



NORTH NEWS

WINTER NEWSLETTER FROM THE HUDSON RECREATION DEPARTMENT'S SENIOR CENTER

Hello Senior Center Friends!

As we wind down to the end of 2025 we want to thank you for being a part of the Hudson Senior Center. We also want to take a moment and thank our wonderful teachers and instructors that make this Center a place of joy and kindness!

We look forward to 2026 being just as wonderful and we encourage all of you to stay active here!

Please be sure to check your badge to make sure you are up to date on registration. It's still \$10 a year to come to all of our programming!

Check out the following pages for information about upcoming 2026 events, news and presentations!

As always if you have questions please stop by the office and we will be happy to help!

Merry Christmas, Happy Holidays and Happy New Year from all of us in the Recreation Department!

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

Senior Center Office:
603-578-3929

We will be closed on the following days:

January 19

February 16

Please also check our inclement weather policy on page 8!

**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 community information presentations and fun conversations every Tuesday at 10am!

February 17, 2026

SCAM PRESENTATION

Please join us for the presentation by the Hudson Police Department about Scams and how to stay safe and navigate them.

Free! Bring your neighbors!
10am in the Function Room

January 20, 2026

TRAVEL PRESENTATION

Please join us for a presentation introducing all our Senior Center trips planned for 2026!

10am in the Function Room

January 13, 2026

COLLETTE TRAVEL

Please join us for a presentation about International Trips planned for the fall of 2026!

Greece in September & Iceland in November
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 community information presentations and fun conversations every Tuesday at 10am!

January 6 February 3 March 3 April 28

HUDSON FIRE DEPARTMENT

Join us for the Fire Departments Community Outreach with Steve Dube! (Sometimes the trucks come!)

Coffee will be served!

10am in the Dining Room

March 10, 2026

St. Joseph Behavioral Health

Please join us for a free presentation from St. Joseph Behavioral Health and get your questions answered about this program.

10am in the Function Room

March 24, 2026

Greater Nashua Regional

This presentation is by the Regional Transportation Committee and will answer your questions about public transportation opportunities here in Hudson!

10am in the Activity 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

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

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, 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 3rd 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!"

Join us and bring your books or just come listen to what others are reading to get ideas!

Next meeting: January 21
10am in the Dining Room

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! This is also where you can meet up with your fellow travelers for upcoming trips!

COFFEE & TEA CLUB

Join us in the mornings for a hot cup and sit and sip and chat!

Every day from 8:15-8:45am!



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 2:30pm

\$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

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 9:30am, meet us in the lobby!

Sign Up for our outdoor email lists:

Snow Shoeing & Cross Country Skiing

You must provide your own equipment, this is meant to be a gather group so emails are sent where to gather. Discretion is advised as you participate at your own risk.

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

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.

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

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

Warmer Months we also play:

Bocce Ball - Tuesday & Thursday 1pm

Corn Hole - Mondays & Fridays 1pm

ACTIVITIES FOR EVERYONE!

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 keep damaged or missing pieces puzzle donations.

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 guarantee 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 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 of Hillsboro County.

COFFEE TIME!

We have carafes 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- located in the hallway! Please stop by and check it out! All the books are organized by author.

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.

MOVIE AFTERNOON!

WEDNESDAY AT 1:30PM

Stop by and check out the list of upcoming titles!

Cards & Games

CARDS & GAMES LIST

- 45's – Wednesday 1:00 pm
- 5 Crowns – 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
- Canasta – Wednesday at 1:00 pm
- Checkers – Wednesday at 1:00pm
- Chess – Wednesday at 1:00 pm
- Corn Hole – Monday & Friday at 1:00pm
- Cribbage – Everyday at 1:00 pm
- Cross Cribb – Wednesday at 1:00pm
- Hand & Foot – Tuesday at 1:00pm
- Hand Foot & Elbow – Tuesday & Friday - 1:00pm
- Left Right and Center – Wednesday at 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
- Papa's Penny Game – Wednesday at 1:00pm
- Pay Me Card Game – Mon & Wed at 9:00 am
- Ping Pong – Monday & Friday at 1:00pm
- Pinochle – Thursday at 1:00 pm
- Poker – Friday at 1:00 pm
- Rummikub – Wednesday at 1:00pm
- Rummy – Wednesday at 1:00pm
- Scat - Monday at 9:00 am
- Scrabble – Wednesday at 1:00 pm
- Shuffleboard Table – Every day
- Whist – Monday at 9:00 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!

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 2025 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 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 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!

Home Health & Hospice

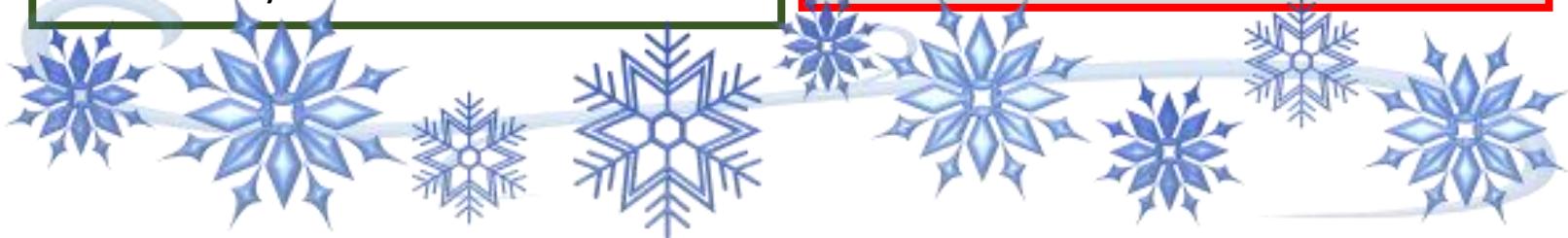
Foot Care Clinic

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.

INCLEMENT WEATHER

PLEASE NOTE

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 our Town of Hudson website (it will be posted on the main page and under the inclement weather tab) Also: HCTV local Hudson channels and WMUR for closing updates. On WMUR the Senior Center shows up under business listings under the scrolling names or alphabetically.





Hudson Recreation Department's Senior Center Trips

2026 Trips are being finalized and will be available starting January of 2026. The presentation of all new trips is January 20, 2026. In the event of inclement weather this presentation will be rescheduled. Trips are available for purchase following the presentation. Collette Tours 2026 trips are available now at the Center and online...they will book up fast so please make your payments as soon as you can!

FUN FACTS ABOUT HUDSON SENIOR CENTER TRIPS!

- * The Trip Presentation is January 20, 2026-this will be rescheduled if it's an inclement weather day
- *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**
- * 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! (First day for registration is after the 2026 presentation)
- * 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.
- * 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

News About the Center!

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 3 Trips being offered by Collette Tours on the board.

There is information about Greece, Iceland and a Music Cities tour all being offered in 2026.

2026 Trips released on January 20, 2026!

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!!

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.

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 - 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	Scat
9:00am	Pay Me Card Game
9:00am	Whist
9:30am	Aerobics \$5
10:45am	Strength & Balance \$5
12:00pm	<i>Lunch Time!</i>
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>First and last Tuesday of the month</i>
12:00pm	<i>Lunch Time!</i>
1:00pm	Hand & Foot
1:00pm	Hand, Foot, Elbow
1:00pm	Cribbage
1:00pm	45s (Card Game)
1:00pm	Bocce Ball **
1:00pm	BINGO!
	<i>See Page 7 for info</i>
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	Travel Coffee Club
	<i>1st Wednesday of each month</i>
12:00pm	<i>Lunch Time!</i>
1:00pm	Scrabble
1:00pm	Quilting Group
1:00pm	Rummikub!
1:00pm	Card Games!
1:00pm	Play Board Games!
1:00pm	Cribbage
1:30pm	Movie Afternoon!
1:30pm	Mah Jongg - Beginners
4:00pm	Center Closes

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	<i>Lunch Time!</i>
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	<i>Lunch Time!</i>
1:00pm	Mexican Train
	Dominoes
1:00pm	Hand N Foot
1:00pm	Mah Jongg
1:00pm	Hand, Foot & Elbow
1:00pm	Cribbage
1:00pm	Ping Pong
1:00pm	Corn Hole **
4:00pm	Center Closes

* Appointment required

** Weather Dependent

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

HUDSON SENIOR CENTER SCHEDULE

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>

EMAIL LIST!

We will be 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!

Hudson New Hampshire
Recreation Department

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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!

