



NORTH NEWS

SUMMER NEWSLETTER FROM THE HUDSON
RECREATION DEPARTMENT'S SENIOR CENTER



Hudson New Hampshire Recreation Department

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www.hudsonnh.gov

Monday – Friday
Opens at 8am - Closes at 4pm

Hello Senior Center Friends!

We are very excited to welcome you to another Summer at the Hudson Senior Center! We have some fantastic activities to keep you busy during the hot months here in New Hampshire. It is registration time so starting July first you can officially register for the 2026 Fiscal Year.

Please remember everyone must register in order to keep participating in activities. It is \$10 to register per year and you must bring your badge to registration to get your yearly sticker update.

Please refer to the 2nd page to learn times that we are unable to accept registrations.

Check out the North Barn Presents activities on Tuesday mornings, there are some great upcoming presentations! You won't want to miss these!

We can't wait to see you enjoy all our programming and hope you have an amazing Summer!

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

June 19, 2025

July 4 – July 11, 2025

September 1, 2025

**No Afternoon Activities –
Center closes at 1pm:**

June 10, 2025



UPCOMING EVENTS!

Father's Day Car Show

2nd Annual Father's Day
Car Show!

June 11, 2025

1:00pm-3:00pm at
the Senior Center!



*If you would like to show your
cars please see Lori!*

REGISTRATION FOR 2026!

It's that time of year again! We are taking registrations for our fiscal year of 2026 starting July 1, 2025.

You can register at the center during the day from 8:05am until 3:30pm except during the following times:

- Mondays – 11:30am-1:00pm
- Tuesdays – 12:30pm-2:30pm
- Wednesdays – 1:00pm-2:00pm
- Thursdays – 1:30pm-2:00pm
- Fridays – 11:30am-12:30pm

In addition, we are unable to accept registration 15 minutes prior to the start of all of our classes (please see our schedule page for daily class start times) and during staffs lunch break.

If you have questions about timing for registration you can call the Center at 603-578-3929 or email lbowen@hudsonnh.gov

★ Senior Center ★ Celebration!

Mark your calendars for a fun
afternoon celebrating the 10th

Anniversary of the Senior

Center! New Date:

September 2026

*More information coming soon!
Watch your emails!*

Summer Luau!

August 2025

More information coming soon!

FUN ACTIVITIES!

PHOTOGRAPHY CLUB

All 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!

Every Wednesday at 1:00pm

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, bring your own and come socialize while you work! Check us out every Wednesday afternoon! First & Third Wednesdays come in the morning!

COFFEE & TEA BAR

Join us in the mornings for a hot cup and sit and chat! Every day from 8:15-8:45am!

BOCCE!

Join us on nice days for an afternoon game! We will teach you this fun lawn bowling game! Tuesdays and Thursdays 1- 3:45pm

CORN HOLE

Join us Monday & Friday Afternoons!

1st 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!

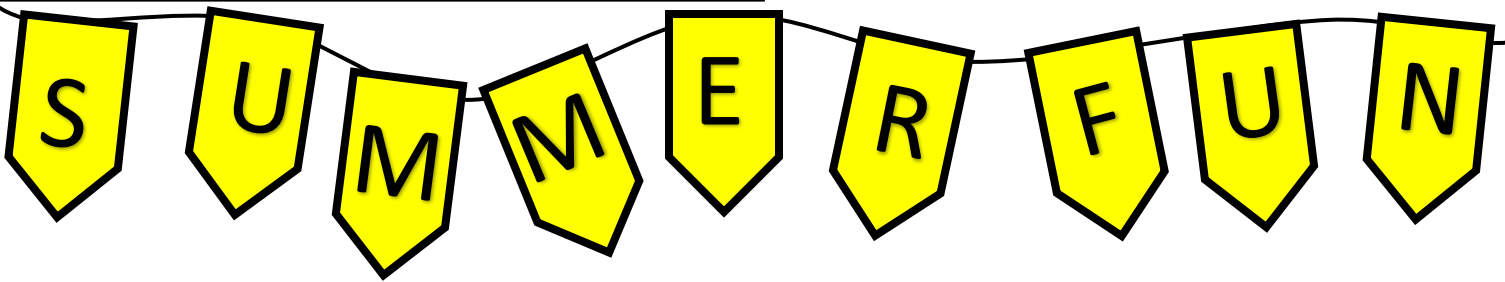
Every Wednesday at 9:00am

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!

PICKLEBALL!

This fun game that is sweeping the nation can be played at the Community Courts at the corner of Melendy Road and Central Street. They are open dawn to dusk every day!



Hudson Recreation Departments Senior Center Programming

North Barn Presents!

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

June 10, 2025

Hudson Memorial School Music Department

SPRING CONCERT!

Please join us for this musical event!
The Middle School Swing Choir and
Honor Bands will be here to perform
their pieces from the Spring Concerts!
10am in the Function Room

June 17, 2025

NAVIGATING THE NEW SOCIAL SECURITY WEBSITE

Learn how to navigate the new Social Security
Website.
10am in the Function Room

July 22, 2025

COUNTRY MUSIC with Bob Almeida

Please join us as we welcome back Bob
to sign Country Music favorites!
10am in the Function Room

June 17, 2025

VISITING ANGELS

Please join us to learn about the
Visiting Angels program.
10am in the Dining Room

July 15, 2025

REGISTRATION MORNING!

Join us for coffee and conversation as
you register for the fiscal year 2026!
Registration is \$10 a year and everyone
must register at the Senior Center in
order to participate in activities.

August 12, 2025

FCP LIVE IN HOME CARE

Please join us for this informative
presentation from FCP Live in
Home Care about at home care.
10am in the Function Room

August 19, 2025

LAW OFFICES OF RACHEL WOLFF

Join us for a presentation about
Wills, Trusts and Estate Planning
10am in the Function Room



Hudson Recreation Departments Senior Center Programming

North Barn Presents!

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

June 3 July 1 August 5 September 2

HUDSON FIRE DEPARTMENT

Join us for the Fire Departments
Community Outreach with Steve Dube!
10am in the Dining Room!
Coffee will be served!

September 9, 2025

CAROL LEARY

Please join us for this concert
from Folk Singer Carol Leary!
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.
10am in the Dining Room!

September 23, 2025

WOODPECKER INSURANCE

Join us for an informative presentation
from Woodpecker Insurance from
Concord NH.
10am in the Function Room

October 14, 2025

MEDICARE INFORMATION

Please join us as Andy Dillman presents
information on Medicare.
10am in the Function Room

September 16, 2025

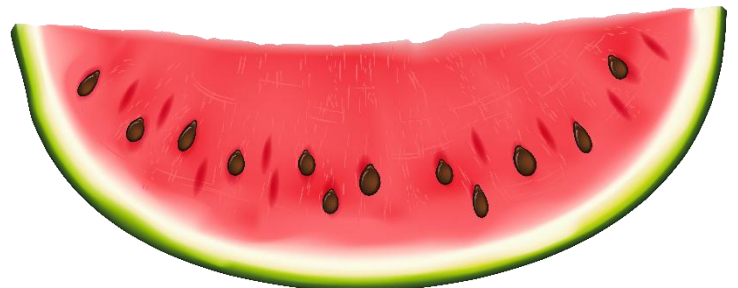
COLLETTE TRAVEL

Please join us for a presentation
about International Trips planned for
Fall 2026! They will also be able to
answer any questions about Spring
2026 to the Music Cities!
10am in the Function Room

October 21, 2025

HUDSON CONSERVATION COMMITTEE

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





EXERCISE WITH US!



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

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 9:00am, meet us in the lobby!

HIKING & BIKING GROUP

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!

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 2:30pm

\$3 Donation per person, per class please

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

TAI CHI

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

Fridays at 9:00am

Class is \$5 per person per class

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

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





FOOD, BOOKS & PUZZLES!



COFFEE

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 8:15-9:45am 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-now located in the hallway! Please stop by and check it out! All the books are organized by author.

BOOK CLUB

We will meet the 3rd Wednesday of each month at 10:00am in the Dining Room.

Our Book Club is special because each month we read to a theme...it could be Author, Subject, Time Period etc. Please join us! Monthly Themes:

August 20 – Best Summer Read
September 17 – Author Never Read Before
October 15 – Mystery or Witch's Brew
November 19 – Kings & Queens or Royalty
December 17 – Winter or Holiday Story

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 receive 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!

For a limited time lunch is also served on Friday!

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!

We are happy to announce if you sign up for Lunch on Tuesdays...the dessert is Ice Cream!

There is no take out, but left overs can be taken.

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.

PUZZLE LIBRARY

We have a closet full of puzzles to share with you in the Activity Room. Just like our book lending library 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 take damaged donations.

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.

**LUNCH
BREAK**

MOVIE AFTERNOON!

WEDNESDAY AT 1:30PM

Watch the website or stop by and check out the list of upcoming titles!





Hudson Recreation Department's Senior Center Trips

2025 trip descriptions and flyers can be found on the Town of Hudson Website and at the Center. Trips are filling up fast so please plan accordingly! Remaining seats available are posted at the Senior Center on the Bulletin Board on the post-it notes!

FUN FACTS ABOUT HUDSON SENIOR CENTER TRIPS!

- * We have 23 Trips planned for 2025!
- * All trips will depart from 19 Kimball Hill Road, including overnights.
- * We do have limited tickets available for some 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 before a trip we will give back tickets to the vendor and you are not guaranteed a spot at the point.
- * Seating on the bus is determined by date paid for the trip, we have assigned seats for all trips.
- * 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
- * The Royal Tours waiver must be filled out prior to taking a Royal Tours Trip in 2025, this form is available at the Center and on the website.
- * If you have any questions regarding Trips please see Lori

DATE OF TRIP	TRIP NAME	COMPANY	AMOUNT PP
9-Apr	Titanic Exhibit / Maggiano's for lunch	RT	\$141.00
23-Apr	Supreme Reflection - Diana Ross & the Supremes Tribute @ Venus De Milo	BOT	\$136.00
21-May	The Doobie Brothers Ultimate Tribute Show @ Lake Pearl in Wrentham	BOT	\$136.00
30-May	Castle in the Clouds with Lunch at Harts Turkey Farm	RT	\$141.00
18-Jun	Fleetwood Mackd - Ultimate Fleetwood Mack Tribute Band @ Danversport	BOT	\$136.00
25-Jun	Rhode Island Lighthouses	RT	\$151.00
June 29-July 1	Boothbay Harbor Overnight & Cabbage Island/Botanical Gardens	RT	\$100 Deposit
16-Jul	Boston Duck tours with Venezia	RT	\$151.00
19-Aug	Roy Orbison Tribute @ Danversport Yacht Club	RT	\$131.00
22-Aug	Tom Jones Tribute @ Castleton	BOT	\$94.00
September 2-5	Pennsylvania Dutch Country Overnight	RT	\$100 Deposit
25-Sep	Ogunquit Playhouse and lunch at Bull n Claw (When Elvis Met The Beatles)	RT	\$161.00
17-Sep	Rocky Mountain High - John Denver Tribute @ Danversport	BOT	\$136.00
22-Oct	Cape Cod Central RR	RT	\$151.00
24-Oct	Olivia Newton John @ Castleton	BOT	\$95.00
7-Nov	Chips n Chickens - Wright's Farm & Bally's Twin River Casino	RT	\$91.00
13-Nov	Absolute Queen @ Danversport Yacht Club	BOT	\$136.00
12-Nov	Corvettes Doo Wop Show @ Castleton	RT	\$94.00
4-Dec	Smile - Tony Bennett & Barbara Streisand Christmas Tribute	BOT	\$94.00
December	Dinner, Shopping and Bright Lights	RT	TBA
December	NYC at Christmas Time Overnight	TBA	TBA

Health & Wellness & Fun!



AFFORDABLE HEARING AIDS

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

TECHNOLOGY HELP

John is here every week in the morning 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 lbrown@hudsonnh.gov

1st 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

INCLEMENT WEATHER

Please be advised that if the Hudson School district is CLOSED OR DELAYED due to inclement weather we are not open for the day. Please check the website, HCTV local channels and WMUR for closing updates. On WMUR the Senior Center shows up under business listings under the scrolling names.

Home Health & Hospice Foot Care Clinic



Tuesday & Wednesday's by Appointment
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.

OUTDOOR FUN!

Join us for all of the fun things we do outside...weather permitting!

Corn Hole – Monday 1:00pm - 3:45pm

Corn Hole – Friday 1:00pm - 3:45pm

Bocce Ball – Tuesday 1:00pm - 3:45pm

Bocce Ball – Thursday 1:00pm - 3:45pm

Walking Group – Tuesday & Thursday
9:30am

Sign Up today to get emails for our
Outdoor Adventure Groups!

Biking Group – Hiking Group – Cross Country

Pickleball – Outdoors at the Melendy Road Courts,
dawn to dusk – 7 days a week



HUDSON SENIOR CENTER SCHEDULE

MONDAY

8:00am	Center Opens
8:15am	Morning Coffee
9:00am	Scat
9:30am	Aerobics \$5
10:45am	Strength & Balance \$5
12:00pm	Lunch Time!
12:00pm	Tai Chi Beginners \$5
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 *
<i>1st Tuesday of each month by appointment</i>	
10:00am	North Barn Presents
10:00am	Tech Help *
<i>By appointment—sign up at the office</i>	
10:00am	Photography Club
<i>1st Tuesday and last Tuesday of the month</i>	
12:00pm	Lunch Time!
1:00pm	Hand & Foot
1:00pm	Cribbage
1:00pm	45s (Card Game)
1:00pm	Cross Cribb
1:00pm	Bridge
1:00pm	Whist
1:00pm	Bocce Ball **
1:00pm	Poker
1:00pm	BINGO!
<i>See Page 6 for info</i>	
4:00pm	Center Closes

* Please RSVP at the Office

WEDNESDAY

8:00am	Center Opens
8:15am	Morning Coffee
9:00am	Silver Knitters
9:00am	Pay Me Card Game
10:00am	Travel Coffee Club
12:00pm	Lunch Time!
1:00pm	Scrabble
1:00pm	Quilting Group
1:00pm	Photo Club
1:00pm	Canasta
1:00pm	Rummikub!
1:00pm	Rummy
1:00pm	Checkers
1:00pm	Chess
1:00pm	Left Right Center
1:00pm	Papas Penny Game
1:00pm	Play Board Games!
1:00pm	5 Crowns
1:00pm	Cribbage
1:00pm	Hand, Foot & Elbow
1:30pm	Movie Afternoon!
1:30pm	Mah Jongg - Beginners
4:00pm	Center Closes

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

THURSDAY

8:00am	Center Opens
8:15am	Morning Coffee
9:00am	Bridge
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	Pinochle
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!

Lunch is served Monday, Tuesday, and Wednesday at 12:00pm in the Dining Room. (Fridays for a limited time!)

The Menus for hot lunch are posted in the Dining Room and this is where you can also RSVP for hot lunch!

\$3 per meal

Please feel free to bring a bag lunch and join us every day of the week!

FRIDAY

8:00am	Center Opens
8:15am	Morning Coffee
9:00am	Tai Chi Class \$5
10:45am	Aerobics \$5
11:00am	Bridge
12:00pm	Lunch Time!
1:00pm	Mexican Train Dominoes
1:00pm	Hand N Foot
1:00pm	Mah Jongg
1:00pm	Hand, Foot & Elbow
1:00pm	Cribbage
1:00pm	Poker
1:00pm	Ping Pong
1:00pm	Corn Hole **
4:00pm	Center Closes

** Weather Dependent



REGISTRATION FOR 2026

If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the 2025-2026 year. Our new year starts 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 refer to the 2nd page to learn times that we are unable to accept registrations.

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

HUDSON RECREATION DEPARTMENT - SENIOR CENTER PROGRAM

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

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!

2025 Hudson Senior Services

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! See page 2 for details! \$10 registration fee per fiscal year; per person.

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

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