

**Town Of Hudson
Council on Aging**
Multi-Service Center
29 Church St.
Hudson, MA



Hudson Senior Center

Non-Profit Organization
U.S. Postage
PAID
Hudson, MA 01749
Permit #55

May

2024

**Hudson Council on Aging
A Multi-Service Center**

Open Monday through Friday - 8:00am to 3:30pm

(978) 568-9638 (978) 568-9639 (978) 568-9647 Fax (978) 567-0946

Social Services:

- **S.H.I.N.E: Serving the Health Information Needs of Everyone.** Free and confidential health benefits counseling for Medicare beneficiaries.
- **Public Benefits Assistance:** Screening and Applications for **SMOC Fuel Assistance**, **SNAP** (Supplemental Nutritional Assistance Program) and **Mass Health** programs.
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** Such as Springwell Elder Services (Hudson's Aging Service Access Point) and private homecare agencies to help families age in place at home.
- **Ongoing Case Management**

Senior Center Staff:

- Janice Long, Director (ext 470)
- Virginia Figueiredo, Administrative Secretary (ext.471)
- Holly Richardson, Social Service Advocate (ext 475)
- Ana Terra-Salomão, Bilingual Social Service Advocate (ext 476)
- Lennie Bowen, Full Time Bus Driver
- Jack Veo, Part-time Bus Driver
- John Wesinger, Part-time Bus Driver

Social Activities:

Fitness classes, Chair Yoga, Stress Reduction, Parkinson's Exercise, Chair & Mat Pilates, Walking Club, Stretch Break Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Group, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Bingo and much more.

Members of the Council on Aging Board:

- Charles Corley - Chair 978-568-8840
- Diane Durand- Vice Chair - 978-621-9665
- Janet Saluk - Secretary -- 978-618-7124
- Nina Smith - Treasurer - 978-562-3077
- Trish Desmond - 978-562-2492
- John Gill – 978-568-1107
- Melissa Esteves-978-568-1791
- Tony Monteiro - 978-562-6185
- Edward Silveira - 978-568-3438

Meetings:

The Council on Aging Board –2nd Wednesday of each month at 1:00pm

The Friends of Hudson Seniors - 2nd Tuesday of each month at 9:30am

Executive Office of Elder Affairs partially funds this newsletter. Postage is paid by The Friends of Hudson Senior Center Inc. Occasionally the center provides speakers to help inform seniors regarding current senior issues. This type of forum is educational and allows seniors to ask questions for themselves. At no time is this to be construed as an endorsement from the Hudson Senior Center.

**Making Municipal Government More Accessible**

Today, expanded use of technology and enhanced voting opportunities combine to make participation in local government more accessible.

Local Cable TV stations have long facilitated open government by broadcasting town meetings for residents to watch. Expanding their reach to YouTube allows even more people to access the broadcasts. Additionally, the use of Zoom at some meetings enables public participation even if contributors are not in the same room.

The VOTES Act, which was passed by the Legislature and signed by the Governor in 2022, made permanent several Covid-era election law changes in Massachusetts. It enables vote-by-mail without an excuse; expanded early voting options; voter registration up to 10 days before an election; and accommodations for voters with disabilities and for certain incarcerated individuals. The VOTES Act also ensures that the Commonwealth is part of the Electronic Registration Information Center (ERIC) to keep voter registration rolls up-to-date.

This month, Hudson will hold its Annual Town Meeting and Annual Town Election. Information on how to participate is shared below:

Hudson's **Annual Town Meeting** will be held Monday, May 6, at 7:30 p.m. at Hudson High School, 69 Brigham Street. Attendees will consider the annual town budget for the next year, related financial articles, and any other articles submitted. The warrant, or agenda of articles to be considered at Town Meeting, is shared ahead of the Annual Town Meeting on the Town of Hudson's website, posted in Hudson municipal buildings and shared in the *Community Advocate*. Residents who cannot attend Town Meeting in person can watch it broadcast on HUD-TV (Comcast Channels 8, 1072, 9 and 99; Verizon Channels 43, 45 and 47) or on HUD-TV's YouTube channel, <https://www.youtube.com/@hudtvstudio>

The **Annual Town Election** will be held Monday, May 13, from 7 a.m. – 8 p.m. Precincts 1 and 5 will vote at Hudson High School; Precinct 2 will vote at the Glen Road Community Center, 4 Glen Road; Precincts 3 and 4 vote at the Quinn Middle School, 201 Manning Street; and Precinct 6 votes at Hudson Town Hall, 78 Main Street. Early, in-person voting will take place weekdays at the Town Clerk's Office in Town Hall from 8 a.m. to 4:30 p.m. through May 8. Voting by mail is another option for this town election; ballots should be requested by May 6.

Many of Hudson's town boards have included a virtual component to their regular meetings, making it easier for the public to watch along as the board meets and makes decisions and easier to participate in the portions of meetings that are open to public input. Information on all of the **board meetings** is available at the Hudson Town website, <https://www.townofhudson.org/>

I encourage you to subscribe to Hudson's municipal e-newsletters for updates on our town's government. Sign up here: <https://www.townofhudson.org/subscribe>

Contact Rep. Hogan: State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Reach Rep. Hogan by phone at (617) 722-2600 or email at Kate.Hogan@MAhouse.gov. Find her online at www.repkatehogan.com and on social media at @RepKateHogan.

Upcoming Office Hours: May 17, 11:30 am – 12:30 pm at the Maynard Public Library

Hello to Everyone!



Mother's Day is a special occasion that honors the role of mothers and motherhood. It is a day that provides an opportunity to express gratitude and appreciation for the sacrifices and tireless efforts mothers make in nurturing and caring for their children. The importance of Mother's Day lies in recognizing the significant impact mothers have on our lives. They are often the primary caregivers and nurturers within families, and their many efforts can sometimes be taken for granted. It's a wonderful day to show appreciation for the mothers and mother figures in our lives. **HAPPY MOTHER'S DAY!!**

- The Hudson /Marlborough Hazardous Waste Day is May 11th. See the flyer in our newsletter for more information.
- We still have openings in our Beginner Plus Line Dancing Class on Fridays at 11:00 am. If you are interested please call senior center.
- The Senior Center Gift Shop is looking for donations of custom and vintage jewelry; **we appreciate any and all donations.** Please call 978 568 9638 before dropping off. Thank you!

~Janice

Reminder: The Senior Center is CLOSED on Monday, May 27th for Memorial Day



**Hudson Public Library's Library Improvement Project presentation
at the Senior Center on Thursday, May 2nd from 12pm -1pm.**

The presentation will highlight a brief overview of the Library, the MA Board of Library Commissioners Public Library Construction Grant eligibility requirements, and how you can help support this project. A Q&A will follow after the presentation.

Light refreshments will be provided. No registration is required.



Buffet Way Catering is doing a Grab and Go meal on

Friday, May 24th

Pick up time at the senior center is 1pm

Menu is: Pork roast, mashed potato, asparagus, gravy on the side and lemon bar for dessert

Cost to you is \$5.00

Signs up start on: Thursday, May 9th Limited to 70 people

This event is partially funded by the kind donation of Joanne Frias of Hudson.

We appreciate her generosity.

Mother's Day Tea Party at the Senior Center

Friday, May 17th at 11:30am Cost is \$5

Menu is: Spinach salad, cucumber canapé (large size), chicken salad Veronique croissant, roast beef mini knot sandwich with garlic aioli, kettle chips, raspberry lemonade tea with lemon garnish and gourmet assorted mini desserts including: cheese cake, cannoli, dipped strawberries.

Wear a Tea Party Hat to make this more festive! Limited to 50 people

Only 2 Tickets per person

Signups start: Tuesday, May 7th



Hudson's Annual Memorial Day Parade

Monday, May 27th at 9:45am

Please join Brian Stearns, Veterans Director, on May 27, 2024 at 0945 as we assemble and march in Hudson's Annual Memorial Day Parade. The parade takes us from AMVETS at 5 South Street to Liberty Park at Wood Square via Main Street.

As we honor those who served and died in defense of our nation we ask that you observe a moment of silence on behalf of those who have sacrificed so much for the freedoms we all enjoy.

Our guest speaker this year will be MSgt (retired) Tom McCoy United States Air Force.

We look forward to seeing you at this year's ceremonies

Hudson Hometown Hero Banners Salute

Saturday, May 18th

COME JOIN US 11AM – 1PM At the Hudson Armory

We will have a brief ceremony to kick off the Salute and recognize our local military men and women who have proudly served and defended our great nation during wartime and peacetime. Parking available at Wood Park. **Thank you from, Brian Stearns Veteran's Director.**

New Real Estate Rules & You

Presented by:

David Dowd of Keller Williams Realty and founder of Sell Mom's House.



Tuesday, June 4, 2024 at 10:30am

New Real Estate Rules & New Ways to Save Money When Selling a Home

Alert: Pending Realtor compensation rules are confusing buyers, sellers and Realtors alike.

Learn in simple terms what these regulatory changes mean to you. Hear what changed on how Realtors are paid and what remains the same. Discover how simple choices may reduce the commission you pay when selling your home.

We will discuss decisions both buyers and sellers will be asked to make. Sign up at front desk.

SAVE THE DATE...

HAPPY FATHER'S DAY



Father's Day lunch at the Hudson Senior Center

Friday, June 21st 12 noon

Lunch provided by Buffet Way will include:

Fresh dinner rolls, baked potato with butter, sour cream and bacon bits, 4 oz Hawaiian chicken teriyaki with vegetable garnish and 6oz steak tips. Limited to 50 people.

Cost to you is \$10.00. Sign ups start Wednesday, June 5th

Proactive Brain Health

Tuesday, June 18th, 2024 at 11:00am



By implementing proactive habits, individuals can help reduce their risk of cognitive decline. Seniors will learn lifestyle changes to help keep their minds sharp for tomorrow. Risks to brain health, lifestyle factors, diet, sleep, exercises, and connections between heart and brain will be discussed. Please join presenter Sarah Turcotte from Bridges by EPOCH for this great topic. Healthy refreshments to be served. Please call to sign up for this FREE event!



Hiking Day at Gates Pond
Monday, May 20th at 9:30 am
Meet at Gates Pond. Bring walking sticks and appropriate attire.
Call to sign up!

**Assabet Technical High School's Tech Savvy students
are back again to answer your technology questions**
Friday, June 14th at 10:15am



Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your **iPad, Cell phones and Tablets**. Please bring in your devices and learn from the experts how to use and manage apps, emails, Facebook and much more. Call to sign up!!



"VETS TALK" A program for Veterans
Thursday, May 2nd, 9th, 16th & 30th at 9am
Every Thursday except the 4th Thursday of the month

Vets Talk is a group of veterans who get together to talk about what's going on in the world or anything else that comes to mind. There's no agenda or structure, just the opportunity to shoot the breeze in a way only those who have served can do and understand.



15-minute Legal Advice with Attorney Arthur Bergeron
Tuesday, May 14th from 9:30am-11:00am (*Phone appointments only*)

Attorney Bergeron will be available for private 15-minute sessions the second Wednesday of the month. To book your private session please call the Hudson Senior Center at 978-568-9638 and leave a message on extension 471 or the front desk. Thank you

Monthly Support Groups at the Senior Center



Led by Alex O'Hare, Community Social Worker for the Town of Hudson
Call the senior center today to reserve a spot with these groups.

❖ **Bereavement Group**
Monday, May 6th & May 20th at 1pm

❖ **Caregivers Support Group**
Thursday, May 9th & May 23rd at 1pm

WestRidge Cares has been kind enough to offer help to Hudson seniors who are struggling with the cost of pet supplies. Animals provide companionship and love to their owners and want to provide the best care to their animals. For some, it is difficult to pay for food and pet supplies. Petco gift cards will be donated to the senior center for seniors in need. If you or another senior you know is struggling to meet their animals' need, please call Alex O'Hare after May 13th to complete eligibility screening.



“Movie Day” at the Center

Here is the listing for the movies in May. Due to the limited space for each viewing, you must sign up by calling 978-568-9638. Come and join us at 12:30pm for the following movies:

Monday, May 6th & Tuesday, May 7th – Golda



Golda is a ticking-clock thriller set during the tense 19 days of the Yom Kippur War in 1973. Israeli Prime Minister Golda Meir (Helen Mirren), faced with the potential of Israel's complete destruction, must navigate overwhelming odds, a skeptical cabinet, and a complex relationship with US Secretary of State Henry Kissinger (Liev Schreiber), with millions of lives in the balance. Her tough leadership and compassion would ultimately decide the fate of her nation and leave her with a controversial legacy around the world.

Rating: PG-13 Runtime: 1hr 40min

Monday, May 20th & Tuesday, May 21st – The Duke



THE DUKE is set in 1961 when a 60-year old taxi driver, stole Goya's portrait of the Duke of Wellington from the National Gallery in London. It was the first (and remains the only) theft in the Gallery's history. Kempton sent ransom notes saying that he would return the painting on condition that the government agreed to provide television for free to the elderly. What happened next became the stuff of legend. Only 50 years later did the full story emerge – a startling revelation of how a good man set out to change the world and in so doing saved his son (Fionn Whitehead) and his marriage to Dorothy Bunton (Helen Mirren).

Rating: R Runtime: 1hr 36min

Nursing/Blood Pressure Clinic on Thursdays



- ❖ 1st Thursday with Kathy 9:30am to 11am
- ❖ 2nd Thursday with Michelle 11:30am-12:30pm
- ❖ 3rd Thursday with Kathy 9:30am to 11am
- ❖ 4th Thursday with Janet 9:30am- 11am
- ❖ 5th Thursday with Kathy 9:30am- 11am

DayBreak at the Hudson, Northborough and Marlborough Senior Centers A Social Day Program Providing Respite for Caregivers

Professional staff will provide a healthy lunch and engaging activities for those who require some supervision. You can participate one, two or three days per week. DayBreak provides a structured, quality time for your loved ones at three locations:

Northboro Senior Center 119 Bearfoot Road **Tuesdays 11:30am-2:30pm.**

Marlboro Senior Center 40 New Street **Wednesdays 11:30am-2:30pm.**

Hudson Senior Center 29 Church Street **Thursdays 11:30am-2:30pm.**

Support for this project provided in part by Springwell Elder Services.

A suggested voluntary donation of \$15 would be appreciated but not necessary to participate in the program.

Please contact Lisa Bazarian Gardner at 978-568-9638

Or email at lbbazarian@gmail.com for more information.



Hudson Senior Center Trips 2024

Monday, July 22nd Newport Playhouse Lobsterfest and “Nunsense: A Musical!”

Enjoy a lunch buffet which includes, 1 1/4 lb. Boiled lobster, Mussels, corn on the cob, Roasted Chicken, BBQ Chicken and much more. You will also enjoy a cabaret and the play, “Nunsense”. Nunsense is a hilarious spoof about the misadventures of five nuns trying to manage a fundraiser. Sadly, the rest of the sisterhood died from botulism after eating vichyssoise prepared by Sister Julia Child of God. Thus, the remaining nuns stage a talent show in order to raise the money to bury their dearly departed.

Price: \$139pp

Wednesday, August 7th The Corvettes Doo Wop Revue

The Corvettes Doo Wop Revue is dedicated to preserving and performing the greatest music ever made - the music of the 1950's Doo Wop era. Their incredibly entertaining show and comical stage antics have left many a happy audience screaming for more! In the tradition of legendary Doo Wop revivalists Sha Na Na, every Corvettes show is more than a concert - it's an all out Doo Wop Celebration! Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken Piccata or Wild Mushroom Risotto served with salad, potato, vegetables, breads, dessert and coffee/tea.

No refunds for cancellations received after 07/06/24

Price: \$125.00pp

Wednesday, October 23rd Rod Stewart- The Ultimate Tribute Show

This is the ultimate Rod Stewart tribute by Rick Larrimore. Fronted by the astoundingly Rod-like Rick Larrimore, the show covers the rock legend's entire career from his early years, through the disco 80's, to Rod Stewart's latest venture into great American classics. Fueled by a dynamic five piece band, dancing girls, and state of the art sound and lights, this is the most authentic Rod Stewart tribute concert as you could ever imagine. Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken Piccata or Wild Mushroom Risotto served with salad, potato, vegetables, breads, dessert and coffee/tea. No refunds for cancellations received after 09/20/24.

Price: \$129.00pp

Monday, October 28th -Thursday, October 31st The Ultimate Gambling Getaway

The perfect combination of fun, excitement, luxury, and sightseeing. Enjoy incredible first-class 4-Star/4-Diamond accommodations at three amazing casino's - Windcreek Casino & Resort / Live Casino & Resort / Mohegan Sun Casino Pocono's. Our touring will include the backroads of the Penn Dutch Country, the incredible show DANIEL at Sight & Sound Theatre, Guinness Factory tour, City of Baltimore Tour, Hyde Park, NY with the Home of President Roosevelt, the Vanderbilt Mansion, and more! Sign up Now!!

Price: \$1399.00pp double/ \$1899 single

Wednesday, November 13th The Sicilian Tenors- Downton Abbey

Coming off their highly successful Nationwide Broadcast – An Evening with the Sicilian Tenors as featured on Downton Abbey and airing once again on PBS Stations across the country. Among the songs performed at select Highclere Castle locales by The Sicilian Tenors are With A Song in My Heart, If You Were The Only Girl In The World, I Hear You Calling Me, Stardust, and the Libiamo ne' lieti calici (from La Traviata). Now is your opportunity to hear the songs and enjoy an amazing reproduction of this special concert live. Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Thanksgiving dinner with all the fixings and sides or Vegetable Lasagna. Also dessert and coffee/tea. No refunds for cancellations received after 10/10/24.

Price: \$129.00pp

Information flyers available at the senior center. All trips depart from Riverside Parking lot on Chapin Rd in Hudson. Prices do NOT include driver gratuity.

Message from the Friends...

Next Friends Meeting: Tuesday, May 14th at 9:30am

The Friends is having great success in expanding the Gift Shop with additional hours and items for sale, all with the help of our volunteers!

We will continue to have volunteer opportunities throughout the year as we raise funds to support the Hudson Senior Center.

Please access Friends' activities and volunteer opportunities on our Facebook page:

<https://www.facebook.com/profile.php?id=100086411695011> or send an email to:

friendsofHUDSONseniorcenter@gmail.com for more information.

The Friends will have their annual elections for the President and Vice President positions at the May 14, 2024 meeting.

The FRIENDS is a nonprofit organization that raises funds to provide items for the Senior Center and Hudson seniors that are not provided by the Town of Hudson.

Please consider attending a meeting to see what we're all about. Meetings are held on the second Tuesday of the month at 9:30am.

Save the Date...

The Friends' Annual Summer Cookout

Friday, July 19th at 11am

the Marlborough Fish and Game Club

1 Muddy Ln, Marlborough, MA 01752

Please do not forget to sign up for our annual summer cookout. Burgers, hotdogs, potato salad, baked beans and more! It will be fun as usual. The Senior Center will be Closed on this day. Cost \$3.00

Tickets available beginning in June

Medical Equipment Lending Program



For seniors in need of a wheelchair, walker, shower chair, transfer bench, commode or cane. The Senior Center can provide the item on loan at no charge, based on availability.

The Senior Center also has a variety of incontinence pads/underwear that have been donated. Please call the center to check on availability 978-568-9638.



Shred Days 2024

Shred Days are a great way to reduce the risk of identity theft and help the environment through recycling unwanted documents. To help make it easy for you, Avidia Bank is hosting a series of community shred days in 2024. E.L. Harvey & Sons, a professional document destruction company will be on site. Bring in your old mail, receipts, personal forms, credit card statements, and any other paperwork with your personal information and shred away. We want to help you protect your family's assets and privacy and keep you safe from identity theft, so the shredding is on us!

All shred day events are held on Saturdays from 9:00 am to 12:00 pm.

2024 Dates and Locations

- 5/11/24 – [Avidia Financial Center, Pope St., Hudson](#)
- 6/1/24 – [Clinton](#)
- 9/7/24 – [Framingham](#)
- 9/14/24 – [Marlborough](#)
- 09/28/24 – [Leominster](#)
- 10/12/24 – [Westborough](#)

Fitness Classes



In-person fitness classes:

You must call the senior center to sign up.

- **AM Cardio & Weights w/ Sharon- Mondays & Wednesdays 8:30-9:15am**
(The class will be limited to 20 people) *Cost: \$12/month*
- **Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am -Cost: no charge**
- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am – Cost: \$10/month**
*** (No Class on May 1st & May 8th) ***
- **Yoga w/ Sharon: Wednesdays at 2:30pm – Cost: \$10/month**
- **Mat Pilates with Jennifer: Thursdays at 9:00am -Cost: \$10/month**

This is a basic Mat Pilates class for those who are looking for a good workout to build overall muscle strength starting with the core using your own body weight. It will improve posture, flexibility and balance

- **Stretch class with Sharon - Thursdays 10:15 -11:00am**
(The class will be limited to 20 people)
- **Afternoon Parkinson's Exercise class Thursdays at 1pm - Cost: no charge**

The first half of the class is conducted with participants in the seated position and work on optimizing, flexibility, range of motion and balance. The second half of the class is done standing up and emphasizes correct posture, balance, dexterity, flexibility and walking techniques.

- **Beginners Line Dancing Class - Fridays 10:00am** Cost is \$10.00 a month
- **Beginner Plus: Beyond Beginner Line Dancing - Fridays 11:00am** Cost is \$10.00 a month



Online Zoom fitness classes:

Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.

- **Zoom Cardio & Weights Class with Sharon -Mondays and Wednesdays 8:30-9:15am**

This class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. * There will be modifications for each exercise for those with orthopedic issue. *Cost: \$12/month*

- **Zoom Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/mo**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am - No charge**
- **Zoom Parkinson's Class with Mike Bleecker- Tues. at 10:30-11:30am- No charge**

Transportation News...

Food Shopping Days Food shopping days are Tuesdays and Thursdays for all Hudson seniors regardless of where you live.



Tuesdays & Thursdays



New

- Market Basket: pick-ups beginning at 9am
- Stop and Shop, Shaw's or Walmart: pick-ups beginning at 10am
- Stop and Shop, Shaw's or **Target**: pick-ups beginning at 10am (1st Thursday of the Month only!)

Please call at least a day ahead before 3:30pm for Shopping as well as all Medical Appointments
Seatbelts must be worn on the bus

Lunches at the Center on Wednesday & Thursday at 11:30am

You must call at least the day before (before 11am) to order
Call Kitchen to sign up at 978-568-9638 option #3 (meal on wheels)

Wednesday, May 1st

Cold Menu: Tuna salad, potato salad, spinach w/ mandarin orange salad, summer squash salad

Hot Menu: Salisbury steak w/ beef gravy, garlic mashed potatoes, broccoli & cauliflower

Thursday, May 2nd

Cold Menu: Turkey, swiss cheese, orzo vegetable salad & beet salad

Hot Menu: Chicken meatballs, rotini w/ tomato sauce, Tuscany blend vegetables

Wednesday, May 8th

Cold Menu: Turkey, swiss cheese, potato salad, squash, zucchini & red onion

Hot Menu: Pot roast bed burgundy, mashed potatoes and zucchini

Thursday, May 9th

Cold Menu: Tuna salad, broccoli feta orzo salad and tossed salad

Hot Menu: Chicken w/gravy, apple bread stuffing and jardinière style veggies

Wednesday, May 15th

Cold Menu: Roast beef, provolone, garden shell pasta salad and root vegetables

Hot Menu: Chicken marsala over buttered noodles and Scandinavian vegetables

Thursday, May 16th

Cold Menu: Turkey, squash, zucchini, red onion salad and potato salad

Hot Menu: Pot roast with gravy, mashed potatoes and carrots

Wednesday, May 22nd

Cold Menu: vegetarian chef salad with Italian dressing and barley raisin salad

Hot Menu: Roast Turkey with gravy, mashed potatoes and carrots

Thursday, May 29th

Cold Menu: Roast beef, macaroni salad and spinach mandarin orange salad

Hot Menu: Chicken with sauté vegetables and jasmine coconut rice

Wednesday, May 30th

Cold Menu: California chicken salad, orzo vegetable salad and coleslaw

Hot Menu: Salmon with dill sauce, orzo pilaf and broccoli & carrots

Suggested Voluntary Donation of \$3

Menu is subject to change



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, May 15th at 10:30am

Genealogy group is open to everyone who is interested in researching their ancestry.

Beginners welcome. See you there!

Creative Groups

Craft Group

Mondays 12:00-3:00pm

Do you have an unfinished craft project that you would like to see completed? Bring it with you and work on it in a creative environment with a lot of laughter thrown in.

2nd Floor - Craft Room

Knit & Crochet Group

Wednesdays 9:30am

These ladies work wonders with all kinds of yarn. Come share your talent and ideas with them.

2nd Floor - Craft Room

Memoir Group

1st Friday of the Month from 1-3pm

We have a writing group that meets at our center every Friday. Walk-ins are also welcome to join this group and perfect your writing skills

Open Painting Studio

Tuesdays 10:00-12:00pm

No teacher, but creative artists, willing to support others and work in different mediums of painting.

2nd Floor - Craft Room

Silver Threads Quilting Group

Thursdays and Fridays 10:00am

Hudson Silver Threads are a wonderful group of women who are fun, friendly and creative.

2nd Floor - Craft Room

Senior Center Lending Library

Donations made to our Library are appreciated with Copyright date no earlier than 2015.

Group Activities

Bingo

**Wednesdays
12:30pm**



Bridge

Fridays 12:30- 3pm

Chess

Tuesdays 1:00pm

Cribbage

Monday – Friday 8:30-11:30am

Mah Jong

Mondays & Thursdays 12:00pm-3pm

Billiard Room



Monday – Friday 8:30-3:30pm
2 tables available

Scrabble

Fridays 12:15pm



Gift Shoppe

**Open: Mondays, Thursdays &
Fridays
9:30am - 12:30pm**

Wednesdays 10am-1pm

- Looking for Crafts and Handmade items for the Gift Shoppe.

Please Stop by and see the new changes being made to the Gift Shop!

Medicare Savings Programs (MSPs)

MSPs (formerly known as the Mass Health Senior Buy-in and Buy in programs) are programs that can assist with Medicare premiums, deductibles, copays and coinsurance. There are different levels of MSP that offer different benefits. MSPs are run by Mass Health.

MSPs are NOT insurance plans, they are programs designed to help lower your Medicare costs. MSPs work in conjunction with your Medicare or Medicare Advantage Plan benefits. It is important to understand that MSPs are not the same as Mass Health standard, or CommonHealth, which offer full comprehensive coverage, and can offer additional benefits beyond your Medicare.

If approved for the Specified low-income Medicare Beneficiary (SLMB) or Qualifying Individual (QI) benefit, Mass Health would pay for your Medicare Part B premium. The current cost of this premium for 2024, is \$174.70. Yes, that means if you were eligible for this benefit, you would not have the \$174.70 taken out of your social security benefit, and you would be able to keep your full check! If eligible for the Qualified Medicare Beneficiary (QMB), Mass Health would pay for your Part A Premium (if you didn't qualify for premium free Part A), pay for your part B premium of \$174.70, but also assist with your Medicare Part B cost sharing, such as deductibles, coinsurance under original Medicare, but also assist with copays if you have a Medicare Advantage plan. If eligible for any of these programs, in addition to receiving assistance with your Medicare costs, you would also automatically qualify for Full Extra Help with your prescription costs, which can save hundreds of dollars or more per year.

Why is this so significant now? Well, in the past there have always been income as well as asset limitations for these programs which would unfortunately disqualify many beneficiaries. As of March 1, 2024, the asset limitations have been removed. What does that mean? That means that we now only look at your income to screen for this program, and no longer your assets. To qualify, your countable income must now be:

Single: below \$2,385 monthly for the QMB program, and under \$2,824 for the SLMB/QI program.

Married: below \$3,237 monthly for QMB and under \$3,833 for SLMB/QI.

If you are interested in getting more information about these benefits, how it could affect your coverage, and want us to screen you to see if eligible call the Senior Center at 978-568-9638 and ask to speak to a SHINE counselor.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDAS ÀS SEXTAS DAS 9:30 ÀS 3:30 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476.

PROGRAMAS de ECONOMIA DE CUSTOS DE MEDICARE (MSPs)

Os MSPs (conhecidos anteriormente como os programas MassHealth Buy-In e Senior Buy In), são programas que cobrem alguns ou todos os prêmios, copagamentos e cosseguros dos beneficiários do Medicare. Os MSPs não são planos de seguro. São programas criados para ajudar a reduzir os custos da sua cobertura do seguro do Medicare. Os MSPs são sempre combinados com o Medicare e não oferecem nenhuma cobertura ou serviços adicionais que o Medicare não forneça. A ajuda é baseada nos rendimentos da pessoa/casal. Os limites máximos são os seguintes:

Pessoa Solteira		Casal	
Rendimentos		Rendimentos	
190% FPL	\$2,385 por mês	190% FPL	\$3,237 por mês
225% FPL	\$2,824 por mês	225% FPL	\$3,833 por mês

Para obter mais informações sobre este programa telefone para o Senior Center e fale com Ana Terra-Salomão.

DATAS IMPORTANTES

Dias 1, 8, 15, 22 e 29 de Maio - Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas.

O grupo é para qualquer nível.

Dia 2 de Maio – Palestra sobre a Biblioteca de Hudson e possível melhorias no Hudson Senior Center das

12:00 a 1:00 da tarde. Refrescos serão servidos.

Dia 14 de Maio – Reunião do Amigos do Senior Center às 9:30 da manhã.

Dia 17 de Maio – Festa de Chá do Dia da Mãe no Senior Center às 11:00 da manhã. O menu é chá, sandes e doces. O custo é \$5.00 por pessoa. **Os bilhetes estarão a venda no Senior Center a partir do dia 7 de Maio. Limitado a 50 pessoas.**

Dia 24 de Maio - Almoço “Grab and Go” a 1:00 da tarde no Senior Center. Telefone para 978-568-9638 a partir do dia 9 de Maio para reservar o seu lugar. O custo é \$5.00 por pessoa. **Limitado a 70 pessoas.**

Dia 27 de Maio – **O Senior Center estará fechado devido ao feriado de “Memorial Day”.**

Dia 21 de Junho – Almoço para o Dia dos Pais às 12:00 da tarde no Senior Center. O custo é \$10.00 por pessoa. **Os bilhetes estarão a venda no Senior Center a partir do dia de . Limitado a 50 pessoas.**

NOTE: THIS PAGE IS BEING TRANSLATED FOR NON-ENGLISH SPEAKING SENIORS AND IS THE SAME INFORMATION FOUND IN THE NEWSLETTER FOR ALL SENIORS!

		2	4	1		8		6
3			6	8	2			
1	6		9			5		
	9	3			6			
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	3		5	6		2		
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			2	7			5	3
9						7		1
		6			8	5		4
							8	
					1	3		
6							1	
	1	7			2			

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Memorial Day

Word Search

AMERICAN
ANTHEM
CEMETERY
CEREMONY
COMMEMORATE
DECORATION
FALLEN
FLAGS
FLOWERS
FREEDOM
GRAVE

E	I	E	O	D	K	S	O	S	R	Z	S	Y	C	Y	Y	Z	R	E	V	A
F	Q	W	B	F	T	M	O	P	T	Z	Y	Q	B	A	A	O	P	C	I	I
Q	A	I	S	C	S	E	U	O	N	W	A	G	N	E	M	D	L	I	J	N
R	S	B	E	C	A	H	R	A	A	P	I	I	L	A	C	E	I	U	R	Z
M	A	X	R	V	M	T	M	E	P	N	W	Y	S	C	C	E	V	L	V	G
G	C	H	V	P	F	N	W	A	M	V	A	L	D	M	H	I	M	A	O	V
L	R	P	A	A	L	A	Y	L	S	E	M	F	Y	Z	E	Y	R	U	R	H
P	I	K	N	T	A	S	F	T	V	R	M	R	F	R	R	U	O	E	J	G
U	F	X	C	R	H	C	V	P	Z	P	E	B	V	O	O	H	R	J	M	X
J	I	J	E	I	T	R	A	V	B	T	A	W	R	M	E	A	S	Y	G	A
D	C	I	Y	O	Y	M	U	R	E	E	Y	K	O	A	S	K	N	N	K	V
E	E	L	Q	T	V	M	Q	M	T	M	S	D	B	L	N	E	A	O	H	K
C	Y	Y	U	I	G	V	E	P	Z	P	E	P	V	F	F	C	R	M	W	N
O	A	A	O	C	T	C	F	Y	F	E	S	E	R	V	I	C	E	E	T	A
R	S	K	O	I	N	E	W	L	R	U	N	H	Z	A	B	T	T	R	L	B
A	T	S	I	O	R	E	H	F	L	N	E	L	L	A	F	A	E	E	H	Y
T	M	S	O	L	D	I	E	R	S	F	R	L	Z	E	T	P	V	C	O	B
I	U	E	T	D	S	L	J	K	L	E	T	U	L	A	S	S	B	P	N	A
O	G	U	M	F	L	W	V	A	K	E	T	A	R	O	M	E	M	M	O	C
N	R	G	N	R	K	S	G	R	V	E	W	H	M	Q	U	Z	L	V	R	L
Z	N	G	E	U	N	S	K	O	T	K	L	A	I	R	O	M	E	M	B	M



HALF MAST

HEROES

HOLIDAY

HONOR

MAY

MEMORIAL

OBSERVANCE

PATRIOTIC

REMEMBRANCE

SACRIFICE

SALUTE

SERVICE

SOLDIERS

TAPS

VETERANS

WAR

HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

LOCATION:

BOSTON POST ROAD EAST PAST
HOME DEPOT AND STAPLES. AFTER
SUBWAY TAKE A LEFT AT THE
EASTERLY TREATMENT PLANT/
RESIDENT DROP-OFF FACILITY SIGN.
THEN FOLLOW ROAD AND LOOK
FOR EVENT SIGNS.

BRING THESE ITEMS:

Acids/Bases	Furniture Stains	Monitors
Aerosols	Fluorescent Bulbs	Pesticides
Air Conditioners	Household Cleaners	Photo Chemical
Antifreeze	Household Polishes	Poisons
Auto Batteries	Rechargeable Batteries	Pool Chemicals
Brake Fluid	Kerosene	Thinners
Corrosives	Lighter Fluid	Used Motor oil
Drain Openers	Paints (Oil based)	Weed Killers
Flammables	Propane Tanks	Wood Preservative
Computers	Microwaves	TVs/VCRs

Asbestos
Radioactive Materials
Latex/Acrylic Paint
Unknown or Unlabeled Materials

DO NOT BRING THESE ITEMS:

Polychlorinated Biphenyl's (PCB's)
Reactive or Unstable Materials
Single Use Batteries
NO Large Appliances

Explosives
Drums
Medical Waste
Tires

MEDICATION WILL

**** NOT **** BE COLLECTED !!

PLEASE BRING UNWANTED OR EXPIRED
MEDICATIONS TO YOUR LOCAL POLICE STATION OR
TO THE FOLLOWING CVS PHARMACIES:
264 EAST MAIN STREET, MARLBOROUGH
234 WASHINGTON ST, HUDSON
FOR PROPER DISPOSAL.

SATURDAY

May 11, 2024

9am – 12 noon

860 Boston Post Rd East


Easterly Wastewater Treatment Facility

MARLBOROUGH, MA

For More information please call (508) 624-6910 Ext: 33300

Marlborough and Hudson Residents Only – Please be prepared to show proof of residency

***** DO NOT BRING LATEX PAINT OR SINGLE USE BATTERIES *****

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>2</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a Lunch at Center 12:00p Library Presentation 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>3</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 01:00p Memoir Workshop</p>
<p>6</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 10:00a Hiking Trip 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group</p>	<p>7</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:45a Billiards League 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess</p>	<p>8</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mting 02:30p PM Yoga</p>	<p>9</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a Blood Pressure 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</p>	<p>10</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge</p>
<p>13</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong</p>	<p>14</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Bergeron Advice 01:00p Chess</p>	<p>15</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>16</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>17</p> <p>08:00a Library 08:30a Billiards 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 11:30a Mothers Day Tea Party 12:15p Scrabble</p>
<p>20</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Hiking Trip 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group</p>	<p>21</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess</p>	<p>22</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>23</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</p>	<p>24</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 01:00p Grab and Go Meal</p>
<p>27</p> <p>08:00a CENTER CLOSED</p>	<p>28</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess</p>	<p>29</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>30</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>31</p> <p>08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge</p>