

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



Hudson Senior Center

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



2021

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 BayPath 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
- Virginia Figueiredo, Administrative Secretary
- Holly Richardson, Social Service Advocate
- Ana Terra-Salomão, Bilingual Social Service Advocate
- Lennie Bowen, Full Time Bus Driver
- Jack Veo, Part-time Bus Driver

Social Activities:

Line Dancing, AM Fitness, PM Fitness, Yoga, Stress Reduction, Parkinson's Exercise, Chair Pilates, Chair Yoga, Walking Club, Stretch Break Class, Flex & Tone Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Class, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Friday's Music Jam, Morning coffee and pastry.

Members of the Council on Aging Board:

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

Meetings:

The Council on Aging Board –1st 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.



December 2021

REP. KATE HOGAN'S SENIOR NEWS

Massachusetts Legislature Passes ARPA Spending Bill

I'm proud to announce that, along with my colleagues in the Massachusetts House of Representatives, I voted to pass a significant spending bill that utilizes American Rescue Plan Act (ARPA) and Fiscal Year 2021 (FY21) surplus funds to facilitate recovery throughout the Commonwealth with one-time investments in housing, environment and climate mitigation, economic development, workforce, health and human services, and education.

The House bill includes a consolidated amendment with an estimated \$44.3 million in funds for seniors and health and human services. As my colleague and House Chair of the Elder Affairs Committee Rep. Tom Stanley says, "No group in the commonwealth has endured more loss and hardship over the past year and a half than our elder citizens and the people who cared for them." Bolstering our local health infrastructure is essential work and the House bill allocates significant funds for financially strained hospitals and community health centers. The bill also includes over \$150 million for local and regional public health systems. It includes more than \$250 million for behavioral health and substance use disorder treatment services, as well as \$100 million for workforce initiatives with \$15 million specifically for community health centers.

The House bill also features workforce investments that recognize human service workers as the essential elements they are in senior health delivery. It allocates \$500 million for bonus payments to COVID front-line workers who kept our state going through the pandemic and other efforts to support and expand the human service workforce.

Among many other investments, the bill appropriates funds for affordable housing, with \$150 million directed toward public housing maintenance and \$150 million to create permanent supportive housing for seniors, as well as those who are chronically homeless, survivors of domestic violence, and Veterans. The bill also includes \$100 million for homeownership assistance and \$100 million for production and preservation of affordable rental housing for residents of municipalities disproportionately impacted by the COVID-19 pandemic.

As part of the spending bill, I earmarked nearly \$1.8 million for needs and priorities in Hudson and the district at-large, including:

- \$400,000 to complete bank restoration and **finish the Assabet Riverwalk Project** in Hudson
- \$50,000 to **provide in-town transport** for Hudson and **connections to fixed routes** in Marlborough through an MWRTA pilot program, **CatchConnect**
- \$100,000 to **fight food insecurity** in the Third Middlesex District through food bank investments
- \$100,000 for the Fresh Start Furniture Bank of Hudson to **support increased need and assist Afghan refugees and families settling in the Commonwealth**

The COVID-19 pandemic exacted a harsh toll on many, and our state government, working with our partners in Congress and the Biden Administration, is working hard to mitigate that with significant, targeted investments that are directed at the communities hit hardest by this pandemic, and to the services most needed to reverse the effects of the pandemic and help our residents get back on their feet.

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

Contact Rep. Hogan:

State House, Room 370, Boston, MA, 02133 / Phone: (617) 722-2600 / Kate.Hogan@mahouse.gov

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333

Facebook: www.facebook.com/RepKateHogan

Hello to Everyone,



I wish everyone a very happy and healthy holiday season. Many of us are fully vaccinated with an additional booster. This will give us added protection as we go into the winter months which may prove to be challenging again this year. Already we have seen an uptick in Massachusetts's cases. On November 25, 2021, MA reported 5058 new confirmed covid-19 cases with 771 patients hospitalized, 156 patients in Intensive Care units and 84 patients intubated. The CDC (Centers for Disease Control) states being fully vaccinated protects you from hospitalization. Adding the booster shot after your vaccination series provides additional protection. For those who are still not sure about the booster shot, I would like to share some information from the CDC that may help you with your decision.

The CDC Recommends getting a Booster shot. Presently, less than half of those who are age 65 and older who have completed their initial series and are eligible for a booster have received one. The CDC states that boosters are the best way to stay safe and prevent hospitalization from COVID-19 if an individual received the initial series at least 6 months ago for the Pfizer and Moderna or at least 2 months ago for Johnson & Johnson Janssen. We also know that individuals ages 65 and older who received their vaccine during the early months of vaccine distribution may be experiencing waning effects of immunity. It is strongly recommended that all individuals schedule an appointment for a booster as soon as possible if they have not gotten one already. CDC states the COVID-19 boosters are safe, effective, and free. **Additional information on the COVID-booster, including FAQs, can be found at mass.gov/COVID19booster**

During Medicare Open Enrollment at the Hudson Senior Center, Virginia Figueiredo was busy helping many seniors schedule their booster shots. After December 7th, when Open Enrollment ends, Holly, Ana and Janice will also be available to help schedule booster shots. Please remember to wear your masks when in crowded places especially during the winter months. Better safe than sorry! 😊

I would like to thank the senior center staff, Virginia, Holly, Ana, Lennie and Jack for all their hard work. They each have a warm and caring spirit that just shines through as they do their jobs. We are so lucky to have them! This pandemic has been a challenging time for all of us, but we seem to get through and support each other when needed. I have to say we are a great team and feel very fortunate for that.



Once again, the pandemic did not stop Mr. George Danis from providing his Free Thanksgiving meal to Hudson seniors.



A very special Thank You to Mr. George Danis owner of Plastic Molding Manufacturing in Hudson for providing his 11th Free Annual Thanksgiving Dinner to 125 Hudson senior citizens. To keep everyone safe we chose to do another drive-thru Grab and Go. Jody Heyward and Lara Garrett from Plastic Molding Manufacturing brought beautiful holiday colored balloons as they came to help senior center staff hand out the well packed Thanksgiving meal from Buffet Way. We also want to thank State Representative Kate Hogan and Karen Freker for coming by with goodie bags filled with delicious candies for everyone who received a meal. Although it was a very windy day it was fun to see everyone.

Thank you Mr.Danis for your continued kindness, support and generosity!



2nd Annual Holiday Cheer program for some of our Hudson seniors

Last year we had fun with this, and surprised many seniors. I would like to continue it this year. Some of our seniors do not have family close by. We are looking for some Elves to help us spread a little holiday cheer. Looking for NEW items listed below to fill a small holiday gift bag. Elves can either come in to the center to drop off donations or for your convenience the Senior Center will have a drop off box on the ramp between 8:30am and 12noon. **Deadline is Tues. Dec. 15th.** Thank you so much for your kindness.

Nonskid socks, mittens, eye glass holder straps, sugar free candy, adult coloring books, colored pencils, large print crossword puzzle books, word search books, granola bars, butter cookies, combs, brushes, soft toothbrushes, small toothpaste, small bottle of mouthwash, individual packs of tissues, body wash, shampoo, flashlight, hot chocolate packets, soap bars, shower caps, small dish detergent bottles, small bottles of water, stamps.

Back by popular demand...



A Delicious Grab and Go Brunch from Buffet Way

Tuesday, December 14th 2021 9:30am pick up at the Hudson Senior Center

Cinnamon pecan French Toast with syrup cup, medium size ham and swiss cheese croissant and mini cheese cake with fruit topping. Your cost is \$5.00 (Delicious!) Limited to 70 ppl

Sign up beginning Tuesday, December 7th

A delicious and easy meal for you to heat up when you want

(maybe Christmas Eve or Christmas day) from

Chef Margo at Assabet Culinary Arts Program

This Grab and Go meal will be Tuesday, December 21st pick-up between 3pm-3:30pm

A homemade frozen Turkey Pot Pie with vegetables and gravy, rolls and apple pie for dessert.

Your cost is \$5.00.

Sign up beginning Tuesday, December 7th



HOLIDAY BLUES SUPPORT GROUP with Alex

Thursday, December 9th and Thursday, January 13th at 10am

The holiday season is here and for many it is fun to see family and friends. However, the holidays can be difficult for others. If you find this time of year stressful, or do not have family or friends close by, I will be offering a Holiday Blues Support Group at the Senior Center. This will be a great opportunity to share your holiday experiences with others and receive emotional support. Call 978-568-9638 to sign up for this program. I look forward to seeing you!

PLEASE REMEMBER DEC. 7TH IS THE LAST DAY TO REVIEW YOUR HEALTH AND PRESCRIPTION DRUG PLANS FOR 2022.

Another important reminder! Starting in December and going through January Social Security will be mailing out the 2022 Social Security Benefits Statements. This is an important document that outlines your financial benefit for 2022 and is needed for 2022 taxes. Keep this document in a safe place.

REMINDER: Center is closed on Friday, December 24th and Friday, December 31st



Well Being Series Continues

Our new Well Being Series, Self-Empowered Living and Mindful Living from Synergy will continue in January 2022. Both classes provide self-help techniques that will relax and calm our minds. Each class will be offered once a week for 4 weeks.

- **Mindful Living** will focus on medication and relaxing the mind. This class will be every Thursday starting **Thursday, January 6th at 9am–10am and end Thursday, January 27th**
- **Self-Empowered Living** will teach strategies to work through anxiety that many of us have experienced through the pandemic and holiday season. This class will be every Wednesday starting **Wednesday, January 12th through February 2nd 10am-11am.**

Please call the center to sign up for these great classes funded by ARPA (American Rescue Plan Act).

AARP TAXAIDE RETURNS

AARP TAXAIDE will again prepare federal and state income tax returns for low- and moderate-income taxpayers at the Hudson Senior Center. The current plan is to offer in-person service, much like in past years. That is based on a low COVID level in the community and all participants being vaccinated and wearing masks. If the increase in COVID cases continues, the service will need to shift to a less in-person delivery model. **More information will be in the January Newsletter.**

The TAXAIDE program needs more volunteer counselors.

If you are interested, please call Frank at 585-260-4303.

Parkinson's afternoon class at the Hudson Senior Center on: Thursday, December 2nd and 16th at 1pm

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.

Space is limited to 20

Our 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 Stretch class with Sharon - Thursdays 10:15 -11:00am.**
- **Zoom Strength Training Class with Sharon -Mondays and Wednesdays 8:30-9:15am**
Strength Training 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
- **Flex and Tone/ Chair Yoga with Rebecca Reber - Wednesdays at 9:00am.**
- **Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.**
- **Back to Basics Chair Pilates with Jennifer Davidson- Thursday at 9:30am**
This class will review the basics of chair pilates for new and regular class participants.
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am**

Public Safety Alert for older cell phones and electronic devices
Stay Connected: Massachusetts Residents Encouraged to Plan Ahead
For the Shutdown of 3G Cellular Networks

The federal government and cellular providers have announced that older phones and devices will lose call and data functions, including the ability to contact 911

Plan Ahead for Phase Out of 3G Cellular Networks and Service

If your mobile phone is more than a few years old, you may need to upgrade your device before your mobile provider shuts down its 3G network, to avoid losing service. For more information on your mobile providers' plans for 3G retirement and how you can prepare, contact your provider directly.

What is happening?

Mobile carriers are shutting down their 3G networks, which rely on older technology, to make room for more advanced network services, including 5G. As a result, many older cell phones will be unable to make or receive calls and texts, including calls to 911, or use data services. This will affect 3G mobile phones and certain older 4G mobile phones that do not support Voice over LTE (VoLTE or HD Voice).

Learn more about other connected devices, such as medical devices and home security systems that may be impacted below.

When is it happening?

As early as January 1, 2022, though plans and timing to phase out 3G services will vary by company and may change. Consult your mobile provider's website for the most up-to-date information.

- AT&T announced that it will finish shutting down its 3G network by February 2022.
- Verizon announced that will finish shutting down its 3G network by December 31, 2022.
- T-Mobile announced that it will finish shutting down Sprint's 3G network by January 1, 2022 and Sprint's LTE network by June 30, 2022. It also plans to shut down T-Mobile's 2G and 3G networks, but has not yet announced a date.

If your mobile carrier is not listed here, you may still be affected. Many carriers, such as Cricket, Boost, Straight Talk, and several Lifeline mobile service providers, utilize AT&T's, Verizon's, and T-Mobile's networks.

What do I need to do?

Contact your mobile provider or consult your provider's website for more information about their 3G retirement plan and whether your phone, or other connected device, may be affected. It is important to plan now so that you don't lose connectivity, including the ability to call 911.

Some carrier websites provide lists of devices that will no longer be supported after 3G networks are shut down. You may need to upgrade to a newer device to ensure that you can stay connected, and carriers may be offering discounted or free upgrades to help consumers who need to upgrade their phones.

settings or user manual, or by searching your phone's model number on the internet, to determine whether you need to purchase a new device or install a software update.

Message from the Friends...

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

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.

Please call the Hudson Senior Center [979-568-9638] if you would like more information or to have a Friends' officer contact you.

Winter Weather



If the Hudson Public Schools are Closed or Delayed then the Senior Center will also be closed or delayed.

If it is snowing or sleeting and the schools are **NOT** closed, for **your safety**, we ask that you please delay coming to the center by at least 1 hour to allow town employees the time needed to shovel and treat walkways and ramp and to allow the bus driver time to clear the bus. Also please call the center before you come to see if your class or program instructor is on schedule or has cancelled due to inclement weather. Thank you!

Preparing for Winter Weather...

What you need in your Winter Emergency Supply Kit: flashlight and extra batteries, portable radio or NOAA Weather Radio with extra batteries, charged cell phone, essential prescription medications, non-perishable food, manual can opener, one gallon of water per person per day, fire extinguisher, extra blankets. BE SAFE!!! 😊

ONCE AGAIN THE ANNUAL DUES ARE DUE IN JANUARY.

Please provide updated information and an emergency contact!

THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2022!

(This helps with the postage and sending of the monthly newsletter, thank you)

Hudson Senior Center 2022 Dues

NAME _____

DUES _____

ADDRESS _____

DONATION _____

TELEPHONE _____

TOTAL _____

EMAIL _____

EMERGENCY CONTACT _____

RELATIONSHIP _____

PHONE _____

Transportation News...



Food Shopping day is Back!

Tuesdays:

- Market Basket: pick-ups beginning at 9am
- Stop and Shop, Shaws or WalMart: pick-ups beginning at 10am



The senior center bus is now running for all appointments. Please call at least a day ahead before 3:30pm. **Masks MUST be worn while on the bus at all times regardless of vaccination status. Seatbelts must also be worn**



“VETS TALK” A program for Veterans

Thursday, December 2nd, 9th, 16th & 30th at 9am

Every Thursday except the 4th Thursday of the month

Vets Talk is a chance for only veterans to 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.



Assabet Technical High School's Tech Savvy students are back again to answer your technology questions

Wednesday, December 22nd at 10:30am

Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your **Ipads, Cell phones and Tablets**. Please bring in your devices and learn from the experts how to use and manage apps, emails and Facebook and much more. You must sign up for this. **Call the Center at 978-568-9638 to reserve your seat.**

“Movie Day” at the Center



Here is the listing of the movie for December. **Due to the limited space for each viewing, you must sign up for the day that you would like at 978-568-9638.**

Come and join us at 12:30pm for the following movies:

Monday, December 13th & Tuesday, December 14th – The Holiday



Two women troubled with guy-problems swap homes in each other's countries, where they each meet a local guy and fall in love during the Christmas and holiday season. . . With Cameron Diaz, Kate Winslet, Jude Law, Jack Black.

Rating: PG-13 Runtime: 2hr 16min

Monday, December 27th & Tuesday, December 28th – Dear Evan Hansen



Film adaptation of the Tony and Grammy Award-winning musical about Evan Hansen, a high-school senior with a severe social-anxiety disorder, whose letter to himself that was not meant to be seen by others, lands wrongly into the hands of a classmate who, as a result, commits suicide. This incident sends Evan on a journey of self-discovery and gives him the chance to finally be accepted by his peers and live the life he never dreamed he could have.

Rating: PG-13 Runtime: 2hr 17min



Elder Law with Frank and Mary
by Arthur P. Bergeron

*Arthur P. Bergeron is an elder law attorney
in the Trusts and Estates Group at Mirick O'Connell.*

PLANNING TO STAY HOME

It's January. It's cold. The holidays are over. What a great time to just hunker down and stay home. You probably agree with my friends Frank and Mary, and with most of my other clients, that there's no place like home. Now may be a good time to consider your situation in general and your options to stay home as long you can.

First, take a fresh look at your home. Will it be a safe place for you to live as you get older? Does the bathroom have the grab bars you may need? Are the washer and dryer in the basement? You may want to talk to a home repair person who specializes in retrofitting homes for folks who are getting older. Figure out what it would take, and how much it would cost, to make your home as safe as possible.

Next, figure out how you would pay for those home modifications. While you're doing that, work out how much it would cost you to have someone to come in and help you around the house. Call the folks at the ASAP (Aging Services Access Point) in your area and ask to have someone come over and talk to you about all this. For my clients, that means calling Baypath Elder Services or Elder Services of Cape Cod and the Islands (ESCCI). They can give you a sense of what home care might cost and whether you are eligible for subsidies through their agency.

Finally, if you don't have the savings to cover the home repairs and home care you may need, plan ahead to use your home as the source of funds to pay for those expenses. In my seminar this month, I discuss HELOCs (Home Equity Line of Credit) and reverse mortgages, which is really a home equity loan by another name. Both of these alternatives are designed to help you sleep better knowing that, if you need the funds to help you stay at home, you can access those funds quickly and easily.

I will turn 72 this month. I appreciate that anxieties come with getting older. We can't make those anxieties go away – they come with the territory, but we can reduce them by planning for the future. It's January. You're stuck at home anyway. So rather than worry about your future, plan for it. You'll sleep better. And the next thing you know, it will be spring.

If you want to learn more about this topic, check out my January seminar on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary, and on your local Hudson cable access station, HUD-TV (Comcast Channel 8; Verizon Channel 47), along with Frank and Mary in Hudson, where my co-host, John Parent and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.



Legal Advice with Attorney Arthur Bergeron

Wednesday, December 8, 2021 from 1pm to 3pm by appointment only

Attorney Bergeron will be available for private 15-minute sessions in person at the senior center. 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

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 the MetroWest Health Foundation.

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

Please contact Lisa Bazarian Gardner, CDP or Christine D'Angelo, CDP at 978-568-9638
Or email at lbbazarian@gmail.com for more information.



Genealogy Family Research with Charles Corley at the Senior Center Wednesday, December 15th at 10:30am

Genealogy group is open to everyone who is interested in researching their ancestry.
Beginners welcome. Please call the center to sign up!

Calling all artists and latent artists



Come join us from 10am-12pm in the Craft Room for the **Tuesday Open Painting Studio**



Hudson Senior Center Gift Shoppe

Thursdays 9:30am -12:30pm

Scrabble on Fridays at 12:15pm

Challenge your mind while enjoying a relaxing afternoon of conversation and play.
All skill levels welcome.



Calling all Bingo players!
Games start at 1pm on
Wednesdays

PM CARDS

Canasta (Hand & Foot)

Wednesdays at 12:00pm. Looking for 4 players. Please call the front desk to sign up



Pool Room

Come play on our 2 beautiful tables!

Monday-Friday 8:30am –3:30pm.



Bridge: Tuesday 1pm

Fridays 1pm



Senior Center Lending Library



Donations made to our Library are appreciated with **Copyright date** before 2012.

Check out our new Large Print section!

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:30 ÀS 3:30 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT.476



MUDANÇAS NOS SEGUROS DE SAÚDE DO “MEDICARE”

Durante os meses de Outubro até Dezembro é tempo de rever os vossos seguros de saúde e ver se ainda é o seguro melhor para a sua situação. Pode mudar o seu plano de seguro do Medicare entre o dia 15 de Outubro até o dia 7 de Dezembro de 2021, para ser efectivo no dia 1 de Janeiro de 2022. Se precisar de ajuda, telefone para marcar um apontamento com Ana Terra-Salomão.

PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as depressas de aquecimento? O programa do “Smoc” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2021 até o dia 30 de Abril de 2022. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família

1
2
3

Rendimento

\$40,951
\$53,551
\$66,151

INFORMAÇÃO IMPORTANTE

Se as Escolas Publicas de Hudson estiverem fechadas devido a neve o Senior Center também estará fechado. Estamos preocupados com a segurança dos nossos clientes. Por favor não venha ao Senior Center se estiver mau tempo.

DATAS IMPORTANTES

Dia 8 de Dezembro – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Para marcar um apontamento, telefone para o Senior Center.

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

Dia 14 de Dezembro – “Grab and Go” Brunch às 9:30 da manhã. Telefone para 978-568-9638 a partir do dia 7 de Dezembro para reservar o seu lugar. O custo é \$5.00 por pessoa. **Limitado a 70 pessoas.**

Dia 21 de Dezembro – Jantar “Grab and Go” às 3:00 da tarde. Telefone para 978-568-9638 a partir do dia 7 de Dezembro para reservar o seu jantar. O custo é \$5.00 por pessoa.

Dia 24 Dezembro – O Senior Center estará fechado devido ao feriado do Natal.

Dia 31 de Dezembro – O Senior Center estará fechado devido ao feriado do Primeiro do Ano.

Dear Friends, It's that time of year again! I hope you and your loved ones are enjoying the fall weather and preparing for the Holidays. I would like to personally invite you to the 41st Annual Senior Conference on December 9th from 11AM-3PM, and just like last year, a virtual conference! Unfortunately, the pandemic is still present in our lives and we are not able to be together for this year's Senior Conference so once again, we will be having it virtually. This event is intended to provide you with useful information from our knowledgeable guest speakers. The topics covered will include caregiver resources, aging well and healthy, a chair yoga session, and of course raffle prizes! In 2021, I am proud that the Massachusetts Legislature continues to prioritize senior citizens. This has included increased funding for Councils on Agings (COAs), access to home care, and critical programs like Meals on Wheels. As a result of the Covid-19 pandemic, the state government has provided increased funding to our nursing homes, assisted living centers, and community hospitals. In addition, I am proud to champion affordable housing for senior citizens, encouraging all 14 communities in

SAVE THE DATE!

41st

VIRTUAL ANNUAL SENIOR CONFERENCE

Hosted by State Senator Jamie Eldridge
Thursday, December 9th, 2021
11:00 A.M. - 3:00 P.M.

For more Information, visit
senatoreldridge.com/seniors



or scan the QR code above

Open the camera on your phone, iPad, or tablet. Hover over the QR code, then select the link that appears on the top.

The Day Consists Of

- *Informational workshops
- *Virtual Fitness Programs
- *Resources for Seniors
- *Fun Activities and Raffle Prizes

Don't Miss Out on The Fun!

Those that register will be entered in the gift raffle

For More Information

contact my District Director, Bianca DeSousa
at 978.460.8564 or biancadesousa@masenate.gov

DECEMBER 9, 2021

the Middlesex and Worcester Senate district to build more senior housing to allow aging residents who have worked hard all of their lives to remain in the community they raised their children in. Finally, recognizing the impacts of Covid on all residents of Massachusetts, the State Senate has championed making it easier for people to vote, including voting by mail, increasing access to mental healthcare, and improving local public transportation. I look forward to having the opportunity to be with you on December 9th, 2021 and to hear more about your concerns and ideas. To gain access to our program, scan the QR code below, or visit www.senatoreldridge.com/seniors. In the program you will find information on the conference, speaker bios, how to submit questions, and how to register for our raffle give away! I hope you find this letter and online booklet a useful resource and I hope you will join me for the virtual Senior Conference! I wish you and your loved ones a safe and peaceful holiday season.

All the best,
 Jamie Eldridge
 State Senator Middlesex & Worcester District

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

Holiday Tunes

Away in a Manger
 Choir of the Bells
 Dominick the Donkey
 Frosty the Snowman
 Holly Jolly Christmas
 Jingle Bell Rock
 Jingle Bells
 Let it Snow
 Little Drummer Boy
 Little St Nick
 O Holy Night
 Rudolph
 Santa Baby
 Silent Nigh
 Silver Bells
 The Christmas Song
 The First Noel
 Winter Wonderland

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		08:30a Billiards 08:30a Cribbage 08:30a Library 08:30a Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 01:00p Bingo	08:30a Billiards 08:30a Library 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Bemis Farms 10:00a Quilting 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:30a Billiards 08:30a Cribbage 08:30a Library 10:00a Quilting 12:15p Scrabble 01:00p Bridge
6	7	8	9	10
08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Strength training 09:30a Knit and crochet 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Bridge 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 01:00p Bingo 01:30p Bergeron Advice	08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a HOLIDAY BLUES 10:00a Quilting 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge
13	14	15	16	17
08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Strength training 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Grab and Go 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 12:30p Movie Day 01:00p Bridge 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 10:30a Genealogy 01:00p Bingo 01:00p Zoom COA Brd Mting	08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge
20	21	22	23	24
08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Strength training 09:30a Knit and crochet 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Bridge 01:00p Chess 03:00p Grab and Go	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Strength training 09:00a Stretch Yoga Chair 09:00a Walking Club 10:00a Tech Support 01:00p Bingo	08:00a Library 08:30a Billiards 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:00a Stretch Break Zoom 12:00p Mah Jong	08:00a CENTER CLOSED
27	28	29	30	31
08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Strength training 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 12:30p Movie Day 01:00p Bridge 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 01:00p Bingo	08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong	08:00a CENTER CLOSED