

**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



2022

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, 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:

- 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.



Legislative Highlights for Veterans

Here in the House of Representatives, one way we show our respect and gratitude for the sacrifices made by our service men and women is through the actions and appropriations made to programs, services and benefits that support the veteran community.

In particular, following is legislation that was passed recently that will directly impact veterans and their families in the Commonwealth: **An Act relative to military spouse licensure portability, education and enrollment of dependents (SPEED Act)** - The SPEED Act is an omnibus bill that addresses some of the Commonwealth's most immediate needs in the veteran community and makes necessary updates to service member quality-of-life issues and acknowledgements of our military branches and individual service. It includes initiatives to make it easier for military families to acclimate in MA, including Military spouse licensure portability, expedited military spouse teacher licenses, school pre-enrollment for military children, and in-state tuition continuity for military-connected college students. It also ensures education about the impacts of exposure to open burn pits, establishes the Massachusetts Medal of Fidelity, and more.

An Act relative to the governance, structure and care of veterans at the Commonwealth's veterans' homes – This bill imposes new governance structures for the state-run soldiers' homes in Holyoke and Chelsea, elevate the secretary of veterans' services to a Cabinet-level position that reports directly to the governor, create new licensing requirements for the veterans' homes and their top administrators, and establish a statewide advisory council and local panels for each home.

Information about state and federal resources is available on the official website of the Department of Veteran's Services, Mass.gov/veterans. In addition, MassVetsAdvisor is an easy-to-use online resource created by the Commonwealth of Massachusetts that combines state and federal benefits, as well as non-profit resources, into one tailored online search to give Veterans and their families access to one-stop shopping for all of their needs. Visit MassVetsAdvisor.org to learn more.

Our veterans represent the best and brightest among us and deserve our unwavering support. The Legislature is proud of Massachusetts' long tradition of being a national leader on veteran's issues.

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.repatehogan.com <https://www.facebook.com/RepKateHogan> and <https://twitter.com/repatehogan>

Upcoming Office Hours: November 15, 6-7 pm at Bolton Public Library

Hello to Everyone!



I cannot believe it is already November, and it will be a very busy month. This is a special time of year that we can show our gratitude for the service of many Veterans. We appreciate what they have done for our country. The Hudson Senior Center is offering a Veterans only a FREE Breakfast Buffet at the Assabet Technical High School Epicurean Room on Tuesday Nov. 15th from 9:30 am till 11:00 am. We still have openings so please call 978-568-9638 to make your reservation.

We also celebrate the National Holiday of Thanksgiving. Thanksgiving is a great time to be thankful for all that we have. It is a time for families and friends to meet, socialize and enjoy each other's company. Mr. George Danis from Plastic Molding Manufacturing, in Hudson, has a special place in his heart for Hudson seniors and is offering them another Thanksgiving meal. This marks his 12th year in a row providing this delicious meal. We are grateful for his generosity and kindness. Please read the special write up about this event in our newsletter.

November is also the time of year our wonderful Friend's Organization has its Annual Fair. Our last Fair was 2 years ago, thanks to Covid. We are all excited to bring this happy and festive event back to our center on Saturday, November 5th from 9am until 2pm. Please stop by and see all the beautiful crafts, quilts, knitted blanket, sweaters, hats, and mittens etc., baked goods, raffles for quilts, a Dyson Vacuum cleaner, unbelievably beautiful baskets, a vintage room with Christmas decorations and more. Not to mention there will be a tarot card reader on hand. Our Friends will also have sandwiches, chips,` soups and drinks at lunchtime. You will be amazed at the talent of our quilters, knitters, crafters and artists. I am sure you will find some great holiday gifts! On behalf of the Friends of Hudson Seniors, I am truly grateful for your support.

Lastly, let's not forget this is also Medicare Open Enrollment Period. Our Senior Center is fortunate to have 3 full time SHINE Counselors to help Medicare beneficiaries review their health and prescription drug plans for next year.

A couple of Medicare highlights for the coming year.

- Starting January 2023 the Medicare Part B Premium is going down from 170.10 a month to \$164.90 a month.
- The Part B annual deductible is also decreasing from \$233.00 a month to \$226.00 a month starting in January.

Impact of the recent Inflation Reduction Act:

- Standalone prescription drug plans and Medicare Advantage plans with drug coverage must cap covered insulin copays at \$35.00 a month effective January 1, 2023.
- Insulin covered by Part D is NOT subject to any deductible.
- No more cost sharing for Part D covered vaccines including Shingrix. (That means "0" copay)
- Drug price increases cannot rise faster than inflation rate.
- Expanded access to Telehealth mental health services.



Please call the Hudson Senior Center to have your health and prescription drug plans reviewed for next year.

I hope to see many of you at our Friend's Annual Fair, and I wish you all an enjoyable Thanksgiving Holiday. Please remember that the Hudson Senior Center is closed the Friday after Thanksgiving.

~Janice



Join our popular 4-week Well Being Series as we approach the holidays. **Self-Empowered Living** will teach strategies to work through anxiety that many of us experience. Kathy our instructor is great! It is not only helpful but fun. This is a class you will look forward to attending. Join us as we all prepare in some fashion for the upcoming holidays. This 4-week class will be held on Wednesdays. **Starting Wednesday, November 30th from 10am to 11am.** This is a FREE Class paid for by ARPA Funds. Please call 978-568-9638 to sign up.

A Thanksgiving meal... *Grab and Go style*

For the 12th year, our friends
George E. Danis and Plastic Molding Manufacturing
are providing another Thanksgiving Meal for Hudson Seniors



This will be a Grab and Go on **Friday, Nov. 18th between 2pm-3:30pm.** Each Individual dinner includes: White & dark turkey, stuffing, squash, mashed potato, gravy and apple crisp for dessert. (150 person maximum). Buffet Way will provide your meal in a microwave container that allows you to put the container in your refrigerator and reheat later on.

You must call 978-568-9638 to sign up

Sign up beginning Thursday, November 3rd

Coastal Craft Workshop Friday, November 18th at 1pm

Coastal Crafts Workshop will be holding a class to have you make your own lovely "window" to the sea or wherever your creative mind takes you.

You will be provided with a 5X7 glass frame to decorate with a plethora of items; sand, shells, sea glass, rocks, pearls, beads etc... resin and hardener to "seal the art". So many choices to make your masterpiece. **Cost to you is \$10.00**

Still some spots left.... Please sign up for the class no later than November 4th. Limited to 25people.



Monthly Support Groups at the Senior Center

led by Alex O'Hare, the community social worker for the Town of Hudson

Caregivers Support Group Thursday, November 10th at 1pm

A monthly Caregivers Support Group the **second Thursday every month** Having a role as a caregiver to someone you love can be a rewarding and a stressful experience. This support group can be a safe place to share with other caregivers the stresses, challenges, and rewards of providing care to our loved ones.

New Bereavement Group Starting Monday, November 21st at 1pm

Losing someone you love and care about is one of the most difficult tragedies a person can experience. The grieving process can cause someone to have a wide range of emotions and it is important to get support during this time. This support group is open to all ages and will be a safe place to share with others challenges through the grieving process. Call the senior center today to reserve a spot with this group.

MESSAGE FROM OUR VETERANS AGENT BRIAN STEARNS



Please join us on **Friday, November 11th** as we celebrate and honor our Veterans' service to our nation.

The parade will begin at 10am at AMVETS (5 South Street) and we will march down South Street and Main Street and end at Town Hall for a brief (30 minute) ceremony.

If anyone would like to participate and is unable to march please contact Brian Stearns @ 978-568-9635 for a ride or meet us at Town Hall for the services.

Note: The ceremonies may be moved inside Town Hall in the event of inclement weather.

In Honor of Veterans Day

Veterans Breakfast Tuesday, November 15th at 9:30am (Veterans only) At the Epicurean Room at Assabet Technical High School

Breakfast includes; omelet station, waffle station made to order eggs, home fries, bacon and sausage and fruit. (Limited to 50 Veterans)

You must sign up for this. Please call 978-568-9638 for your reservation.



"VETS TALK" A program for Veterans **Thursday, November 3rd, 10th & 17th 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.

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**

Holiday Centerpiece made by YOU

Friday, December 16th from 1pm to 2pm



A gorgeous holiday centerpiece you can make at the Hudson Senior Center. Tina from Bemis Farms will bring beautiful freshly cut pine for this holiday centerpiece with an array of decorations and candles to make your home ready for the holidays. **Cost to you is \$10.00 and the center will pay the balance.** **You must sign up for this, limited to 25 people.**

Reminder: Senior Center is Closed on Friday, November 11th for Veterans Day and Thursday, November 24th & 25th for Thanksgiving



Hiking Club

Friday, November 18th at 9:30am

Wachusett Reservoir hike near Clinton High School

I will meet all seniors that want to hike at Senior center at 10 am and they can follow me to parking area at Wachusett only about 15 min. ride.

Hike is mostly flat about 2.8 miles with beautiful views of reservoir!! We may see some loons and bird sanctuary.

See you then Gary Bring water, wear layers and appropriate waterproof footwear, and hiking stick or ski pole if possible. Call to sign up!

Movie Day' at the Center



Here is the listing for the movies in November. 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, November 7 & Tuesday, November 8th – Mack & Rita



When 30-year-old self-proclaimed homebody Mack Martin (Elizabeth Lail) reluctantly joins a Palm Springs bachelorette trip for her best friend, her inner 70-year-old is released - literally. The frustrated writer and influencer magically transforms into her future self 'Aunt Rita' (Diane Keaton). Freed from the constraints of other people's expectations, Rita comes into her own, becoming an unlikely social media sensation. A sparkling comedy with a magical twist, Mack & Rita celebrates being true to yourself at any age.

Rating: PG-13 Runtime: 1hr 35min

Monday, November 21st & Tuesday, November 22nd –Top Gun: Maverick



After more than 30 years of service as one of the Navy's top aviators, Pete "Maverick" Mitchell is where he belongs, pushing the envelope as a courageous test pilot and dodging the advancement in rank that would ground him. Training a detachment of graduates for a special assignment, Maverick must confront the ghosts of his past and his deepest fears, culminating in a mission that demands the ultimate sacrifice from those who choose to fly it.

Rating: PG-13 Runtime: 2hr 11min

Hudson Senior Center Trips



Wednesday, November 16th The Beat Goes On! ~Cher Tribute Show

The Number # 1 Cher Tribute Show in the world! We welcome to our stage Cher tribute artist /Cher impersonator (sing-alike, look-alike, walk-alike, talk-alike,) Lisa McClowry.

Plated Luncheon Meal: Thanksgiving Dinner with the Fixings and Side or Vegetable Lasagna, Dessert, Coffee/Tea at Danversport– Danvers, MA

Price: \$99.00pp

May 5th -12th, 2023

8 Day/7night Boston to Bermuda Cruise



featuring the Sicilian Tenorson Board the Norwegian Pearl. Prices starting at \$1599pp with many extras included! (double occ. Cabin fare not including taxes, fees & transfers.

Message from the Friends...

Next Friends Meeting: Tuesday, November 8th at 9:30am

After a two-year hiatus



The Hudson Senior Center Fair is back!



Saturday, November 5th, 9am – 2pm
at the Hudson Senior Center

Crafts, baked goods, quilts made by our talented quilters, beautifully knitted and crocheted items,
Holiday items, raffle baskets, Raffles and much more...



BAKE SALE

Donated items and Baked Goods are needed for our Annual Fair

Our Friends organization is asking for items for the Christmas and Vintage Room to be sold at the Fall Fair as well as crafts, knitted or quilted items, holiday decorations such as wreaths, wall hangings or centerpieces and themed baskets for our basket raffles. Please, only gently used items that you would consider giving to a friend.

If you would like to bake something we ask that you bring your baked goods in by Friday, November 4th. If you need to bring baked goods in earlier, we can put them in our freezer. Breads, cookies, coffee cakes, Irish breads etc. are all welcome at our fair. Everyone loves the Baked Goods Table! *Let's work together and make this a successful event. We truly appreciate your time and talents!*

APPLE PIES



The Friends of Hudson Seniors are looking for volunteers to make homemade apple pies to sell at the Saturday, Nov. 5th Fair. Pie making day is **Thursday, Nov 3rd at 11am** at our center. Please call 978-568-9638 if you want to volunteer and have some fun. We are also asking that you bring your own bowl and apple peelers.

Deep dish baked and frozen pies will be offered this year. Baking directions will be included with each frozen pie. Cost for each pie is \$10.00.

All PIES (FROZEN OR BAKED) MUST BE RESERVED BY November 3rd

Order your pies at the Senior Center desk or call 978-568-9638

Raffles (Drawings on November 5, 2022)

- **Brand New Dyson V8 cordless vacuum with 3 tools and tool bag**
1 ticket for \$5.00 or 3 tickets for \$10.00



- **A Beautiful 90"x 111" size Quilt Raffle**

Made by our talented Quilting club

Tickets 1 for \$2 or 3 for \$5

Tickets available at the senior center front desk

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

You must call at least the day before (before 11am) to order

Suggested Voluntary Donation of \$3

Wednesday, Nov 2nd

Cold Menu: chicken Caesar salad, potato salad and mixed fruit

Hot Menu: sloppy joe, potato wedges, broccoli, hamburger roll and apple sauce

Thursday, Nov 3rd

Cold Menu: cheese omelet, hash browns and sliced apples with cinnamon

Hot Menu: chicken & sausage paella, green beans, wheat dinner roll & lorna doones

Wednesday, Nov 9th

Cold Menu: egg salad, quinoa w/ roasted veggies and tropical fruit

Hot Menu: BBQ pulled chicken, creamed corn, broccoli, dinner roll and fresh fruit

Thursday, Nov 10th

Cold Menu: turkey cranberry salad, new pasta salad and carrot & raisin salad

Hot Menu: meatloaf w/ beef gravy, mashed sweet potato, pacific veggie blend and multigrain bread

Wednesday, Nov 16th

Cold Menu: chicken w/ peach salsa, Israeli cous cous salad and california blend veggie salad

Hot Menu: roast turkey with herb gravy, bread stuffing, whipped potato w/gravy, green beans, whole wheat dinner roll

Thursday, Nov 17th

Cold Menu: egg salad, chick pea & cilantro salad, roasted veggies

Hot Menu: ravioli primavera, roasted brussel sprouts, Italian bread and fresh fruit

Wednesday, Nov 23rd

Cold Menu: mixed greens w/ salmon, tangy 4 bean salad and roasted veggies

Hot Menu: chicken meatballs with tomato basil sauce, tricolor rotini, Italian veggie blend, roll

Thursday, Nov 24th Center Closed

Wednesday, Nov 30th

Cold Menu: sliced turkey breast, quinoa w/ roasted veggies and sesame cucumber salad

Hot Menu: BBQ pulled pork, baked beans, mixed veggies, wheat sandwich bun and fruit cup

Transportation News...



Food Shopping Day : 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.

Please note: Senior Center is Closed on Friday, November 11th for Veterans Day and Thursday, November 24th & 25th for Thanksgiving

***Masks MUST be worn while on the bus at all times regardless of vaccination status.
Seatbelts must also be worn***

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*

- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am**

Are you feeling stressed or having difficulty relaxing? Perhaps this class might help. This class lasts about an hour, consists of a combination of both a western and eastern approach to stress reduction. The class will be limited to 15 people *Cost: no charge*

- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am - Cost: \$10/month**
- **Mat Pilates with Jennifer: starting on Thursday, September 8th 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) - *Cost: no charge*
- **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.
(The class will be limited to 20 people)

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



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.*

MEDICARE CHALLENGE

For many of us, Medicare renewal is a daunting task, but it is important that you take the time to review it. Maybe your health has changed. Maybe, it's gotten worse. Maybe it's gotten better. Even if your health hasn't changed, maybe your plan has. Or maybe your plan hasn't changed but the plans of the competition have gotten better. You simply cannot know this unless you check. If you don't check, you may be wasting your healthcare money next year. I challenge each and every one of you to REVIEW YOUR MEDICARE COVERAGE!

- Begin by looking in the mirror. Has 2022 been a tough year for you medically? Have your prescriptions changed? Is there any medical procedure, big or small, that you know will be coming up in 2023?
- Now look at your Medicare D plan to make sure your prescriptions will be covered, and, if so, will the cost change? Does it make a difference which pharmacy you are using?
- Next, look at all the other plans available in your area in 2023. How do their prices compare to your plan? Remember, every plan can change every year, and while you may be wedded to your doctor, you may not be as wedded to your drugstore.
- Once you've made it through your Part D analysis, look at the Supplemental Plan you have to limit your co-pay and deductible exposure under Medicare A and B. This will be especially significant if you are expecting new medical procedures in 2023, and even if you're not, plans may change their premiums.
- Finally, see what, if any, Medicare C (Medicare Advantage) plan is available in your area, and compare those prices (and risks) to the ones you face with Medicare A+B+D+Supplemental.

Now here's the real takeaway. If this all sounds too overwhelming (which is the reason why most people don't do it), call the Senior Center and ask to talk to a SHINE counselor there. It may be a staff person or a volunteer. These folks get updated training every year regarding all the program changes of all the players and know how to easily access the relevant websites to help you figure out the insurance package that meets your needs. If there are no SHINE counselors, the Senior Center staff should be able to advise you on who to contact.

For more information, visit Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. These programs also air on HUD-TV (Comcast 8; Verizon 47). If you have any questions, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.



15-minute Legal Advice with Attorney Arthur Bergeron

Wednesday, November 9th from 1pm to 3pm by PHONE appointment 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

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 at 978-568-9638

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



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, November 16th 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!

Knit and Crochet Wednesdays at 9:30am

Come to the Center and meet some talented ladies! Share your talent and ideas!

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

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

CRIBBAGE

Mon, Tues, Wed & Friday 8:30-11:11:30am

BRIDGE

Friday 1pm-3pm



PM CARDS

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

Open Painting Studio

Tuesdays 10am-12pm No teacher, but a group of friendly, helpful artists, willing to share ideas and talents!

Tuesdays from 10am-12pm in the Craft Room



Calling all Bingo Players! Wednesdays at 12:30pm

Scrabble on Fridays at 12:15pm

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



Pool Room

Come play on our 2 beautiful tables! Monday-Friday 8:30-3:30



Hudson Senior Center Gift Shope

Thursdays 9:30am -12:30pm

Senior Center Lending Library



Donations made to our Library are appreciated with **Copyright date no earlier than 2012. **Check out our new Large Print section****

OUTREACH

HOLLY RICHARDSON



Medicare Open Enrollment

The time has finally come to update and review your insurance for the year 2023. The Open Enrollment Period is from October 15th through December 7th each year. This year, we will be meeting with clients both in person as well as over the phone. As many of you know, your medical and prescription drug plans can change from year to year. It is very important to have your health insurance plans reviewed for next year regardless of how well you think it has been for you for this past year. Premiums can change, copayments can change, the list of medications a plan will cover next year can change, and even the medications you are prescribed can change.

If you are interested in having your insurance reviewed for next year, please contact your local SHINE department. The Hudson SHINE counselors can be reached at 978-568-9638.

To help us better serve you, we have added a pre-enrollment form in this newsletter for you to fill out. This will provide us with your contact information, a list of your medications with dosages and current doctors. Please be as accurate as possible when creating your medication list and make sure that it is complete. To ensure your medication list is complete you can call your pharmacy and request a print out of your current medications. The print out will provide you with the proper spelling and dosages of your medications. Having accurate information will help us better prepare for our meeting with you.

Once you have completed the pre enrollment form you can mail it to the senior center and we will call you for your appointment or you can call us to schedule your appointment, but please remember to bring with you the completed enrollment form to our meeting. Thank you



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 2022, para ser efectivo no dia 1 de Janeiro de 2023. 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 2022 até o dia 30 de Abril de 2023. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$42,411
2	\$55,461
3	\$68,511

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 5 de Novembro – Feira Anual das 9:00 da manhã às 2:00 da tarde no Senior Center em Hudson. Tartes de maçã podem ser encomendas até o dia 3 de Novembro e o custo é \$10.00 por tarte. Telefone para o Senior Center – 978-568-9638 para encomendar a sua tarte de maçã.

Dia 8 de Novembro – Renuião dos Amigos do Senior Center às 9:30 da manhã.

Dia 9 de Novembro – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Para marcar um apontamento, telefone para o Senior Center.

Dia 11 de Novembro – O Senior Center está fechado devido ao feriado do “Veteran’s Day”.

Dia 15 de Novembro – Pequeno Almoço grátis para Veteranos às 9:30 da manhã no Assabet Valley High School. **Este almoço é so para Veteranos. Limitado a 50 pessoas.** Telefone para 978-568-9638 para reservar o seu lugar.

Dia 18 de Novembro – Jantar “Grab and Go” grátis de “Thanksgiving” as 2:30 da tarde. Este jantar é patrocinado pelo “Plastic Molding Manufacturing”. Telefone para 978-568-9638 a partir do dia 3 de Novembro para reservar o seu jantar. Limitado a 150 pessoas.

Dias 24 e 25 de Novembro – O Senior Center estará fechado devido ao feriado do “Thanksgiving”.

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

		7	4	1			8	
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Thanksgiving

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

BOUNTY
CRANBERRIES
DRESSING
FAMILY
GATHER
GRATITUDE
GRAVY

GREEN BEANS
HAM
HARVEST
NOVEMBER
PARADE
PIE
PUMPKIN

SHARING
STUFFING
THANKSGIVING
THURSDAY
TURKEY



November



Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo	08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 10:40a Parkinsons Exercise 11:00a Pie Volunteers 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bemis Farms 01:00p Bridge
7	8	9	10	11
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo 01:00p Bergeron Advice	08:00a Library 09:00a Mat Pilates 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:45a Billiards League 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 10:40a Parkinsons Exercise 11:30a Blood Pressure 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong	08:00a CENTER CLOSED
14	15	16	17	18
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Vets Breakfast 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:30a Genealogy 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo	08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 10:40a Parkinsons Exercise 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Hiking Trip 10:00a Quilting 12:15p Scrabble 01:00p Bridge 01:00p Coastal Craft 01:00p Memoir Workshop 02:30p Thanksgiving Dinner
21	22	23	24	25
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo	08:00a CENTER CLOSED 10:40a Parkinsons Exercise	08:00a CENTER CLOSED
28	29	30		
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Self Empowered Living 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo		