



# NORTH NEWS

SUMMER NEWSLETTER FROM THE HUDSON  
RECREATION DEPARTMENT'S SENIOR CENTER

## Hello Senior Center Friends!

*It's finally summer! We made it! We look forward to you joining us at the Center to enjoy our Summer Programming!*

Its almost time to re-new so you can continue to participate in programming at the Senior Center! Stop by with your Senior Center Badge and \$10 to renew! Forms will be available July 1 for Fiscal Year 2027. Everyone must re-register so stop by any time after July 1!

We have added a few new card games to our weekly programming! Check them out on page 7!

There are some fantastic presentations and upcoming shows on Tuesday mornings during the North Barn Presents...join us for these free activities! Tuesdays at 10am in the Function Room

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

We look forward to another amazing year! Thank you for being a part of the Hudson Senior Center and participating in our programming! See you soon!

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

All programs are subject to change. Our newsletter is distributed quarterly. The next newsletter will be released for Fall 2026

## 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!

June 19, 2026

July 3, 2026

July 6-10, 2026

September 7, 2026



# North Barn Presents

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

August 4, 2026

## **HARBOR CARE**

Attention Veterans!

Join us for a presentation about Veterans Services offered by Harbor Care  
10am in the Dining Room

August 11, 2026

## **DAVID SHIKES**

Comedian David Shikes will be here to share laughter and jokes this morning! Not to be missed!!!

10am in the Activity Room

August 18, 2026

## **Travel & Safety Talk**

Join us for a presentation about Keeping safe around your residence and driving your vehicle locally. Also tips about traveling both domestically and abroad.

10am in the Function Room

September 22, 2026

## **Democracy Now**

Please join us for a presentation by Democracy Now on Voter safety and changes for the upcoming elections.

10am in the Function Room

September 15, 2026

## **Scam Awareness**

Please join us for a presentation about how to stay safe and learn how to learn how not to get scammed.

Learn how to recognize Scams.

10am in the Function Room

October 13, 2026

## **Sheldon Wolff**

Please join us for a presentation by Sheldon Wolff about Medicare and Medicaid Specialist. "Learn how to get more from your benefits!"

10am in the Function Room

# North Barn Presents

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

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!

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

September 1, 2026

## FYZICAL Balance

This is an educational presentation on the vestibular system and balance with aging. There will also be an opportunity to schedule a complimentary balance and falls risk screening. 10am in the Func. Room

September 8, 2026

## COLLETTE TRAVEL

Please join us for a presentation about the exciting new trips planned for 2027! This includes Canyon Country and Norway! This is the June date that was rescheduled

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

July 14, 2026

## Carol Leary

Mark your calendars!

Folk singer Carol Leary will once again join us for a concert at the Center! She is not to be missed!

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 Last Tuesday of each month.

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!

## **WATERCOLOR CLASS & ART TIME!**

Our Art Group meets on Monday afternoons starting at 1pm. Bring your project and come share in our space! Watercolor techniques are taught on the first Monday of the month!

## **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 have you 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!



## **BEGINNERS TAI CHI!**

*NEW CLASS!*

Please RSVP for this new class, all are welcome!! Class will start July 17.

**Fridays at 10:15am \$5 per class**

## **TAI CHI *New Time!***

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**

## **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**

## **CARDIO DRUMMING!**

Join us for a fun class - 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.

## **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**

## **AEROBICS**

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

**Monday Mornings at 9:30am**

**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**

## **\*\*NOTICE\*\***

“The Senior Center will focus on organized programs that can be appropriately supervised and supported by staff. Participants are welcome to independently organize social, hiking, biking, or walking groups; however, these activities will no longer be sponsored, managed, or overseen by the Town or Senior Center.”

**There are new exercise options coming late summer and this fall to the Senior Center.**

**More details coming soon!**

Ping Pong - Mondays & Fridays 1pm

Bocce Ball - Tuesday & Thursday 1pm

Corn Hole - Mondays & Fridays 1pm

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



# Ice Cream Social

Join us July 29, 2026  
for an Ice Cream Social!

\$2 each    Must RSVP by July 24

1:30pm ~ 3:30pm

There will be no afternoon activities in the Dining & Function Rooms this afternoon. Thank you for understanding!

# 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.

## 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 City Moose 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

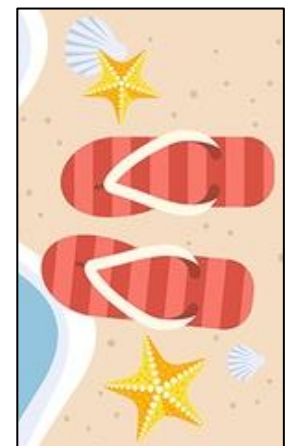
Our lending library is ready for your next great book find- located in the hallway! Please stop by and check it out! All the books are organized by author, large print, biographies etc.

## 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

*Join us this week for all our games! Our groups are very welcoming and will teach you to play!*

- 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
- Hearts &/or Spades! - Wednesday at 1pm
- Mah Jongg – Monday, Wednesday & Friday at 1:00pm
- Mah Jongg learning group – Wednesday 11:30am
- 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
- POKER! – Wednesday at 1:00pm
- Rummikub – Wednesday at 1:00pm
- Scrabble – Wednesday at 1:00 pm
- Shuffleboard Table – Every day
- Whist – Monday at 1:00 pm

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

### NEW!!

- POKER IS BACK STARTING JUNE 17 AT 1PM!
- NEW GAMES! HEARTS &/or SPADES – Wednesday at 1
- WE NEED BRIDGE PLAYERS! FRIDAY AT 10AM
- COME PLAY 45'S – WE WILL TEACH YOU!

## PLAY BINGO!

Bingo is played here at the Barn! Bingo is every Tuesday Afternoon and we start selling slider cards at 1:10pm; games start by 1:30pm. 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 groups that play Monday, Wednesday and Friday at 1:00pm.

If you are new to the game and want to learn, join us at 11:30am on Wednesday and we will introduce you to Mah Jongg! 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 & DURABLE EQUIPMENT

We take donations of yarn for our knitters. We also accept fabric for our quilting group.

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

If you are in need of durable equipment, please call the center at 603-578-3929 or stop by to inquire about the items we may have!

## 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!!

## 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. There is still room on many of our 2026 trips. We currently have international Trips being offered by Collette Tours for 2027 posted as well. More info on page 8

## 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

# 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  
 10:45am Strength & Balance \$5  
 12:00pm *Lunch Time!*  
 1:00pm Ping Pong  
 1:00pm Corn Hole \*\*  
 1:00pm Mah Jongg  
 1:00pm Cribbage  
 1:00pm Whist  
 1:00pm Watercolor Class  
 4:00pm Center Closes

### TUESDAY

8:00am Center Opens  
 8:30am Coffee Club  
 10:00am Hearing Help \*  
*1<sup>st</sup> Tuesday of each month*  
 10:00am North Barn  
 Presents  
 10:00am Tech Help \*  
*By appointment—sign up at the office*  
 9:30am Photography Club  
*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)  
 1:00pm Poker  
 1:00pm Hearts &/or Spades  
 4:00pm Center Closes

### THURSDAY

8:00am Center Opens  
 8:15am Morning Coffee  
 9:00am Line Dancing -  
 Beginners \$5  
 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  
 2:45pm 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  
 9:00am Tai Chi Class \$5  
 10:15am Beginners Tai Chi \$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  
 \*\*\* Specific Days of each month

# 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 2027

If you would like to continue being a part of the Hudson Senior Center and coming to activities you must register for the fiscal 2027 year. Our new year starts on July 1, 2026. 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 to 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!