

**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

January



2019

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

Open each day Monday through Friday - 8:00 to 3:30

(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** and **SNAP** (Supplemental Nutritional Assistance Program).
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** For BayPath Elder Services (Hudson's Aging Service Access Point) and for private homecare agencies
- **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
- Jim Klotz, Bus Driver
- Walter Correia, Part-time Bus Driver

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 Center.

Social Activities

Line Dancing, AM Fitness, PM Fitness, Yoga, Tai Chi, Stress Reduction Class, Parkinson's Exercise, Chair Pilates, Walking Club, Bingo, Quilting, Knit and Crochet, Painting class, Bridge, Billiards, Mahjong, Specialty luncheons, Educational programs, Lending Library, Cribbage, Chess, Day and Overnight Trips, Gift Shop. Friday's Music Jam. and Morning coffee.

Members of the Council on Aging Board

- Vinny Giombetti, - Chair - 562-6343
- John Gill- Vice Chair - 568-1107
- Melissa Esteves - Secretary – 568-1791
- Nina Smith, Treasurer - 562-3077
- Tony Monteiro - 562-6185
- Edward Silveira -568-3438
- Charles Corley -568-8840
- Diane M. Durand -978-621-9665
- Trisha Desmond – 978-562-2492

Meetings:

The Council on Aging –
1st Wednesday of each month at 1:00pm

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

*Partial Funding from Executive Office of Elder Affairs
Postage Paid by the "Friends of the Hudson Senior Center, Inc."*

January 2019

REP. KATE HOGAN'S SENIOR NEWS



Balance in the New Year *Preventing Senior Falls*

Happy New Year! After a busy season of celebrating with loved ones, January is officially here. On Beacon Hill, this means embarking into the 191st Legislative Session and working with my colleagues to increase access to care, transit, and opportunity for our seniors. The Commonwealth sets the pace on inclusive policies for seniors and I look forward to continuing this vital work.

Along with reflection and personal growth, January also brings nor'easters and icy sidewalks. That's why I want to talk with you this month about preventing falls. As Chair of the Committee on Public Health and a member of the Massachusetts Falls Prevention Coalition, I know the profound impact senior falls can have on families in our community. I have seen that the simple step of raising awareness about senior falls can be effective in boosting senior wellness and independence.

The statistics paint a picture of why awareness and prevention efforts in our region are so critical. Nationwide, more than 25% of adults over the age of 65 report having had a fall. In Massachusetts, more than 1,500 older adults are hospitalized each month due to falls.

However, the most important statistic is that senior falls are preventable. In Massachusetts we have led the nation in urgent action on falls prevention by supporting evidence-based public health outreach programs that lower the rates of preventable health conditions. Through our work on the state and local level, we have improved access to fall risk screenings and connected seniors to resources in their communities that will support them in improving their health and well-being.

In our region, the Hudson Health Department leads the MetroWest Prevention and Wellness Partnership, which brings together the tools and know-how of public health organizations in our region to prevent senior falls, among other critical interventions. Offered through this partnership is the class "A Matter of Balance;" participating seniors learn how to reduce their risk and fear of falling, improve their strength and balance, and ultimately lead a more active lifestyle. You can learn more by visiting: <http://www.hudsonhealthdept.org/pwtf/>

This New Year is an opportunity to take meaningful action towards our shared goal of reducing senior falls in our community. Let us commit to our health, wellness and balance, both for today and the long-term.

To you and yours – best wishes for the New Year.

Rep. Hogan's Office Hours

Bolton Office Hours will be held on Tuesday, January 22nd from 6 to 7 p.m. at the Bolton Public Library, 738 Main Street, Bolton.

All questions, ideas, or concerns are welcome. If you are unable to attend office hours, call the State House at 617-722-2130 to schedule an appointment. Staff is also available at the District Office on all Mondays from 10 a.m. to 3 p.m. (*Closed Holiday Mondays*)

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 130, Boston, MA, 02133 / Phone: 617-722-2130/ Kate.Hogan@mahouse.gov

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

Hudson Senior Center News.....from Janice Long



Everyo

Before I wish you all a happy new year I would first like to thank everyone who helps make our center a happy and welcoming place. We are fortunate to have a wonderful staff of knowledgeable and caring people.

Last fiscal year our Social Service team, (Holly, Ana and sometimes Janice) saw 948 seniors 4859 times. These appointments range from SHINE, (serving health insurance needs of elders), fuel assistance, SNAP benefits application assistance (supplemental nutritional assistance program), community case management, referrals and partnership building with other elder service agencies to better serve our clientele. Our transportation program assisted 182 Hudson seniors with over 6000 round trips between Hudson and Marlborough. Unlike a taxi service this is a shared form of transportation. Our drivers, Jim and Walter try their very best to get people to where they need to be. Thanks to an increase in our State Formula Grant we are able to provide extra hours for our part time driver. This funding pays for our 2 times a week food shopping program and monthly special trips to help increase socialization and decrease isolation. Virginia, who manages our front desk and dispatch, was also busy booking some fun overnight and day trips. Some of her trips last year included The Tulip River Cruise in Holland, Montreal & Quebec, Lake George, Gloucester Cruise and Lake Winnepesaukee to name a few for this fiscal year! We successfully planned events that attracted over 1,100 people to our center over 24,000 times. Our Friends Organization agreed to enclose $\frac{3}{4}$ of our back deck and is presently working with architects on design. In addition to that, they provided over 4000 hours of volunteering at our center. Our Council on Aging Board has been and continues to be supportive, helpful and a great resource to me and the senior center staff! Sometimes saying Thank You just does not seem enough, however, I feel grateful for the people who are involved directly and indirectly with the operations of this senior center. Together and only together we all make it work.

More Good News!

The MetroWest Health Foundation awards the Hudson Senior Center another \$25,000.00 to continue the successful expansion of the DayBreak Social Day Program for another year, now being offered at the Hudson, Marlborough and Northborough Senior Centers.

In January 2018 we were awarded \$30K from the MetroWest Health Foundation to expand the Hudson Senior Centers DayBreak Social Day Program to the Marlborough and Northborough Senior Centers. Hudson continued to offer the social day program on Thursdays and Marlborough and Northborough senior centers offered the same program on Tuesdays and Wednesdays. This social day program provides 3 hours of respite a week, at each site, to families who are caregiving for their elderly loved ones. In addition to respite for caregivers, the program provides much need socialization and stimulation for the elders. We provide lunch, snack and engaging activities. With the MetroWest Health Foundation Grant, we have been able to grow the DayBreak program from 16-18 people in January 2018 to just over 40 people enrolled by the end of December 2018. DayBreak now offers up to 9 hours of respite for caregivers, 3 hours at each site and all three sites are available to all participants. The success of this program is due to the support it provides families in caregiving situations. The cost of the program is \$15.00 donation per day.

Fitness Instructor Sharon McDevitt Returns

Sharon McDevitt will be returning to most of her fitness classes starting in January. She will resume to the following classes:

Monday and Thursday morning Fitness Class, Friday morning Stretch Class

Monday and Thursday afternoon Fitness Class and Tuesday afternoon Stretch Class

Rebecca Reber will continue to instruct Wednesday morning Yoga class at 8:00 am. This is a gentle yoga class that includes breath work, grounding seated stretches, key standing poses and guided meditation using essential oils.

I want to thank Rebecca Reber for filling in while Sharon recuperated from her accident.

Rebecca Reber offers a NEW class called Flex and Tone Thursdays at 9:30am.

This class will use blocks and stretch bands - along with a variety of stretching methods to improve flexibility, range of motion, promote circulation and improve strength and flexibility. All are welcome! Cost is \$5.00 per month

VALENTINE'S LUNCHEON



Thursday, February 14th at 12:00pm
At The Riverview at the Hudson Portuguese Club



Please join us for a wonderful lunch which includes chicken piccata with rice, salad, bread and butter and chocolate mousse for dessert. Cost is \$10.00 (*Tickets available starting Tues, Jan 15th*)



Assabet Technical High School's Tech Savvy students are back to answer your technology questions Wednesday, February 13th at 10am

Mr. Steven Pleau, Assabet's Computer Programming & Web Development Teacher and his top tech savvy students will help you with your **Ipads, Cell phones and Tablets**. Please bring your devices and learn from the experts how to transition from iphones to androids and vice/versa, use and manage apps, emails, Facebook and more. **Call 978-568-9638 to sign up**

Keeping our loved ones safe

As a result of the successful Dementia Friendly Initiative, the Hudson, Marlborough and Northborough Senior Centers worked closely with their Police Departments to start a FREE Registry for families who have concerns of a loved one who could become disoriented or lost within our communities due to dementia or other cognitive issues. The program is FREE and consists of a short form and a picture taken of your loved one that will be kept on file at the Police Department.

For those with Dementia, the Alzheimer's Association does have a nationwide registry, however we felt a localized approach would be more effective. Hudson Police Chief Michael Burks stated "It's quicker for us to have the information here at our fingertips rather than call the national registry. We'll have the ability to focus on individuals in Hudson and surrounding communities."

For more information please call the Hudson Senior Center at 978-568-9638, the Marlborough Senior Center at 508-485-6492 or the Northborough Senior Center at 508-393-5035.

*****Reminder: The Senior Center will be CLOSED on Tuesday, January 1st for New Year's Day and Monday, January 21st for Martin Luther King Jr. Day*****

Bye for now.....*Janice* ☺



NEW Medicare Advantage Open Enrollment Period

As most of you all know, the Medicare Open Enrollment period ended on December 7, 2018. This means, that unless you qualify for a Special Enrollment Period, you are unable to change your plan until *next* Open Enrollment (October 15-December 7, 2019), with a start date of January 1, 2020 (yikes 2020 already?!).

There is however, a NEW 2019 Medicare Advantage Open Enrollment Period which is from January 1 until March 31. This NEW period of time is taking the place of what was formally called the Disenrollment Period. This New Medicare Advantage Open Enrollment Period is **ONLY** for those who are enrolled in a **Medicare Advantage Plan** (HMOs, PPOs for example), **not** for those enrolled in a stand-alone drug plan with a Medigap (Medex for example). You **MUST** be enrolled in a Medicare Advantage Plan on January 1 to use this MA OEP (Medicare Advantage Open Enrollment). This can be used **ONCE**, and the new plan effective date is the first of the following month.

What can you do during this Medicare Advantage OEP? You can switch to another Medicare Advantage plan (with or without drug coverage), you can leave your Medicare Advantage plan and join original medicare (with or without supplement) and receive a coordinating Part D special enrollment. Your current plan is cancelled with enrollment into your new plan. If you missed the Open Enrollment Period and want have your insurance reviewed during this new Medicare Advantage Open Enrollment period, you can contact a SHINE representative for assistance. The Hudson Senior Center SHINE counselors can be reached at 978-568-9638. Please remember we go by appointments. Remember this NEW period of time is *only* from January 1-March 31 so don't wait to schedule an appointment.

If you are not in a Medicare Advantage plan and have missed the Open Enrollment Period, contact the SHINE department to see if you qualify for a Special Enrollment to make a change to your insurance, or see if you qualify for an assistance program that may provide a Special Enrollment for you during the year.

Happy New Year!

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:00 ÀS 3:00 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT.19

“MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD”

De 1 de Janeiro de 2019 a 31 de Março de 2019, as pessoas com “Medicare Advantage Plan” (com Tufts, Harvard, Fallon, Blue Cross, etc.) podem trocar de plano de seguro. Durante este período pode mudar o seu plano de “Medicare Advantage” para outro “Medicare Advantage Plan “ ou Medicare tradicional com um plano separado de medicamentos (“Medicare Part D”). **Caso tenha algumas perguntas, não hesite em contactar o Senior Center.**

PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as despesas 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 2018 até o dia 30 de Abril de 2019. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$35,510
2	\$46,437
3	\$57,363

INFORMAÇÃO IMPORTANTE

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

DATAS IMPORTANTES

Dia 1 de Janeiro- O Senior Center estará fechado devido ao ferido do Ano Novo.

Dia 8 de Janeiro – Reunião do Amigos do Senior Center às 9:30 da manhã.

Dia 9 de Janeiro – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.

Dia 21 de Janeiro – O Senior Center estará fechado devido ao feriado do “Martin Luther King”.

Dia 14 de Fevereiro – Almoço de “Valentine’s Day” no Clube Português de Huson às 12:00 da tarde. O menu será galiha (piccata), arroz, salada, pão e manteirga e mousse de chocolate. O custo é \$10.00 por pessoa. Bilhetes a venda no Senior Center a partir do dia 15 de Janeiro.

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



“Mobile Library” at the Center Monday, January 14th at 10am



Look for our “Mobile Library” every second Monday of the month our traveling library will head to the Hudson Senior Center for people to check out books, DVDs, Books on CD, Playaways, and more. You can also bring in your books that you would like to return!



“VETS TALK”

A program for Veterans

Please join us at the Senior Center for talk, coffee and pastries on...

Thursday, 3rd, 17th & 31st at 9am

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 over coffee. 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.



Life’s Transitions... Thursday, January 3rd and January 17th at 10:00 AM

Happy New Year! Transitions meets in the library on the first and third Thursday of each month. We are a change-based group, motivated to share our experiences as positive educational tools. Members often find simple solutions in the wisdom-filled narratives of other participants. During this season of hope, we celebrated all those who have added joy, friendship, humor, problem-solving ideas, kind words and laughter to the group in 2018. Open to everyone in the Hudson senior community, meetings are drop-ins with no fees or long-term commitment. My name is Marie and I welcome you to join us in January.

Transitions Team Tip: One of our December stories involved a caregiver who urged us that **self-care must be the essential first step for all caregivers.** “Remembering our own needs enhances the prospect of the compassionate care we intend for others.”



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. Also develop a “Family Emergency Communication Plan” in case family members are separated from one another during a winter storm. Ask for an out of state relative or friend to serve as the family contact. After a disaster, it is often easier to call long distance than across town. Make sure all family members know the name, and phone number of the contact person! **BE SAFE!!!** 😊



FREE HELP with State and Federal Income Tax Returns

Do I need my taxes done this year?

The news is full of stories about the 2018 tax cuts. Many people assume they do not need to file an income tax return. The AARP TAXAIDR program is urging all Americans to file in 2018 so they can take advantage of the many credits designed to help low and moderate income taxpayers. Massachusetts has not changed its tax filing requirements, so anyone with income of over \$8800 must file a Massachusetts return. And If you are not required to file a MASS return, you probably qualify for the Senior Circuit Breaker and a refund of up to \$1100. So, yes, you should have your taxes done this year.

Each year the Hudson Senior Center is pleased to pair with the AARP TAXAIDE Program to offer a free income tax service to seniors in the Hudson area. Local AARP volunteers staff the program, supported by the staff from the Senior Center. The AARP volunteers meet with taxpayers by appointment at the Hudson Senior Citizen's Center on **Tuesday mornings, starting February 3 and ending April 9**. Appointments are about 60 minutes with the first starting at 8:30 and last starting about 12:30. Please call the Senior Center at 978-568-9638 to schedule your appointment.

We will begin taking appointments starting on JANUARY 22nd

The AARP TAX-AIDE program helps low and middle income taxpayers file their Federal and Massachusetts personal income tax returns. Special attention is given to senior citizens with Federal Adjusted Income of under \$80,000. The program also helps those who would not normally file a tax return but who qualify for the Massachusetts Senior Circuit Breaker, a partial tax refund of up to \$1100 for low income seniors whose real estate taxes or rent meets certain requirements. Residents of subsidized housing do not qualify for the Senior Circuit Breaker.

AARP TAX-AIDE volunteers are trained to assist in filing the basic income tax forms and schedules, including forms for earned income, retirement income, interest and dividend income, simple business income, itemized deductions, the earned income credit, and Child Tax and Education credits. **Volunteers are not trained to assist with depreciation, business returns, and complex financial income.**

- You are asked to bring all your 2018 tax documents to your appointment.
- We will require proof of identity (a photo ID) and a Social Security Card or letter from the Social Security Administration documenting all Social Security numbers.
- Bring proof of health care coverage and the 1095-A if you purchased insurance on the MASS Connector.
- Bring all income statements - wage statements (W2), interest statements (1099-I), dividend statements (1099-D), retirement income statements (1099-R), social security statements, and brokerage statements (1099-B), and tuition statements (1099-T).
- Bring proof of real estate tax and water bill payments or rent payments.
- You most likely will not itemize deductions, but if you have mortgage statements, large charity contributions or medical expenses, bring those to see if you might benefit by itemizing.
- It is important to bring your copy of your 2017 Federal and State tax return.
- Not having the required forms will usually mean rescheduling another appointment at a future date.

If you have questions, we suggest that you stop in any Tuesday morning during the tax season and the volunteers will assist you to get ready for your appointment.



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*

MAKE A RESOLUTION TO TALK TO YOUR PROXY AGENT

A few months ago I participated in a great event at Milford Regional Hospital. The Hospital is actively encouraging Milford residents and the neighboring communities (who obviously are all likely future patients there) to not only complete a Health Care Proxy but to also have a conversation with that Agent to make sure the Agent knows how the person he or she is making decisions for would like to be treated. At the event, the moderator asked for a show of hands as to how many of the 40+ people in attendance had executed a Health Care Proxy. Everyone had. The moderator then asked how many people had written down some instructions for their Agent, telling the Agent how they wanted to be treated. No one had. Several people had not even told their Agent that he or she had been appointed.

For the young and invincible, having these kinds of conversations with your Health Care Proxy Agent may seem like a waste of time. But, is it? What if you get into a serious accident and are unable to make decisions for yourself? For seniors, the medical crises that can cause death or incapacitation can come at any time. For us (and I'm with you on this) not preparing for a medical emergency and its potential consequences is simply foolish. We all have friends and relatives who have been stricken without warning. We have all been to the unexpected funerals of those who are younger than we are. Maybe you'll be lucky and you'll recover from that stroke or heart attack that you secretly dread. But what if you end up not well enough to really make medical decisions for yourself? What if you really can't understand what your medical options are anymore, even if you can still talk?

Your Agent's responsibility starts as soon as your doctor says you are not competent to make medical decisions, and ends when your doctor says you can make the decisions again. Suppose you have a stroke leaving you totally incapacitated. Suppose you then come down with pneumonia or the flu. Your doctor tells your Agent that you need to go to the hospital for the pneumonia. You may be cured of the pneumonia but the effects of the stroke will remain. Do you really want to go to the hospital? Do you want to get "better" so you can go back to staying the way you are now? These are just the kinds of questions your Agent may have to answer for you. Have you had a conversation with your Agent about what that answer should be?

If you need more information on this, you can contact me at (508) 860-1470 or abergeron@mirickoconnell.com. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube channel, www.YouTube.com/ElderLawFrankAndMary and find more in-depth commentary on legal issues on our blog at <http://mirickoconnelltrustsandestateslawblog.wordpress.com/>.

DIVERSITY THROUGH COLLABORATION 2019!

This is a joint effort among five Councils on Aging in Metrowest; Natick, Framingham, Marlborough, Hudson and Northborough Senior centers, to connect with people 60 and older, who are LGBTQ and their allies.



- January 15th Coffee and Conversation with Lauri light dinner included 5pm – 7pm at Marlborough Senior Center
- January 29th at the Marlborough Senior Center 5pm-7 pm documentary film Gen Silent

"Gen Silent" a documentary that follows the lives of six LGBT seniors living in the Boston area who must choose if they will hide their sexuality in order to survive in the long-term health care system.

You can RSVP by contacting Lauri Ryding at 508-647-6540 or lyrding@natickma.org
The program is made possible, in part, by funding from Older Americans Act, as granted by BayPath Elder Services, Inc.

Transportation News...

Do not forget about Food Shopping days! (Market Basket changing to Thursdays)

Food shopping days are Tuesdays and Thursdays for all Hudson seniors regardless of where you live. Pick-ups begin at 10am.



Tuesdays choose from the following grocery stores: Stop and Shop, Shaws or WalMart.

Thursdays will be Market Basket

To sign up, please call 978-568-9638 the day before. Limited to 13 people.

****Special Trip: Friday, January 25th at 10am Solomon Pond Mall and Target ****

Another cold lunch option at our center...just for you!

BayPath is now offering cold lunches every day at our center. In order to participate you need to sign up the day before at the center with the kitchen staff or call the center 978-568-9638 and ask for the kitchen ext. 14 and leave a message. Cost is a \$3.00 donation. If you are busy at the center with activities and its lunch time, this is a great option to pick up a quick meal with your friends!

January Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
12/31/18"	1/1/19 Center Closed	1/2/19	1/3/19	1/4/19
Tortellini & Turkey Salad Beet & Onion Salad Roasted Vegetables	- No Meals-	Cheese Omelet Hash Brown Peaches	Tuna Salad Israeli Cous Cous Salad Cole Slaw	Turkey Apple Salad New Pasta Salad Roasted Vegetables
1/7/19	1/8/19	1/9/19	1/10/19	1/11/19
Cilantro Chicken Corn & Black Bean Salad Broccoli Salad	Chef's Salad Mediterranean Rice Salad Beet Salad	Ham Salad Orzo & Spinach Salad Roman Blend Veg Salad	Mixed Greens w/Salmon Quinoa w/Roasted Veggies Pineapple	Fiesta Omelet Hash Brown Peaches
1/14/19	1/15/19	1/16/19	1/17/19	1/18/19
Egg Salad Orzo & Spinach Salad Beet Salad	Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Roast Beef Roasted Potato Salad Chick Pea & Cilantro Salad	Chicken Breast/Red Pepper Pesto Macaroni Salad 3 Bean Salad	Chef's Salad Mediterranean Rice Salad Beet Salad
1/21/19 Center Closed	1/22/19	1/23/19	1/24/19	1/25/19
-No Meals-	Tuna Salad Israeli Cous Cous Salad Cole Slaw	Sliced Turkey Breast Quinoa w/Roasted Veggies Cucumber Salad	Cheese Omelet Hash Brown Peaches	Ranch Chicken Pasta Salad Roman Blend Veg Salad
1/28/19	1/29/19	1/30/19	1/31/19	2/1/19
Chef's Salad Mediterranean Rice Beet Salad	Turkey Cranberry salad Potato Salad Cucumber Salad	Mixed Greens w/Salmon Quinoa w/ Roasted Veggies Pineapple	Ham Salad Orzo & Spinach Salad Roman Veggie Salad	Cilantro Chicken Corn & Black Bean Salad Broccoli Salad

DayBreak Now 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.



Hudson Senior Center Gift Shoppe Hours

Tuesdays 9:30am until 11:30am
Wednesdays 9:30am until 12:30pm
Thursdays 9:30am until 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! Come join us on

Mondays and Wednesdays!

Games start at 12:30pm



Genealogy Family Research with Charles Corley

Wednesday, January 16th at 10:30am

Genealogy class is open to everyone who is interested in researching their ancestry. Beginners welcome!

Open Painting Studio:

Tuesdays at 11:30am -1pm
in the craft room.



Water Color Class

Wednesdays 10 am to 12 noon on the 2nd floor
in the Craft Room.

Cost: \$6.00 per class paid directly to the instructor



The Senior Center Lending Library

appreciates all of the donations made to our Library. However, at this time, we NO longer are accepting books with a Copyright date before 2008.

A special thank you to all of the volunteers

Check out our new Large Print section!



Assabet Valley Camera Club

Please visit their website

www.assabetvalleycc.com

1st & 3rd Wednesday of the Month

Stress Reduction with

Qigong Class

Classes meet on Tuesdays
from 9:30am to 10:30am

Sign up at the front desk

FRIENDS MEETING ~ Tuesday, January 8th at 9:30am

Tuesday is "Movie Day" at the Center

Here is the listing of movies for January.

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



January 8th - Wild Oats



A widow (Shirley MacLaine) heads to Spain with her best friend (Jessica Lange) after she accidentally receives a life-insurance check for five million dollars. As the pals embark on an adventure, the insurance company attempt to retrieve their money. Demi Moore and Billy Connolly co-star.

Rating: PG-13 Runtime: 1hr 26min

January 15th - Quartet



Once-popular opera diva Jean Horton (Maggie Smith) creates a stir with her arrival at Beecham House, a home for retired performers. No one feels the uproar more than Reginald (Tom Courtenay), Jean's ex-husband, who still stings from her long-ago infidelity. Most of the other Beecham residents are delighted, and try to convince Jean to join them in a performance of "Rigoletto." Jean, however, knows that she is long past her prime and is reluctant to sully the memory of her once-lovely voice.

Rating: PG-13 Runtime: 1hr 34min

January 29th - First Man



Hoping to reach the moon by the end of the decade, NASA plans a series of extremely dangerous, unprecedented missions in the early 1960s. Engineer Neil Armstrong joins the space program, spending years in training and risking his life during test flights. On July 16, 1969, the nation and world watch in wonder as Armstrong and fellow astronauts Buzz Aldrin and Michael Collins embark on the historic Apollo 11 space flight.

Rating: PG-13 Runtime: 2:18

Pool Room is Open!

Come play on our 2 beautiful pool tables
Monday-Friday.

Open play except on Monday & Wednesday
from 10am-12pm for the Senior Pool League.

Looking for Pool players for the Team Hudson

Knit and Crochet

Mondays at 9:30am

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

Experienced Line Dancing

Every Monday at 10am.

Cost is \$3.00 paid to the instructor.

Please call 978-568-9638 to enroll.

Blood Pressure

Come in every Thursday from 9:30-11am
and have your blood pressure checked at
our Senior Center.

No appointment necessary ☺ ☺

The Podiatrist

Monday, February 11th, 2018

starting at 9am.

Please call for an appointment at
978-568-9638

In Memory Of...



The Hudson Senior Center is
appreciative of Donations made on behalf Ralph Barry.
Our thoughts and prayers are with his
family and friends.

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

If you would like to learn how to quilt or if
you are a seasoned quilter, join the Hudson
Silver Threads. They are a wonderful group
of women who are fun, warm and friendly. ☺

Fiscal year 2019 Fitness Programs

3 Mornings a week fitness classes

- Monday mornings 8:30am Cardio and Weights
- Tuesday mornings 8:30am Cardio low impact
- Thursday mornings 8:30am Cardio and Weights

2 Evenings a week fitness

- Mon evening 4:00pm Cardio and Weights
- Thurs evening 4:00pm-Cardio and Weights

AM Yoga: Wednesday mornings 8:00am. Cost: \$10.00 per month

This gentle yoga class includes breath work, grounding seated stretches, key standing poses and guided meditation using essential oils.

**** New Class** Beginning Thursday, January 10th**

Flex and Tone Thursdays at 9:30am Cost: \$5.00 per month

This class will use props- blocks and straps - along with a variety of stretching methods to improve flexibility, range of motion, promote circulation and improve strength and flexibility. All are welcome!

Stretch Break : Fridays at 9am

Cost is \$5.00/month or Free if you are taking 3 or more fitness classes at our center.

This 45 minute class will consist of mat-based stretches for the entire body. If you find yourself sitting a lot during the day, weak lower back, tight chest and neck soreness, this is the class for you. This class will help you to become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain.

Stress Reduction With Qigong Class Are you interested in reducing the stress in your life and in better coping with the day-to-day activities making demands on your time? This class may be right for you. The class utilizes both a western approach based on the work of Dr. Herbert Benson, of Harvard University, and Dr. Jon Kabat-Zinn, of UMass, in combination with simple, easy to learn Chinese Qigong exercises. **Classes meet on Tuesdays at 9:30am. The cost is \$3.00 per class, payable to the instructor.**

Zumba

Thursday at 11:00am Cost is \$10.00 per month. Zumba Your Way: Zumba dance to: a little Latin, a bit of Big Band, some Broadway Show Tunes and get in shape the fun way!

Chair Pilates

Mondays at 9:30am & Fridays 11:15am Cost: \$12.00 per month Chair Pilates takes the benefits of pilates with the help of a chair for those who have trouble getting on and off the floor. The class is designed to restore strength and balance in the core retraining the body to function more effectively. Give this a try and meet Jennifer Davidson certified yoga / pilates instructor and massage therapist.

Walking Club : every Wednesday leaving the Center for 9:00am or the Mall in cold or rainy weather.

Fitness program designed for Parkinson's but works for everyone

Tuesdays at 10:40am and Thursdays 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.

Chair Yoga :

Wednesdays at 2pm Cost is \$10 per month

Classic Yoga poses and postures both seated and standing to increase strength and flexibility, improving overall well-being. First half seated stretching and warm-ups, second half standing and balancing poses and flows along with a modified sun salutation using the chair for support. This Yoga class offers mindful movements coordinated to your breath. Adaptations are offered so that students with varying levels of abilities and physical limitations may participate to the best of their ability. **no chair yoga on January 16th **



Hudson Senior Center Trips 2019

Tuesday, March 12th Celtic Angels of Ireland

In the spirit of Riverdance and Celtic Woman, two of the most acclaimed shows from Ireland will transport us to their homeland. This day trip includes a plated luncheon at the Venus De Milo in Swansea, MA with your choice of Corned Beef and Cabbage or Baked Haddock, transportation, show, and gratuity.

Price: \$92.00pp

Wednesday, April 24th Dancing Dream ~ ABBA Tribute Band

Dust off your disco boots and leisure suits. Shine up those platform shoes and be transported back to the groovy 70's with beautiful harmonies, elaborate costumes and exciting choreography by the tribute band "Dancing Dream". This day-trip includes the show, plated luncheon at Danversport Yacht Club with your choice of Stuffed Breast of Chicken or Baked Schrod both served with salad, potato, vegetables, breads, dessert, coffee and tea.

Price: \$92.00pp

May 10th – 17th Boston to Bermuda Cruise

Board the Norwegian Gem out of Boston and discover the quaint neighborhoods and pristine pink beaches of Bermuda. This trip includes roundtrip transfers, 8day/7night cruise, Beverage package, Luggage handling fees plus much more!! Full payment is due by January 4th. More information in brochure at the front desk.

Price: starting at \$1199pp

Sunday, May 19th The Edwards Twins with a Sunday Brunch

Direct from Las Vegas spend an afternoon with world famous Impersonators, The Edwards Twins. All of your favorite legendary superstars come alive in this extraordinary show. Sonny & Cher, Billy Joel, Elton John, Celine Dion, Tom Jones, Neil Diamond and many many many more! You will also enjoy a Sunday Brunch and the show at Lake Pearl in Wrentham, MA.

Price: \$92.00pp

October 3rd & 4th The Common Man – New Hampshire Getaway

Roundtrip transportation, 1 night lodging at the Common Man Inn & Spa in Plymouth, NH, 3 meals (1 lunch, 1 dinner & 1 breakfast), Vineyard tour and wine tasting, tour of Canterbury Shaker Village, Traom Rode pm the Hobo Railroad, Gondola ride to the top of Loon Mountain and a tour director!

Price: \$349pp double \$449 pp for single

Informational Flyers available at the front desk

Save the Date.....



Document pick up: Wednesday, March 20th at 2:30pm
For...Discover Scotland

Collette Travel Presentation: Wednesday, March 20th at 3:00pm
For....America's Music Cities featuring New Orleans, Memphis & Nashville



October 6-13, 2019

8 Days ~ 10 Meals: 7 Breakfasts and 3 Dinners

Trip Highlights: French Quarter, Choice of French Quarter walking Tour of Panoramic coach tour of New Orleans, Swamp tour, Mardi Gras world, Jazz Revue, Graceland, West Delta Heritage Center, grand Ole opry show, Ryman Auditorium, Country Music Hall of Fame, Historic RCA Studio B and Whiskey Distillery.



"The Best of the NECCC Prints"



Program at Assabet Valley Camera Club

On Wednesday, January 2, the Assabet Valley Camera Club (AVCC) is pleased to host Art Vaughan, Vice-President and Master Member of the NECCC and its current Print Competition Director. Vaughan will present "The Best of the NECCC Prints," a program showing all the award-winning color and black-and-white prints from this summer's annual New England Camera Club Council (NECCC) Conference. Approximately 35 prints covering a diversity of subjects will be presented with critique and commentary. Attendees will have the opportunity to hear what the judges had to say when making this collection of images the conference winners. The program encourages photographers to develop a keen competitive and analytical eye.

Art Vaughan has worked in photomicrography (digital images taken through microscopes) for decades at different high tech companies. His interests include many other types of imaging, including 3-D and infrared photography. Art enjoys digital restoration of antique images and is an active lens "hacker." In this role, he looks for new uses for broken lenses and other optical components.

This program is free and open to the general public. AVCC welcomes anyone interested in learning more about photography as a visual art and its practical application as a science. Meetings are held at 7:30 PM on the first and third Wednesday of each month from now through early June in the Great Room at the Hudson Senior Center, 29 Church Street. For more information check out the AVCC website at assabetvalleycc.com or contact John Gill, club President, at 978-293-5192.

Message from the Friends...

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

The Friends of Hudson Senior Centers' mission is a non-profit organization that will render a program of services to institute fund-raising projects for items not provided for by the Town of Hudson or Commonwealth of Massachusetts.

This will insure greater community interest and perpetrate the dignity and will-being of Senior Citizens of Hudson by our efforts, enterprise and endeavors. This group is self-governed, but will work with the Senior Citizens, the Council on Aging and the Senior Center Director. All persons who sign up for membership at the Center and receive the monthly newsletter are all members of the Friends Organization.

ONCE AGAIN THE ANNUAL DUES ARE DUE.

THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2019!
(This helps with the postage of the monthly newsletter, thank you)

NAME _____

DUES _____

ADDRESS _____

DONATION _____

TELEPHONE _____

TOTAL _____

EMAIL _____

EMERGENCY CONTACT _____

RELATIONSHIP _____

PHONE _____

What's Going on...

- **Center Closed:** Tuesday, January 1st & Mon. January 15th
- **Movie Day:** Tuesday, January 8th, 22nd & 29th at 12:30pm
- **Transitions:** Thursday, January 3rd & 17th at 10am
- **Vets Talk:** Thursday, January 3rd, 17th & 31st at 9am
- **Hudson Mobile Library:** Mon, January 14th at 10am
- **Special Trip:** Friday, January 25th at 10am Solomon Pond Mall and Target
- **Friends Meeting:** Tuesday, January 8th at 9:30
- **Hearing Clinic:** Tues. January 8th at 9:30am by appt only
- **Genealogy :** Wednesday, January 16th at 10:30am
- **Podiatrist:** Monday, February 11th by appt only
- **Tech Savvy:** Wednesday February 13th at 10am
- **Open Studio for Painting:** Tuesdays at 10am
- **Camera Club:** First and third Wed. of every month
- **DayBreak** every Thursday 11:30am-2:30pm
- **Parkinson's Exercise:** Tues. 10:40am & Thurs. 1pm
- **Water Color Class:** Wednesdays at 10am
- **Stretch Break:** Fridays at 9am
- **Flex and Tone:** New on Thurs. at 9:30 starting 1-10-19
- **Music Jam:** Fridays at 11:30am
- **Zumba:** Thursdays at 11am
- **PM Fitness Classes:** Mon. Tues & Thurs. 4:30 pm
- **AM Fitness:** Mon. Tues & Thur. mornings 8:30 AM
- **Stress Reduction with Qigong:** Tues. at 9:30 to 10:30
- **AM Yoga:** every Wednesday 8:30am
- **Chair Yoga:** Wednesdays at 2pm
- **Chair Pilates:** Monday at 9:30am & Friday at 11:15am
- **Knit and Crochet:** Mon. at 9:30 am
- **Bingo:** Monday and Wed 12:30 pm. See you there!!!
- **Blood Pressure:** Thursdays 9:30am – 11:00am.
- **Gift Shoppe:** OPEN Tues 9:30-11:30 and Wednesdays 9:30am -12:30pm and Thursdays 9:30 am – 12:30pm
- **Chess Club:** meeting every Tues at 1pm
- **Cribbage:** every day except Thursday.
- **Mah Jong:** Mondays and Thurs. at the center 12pm to 3:15pm Played by the National Mah Jong rules.
- **Scrabble:** Fridays at 12:15pm
- **Bridge:** Every Tues. 9:30am and Friday at 12:30pm
- **Walking Club:** Every Wednesday meet at 9:00am
- **Line Dancing:** Mondays at 10am. Cost \$3.00 per person.



The Hudson Senior Center Bus runs 8am to 3:30pm between Hudson and Marlborough Mon –Fri. **Call 978-568-9638 the day before** your schedule appointments and call 2 days before appointments if you need **the wheel chair lift**. This is a **FREE** service but donations are greatly appreciated! Give us a call ☺

Come play chess at The Hudson Senior Center

Chess Tuesdays are at 1 pm at the Hudson Senior Center. All levels are welcome. ***Come on down!***

Free Legal Advice with Attorney Bergeron

15 minutes of Free Advice

Wednesday, January 9th
1pm-3pm~by appointment only



All musicians wanted

If you play an instrument come to the Senior Center on Fridays and join our Music Jam Session at 11:30am! It is very entertaining! All are welcome. **PLEASE COME AND SHARE YOUR TALENT.**

Hearing Clinic Tuesday, January 8th

starting at 9:30am

With Michael Drennan from Rogers
Hearing Solutions

Call 978-568-9638 for an appointment

To cancel please call: 508-573-7246

Dover, Sherborn, Ashland, Hopkinton January 2019 Hudson, Sudbury, Wayland, Holliston

Menu Subject to Ch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sodium (Na+) is listed in milligrams next to each menu item. All Meals include 1% 110 Calories, 125mg Sodium	1 New Year's Holiday 	2 Bok Choy Soup 99 Apricot Glazed Chicken 352 Vegetable Fried Rice 98 Multigrain Bread 164 Blueberry Buckle 360 D: SF pudding 115	3 BBQ Beef Burger 282 Potato Wedges 273 Broccoli 10 Hamburger Roll 230 Mixed Fruit Cup 5 D: Applesauce 0	4 Beef Bolognese 163 Cavatappi Pasta 1 Mixed Vegetables 88 Wheat dinner roll 105 Snack n Loaf 115 D: Cinnamon Grahams 95
	No Meals Served	Total Sodium(mg): 1198 Calories: 789	Total Sodium(mg): 925 Calories: 598	Total Sodium(mg): 597 Calories: 753
7 Shepherd's Pie 136 Broccoli 10 Wheat Bread 160 Vanilla Yogurt 75	8 Vegetable Soup 115 Chicken Breast Florentine 347 Orzo Pilaf w/Spinach 57 Multigrain Bread 164 Apple Crisp 59 D: Sliced Apples 10	9 Turkey Corn Stew 464 Genoa Blend Vegetables 45 Biscuit 340 Clementine 1	10 BBQ Pulled Pork 492 Macaroni and Cheese 195 Succotash 40 Hamburger Roll 230 Pineapple Whip 87	11 Swedish Meatballs 220 Parslied Egg Noodles 4 Spinach 35 Italian Bread 230 Raisins 4
Total Sodium(mg): 506 Calories: 610	Total Sodium(mg): 867 Calories: 633	Total Sodium(mg): 975 Calories: 508	Total Sodium(mg): 1169 Calories: 858	Total Sodium(mg): 618 Calories: 650
14 Three C Soup 299 Chicken Teryaki 242 Vegetable Fried Rice 98 Multigrain Bread 164 Tropical Fruit 10 Fortune Cookie 6	15 Potato Pollock 273 Tartar Sauce 100 Yams 31 Italian Green Beans 3 Wheat Bread 160 Diced Peaches 5	16 Special, High Sodium *Chicken Cordon Bleu w/Gravy 785 Garlic Mashed Potatoes 66 Peas & Carrots 72 Wheat Dinner Roll 105 Chocolate Chip Cookie Bar 154 D: Lorna Doones 100	17 Beef Stew 200 Brussels Sprouts 12 Italian Bread 230 Strawberry Cup 0 D: Lemon Grahams 95	18 Broccoli Bake 482 Roasted Home Fries 5 Stewed Tomatoes 150 Multigrain Bread 164 Gingerboy 60
Total Sodium(mg): 944 Calories: 688	Total Sodium(mg): 697 Calories: 674	Total Sodium(mg): 1307 Calories: 924	Total Sodium(mg): 662 Calories: 786	Total Sodium(mg): 986 Calories: 717
21 Martin Luther King Jr. Day 	22 Corn Chowder 172 Chicken Breast Supreme 366 Sweet Potato Coins 190 Wheat Bread 160 Pineapple 1	23 Roast Pork w/Apple Gravy 156 Roasted Potatoes 5 Green Beans 3 Wheat Bread 160 Applesauce 0	24 White Bean Chicken Chili 260 Brown Rice 5 Broccoli 10 Multigrain Bread 164 Oatmeal Cookie 124 D: Raisins 4	25 Meatloaf w/Mushroom Gravy 301 Mashed Potatoes 66 Green Peas 66 Wheat Dinner Roll 105 Strawberry Yogurt 75
No Meals Served	Total Sodium(mg): ### Calories: 700	Total Sodium(mg): 449 Calories: 537	Total Sodium(mg): 688 Calories: 619	Total Sodium(mg): 738 Calories: 717
28 Autumn Harvest Soup 162 Chicken and Rice Bake 429 Wheat Bread 160 Mixed Fruit 10	29 Lasagna w/Meat Sauce 366 Italian Blend Vegetables 41 Italian Bread 230 Brownie 165 D: Chocolate Grahams 95	30 Chicken Picatta 401 Quinoa w/Roasted Veggies 195 Multigrain Bread 164 Strawberry Cup 0 D: Applesauce 0	31 Split Pea Soup 96 Roast Turkey w/Gravy 389 Garlic Mashed Potatoes 66 Wheat Dinner Roll 105 Butterscotch Pudding 230 D: SF Butterscotch 156	This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.
Total Sodium(mg): 886 Calories: 622	Total Sodium(mg): 927 Calories: 642	Total Sodium(mg): 885 Calories: 720	Total Sodium(mg): 1011 Calories: 695	