

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

JULY

2023

Hudson Council on Aging
A Multi-Service Center

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

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

Social Services:

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

Senior Center Staff:

- Janice Long, Director
- 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:

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.

July 2023

STATE REP. KATE HOGAN'S SENIOR NEWS



Memorial Day 2023

The following are remarks that State Representative Kate Hogan delivered on Memorial Day 2023 at Hudson's Memorial Day ceremony.



To all the Veterans here today - a grateful nation thanks you for your service.

Today, we gather as a community to remember the men and women of our armed forces who have given their last full measure of devotion. Memorial Day keeps faith with the past and the future.

Thirty-eight thousand Massachusetts service members have laid down their lives for their country since the Revolutionary War. We cannot separate the story of American freedom from the story of American sacrifice. Our republic has always been willing to fight for our freedoms and the freedoms of people around the world. Their call to duty is unique in what they teach us about honor, integrity, courage, and selfless service:

- Lexington and Concord
- Gettysburg
- Flanders Field
- The Beaches of Normandy
- The 38th Parallel Offensives
- The Battle of Khe Sanh
- The Battles of Kabul, Kandahar, Tora Bora, Baghdad

These battles are always met by young Americans with their whole lives ahead of them.

They, and their loved ones, are ever our responsibility as an American Family. If we love our country, we must love and honor our heroes and care for their families.

May these battle fields - and those whose blood and honor have made them sacred - serve as solemn inspiration to create a more perfect union.

They died to save our union; keep our world free from despots; respond to attacks on American soil (both foreign and domestic); and ever-protect this great experiment in democracy: The United States of America.

Let our battle grounds (our hallowed grounds) guide us on a path to greater understanding as a nation. As Americans who respect each other and willingly work across differences and across aisles, and as an American family that believes we can meet 21st century challenges and lead by example, as well as strength.

The sacrifice of those lost to war is a sacred trust and a responsibility for each of us to commit to -- a Town, a Commonwealth, and a Country worthy of a hero's sacrifice. God Bless Hudson, God Bless our Commonwealth, and God Bless America.

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

Join Rep. Hogan for an ice cream social: July 21, 12:30 pm

Eriksons Ice Cream, 12 Great Road, Maynard

Hello to Everyone



The summer is finally here! The Senior Center is a great place to cool off on hot days during the week, if you do not have air conditioning. Give us a call and we can pick you up. Remember to stay hydrated and drink lots of water.

A friendly reminder:

The Senior Center will be closed on Tuesday, **July 4th** for Independence Day, and **Friday, July 14th** for our Annual Cookout. Our bus will be available to take people to the cookout and back home. The Cookout is at the Marlborough Fish and Game at 1 Muddy Lane Marlborough MA. Hamburgers, hotdogs, potato salad, baked beans, potato chips, ice cream and more. This is a day to be with friends, have some laughs and enjoy the music. Our Friend's Officers and Senior Center staff will be on hand so come on down!!! We always have a great time! Get your tickets now!! ☺

Dementia Friendly Community Award

The Hudson Senior received the Dementia Friendly Community Award at the Massachusetts Council on Aging Annual meeting in June! I want to thank everyone who works and volunteers at our center. I am proud of the work we do with DayBreak, our Social Day program, and most importantly I am proud of our staff. Their kindness and patience towards everyone is what makes our center so welcoming. Congratulations to everyone.

~Janice

Reminder: Senior Center is Closed on Tuesday, July 4th for Independence Day & Friday, July 14th for the Friends' Annual Cookout



Pollinator's Seminar: Learn what to plant for attracting humming

**birds and butterflies
Friday, July 21st from 1-2pm**



Please call 978-568-9638 to sign up.

Come join us for a free seminar on which native plants are beneficial for pollinating insects, best non-toxic pest repellents and the best flowers for hosting caterpillars for a new generation of butterflies!



GOT TRIVIA?????

Returning in August!

Date to be determined

At the Hudson Senior Center

Join Claire and Cheryl for fun and entertainment. We will journey through time with Trivia Questions on History, Movies, Broadway Shows, Music, TV etc. There will also be music to help you solve these questions. You will laugh at the antics this game will produce. Snacks will be provided by the Senior Center.

JEOPARDY BEWARE!!!!!! YOUR NEWEST COMPETITION IS HERE IN HUDSON!!!



Hiking Day at Wachusett Reservoir

Friday, July 28th at 9:30am

Meet at the Senior Center and follow to the Reservoir

Bring walking sticks and appropriate attire

Call to sign up!



Music

The Friends' Annual Summer Cookout

Friday, July 14th at 11am

At the Marlborough Fish and Game Club

Raffles

1 Muddy Ln, Marlborough, MA 01752

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

Cost \$3.00

Get your tickets before Friday, July 7th!!!

****Transportation is provided by our Senior Bus. Call to reserve your spot****



Self-Empowered Living Program Continues in July

This class will provide self-help techniques that will relax and calm our minds, and build resilience as we adapt to life's challenges.

Suzanne Peters, LICSW will return in July. She has worked with adults and seniors for the past 17 years, using a strengths-based and client-centered approach. She specializes in working with clients coping with anxiety, loneliness, relationship issues, chronic illness, loss and those struggling with challenging issues or transitions. **This is a 4-week class that will be held on Wednesdays starting Wednesday, July 5th from 12:30 to 1:30pm ending on Wednesday, July 26th 12:30 to 1:30.** You must call 978-568-9638 to sign up. This class is FREE thanks to ARPA Funding. You must call 978-568-9639 to sign up for this class.



Russian Icon Museum

Friday, July 21st (Waitlist only)

Join us for a fun trip to the Russian Icon Museum in Clinton MA on Friday July 21st. For this trip we will use our senior center 14 passenger bus. We will leave the center at 9 am and go out to breakfast to Michael's Bridge Diner in Lancaster MA, everyone is on their own for the breakfast, then we leave for the Russian Icon Museum for an 11am group tour which will be paid for by the Friends of Hudson Senior's Inc. This trip is limited to 14 on the bus.



The Hudson Public Library offers a free door-to-door delivery service

This service is for **Hudson residents** who are experiencing short-term or long-term limitations related to age, transportation, or health and wellness. A valid library card or registering for one is required. To enroll, please complete the online registration at huds.pl/d2d. For additional info or assistance, please contact the Circulation Department at 978-568-9644 or email Nancy at ndelvecc@cwmar.org.

Transportation News...



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



Tuesdays & Thursdays

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

Please call at least a day ahead before 3:30pm for Shopping as well as all Medical Appointments

Seatbelts must also be worn

Uber Health

Free transportation through Uber for low income residents for medical appointments only. Screening is required to receive this service. Please call Alex O'Hare at 978-562-3150 to start screening process and to schedule a ride for your medical appointment.

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

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

Call Kitchen to sign up at 978-568-9638 option #3 (meal on wheels)

Wednesday, July 5th

Cold Menu: Chicken salad, summer squash salad & Italian pasta salad

Hot Menu: Alaskan breaded pollock, tartar sauce, rice pilaf & carrots

Thursday, July 6th

Cold Menu: Turkey, swiss cheese, macaroni salad & riviera salad

Hot Menu: Hamburger, cheese, summer blend vegetables & potato salad

Wednesday, July 12th

Cold Menu: Chicken salad, quinoa tabbouleh salad & carrot raisin salad

Hot Menu: Macaroni & cheese and broccoli

Thursday, July 13th

Cold Menu: Tuna salad over tossed garden salad & garden shell pasta salad

Hot Menu: Chicken Cacciatore over buttered noodles & Italian blend vegetables

Wednesday, July 19th

Cold Menu: Vegetarian chef salad with lite Italian dressing and pasta salad

Hot Menu: Teriyaki salmon, lo mein noodles & asian blend vegetables

Thursday, July 20th

Cold Menu: California chicken salad, orzo vegetable salad & carrot pineapple salad

Hot Menu: Hot dog, coleslaw & baked beans

Wednesday, July 26th

Cold Menu: Tuna salad, potato salad & coleslaw

Hot Menu: Aloha chicken, rice pilaf & carrots

Thursday, July 27th

Cold Menu: Chef salad w/ turkey & balsamic pasta salad

Hot Menu: Pot Roast w/ gravy, mashed potatoes & beets

Suggested Voluntary Donation of \$3

Menu is subject to change

"Movie Day" at the Center

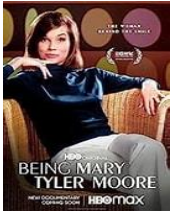


Here is the listing for the movies in July. Due to the limited space for each viewing, you must sign up for the day that you would like at 978-568-9638. Come and join us at 12:30pm for the following movies:

MOVIE & PIZZA DAY BEGINS AT 11:45am For this Movie only



Tuesday, July 11th – *Being Mary Tyler Moore* (Documentary)



With unprecedented access to Mary Tyler Moore's vast archive, *Being Mary Tyler Moore* chronicles the screen icon whose storied career spanned sixty years. Weaving Moore's personal narrative with the beats of her professional accomplishments, the film highlights her groundbreaking roles and the indelible impact she had on generations of women who came after her.

Rating: PG-13 Runtime: 2hr 25min

Monday, July 24th & Tuesday, July 25th – *Book Club: The Next Chapter*



Legendary icons Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen reunite in 'Book Club: The Next Chapter.' The highly-anticipated sequel catches up with best friends Diane (Keaton), Vivian (Fonda), Sharon (Bergen) and Carol (Steenburgen) as they take their book club to Italy for the trip of a lifetime. The film also stars Craig T. Nelson, Giancarlo Giannini with Andy Garcia and Don Johnson. Bill Holderman returns as director.

Rating: PG-13 Runtime: 1hr 48min



Monthly Support Groups at the Senior Center

led by Alex O'Hare, the community social worker for the Town of Hudson
Call the senior center today to reserve a spot with these groups.

Bereavement Group

Monday, July 10th & July 24th 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.

Caregivers Support Group

Thursday, July 13th & July 27th at 1pm

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.

"VETS TALK" A program for Veterans

Thursday, July 6th, 13th & 20th 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.



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.

Wood Park Summer Concert Schedule

When: Wednesdays at 6:30pm

Location: Wood Park - 65 Park Street, Hudson



July 12th -Trak Down

July 26th – Flashback Band

August 9th – Vinyl Fix

August 23rd - Retro Polatin

Hudson Farmers' Market



Dates: June 20th - September 26th

When: Tuesdays 3:30- 6:30pm

Where: Hudson Town Hall

FRESH PRODUCE, SPECIALTY PRODUCTS, AND LOCALLY PREPARED FOODS

CENTENNIAL BEACH INFORMATION

Dates of Operation: Monday, June 5 - Sunday, August 20

Hours: Daily 9:00am – 7:00pm. Lifeguards on duty from 10:00am-6:30pm

Day Parking Pass (sold at Beach): \$10 for residents, \$20 for non-residents*

Season Parking Pass:** \$50 for Hudson residents, **\$25 for Hudson residents aged 65+**, \$100 for non-residents. Note: Proof of residency and age required at time of purchase.

*Non-resident Day Parking Passes WILL NOT be sold on Weekends or holidays (July 4).

*Season Parking Passes can only be purchased at the Recreation Office, Monday-Friday 8am -4 pm.

Centennial Beach Floating Chair

Through a generous donation by SMILE Mass, we are excited to announce that our beach has been more accessible than ever before. Beach patrons can now access (advanced reservation required) an accessible beach wheelchair at Centennial beach.

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**

Fitness Classes



In-person fitness classes:

You must call the senior center to sign up.

- **AM Cardio & Weights w/ Sharon- Mondays & Wednesdays 8:30-9:15am**
(The class will be limited to 20 people) *Cost: \$12/month*
- **Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am**

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: Thursdays at 9:00am -Cost: \$10/month**

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

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

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

(The class will be limited to 20 people)

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



Online Zoom fitness classes:

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

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

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

- **Zoom Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/mo**
(No Class July 5th)
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am. (No Class July 20th)**
- **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.*

PREPARING FOR THE LAST YEAR OF YOUR LIFE

When I had my third TIA recently, which came out of nowhere as I arrived back home from Home Depot, I remember thinking, as my right arm and leg were getting numb and limp, “Is this IT?” In this context, of course, “IT” means death, and if the cause of death is a heart problem or stroke, IT can happen in a moment, from out of nowhere. So any day, every day, might be the last day of your life. For people with other illnesses, from cancer to Parkinson’s to Alzheimer’s, death’s inevitable approach is more plainly visible ahead of time, and the path to death may be preceded by a more gradual descent into infirmity. The point is that while death is inevitable, there are many paths to it. While we may not know the path, we all need to be prepared, and to make sure there is someone there who can make decisions for us when we are not up to it. Here are the basics:

- Talk to your health care proxy agent about how you want to be treated if you are not well. Are you OK being in a hospital or nursing home, or would you rather be at home. It may be medically “safer” to be in a facility, but would you rather take the risk in order remain at home? If you are at home but cannot communicate your wishes, how do you want to be treated? Do you want to be outside a lot, or would you rather be watching the Red Sox? Do you want company, or would you rather just be by yourself?
- Talk to your Power of Attorney agent about how you want your finances managed. Maybe you want to help your kids out by giving away your money, your house, or other things before you die so your estate will not have to go through the probate process. Maybe there are particular items you actually want to give to particular people. Make the gift now and give them the chance to say “Thank You” while you’re alive.
- Consider revising your MOLST (Medical Orders for Life Sustaining Treatment) form. Would you want EMTs to revive you? If you have a medical problem at home, do you want to go to the hospital again?

These are all difficult decisions, but they are yours to make, but you need to make them while you are competent, before the emergency arises. If you want to learn more about these issues, you can watch this month’s episode of Elder Law 101. You can find it on HUD-TV (Comcast 8; Verizon 47) or on Frank and Mary’s YouTube channel, www.youtube.com/elderlawfrankandmary. 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, July 12th from 1:30pm to 3pm (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



Genealogy Family Research with Charles Corley at the Senior Center

No Genealogy for the Summer

September 20th at 10:30am

Genealogy group is open to everyone who is interested in researching their ancestry.
Beginners welcome. See you there!

Creative Groups

Craft Group

Mondays 12:00-3:00pm

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

2nd Floor - Craft Room

Knit & Crochet Group

Wednesdays 9:30am

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

2nd Floor - Craft Room

Memoir Group

We have a writing group that meets at our center every Friday afternoon from 1-3pm. Walk-ins are also welcome to join this group and perfect your writing skills.

Open Painting Studio

Tuesdays 10:00-12:00pm

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

2nd Floor - Craft Room

Silver Threads Quilting Group

Thursdays and Fridays 10:00am

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

2nd Floor - Craft Room

Senior Center Lending Library

Donations made to our Library are appreciated with Copyright date no earlier than 2013.

*Check out our new Large Print section.

Group Activities

Bingo



Wednesdays 12:30pm

Bridge

Fridays 12:30-3pm

Chess

Tuesdays 1:00pm

Cribbage

Mon. Tues. Wed. & Fri. 8:30-11:30am

Mah Jong

Mondays & Thursdays 12:00pm-3pm

Pool Room



Mon. – Fri. 8:30-3:30pm

Game of Pool anyone?
2 tables available.

Scrabble

Fridays 12:15pm

Gift Shoppe



Open: Thursdays 9:30-12:30pm
Volunteer Opportunities

- Handmade items for the Shoppe appreciated.
- Volunteers to work a 3-hour shift on Mondays or Wednesday 9:30-12:30pm

Please leave your contact information with the front desk and someone will be in touch.

Thank you for your support.

Message from the Friends...

Next Friends Meeting: Tuesday, July 11th 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.



Hudson Senior Center Trips 2023

Thursday, Sept 7th Neil Diamond & Friends

Experience some of the greatest hits from some of the greatest entertainers of all time – Neil Diamond & Friends will have you dancing and singing your day away. The renowned duo JOSAY AND PATTI have been wowing audiences worldwide with their vibrant performances. Castleton Banquet Center – Windham, NH and Plated Luncheon Includes: Apple Cranberry Cornbread Stuffed Chicken or Vegetarian Lasagna. Served with Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea.

Price: \$109.00pp

Thursday, September 21st The McCartney Years Danversport Yacht – Danvers, MA Over 30 top hits spanning more than twenty albums, from the Beatles to Wings. Live in concert, The McCartney Years is the world's number one tribute to Paul McCartney. Includes Transportation, the show and your choice of stuffed breast of chicken or baked schrod.

Price: \$119.00pp

Wednesday, November 15th Mama Mia...Ultimate Tribute to ABBA

Performing ABBA's greatest hits from 1973 through 1983, DANCING DREAM, the Tribute to ABBA – precisely recreates all of the excitement and passion of their record-breaking 1979-80 world concert tour experience. "Dancing Queen", "Take a Chance on Me", "Fernando", "Waterloo", and "Super Trouper" are all the songs audiences will remember and love. Lake Pearl in Wrentham, MA with your choice of Plated Luncheon of Thanksgiving Dinner with the Fixings and Sides or Vegetarian Lasagna.

Price: \$115.00pp

Tuesday, August 1st Newport Playhouse Lobsterfest

Enjoy a lunch buffet which includes, 1 1/4 lb. Boiled lobster, Mussels, corn on the cob, Roasted Chicken, BBQ Chicken and much more. You will also enjoy a cabaret and the play, "Norman Is That You" about a dry cleaner visits his son in New York after having an argument with his wife. He finds his son living with a male roommate. The father is stubborn and irascible, and his struggle to accept the situation is hilarious. He finds a lady of the night to get Norman on the "right" track. "One laugh after another!" (Bus Driver tip is not included) Payment due ~*A few spots left!*

Special Price: \$100.00pp

OUTREACH

HOLLY RICHARDSON

Summer Safety

With the summer now upon us, it is important to be prepared for the hot weather, but also, the possibility of heavy storms... and we all know about that these days with the amount of rain and thunderstorms we have been having! You should be staying informed of any weather updates; have a family emergency plan, prepare your home (secure any furniture that might be outside, remove dead or rotting trees that could fall during a storm etc.) and I think most importantly, make an emergency kit. I think having an emergency kit is beneficial to have throughout the whole year; we all know that in New England the weather can change very quickly, so it is always good to be prepared.

When creating an emergency kit, it is recommended to have the following items:

- Bottled water (and they recommend a minimum of 3 days worth)
- Food- at least a 3-day supply of non-perishable items that don't need cooking (granola bars, cereal, dried fruit, nuts, crackers etc.)
- Tools/supplies- can opener, radio, flashlight, batteries, cell phone/charger, wrench
- Personal items- prescription medications, eyeglasses, dentures, clothes, shoes, personal care items, extra insulin, oxygen, medical alert bracelets if you have one
- Pets (if you own any)- collar, leash, crate, food, bowls
- First Aid kit

In addition to having all of these items in an emergency kit, it would be recommended to have any durable medical equipment readily available in case of emergency. These items would be canes, walkers, wheelchair/scooters. You should have your eyeglasses and hearing aids close as well.

Keep paths clear throughout the house in case of emergency!

In addition to being prepared for storms it is important to keep yourself safe during the hot weather!

Be sure to stay hydrated, use sunscreen, wear weather appropriate clothing, and be mindful of "cool" centers. If you don't have air conditioning or fans, be aware of centers/facilities that have air conditioning and that might be cooler than your home. The Hudson Senior Center has air conditioning, so come to our Center to stay cool!

Friendly Reminder about the Drug Take Back Kiosk!

The Hudson Police Department is a recipient site for unused and expired medications. Located in the lobby area of the Police Station, 911 Municipal Drive, Hudson (near the Fire Station and DPW Headquarters) there is a kiosk where you can properly dispose of your unwanted medications in a safe manner. The Police Department will then properly dispose of these medications safely and appropriately.

Acceptable Items

Prescription medications

Over the Counter medications

Medications for pets

Vitamins

Not acceptable items

Hydrogen Peroxide

Inhalers

Aerosol Cans

Ointments/Lotions/Liquids

Needles

The Police Station is opened 24 hours a day, 7 days a week.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O meu horário É o seguinte : Segundas às Sextas das 9:30 da manhã às 3:30 da tarde.

O número de telefone é 978-568-9638 ext. 476.

DICAS DE SEGURANÇA DE VERÃO PARA OS IDOSOS

Os dias quentes de verão estão a chegar. O verão traz com ele alguns perigos para os idosos. Aqui estão algumas dicas para ajudar os idosos durante o tempo quente de verão:

- 1) **Beba bastante água.** O calor pode desidratá-lo rapidamente, por isso é importante beber bastante água durante o dia.
- 2) **Proteja a sua pele.** Use protetor solar quando estiver fora por um período prolongado durante o dia.
- 3) **Limite a sua atividade física e exercício.** Faça pausas regulares quando possível se tem que trabalhar ao ar livre e limite o exercício e atividade física durante o dia.
- 4) **Faça pausas frequentes para esfriar.** Quando passar muito tempo na rua no sol, é importante tomar pausas para permitir o seu corpo tempo para esfriar num local fresco.

DATAS IMPORTANTES

Dia 4 de Julho – O Senior Center estará fechado devido ao feriado do 4 de Julho (4th of July).

Dia 11 de Julho – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 12 de Julho – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. (15 minutos de consulta) Telefone para o Senior Center para marcar o seu apontamento.

Dia 14 de Julho – Picnic Anual dos Amigos do Senior Center das 11:00 da manhã até às 2:00 da tarde. O picnic terá lugar no “Marlboro Fish and Game Club” em Marlboro. O custo é \$3.00 por pessoa. O Hudson Senior Center estará fechado nesse dia. Bilhetes limitados a venda no Senior Center até o dia 7 de Julho.

Dia 21 de Julho – Passeio ao “Russian Icon Museum” em Clinton, MA às 9:00 da manhã. Vamos ao “Michael’s Bridge Diner” para o pequeno almoço e cada pessoa é reponsavel para pagar o seu pequeno almoço. O bilhete para o museu vai ser pago pelos amigos do Hudson Senior Center. Limitado a 15 pessoas. (Wait List Only).

QUERO LEMBRAR A TODOS OS CLIENTES QUE NÃO VOU ESTAR NO ESCRITÓRIO DESE DO DIA 1 DE JULHO ATÉ O DIA 9 DE JULHO DE 2023. VOLTE NO DIA 10 de JULHO de 2023.

I WOULD LIKE TO REMIND ALL CLIENTS THAT I WILL BE ON VACATION FROM JULY 1 to JULY 9, 2023. I WILL RETURN TO THE OFFICE ON JULY 10, 2023.

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5			7	4	2			

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



4th of July Word Search

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



AMERICA
BLUE
BRITAIN
DECLARATION
FIREWORKS
FLAG
FOURTH

FREEDOM
INDEPENDENCE
JULY
LIBERTY
NATION
PARADE
RED

REVOLUTION
RIGHTS
STATES
SUMMER
THIRTEEN
UNITED
WHITE



Monday	Tuesday	Wednesday	Thursday	Friday
3 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p CRAFTING 12:00p Mah Jong	4 08:00a CENTER CLOSED	5 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:30a Knit and crochet 10:00a Self Empowered Living 11:30a AM Zumba 11:30a Lunch at Center 12:30p Bingo	6 08:00a Library 08:30a Billiards 09:00a Food Shopping 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 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	7 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Memoir Workshop
10 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p CRAFTING 12:00p Mah Jong 01:00p Bereavement Group	11 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess	12 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 12:30p Bingo 01:00p Bergeron Advice	13 08:00a Library 08:30a Billiards 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a Blood Pressure 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	14 08:00a CENTER CLOSED 11:00a Annual Cookout
17 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p CRAFTING 12:00p Mah Jong	18 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	19 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 12:30p Bingo	20 08:00a Library 08:30a Billiards 09:00a Food Shopping 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 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	21 08:00a Library 08:30a Billiards 08:30a Cribbage 08:00a RUSSIAN ICON MUSEUM 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Memoir Workshop 01:00p Pollinators Seminar
24 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p CRAFTING 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group	25 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess	26 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 12:30p Bingo	27 08:00a Library 08:30a Billiards 09:00a Food Shopping 09:00a Mat Pilates 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	28 08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Hiking Trip 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Memoir Workshop
31 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p CRAFTING 12:00p Mah Jong				

