



NORTH NEWS

WINTER NEWSLETTER FROM THE HUDSON RECREATION DEPARTMENT'S SENIOR CENTER

CHRISTMAS DECORATIONS & PARTY

Our Annual Holiday Party will be December 19, details to be announced on the website and at the Senior Center. Stop by to see the Center Decorated for the Holidays! A HUGE thank you to everyone who helped decorate this year! Stop by and see the 9 trees and all the decorations and our amazing village! Un-decorating will begin December 27, 2024



Please see the posted schedule for Holiday week updates for classes and activities



~ Closed ~
December 25 & 26
January 1
January 15
February 20

Hudson NH Recreation Department

Chrissy Peterson -
Recreation Director
603-880-1600

Lori Bowen -
Senior Services Coordinator
603-578-3929

Naomi Busnach -
Administrative Aid
603-880-1600



2024 TRIP PRESENTATIONS

January 9, 2024

10am in the Function Room

Please join us to hear about all of the adventures we will take in 2024! By now I'm sure you heard about Italy, but we have lots of local trips to take too! You will also be able to sign up for the 2024 trips that day so please bring your checkbooks!

EXERCISE WITH US!



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

MINDFUL MOVEMENTS

Come learn the Art of Tai Chi! Marie will teach you the 17 steps of Tai Chi as you progress through the classes.

Beginners Fridays at 9:00am

Class is \$5 per person per class

Please join us on beginner week 1 if it is your first time

STRENGTH & BALANCE

Our Strength & Balance class will improve your overall health!

Monday mornings at 10:45am

Thursday afternoons at 2:15pm

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 Senior Center lobby!

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.

SNOWSHOEING/CROSS COUNTRY SKIING

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!



CARDS & GAMES LIST

- 45's – Tuesday 1:00 pm
- 5 Crowns – Wednesday 1:00 pm
- 66 – Thursday 1:00 pm
- Billiard Table – Every day
- Bingo – Tuesday at 1:15pm
- Board Games – Wednesday at 1:00 pm
- Bridge – Tuesday at 1:00 pm
- Bridge – Friday at 1:00 pm
- Canasta – Wednesday at 1:00 pm
- Checkers – Wednesday at 1:00pm
- Chess – Wednesday at 1:00 pm
- Cribbage – Everyday at 1:00 pm
- Cross Cribb – Tuesday at 1:00pm
- Hand in Foot – Tuesday at 1:00pm
- Hand in Foot – Friday at 1:00pm
- Mah Jongg – Monday at 1:00 pm
- Mah Jongg – Friday at 1:00 pm
- Mexican Train Dominoes – Friday at 1:00 pm
- Mexican Train Dominoes – Monday at 1:00 pm
- Papa's Penny Game – Wednesday at 1:00pm
- Pay Me Card Game – Wednesday at 9:00 am
- Ping Pong – Monday at 1:00pm
- Pinochle – Thursday at 1:00 pm
- Poker – Friday at 1:00 pm
- Rummikub – Wednesday at 1:00pm
- Scat - Monday at 9:00 am
- Scrabble – Wednesday at 1:00 pm
- Shuffleboard Table – Every day
- Whist – Tuesday at 1:00 pm



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!

BRIDGE & POKER

Poker on Friday afternoons at 1pm.
Bridge is on Tuesday & Friday at 1pm
Join us today!

BINGO!

We are starting Bingo back up in 2024!
Bingo will be Tuesday Afternoons and we will start selling slider cards at 1:15pm.

Slider Cards are \$1.25 each.

You must be registered at the Senior Center to play Bingo.

First Bingo will be January 9, 2024

PLAY CARD GAMES

At the Senior Center we have a lot of fun card games we play! Check the list to the left to see what days and times your favorites are played or learn a new one!

PHOTO CLUB

Our Photo Club will meet January 10, 2024 All are welcome and we will be going over using your phone to take fantastic pictures!

Depending on the game....bring your Pennies, Nickels and Dimes!



Join us!

January 9, 2024

2024 TRIP PRESENTATION

Join us at 10am in the Function Room for the 2024 Trip Presentation.

This presentation will be rescheduled in the event of inclement weather.

December 13, 2023

TUNES & TRIVIA



Please join us for Holiday Musical Trivia with Vincent! PriAmerica presents this fun activity. 10:30 am in the Function Room!

JANUARY 23, 2023

CPR STOP THE BLEED SHOCK & STROKE

Join us at 10am in the Function Room to learn what to do in the event of an emergency.

February 13

VALENTINES DAY BREAKFAST

We will be hosting a Valentine’s Day Waffle Breakfast. \$5 per person, please RSVP by February 1. Don’t forget to wear Red!

10am in the Function Room RSVP required

**Starting February 1
VITA TAX AID**

We will be making appointments for drop off and pick up services for Tax help starting in January. Please call or stop by to make an appointment! 603-578-3929

February 20, 2024

AETNA

AI will be here to present information on AETNA’s programs and how it can help you!

10am in the Function Room Please RSVP

Last Tuesday of the Month 12/19/23 1/30/24
2/27/2024

COFFEE WITH THE COPS!

The Hudson Police Department joins us for presentations on different subjects involving Community Policing.

COFFEE WILL BE SERVED!

10am in the Function Room!



February 6 & March 5

HUDSON FIRE DEPARTMENT

Join us for the Fire Departments Community Outreach with Steve Dube!

10am in the Function Room!

Coffee will be served!



Health & Wellness



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!

Home Health & Hospice

Foot Care Clinic



Tuesday & Wednesday's

We host a foot care clinic four times 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.

Pickleball

AVAILABLE DATES

As dates become available; they will be posted on the homepage of our website so please watch for announcements there. www.hudsonnh.gov/seniorcenter

FEE INCREASE EXPLANATION

All of our Senior Center programs have a \$5 daily fee, per program, per person. The \$5 fee covers an hour of programming and no supplies. All programming fees are consistent across the board for the FY24 Fiscal Year

Pickleball was the last program that we delayed the increase for two years. For \$5, participants receive well over an hour of programming and instead receive 3 hours of amazing gym time in addition to the Rec Dept. providing the balls and nets.

WAIT LIST

We have a wait list for those that are interested in join our Pickleball Program but we are not taking any more registrations at this time.



OPEN GYM

We offer Basketball Open Gym to our registered members. Available dates will be announced on the homepage of our website.

First Dates Available will be announced on our website homepage...www.hudsonnh.gov/recreation





FOOD, BOOKS & PUZZLES!



COFFEE

We have switched to a Keurig System for coffee. It is 50 cents for a k-cup. 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.

If you are looking to sponsor Tuesday Coffee Club please call 603-578-3929.

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 Activity 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 Theme is posted at the Senior Center on the Bulletin Board...join us at 10am in the Activity Room!

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.

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! Please RSVP for the day you want to join us at least one week ahead of time. You can RSVP by calling the Center at 603-578-3929 or by signing up on the clip boards in the dining room. The menu is available at the Center or on the website under Center Activities and the Community Dining.

LUNCH TIME!

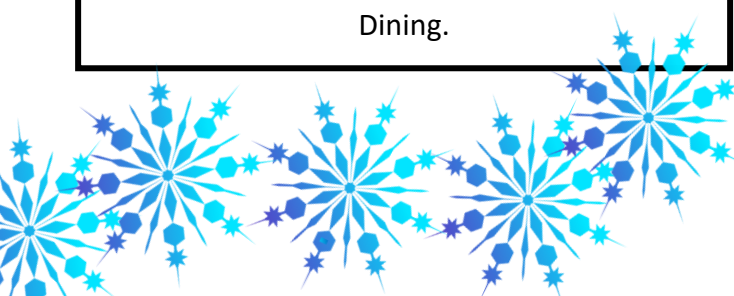
You can always bring a bagged lunch and join us in the Dining Room! Daily from 12:00pm – 1:00pm. Thursday we will eat in the Activity Room.

**LUNCH
BREAK**

MOVIE AFTERNOON!

We will resume movie afternoon in 2024! Watch the website or stop by and check out the list!

We will watch the Polar Express on December 20, 2023 at 1:30pm! Hot Cocoa will be served!



HUDSON SENIOR CENTER SCHEDULE

MONDAY

8:00am Center Opens
8:15am Morning Coffee
9:00am Scat
9:00am Tech Help
By appointment – sign up at the office
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 Mexican Train
1:00pm Dominoes
1:30pm Watercolor Class \$10
*Lessons on the 2nd and 4th Mondays
Open Paint (no charge) on the other
Mondays of each month*
4:00pm Center Closes

TUESDAY

8:00am Center Opens
8:15am Coffee Club
9:30am Walking Group
10:00am Hearing Help
*1st Tuesday of each month by
appointment*
10:00am North Barn
Presents
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!
See Page 3 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
12:00pm Lunch Time!
1:00pm Scrabble
1:00pm Canasta
1:00pm Rummikub!
1:00pm Checkers
1:00pm Chess
1:00pm Papas Penny Game
1:00pm Play Board Games!
1:00pm 5 Crowns
1:00pm Cribbage
1:00pm Movie Afternoon
*1st & 3rd Wednesdays –
Movie List on Page 7*
1:00pm Quilting Group
*(2nd & 4th Wednesdays of the
month)*
1:30pm Photography Club
*(2nd & 4th Wednesdays of the
month)*
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
(Please RSVP for this class)
12:00pm Lunch Time!
1:00pm Pinochle
1:00pm Cribbage
1:00pm 66 (Card Game)
1:00pm Bocce Ball
2:15pm Strength & Balance \$5
4:00pm Center Closes

FRIDAY

8:00am Center Opens
8:15am Morning Coffee
9:00am Mindful Movements
Beginners Class \$5
10:45am Aerobics \$5
12:00pm Lunch Time!
1:00pm Mexican Train Dominoes
1:00pm Hand n Foot
1:00pm Mah Jongg
1:00pm Cribbage
1:00pm Poker
1:00pm Ping Pong
1:00pm Bridge
1:00pm Mah Jongg Lessons
4:00pm Center Closes

LUNCH TIME!

Lunch is served
Monday, Tuesday, and
Wednesday at
12:00pm in the Dining
Room.
Please feel free to
bring a bag lunch and
join us every day of the
week!
The Menus for hot
lunch are posted in the
Dining Room and this is
where you can also
RSVP for hot lunch! \$3
per hot meal



REGISTRATION FOR 2024

If you would like to continue being a part of the Hudson Senior Center and coming to activities you need to register for the 2023-2024 year. Our new year starts on July 1, 2023. 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*.

Be sure to get the new sticker on your badge if you are re-registering!

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.



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, or their spouse if younger. You do not need to live in Hudson to join!

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.

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

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