<sup>nd</sup> Thursday)  
 11:00am Rummikub  
 11:00am Walking Group  
 11:30am Lunch  
 12:00pm Bingo  
 12:00pm Pinochle  
 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

## **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 class 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, days vary. Please sign up at the Center outside the office or call 578-3929 to make an appointment.

## **COMMUNITY PUZZLE**

Stop by the puzzle table and put a piece in to the community puzzle! It's located in the lounge.

## **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.

## **LUNCHEON GROUP**

Join us for lunch at a different restaurant the 3<sup>rd</sup> Monday of the month. Posters on locations are hanging at the Senior Center. RSVP by calling 578-3929 or stop by!

## **HOME, HEALTH & HOSPICE FOOT CLINIC**

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

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

## **DAILY LUNCH**

Lunch is served Monday - Thursday at 11:30am. To RSVP please call the Hudson Senior Center at 578-3929 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.

## **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!

## **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.

## **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 Meixcan 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!

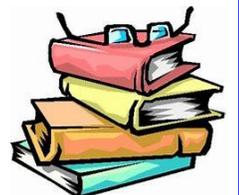
## North Barn Book Club

**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

June 3, July 1, August 5, September 9

Monthly theme posted at the Center





# TUESDAY 8:45am – 3:00pm



## MOVIE AFTERNOON!

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

May 28 – Unbroken 2

June 4 – A Private War

June 11 – Green Book

June 18 – Mary Poppins Returns

June 25 – Mary Queen of Scots

July 2 – The Wife

July 9 – The Incredibles 2

July 16 – The Challenger Disaster

July 23 – The Vanishing

July 30 – Instant Family

August 6 – The Mercy

August 13 – Mary Poppins Returns

August 20 – Gun Powder

August 27 – Second Act

September 3 – The Mule

September 10 – Bohemian Rhapsody

*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 Fall, pick up your newsletter for more information in September! No RSVP needed.*

## 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

## 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.

## MAH JONGG

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

## 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, or call 578-3929!



# The North Barn Presents

## Tuesdays at 10:30am in the Function Room

### SENIOR BENEFITS – **MEDICARE & MEDICAID** **PRESENTATION**

JULY 23 10:30am

An informational meeting will be held where a State Licensed Representative will explain Medicare and Medicaid and will also share with how you may receive these extra benefits. This is NOT a Sales Presentation. Come listen and learn how your Medicare benefits work for you.

### Bone Builders Nutrition Presentation

### **"Successful Aging: Nutritional Interventions"**

Learn how the lifestyle choices you make now-more than heredity-determine your health and vitality." Tuesday, July 9th at 10:30am.

### **Retired & Senior Volunteer Program**

July 16th at 10:30am

Sandi Cotter, the director of Volunteer Program for the Retired and Senior Volunteer Program (RSVP) and Donna Knopp will be explaining their programs and the opportunity for volunteering and taking advantage of what we have to offer for Seniors.

### **Attorney Beasley**

JUNE 18, 2019

10:30am

### **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!

BELTONE ~ AUGUST 20

### **"Hearing Health Seminar"**

The purpose of this event is to educate the public about hearing loss, how to identify it, and solutions available to improve your hearing. Anyone interested in getting a FREE Baseline Test will have the opportunity to sign-up for a FREE Hearing Evaluation the very next day (Wednesday) in our Beltone Nashua location at 14A Broad Street off Exit 6.



# The North Barn Presents

## Tuesdays at 10:30am in the Function Room

### 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

6/25 7/30 8/27 9/24

### Oasis Senior Advisors

September 17, 2019

Learn about Downsizing and how to find, and be happy in a Senior Living Community.

### COUNTRY MUSIC BY BOB ALMEIDA

August 13, 2018

10:30am in the Function Room

Bob Almeida is bringing his Country Western Music back to the Senior Center! He is also joined by Maria and her show tunes!!

### 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

6/4 7/2 8/6 9/3

### Disaster Preparedness

September 10, 2019

Talk will include financial preparedness, planning, contacts, meeting places etc. As an illustration. If you are home, and a tornado warning is issued. What do you do? And do we know the difference between a watch and a warning? Very informative information!!



# 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



## 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!



## BRIDGE

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

## SCRABBLE

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

## CRIBBAGE

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

## CANASTA

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

## CALLING ALL QUILTERS!

You are all 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.



# THURSDAY 8:45am – 3:00pm

You are invited!

## Monthly Senior Meeting

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

6/13 7/11 8/8 9/12

## 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!

## WALKING GROUP

Our Summer Walking Group is at it again!  
Thursday mornings at 11am. Please meet at the  
Senior Center near the check in center and wear  
comfortable athletic shoes.

## 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!

## RUMMIKUB

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

YOU ARE INVITED TO OUR ANNUAL  
SUMMER COOKOUT!

# HAWAIIAN LUAU

Thursday August 29, 2019

Lunch, Dancing & Fun!

You must purchase tickets for this event.

Tickets go on sale on June 12, starting at 9am.

Tickets are \$10 per person, Tables of 8

We will have a DJ and lots of fun again this year!

Chicken or Ribs will be served, please give us your  
choice when you purchase your tickets.

The Party will be held at the

Hudson Community Center at 12 Lions Ave Hudson,  
the Senior Center will be closed that day for all activities.





# 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 stop by or please call 578-3929



# TAKE A TRIP WITH US!

## PAYMENT NOTICE

All trips must be paid for in full 32 days before the date of the trip. All final invoices are paid 30 days prior to the trip so it is imperative that we receive your balance 32 days prior. 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.

## 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.

## 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. **PLEASE SEE NOTICE ON PAGE 10 ABOUT PAYMENTS**

You can access all the information forms for the trips on the website: [www.hudsonnh.gov](http://www.hudsonnh.gov).

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

Lucille can also be reached at 889-1803, outside of the Trip Office Hours (W & TH 9-11am)

**\*\*Please Note\*\*** If all seats are not reserved, a trip may need to be cancelled. Deposits are due at time of reservation and final payment is due 40 days prior to trip leaving.

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 2019

*Trips in July and August will leave from 2 Oakwood Drive.*

Foxwoods Resort & Casino	June 17, 2019	\$32
Michael Manor	July 17, 2019	\$92
Isles of Shoals	July 30	\$91
Wildwood Resort & Casino	September 23-26	\$TBD
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

*All Trips are subject to cancellation. Please stop by the Center for more details.*

A \$20 deposit is due at time of reservation for each seat, balance is due 35 days before the trip date. If not paid then you may forfeit your seat with no refund. 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 is 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 have the information on them about each trip. They are also available on the website under trips.*



# ABOUT THE 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.

**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 fiscal year; per person. You can also download the forms off the website at:

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

## REGISTRATION FOR 2019 – 2020

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 2019 - 2020 year. We begin registration for the year on July 1, 2019. 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 here) 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 re-registering! If you are registering for the first time please leave enough time to fill out paperwork and sit for your photo ID!

Forms are also available on the website.

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](http://WWW.HUDSONNH.GOV)  
lbowen@hudsonnh.gov



### HOURS OF OPERATION

Monday: 8:45am – 3pm  
Tuesday: 8:45am – 3pm  
Wednesday: 8:45am – 3pm  
Thursday: 8:45am – 3pm  
Friday: 8:45am – 1pm

We are not open Saturday or Sunday.

