



TOWN OF HUDSON

Recreation Department – Senior Center Programming

Hudson Senior Center

109 Kimball Hill Road

Hudson, New Hampshire 03051

Chrissy Peterson, Recreation Director – Lori Bowen, Senior Services Coordinator

WELCOME TO OUR SENIOR CENTER

Welcome to the Hudson Senior Center, located in the North Barn at Benson Park in Hudson, New Hampshire! Our Center is a place where older adults can connect, stay active, and enjoy a variety of programs designed to support social, physical, and mental well-being.

Operated by the Town of Hudson as part of the Recreation Department, all programs and services are funded through local tax dollars. The Senior Services Coordinator reports directly to the Hudson Recreation Director and our dedicated staff are here to ensure your experience is safe, enjoyable, and rewarding.

This guide is designed to help you navigate our programs, services, and resources so you can make the most of your time at the Center. We are committed to providing support with professionalism, understanding, and care, and we look forward to welcoming you into our community.

MISSION STATEMENT

The Hudson Senior Center is dedicated to enriching the lives of individuals age 55 and older—and their spouses—by providing a welcoming environment for connection, learning, and growth. We offer programs and services that support social engagement, education, nutrition, and recreation for older adults in Hudson and the surrounding communities.

Our mission is to promote physical, intellectual, emotional, and economic well-being, encourage independence, and inspire active participation in community life—enhancing the quality of life for everyone who walks through our doors.

CONTACT INFORMATION

Senior Center Building

📞 603-578-3929

Recreation Department Headquarters

📞 603-880-1600

Website

🌐 www.hudsonnh.gov/departments/hudson-recreation/senior-center

STAFF DIRECTORY

- **Chrissy Peterson**
Recreation Director
📞 603-880-1600
✉️ cpeterson@hudsonnh.gov
- **Lori Bowen**
📞 603-578-3929
Senior Services Coordinator
✉️ lbowen@hudsonnh.gov
- **Naomi Busnach**
Administrative Aide
📞 603-880-1600
✉️ nbusnach@hudsonnh.gov

HOURS OF OPERATION

- Monday – Friday, 8:00 AM – 4:00 PM
- All patrons must leave the Center by 4:00 PM.
- The quarterly newsletter provides a weekly calendar of scheduled programs and events.

HOLIDAY CLOSURES

- The Center will be closed on the following holidays:
New Year's Eve, New Year's Day, Martin Luther King Jr. Day, Presidents' Day, Memorial Day, Juneteenth, Independence Day, Labor Day, Columbus Day, Veterans Day, Thanksgiving Day, the Friday after Thanksgiving, Christmas Eve, Christmas Day, and the day after Christmas.
- Additional closures, including a one-week summer closure and a one-week winter closure, will be published in the current Activities Newsletter and posted at the Senior Center.
- Please note that we are also closed when the Hudson School District cancels school or enforces a delay due to inclement weather.

INCLEMENT WEATHER

The Hudson Senior Center follows the Hudson School District Inclement Weather Process:

- If schools are closed or delayed due to weather, the Senior Center will be closed.
- Updates will be posted on the Town of Hudson website, WMUR Channel 9 (Business Closings), and by email to registered patrons.
- All weather-related closures also include cancellation of Community Dining meals and all activities, both at the Center and off-site.

ELIGIBILITY & REGISTRATION

- Both residents and nonresident adults 55 and older
- Spouses of registered participants (even if under 55)

Limitations

The Hudson Senior Center is not an adult day care program. Registration may be denied or revoked if staff cannot reasonably manage a participant's needs. Exclusion may result from, but is not limited to:

- Wandering or inability to remain safely at the Center
- Prescription drug monitoring needs
- Drug or alcohol abuse
- Frequent or uncontrolled seizures
- Poor personal hygiene
- Inability to feed oneself during meals
- Chronic, unmanageable incontinence
- Chronic contagious illness
- Abusive, threatening, or disruptive behavior
- Severe cognitive or behavioral health issues
- Inability to toilet independently
- Bullying of other patrons
- Unsafe use of a motorized wheelchair

Before revoking registration, the staff will meet with the participant and/or family to discuss concerns and possible solutions. A plan of action may be created, but failure to comply may result in removal from programming at the discretion of the Recreation Department.

REGISTRATION BENEFITS

- Timely communication about programs and activities
- Eligibility for day and overnight trips
- Eligibility to participate in all programs, classes, and events
- Access to Senior Center lending libraries

BUILDING USE

The North Barn Upper Level is reserved exclusively for Hudson Recreation Department's Senior Center programming.

- It is not rentable for private functions, community groups, or outside organizations.
- The space may not be used for any purpose other than official Senior Center programs and activities.

PROGRAMS, ACTIVITIES & TRIPS

Programs and trips are announced in the Activities Calendar, bulletin board, website, and newsletter. Registration is first-come, first-served and requires full payment (cash or check payable to Town of Hudson) unless otherwise noted.

Programs & Activities:

- Programs will be announced in the Activities Calendar, bulletin board, website, and newsletter.
- Sign-ups remain open until full unless it has a noted deadline date.
- Full payment is required at registration (cash or check payable to *Town of Hudson*).

Trips & Travel:

- Trips are arranged based on participant interest.
- Payment is due at booking; refunds follow the vendor's policy.
- Bus seating is assigned by payment date; medical exceptions may require a doctor's note.
- Guests must be 21+ and must be a registrant or accompanied by a registrant.
- Appropriate clothing is required; dress codes for certain venues will be noted on trip forms.
- Participants violating dress codes or other policies may be removed without refund and barred from future trips.

MEALS & DINING

Participants may enjoy meals through St. Joseph Services Community Dining or bring a personal lunch to the Dining Room. Special meals require preregistration—see the activity calendar for times.

Community Dining:

- Provided by St. Joseph Services of Hillsborough County.
- Served in the Dining Room; preregistration required.
- Suggested donation: \$2.
- Open to all Hudson Senior Center registrants.
- Info/eligibility: 603-424-9967 or meals@sjcsinc.org

Food & Drink:

- All food and drink must be consumed in the Dining Room.
- Only capped water bottles may be taken elsewhere.
- Alcohol is prohibited on Center grounds.

Community Refrigerator:

- Mark all personal items with name and phone number.
- The Center is not responsible for stored items.

Senior Center Kitchen:

- Kitchen refrigerators are for staff use only; personal items are not permitted.

DONATIONS

The Hudson Senior Center does not accept general donations. Only monumental or major contributions are considered. Donations over \$100 must be accompanied by a letter to the Recreation Director, Chrissy Peterson, detailing the donation and specifying any intended use. Such donations will be reviewed and require approval by the Board of Selectmen before acceptance

DRESS CODE

The Hudson Senior Center encourages a safe, respectful, and comfortable environment for all participants. All patrons are expected to wear appropriate attire while in the Center or participating in Center activities, programs, costume parties, holiday events, or trips.

Guidelines:

- Clothing should be modest and in good repair, covering the torso and undergarments.
- Footwear must be safe and secure; open-toed shoes or flip-flops may be restricted during certain activities.
- Clothing displaying offensive language, images, or logos is not permitted.
- For specific programs or trips, dress codes or uniform requirements may be enforced; failure to comply may result in removal from the activity without refund.

Staff Reserve the Right:

Staff may ask participants to adjust or change attire if it is deemed unsafe, disruptive, or inappropriate.

PETS & SERVICE ANIMALS

- Pets are not permitted inside the Senior Center building but may be on the grounds of Benson Park. Please do not leave pets in your vehicle while attending Center activities.
- Service Animals are allowed inside the Center. A service animal is a dog trained to perform tasks for a person with a disability. Staff may ask two questions if it's not obvious:
 - Is the dog a service animal required because of a disability?
 - What work or task has the dog been trained to perform?
- When encountering a service animal, please consult the handler before interacting with the animal.

PHYSICIAN MEDICAL RELEASE

Participants may take part in Hudson Senior Center activities; however, a physician's medical release may be required depending on the type, intensity, or sponsor of an activity. This requirement is intended to help ensure participants are medically able to safely engage in the activity

HUDSON SENIOR CENTER CODE OF CONDUCT

All patrons, staff, volunteers, and guests of the Hudson Senior Center are expected to behave in a responsible, respectful, and safe manner. The Center maintains a zero-tolerance policy for conduct that threatens the safety, dignity, or well-being of individuals or the facility.

Expected Behavior

All individuals have the right to participate in Center activities free from:

- Verbal abuse or harassment
- Physical violence or threats of violence
- Bullying, intimidation, or disruptive behavior

Prohibited Conduct

The following behaviors are prohibited and may result in disciplinary action:

- Failure to follow Center rules, policies, or staff direction
- Harassment, bullying, or intimidation of any kind
- Verbal abuse, obscene or profane language, or gestures
- Intentional harm or threats of harm to others
- Public intoxication or being under the influence of drugs
- Possession or use of illegal drugs or alcohol
- Use of Tabaco or vaping products on the property
- Theft or damage to property
- Sexual harassment or sexual misconduct
- Discrimination based on race, religion, sex, sexual orientation, gender identity, or national origin

Disciplinary Action

Depending on the severity of the violation, disciplinary action may include:

- Verbal warning and/or removal from the Center for the day
- Written warning
- Revocation of registration and removal from all activities, including trips

Sexual Harassment

Sexual harassment is prohibited under Title VII of the Civil Rights Act of 1964. Unwelcome verbal, visual, or physical conduct of a sexual nature that creates an intimidating, hostile, or offensive environment will not be tolerated.

The Hudson Senior Center is committed to providing a safe, inclusive, and welcoming environment for all participants.

Patron Acknowledgment of Code of Conduct and Policies

I acknowledge that I have received, read, and understand the Policies and Procedures of the Hudson Recreation Department Senior Center Programming, including the Code of Conduct.

I understand that participation in Hudson Senior Center programs and activities is a privilege and that I am expected to conduct myself in a respectful, safe, and responsible manner at all times.

I acknowledge that the Hudson Senior Center enforces a zero-tolerance policy for conduct that violates these policies and that failure to comply may result in disciplinary action, up to and including removal from activities, revocation of registration, or dismissal from the Senior Center.

I understand that violations may be documented and referenced in the event of future incidents, and that I have the right to utilize the grievance and appeal procedures outlined in the policy book.

By signing below, I agree to abide by all Hudson Senior Center policies and procedures.

Patron Name (Print): _____

Patron Signature: _____

Date: _____

Senior Center ID#: _____