

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



Hudson Senior Center

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



2019

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** 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

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."*

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.

April 2019

REP. KATE HOGAN'S SENIOR NEWS

Legislative Preview: Tackling the cost of prescription drugs and opening doors to dental care



This winter was marked by snow flurries in MetroWest and a flurry of activity at the State House. I filed 27 bills and co-sponsored 173 additional legislative priorities as I stepped into my new role as First Division Chair. As a member of the House leadership team, I am proud to work with lawmakers from diverse backgrounds and be at the helm of important conversations for our state. My time as the Chair of the Committee on Public Health has prepared me for this new leadership role and the work ahead of us.

Open the newspaper or turn on the morning news and it is clear that this is a pivotal moment for our state's public health – and the health and well-being of our seniors in particular.

As bills begin working their way through the legislative process, I want to highlight some of the bills I filed that aim to bring greater access, affordability, and transparency to health care. I want to start by sharing with you two of my pieces of legislation that address the rising cost of prescription drugs and the inability of thousands of state residents to access oral health care.

An Act to promote transparency in prescription drug prices (H1162):

Likely affecting your bottom line is the rising cost of prescription drugs – one of the most pressing public health issues facing the Commonwealth. For seniors on a fixed income, the expense of essential prescriptions can be a significant obstacle to care. The reality is that despite these escalating costs, the complex process of setting prescription drug prices has evaded impactful oversight and accountability. The legislation I filed acknowledges that a key step towards increasing transparency, and ultimately lowering the cost of pharmaceuticals, is to require state agencies to provide insight and analysis on which prescription drugs have the most burdensome price tag. Pharmaceutical companies would then be obligated to justify those price increases to legislators, state agencies, and health care policy groups.

An Act to improve oral health for all Massachusetts residents (H1916):

Age. Mobility. Geography. Income. These are just some of the many reasons thousands of Commonwealth residents are unable to access adequate dental care. I have refiled a bill this session that will increase access to oral health care for currently underserved populations by authorizing a mid-level provider called a dental therapist. These newly created dental therapists will be trained to perform essential dental care like filling cavities under the general supervision of a dentist, tapping into telehealth tools to share x-rays and consult on cases that are more complex. One of the most powerful impacts of authorizing dental therapists would be their ability to bring oral health care to our communities most in need and reach residents where they are – even in nontraditional settings like nursing homes.

I look forward to meeting with seniors in our towns this spring and taking the time to talk about any of my bills that my constituents would like to know more about. Stay tuned for more information on my legislative and budget priorities for seniors in the coming months. In the meantime, you can explore all of the bills I have filed this session on my legislator profile – simply search for “Kate Hogan” on the state legislature website: malegislature.gov

Please note my updated office information below.

Rep. Hogan's Office Hours

- **Hudson Office Hours** will be held on Thursday, April 18th from 6 to 7 p.m. at the Hudson Public Library, 3 Washington Street, Hudson

If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, her staff is available in the District Office at Maynard Town Hall, 195 Main Street, on Mondays from 10 a.m. to 3 p.m. (*Closed Holiday Mondays*)

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 163, Boston, MA, 02133 / Phone: 617-722-2199 / 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



Last month two Hudson seniors told us they each received a call from “Medicare”. The person from “Medicare” told them that their social security number had been compromised and they needed more personal information to help them. Both people from Hudson hung up on the caller!!!

Please note that **MEDICARE WILL NOT CALL YOU!** If someone calls claiming to be from Medicare just hang up! This is A SCAM! Should you receive such a call, Social Security is asking people to report the details of your SCAM. Call the Office of the Inspector General at 1-800-269-0271 or online at www.oig.ssa.gov/report
The Executive Office of Elder Affairs has provided a phone number if **YOU** want to call Medicare and that number is 1-800-633-4227.



The Hudson Senior Center has been collaborating with the Assabet Technical High School's Computer Programming & Web Development Lead Teacher, Steven Pleau and his fabulous students for **FREE** tech support every other month at our center.

Mr. Pleau's students have helped at least 50 people with laptop, cell phone, and tablet issues. The students have been incredibly helpful. If you are experiencing problems or have any questions regarding your tech devices, the students will be at the Hudson Senior Center on Wednesday, April 10th at 10am. This is a **FREE** service!



“Joy of Oil” Painting with Jane Harrington

An Info Session on Oil Painting Classes Tuesday, April 16th 1:00pm-2:00pm

Jane Harrington, owner of Pieces Hand Painted Furniture has been marketing, and designing furniture and hand painting for 25 years. Her formal training took shape at Massachusetts College of Art with a BFA degree in Fashion Design and her pursuit of art in 3 dimensions moved from sculpture to furniture and paint. She “dresses her furniture” or whatever form she paints on. Her expertise ranges from floral designs to birds and animals, classic elements to geometric motifs. Murals for nurseries and guest rooms have been commissioned to Jane through the Interior Design trade.

See Jane's portfolio and discuss what inspires you to paint? - landscapes, decorative painting on objects, still life? She can help you with the “How – To” on color and composition, blending and shadow technique. Instructor's Bio Ref: www.piecesfurniture.com. Please call 978-568-9638 to sign up for this!

******* Something New*******

In April, we have 2 short (1 hour) Mini Plays for you. The first is the **13 Things about Ed Carpolotti** on Monday, April 22nd at 10am and the other is a cultural grant for the play **Mabel and Jerry** on Tuesday, April 30th at 10:30am. See more information on each play in this newsletter!



Spring Fashion Show/Luncheon

Tuesday, April 23rd

12:00pm (Doors open at 11:40am)

\$10.00 per person

Come join us for an afternoon of fashion provided by TJ Maxx of Hudson modeled by our own members! Lunch will include grilled chicken, rice pilaf, grilled vegetables, caesar salad, chocolate mousse, coffee, tea or water.

****Tickets will be available on Thursday, April 4th at the front desk (only 2 tickets per person)****



Mothers'
Day

Celebrate *Mother's Day*

By joining us for a special luncheon at the

Hudson Portuguese Club

on **Thursday, May 9th at 12:00pm**

Cost is \$10.00 pp

Lunch will be Chicken Parmigiana with pasta, salad, garlic bread, coffee and a surprise dessert from Christopher Heights Assisted Living in Marlborough.

Signups for this will start on Thursday, April 11th

Tai Chi 24 Forms "Plus" Routine and Qigong Class

Starts Thursday, April 25th 9:30am – 10:30am

This class combines two forms of ancient Chinese exercises, Tai Chi and Qigong. The Tai Chi portion will consist of a review of the 24 Forms Yang Style Routine followed by the "Plus" portion which is something new and will consist of learning the "Mirror Image" of 24 Forms Routine. The Qigong portion of the class will consist of learning an ancient body conditioning routine known as The Eight Pieces of Brocade. The Qigong routine will be used each week as the warm up exercise.

Although not a requirement this class is primarily suited for those familiar with the 24 Forms Routine or do some form of regular exercise or walking. We will review the "Standard" 24 Forms routine before learning the new "Mirror Image" version.

The class will meet for 1 hour per week for 10 - 12 weeks on Thursdays from 9:30 to 10:30 starting April 25th. The class will run only if there is a minimum of 6 people and the maximum class size is 12 so please register if you are interested. The cost is \$5.00 per class. **You must sign up for this class!**

The City of Marlborough and the Town of Hudson are proud to bring you...



Household Hazardous Waste Collection Day

SATURDAY, April 27, 2019 9am – 1pm

Easterly Wastewater Treatment Facility 860 Boston Post Rd East MARLBOROUGH, MA

Bring These Items: Acids/Bases, Furniture Stains, Pesticides Antifreeze, Household Polishes, Poisons, Auto Batteries, Household Batteries, Pool Chemicals, Brake Fluid, Kerosene Thinners, Corrosives, Lighter Fluid, Used Motor oil, Drain Openers, Paints (Oil based), Weed Killers, Flammables, Propane Tanks, Wood Preservative, TVs/VCRs, Fluorescent bulbs, Propane tanks, Computers & Monitors, and Microwaves.

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

***Reminder:** The Senior Center will be Closed on Monday, April 15th for Patriots Day

Bye for now.....*Janice* ☺



SPECIAL ENROLLMENTS

Please be aware that the new Medicare Advantage Open Enrollment Period (MA-OEP) has come to a close, which means that if you were enrolled in a Medicare Advantage Plan (HMO/PPO) you are no longer able to change your plan using this Special Enrollment Period. However, if at any point during the year you find yourself being unhappy with the coverage you have, or are running into issue of concern of coverage, please don't hesitate to contact the SHINE department to see if you qualify for another Special Enrollment. One such special enrollment that could allow you to make a change to your insurance includes the "5 Star Special Enrollment Period". Medicare beneficiaries have an opportunity to enroll into a top-rated (5 star) plan, ONCE during the year. This can be done at any time through November 30 of next year, with the enrollment effective the first of the following month, as long as one meets the plan's eligibility requirements. This year, The Tufts Medicare Preferred HMO plans as well as the Blue Cross Prescription Drug plans have been rated a 5 star plan. Please speak to a SHINE counselor for more information if interested.

A SEP (Special Enrollment Period) is also available if you have Prescription Advantage. Having Prescription Advantage allows you a ONE time opportunity during the middle of the year to make a change to your plan. In addition to giving you a special enrollment period, it is also beneficial if you reach the donut hole. As a refresher, Prescription Advantage is a state sponsored prescription drug assistance program for Massachusetts Seniors (age 65 and over) and under 65 on Medicare with a disability. Prescription Advantage (PA) assists with part D copayment costs when you have reached the donut hole. If you have reached the donut hole, the costs of your medications will be much larger than normal. If you think you are in the donut hole or will reach the donut hole, call the Hudson Senior Center to see if you qualify for this program, a SHINE counselor would be happy to assist you.

For further information or to schedule an appointment, please contact the Hudson Senior Center at 978-568-9638. Thank you!

REMINDER:

The SMOC Fuel Assistance Program is coming to an end. The season will end April 30, 2019. This is the LAST day to submit an application for Fuel assistance. If interested in applying do NOT hesitate to call and schedule an appointment as soon as possible.

For those of you that have applied and are still waiting to hear back about your eligibility, please be patient. This season there is a delay in the processing of applications. As stated previously, if you have applied and want us to check your status on the SMOC automated line, please call us and ask us to do so.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDAS ÀS SEXTAS DAS 9:00 ÀS 3:00 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 19.

CONFERÊNCIA GRÁTIS PARA PESSOAS IDOSAS no “ASSABET VALLEY HIGH SCHOOL”, LICEU em MARLBORO

No dia 18 de Abril de 2019 das 8:00 da manhã às 2:00 da tarde haverá uma conferência grátis para pessoas idosas no “Assabet Valley High School” em Marlboro, MA patrocinada pelo Senador James Eldridge. Muita informação, comida e prémios. Haverá café e donuts de manhã e almoço grátis.

INFORMAÇÃO IMPORTANTE SOBRE SOCIAL SECURITY e MEDICARE

Os consumidores em todo o país muitas vezes são enganados por anunciantes e telefonemas que usam o “Social Security” ou “Medicare”. Alguns anunciantes sugerem que o Seguro Social está em grande dificuldade financeira e que as pessoas correm o risco de perder seus benefícios ou seu Medicare, a menos que eviam uma contribuição ao anunciante. Outras empresas dão falsa impressão de serem afiliados ao Seguro Social ou Medicare e solicitam informações pessoais dos consumidores. Os consumidores não devem fornecer a sua informação pessoal. O Social Security e Medicare nunca vai ligar para pedir sua informação pessoal. Desconfie de qualquer pessoa que entre em contacto com você a pedir informação pessoal sobre o seu Social Security ou Medicare. Desligue o telefone se alguém solicitar sua informação pessoal e não envie nenhuma informação pessoal pelo correio ou internet a empresas ou pessoas que você não conhece.

Se precisar de mais informações sobre o Social Security ou Medicare pode telefonar para o Senior Center e falar com Ana Terra-Salomão ou pode ligar para Social Security através do número – 1-800-772-1213.

DATAS IMPORTANTES

Dias 1, 8, 22 e 29 de Abril - Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

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

Dia 9 de Abril – Palestra grátis com o Advogado Bergeron ao 1:00 da tarde. Telefone para reservar o seu lugar.

Dia 15 de Abril – **O Senior Center estará fechado devido ao feriado de “Patriots Day”.**

Dia 18 de Abril – **Conferência grátis** para pessoas idosas no “Assabet Valley High School” em Marlboro, Ma com o Senador James Eldridge das 8:00 da manhã às 2:00 da tarde. Muita informação, comida e prémios.

Dia 23 de Abril- Almoço e desfile de moda às 12:00 da tarde no Senior Center. O custo é \$10.00 por pessoa. Os bilhetes estarão a venda no Senior Center a partir do dia 4 de Abril. **Haverá um limite de 70 pessoas.**

Dia 30 de Abril – Passeio ao “Foxwoods Casino” em Conneticut às 8:00 da manhã. O custo é \$25.00 por pessoa. Bilhetes a venda a partir do dia 3 de Abril no Senior Center.

Dia 30 de Abril – Espectaculo grátis – “Mabel & Jerry 2” no Senior Center das 10:30 às 11:30 da manhã. **Haverá um limite de 40 pessoas.** Telefone para reservar o seu lugar.

Dia 9 de Maio – Almoço do Dia da Mãe no Clube Português de Hudson às 12:00 da tarde. O custo é \$10.00 por pessoa. Os bilhetes estarão a venda no Senior Center a partir do dia 11 de Abril.

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



Sign up today!

Mabel and Jerry 2 Obstacles to the Altar

By Steve Henderson



**At the Hudson Senior Center
Tuesday, April 30th at 10:30am–11:30 am**
****Limited to 40 people****

Proposing was never as wonderful, never as fraught with mishaps and false starts and never as hilarious as this! Mabel and Jerry have arrived at your senior center, each planning to pop the question to the other. Will she say “yes?” Will he?

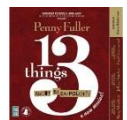
Come watch this FREE and terrific Play

This program is supported in part by a grant from the Hudson Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

A fun short performance.....New date!



13 Things about Ed Carpoletti
Monday, April 22nd 10:00am-11:00 am (at the senior center)
This is FREE Coffee and light refreshments.
Seating is limited to 40 people...sign up today!



A fun play!!! Virginia is alone in her home for the first time after her husband, Ed (they were childhood sweethearts), passes away. Worse, she discovers that Ed's business has been failing for years. As president of the company now, Virginia finds herself on the hook for almost \$2 million, including money borrowed from a loan shark. The vultures surround her, demanding funds immediately, when, most troublingly, a blackmail note arrives from an anonymous villain, demanding an additional \$1 million, or else 13 awful things about her husband and his associates will be revealed to the world.



Assabet Technical High School's Tech Savvy students are back to answer your technology questions Wednesday, April 10th 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**



AARP SMART DRIVER COURSE
Wednesday, April 10th, 2019 from 9:30 a.m. to 1:30 p.m.
At the Hudson Senior Center
Lunch will be provided

Cost: \$15 for AARP Members (bring your AARP card)
\$20 for Non-Members ~payment due on day of the class

Cars have changed and so have traffic rules. Some drivers age 50 plus have never looked back since they first got their license, but even the most experienced drivers can benefit from brushing up on their driving skills. By taking a driver safety course you'll learn the current rules of the road, Defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. After completing the course you may be eligible to receive an insurance discount. AARP membership is not required to take the course and there are no tests to pass. To sign up please call the Hudson Senior Center at 978-568-9638. Limited to 20 people.



“Mobile Library” at the Center Monday, April 8th 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, April 11th & 25th 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.

39th Annual Senior Conference Thursday, April 18th 2019

Hosted by:

State Senator Jamie Eldridge
Assabet Valley Regional Technical High School
215 Fitchburg Street Marlboro, MA
8am – 2:00pm

Don't Miss Out on the Fun!

Workshops, Entertainment, Exhibits, Prizes, Speakers and FREE Coffee, Donuts & Lunch!

For more information call District Director, Danillo Sena at (617)722-1120 or email Danillo.Sena@masenate.gov

No registration required



Assabet Valley Camera Club Photography Scavenger Hunt



Anyone interested in photography is welcome to attend the next meeting of the Assabet Valley Camera Club (AVCC) on Wednesday, April 3rd. Join us for an evening where members will be scoring the images submitted to the club's annual photo scavenger hunt. Each year members are provided with a list of ten subjects that must be taken within a given timeframe. Some of this year's topics include portraits, skylines, photojournalism, silhouettes as well as monochromatic images and photos that depict diversity, rust or winter. The submitted images are anonymously judged by all the members of the club. At a future meeting, first, second and third place prizes will be given for each topic based on accumulated scores as well as awards for overall performance across all ten categories.

AVCC meetings are held in the Great Room at the Hudson Senior Center, 29 Church Street, Hudson, and officially begin at 7:30 PM. The first meeting of the month generally features a program designed to instruct and/or to entertain camera enthusiasts. During the second monthly meeting, member competitions of both print and digital images are judged and critiqued by qualified individuals. Assabet Valley Camera Club, a member of both the New England Camera Club Council and the Photographic Society of America, also participates in interclub competitions on regional, national and international levels.

The meeting 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. Members benefit from the hands-on experiences, from the knowledge presented in programs, and from having their work critiqued. For more information check out the AVCC website at assabetvalleycc.com or contact John Gill, club president, at 978-293-5192.



Legal Clinics with Arthur Bergeron

Tuesday, April 9th 1-2 pm

Topic 1: Elder Law for Couples - The best way for a couple to ensure their estate planning goals are met is to develop your estate plan while you are both alive. The options, *and your goals*, may change if you do not have an estate plan in place should one of you pass away. Elder Law Attorney Arthur Bergeron will discuss best estate planning practices for tax minimization, asset protection, and probate avoidance.

Tuesday, May 14th 1-2 pm

Topic 2: Elder Law for Singles - Estate planning is not just for couples! Everyone should have an estate plan in place to protect you and your assets should you become frail, incapable of caring for yourself, or to simplify things should you pass away. Elder Law Attorney Arthur Bergeron will discuss best estate planning practices for singles.

*****You must sign up for these clinics*****



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*

HOW “WAIVING THE WILL” COULD AFFECT YOU

In the spring, as part of a my seminar series, I will be presenting “Elder Law for Couples,” in which I will discuss the ins and outs of estate planning for seniors. One of the new issues is a new Massachusetts Supreme Judicial Court interpretation of the “spousal share.”

If one spouse dies and leaves little or nothing to the other spouse in his or her Will, under Massachusetts law the surviving spouse has the right to waive that Will and instead elect an amount designated by state statute as the “spousal share.” Until recently, that election rarely happened because the statute dealing with what constituted the “spousal share” was so ambiguous, especially when there was real estate involved.

In the Massachusetts case, Ciani v McGrath, decided on January 8, 2019, the SJC decided that if the first spouse to die owned real estate and the surviving spouse waived the Will, the surviving spouse obtained a life estate in one-third of the real property, entitling the surviving spouse to any income from the property while the surviving spouse was alive but also, more importantly, giving the surviving spouse the ability to force a sale of the property through a “petition to partition” and obtain a share of the proceeds. As the holder of a life estate, the surviving spouse would also have certain obligations, such as paying a share of the property taxes, repairs and expenses.

This clarification provided by the Court will make it easier for the surviving spouse to obtain a share of the assets of the deceased spouse, especially in those cases where the marriage was acrimonious. However, there may be unintended consequences for many seniors who are trying to protect assets from MassHealth claims.

I often talk about my fictitious couple, Frank and Mary. Suppose Frank is caring for Mary at home but wants to make sure that, if he dies, Mary will be able to qualify for MassHealth. Suppose he does that by having a Will that leaves all of Frank’s assets to his children, figuring they will care for their mother. Now suppose Frank dies owning the home, Mary then needs nursing home care, and Mary applies for MassHealth. Will MassHealth require Mary to exercise her spousal share, obtain a life estate in the house, and force its sale so that her share of the proceeds can be used to pay for her nursing home care? We will need to wait and see, but this is certainly a possibility.

For a discussion of these and other estate planning matters for couples, you may want to attend one of the “Elder Law for Couples” sessions at the senior centers in Marlborough, Hudson, Southborough, Hopkinton, Ashland, Holliston, Vineyard Haven or Nantucket. All senior centers are open to all seniors. For dates and times, go to our Trusts and Estates blog, “Getting All Your ‘Docs’ in a Row.” 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/elderlawfrankmary.

Transportation News...

Do not forget about Food Shopping days!



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 is Market Basket.

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

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 at least the day before (before 12:30pm) 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!

Cold Menu April 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Bourbon Chicken Salad Orzo & Spinach Salad Carrot & Pineapple Salad	Ham Salad Pasta Salad Roman Blend Veg Salad	Chef's Salad Mediterranean Rice Salad Sesame Cucumber Salad	Turkey Apple Salad New Pasta Salad Roasted Vegetables	Tuna Salad Israeli Cous Cous Salad Cole Slaw
8	9	10	11	12
Tortellini & Turkey Salad Beet & Onion Salad Roasted Vegetables	Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Chicken Breast/Red Pepper Pesto Macaroni Salad 3 Bean Salad	Roast Beef Roasted Potato Salad Chick Pea & Cilantro Salad	Egg Salad Pasta Salad Beet Salad
15	16	17	18	19
Center Closed	Tuna Salad Israeli Cous Cous Salad Cole Slaw	Chicken Caesar Salad Pasta Salad Broccoli Salad	Tortellini & Turkey Salad Beet & Onion Salad Roasted Vegetables	Bourbon Chicken Chick Pea & Cilantro Salad Roman Blend Veg Salad
22	23	24	25	26
Turkey Cranberry Salad Potato Salad Beet Salad	Chef's Salad Mediterranean Rice Salad Cucumber Salad	Mixed Greens w/Salmon Orzo & Spinach Salad Pineapple	Ham Salad Quinoa w/Roasted Veggies Roman Blend Veg Salad	Cilantro Chicken Corn & Black Bean Salad Broccoli Salad
29	30			
Asian Chicken Salad Hoisin black bean Salad Mandarin Oranges	Egg Salad Corn & Black Bean Salad Roasted Vegetables			

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

*****Half -Price Sale*****
Until April 11th
(except on Cards)



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, April 17th 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 2009.

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

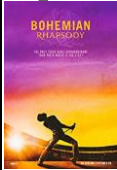
FRIENDS MEETING ~ Tuesday, April 9th at 9:30am

Tuesday is "Movie Day" at the Center



Here is the listing of movies for April.
Come and join us at 12:30pm for the
following movies:

April 9th - Bohemian Rhapsody



Bohemian Rhapsody is a foot-stomping celebration of Queen, their music and their extraordinary lead singer Freddie Mercury. The film traces the rise of the band through their iconic songs and revolutionary sound. While bravely facing a recent AIDS diagnosis, Freddie leads the band in one of the greatest performances in the history of rock music at Live Aid. Queen cements a legacy that continues to inspire outsiders, dreamers and music lovers to this day.

Rating: PG-13 Runtime: 2hrs 14min

April 16th - Mary Poppins Returns



The magic continues in Disney's classic as Mary Poppins (Emily Blunt) helps the Banks family remember the joy of being a child. Together with her friend Jack the lamplighter (Lin-Manuel Miranda), fun is brought back to the streets of London in celebration that everything is possible...even the impossible.

Rating: PG Runtime: 2hr 10min

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~ please contact Janice ****

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, April 8th, 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 of loved ones
who have passed. Our thoughts and prayers
are with their 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

AM Fitness 3 Mornings a week Cost: \$12/month

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

PM Fitness 3 Evenings a week Cost: \$12/month

- Mon evenings 4:30pm Cardio and Weights
- Tues evenings 4:30pm stretch
- Thurs evenings 4:30pm-Cardio and Weights

AM Yoga: Wednesday mornings 8:30am. Cost: \$10.00 per month

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

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

***Class Update: Flex and Tone continues on Thursdays until April 18th**

No Class on Thursday, April 25th ...Beginning on May 1st class will be held on Wednesdays at 9:30am

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.

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: Tuesdays at 9:30am. Cost is \$3.00 per class, payable to the instructor.

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.

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.

Fitness program designed for Parkinson's but works for everyone: * No Class on April 30th *

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.



Hudson Senior Center Trips 2019

Wednesday, April 24th Dancing Dream ~ ABBA Tribute Band **waitlist only**

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**

****NEW** Tuesday, April 30th Foxwoods (Tickets available Wednesday, April 3rd)**

This trip goes fast so book early. Bus leaving the tennis courts on Chapin Rd. in Hudson at **8am sharp** and returns at around 6pm! Trip includes: Transportation, Free Buffet or \$10 food coupon & \$15 bonus slot play and Gratuity. **Price: \$25.00 pp**

Sunday, May 19th The Edwards Twins with a Sunday Brunch **payments due now**

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**

Tuesday, July 16th Newport Playhouse Lobsterfest: "Funny Money"

Enjoy a funny play, a fun-filled cabaret and a buffet including 1 1/4 lb. Boiled Lobster, Mussels in Wine, Sweet Corn on the Cob, Roasted Chicken, BBQ Chicken, Red Bliss Potatoes, Glazed Sweet Potatoes, Creole Shrimp and Rice, Shrimp Cocktail, New England Clam Chowder and much more. **Price also includes transportation and gratuity!** **Price: \$101.00pp**

Tuesday, August 27th Diamond's & Pearls Cash & Kings

The Ultimate tribute show from the renowned shipboard duo Jose and Patti, who have been wowing audiences worldwide with their vibrant performances. Jose and Patti's show is a Neil Diamond tribute with some Janis Joplin, Carole King, and Johnny Cash mixed in. Choice of stuffed breast of chicken or baked schrod and also includes salad, potato, vegetables, breads, dessert, coffee/tea. **Price: \$92.00pp**

October 3rd & 4th The Common Man – New Hampshire 1 night 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, Train Ride on 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



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.

Message from the Friends...

FRIENDS NEED FRIENDS

The Friends of the Hudson Senior Center is a nonprofit organization that raises funds to provide items and activities for the Senior Center and Hudson Seniors beyond what is provided by the Town of Hudson.

The Friends of the Hudson Senior Center is reaching out to Hudson and surrounding area residents to garner new participation and involvement at our monthly meetings. There is no age requirement to be a Friend of Hudson Seniors and the present Friends members are great! We are looking for new ideas to improve our annual fair, fundraisers and fun activities at our beautifully renovated center.

Meetings last less than an hour and commitments are not time consuming on a long-term basis.

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 at the Hudson Senior Center.

Jackie Kapopoulos

President

Friends of the Hudson Senior Center

Next Friends Meeting: Tuesday, April 9th 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 perpetuate the dignity and well-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.

Senior Cohousing: A *Community* Approach to Aging in Place Introductory Meeting

by Middlesex Senior Cohousing

Saturday, April 13

2 pm – 4:30 pm

New View Cohousing, 25 Half Moon Hill off Central St., West Acton

RSVP to middlesexseniorcohousing@gmail.com

Members of Middlesex Senior Cohousing



Come learn about cohousing and our project to build New England's *first senior cohousing neighborhood*! Cohousing is an innovative model that started in Denmark and operates on the understanding that *community* is the best insurance for having a fun and fulfilling 3rd Act. And getting the nurturing care we need as we age.

Program features a slideshow, video, Q&A, and facilitated break-out groups.

We are 15 households in Metro Northwest Boston looking for land on which to build a collaboratively designed, self-managed community. We've engaged professionals to help us and are growing our membership. Learn more at www.middlesexseniorcohousing.org.

[Find out if ours is the dream community you've been looking for!](http://www.middlesexseniorcohousing.org)

What's Going on...

- **Hudson Mobile Library:** Mon, April 8th at 10am
- **Podiatrist:** Monday, April 8th by appt only
- **Elder Law for Couples:** Tuesday, April 9th at 1pm
- **Friends Meeting:** Tuesday, April 9th at 9:30
- **Hearing Clinic:** Tues. April 9th at 9:30am by appt only
- **Movie Day:** Tuesday, April 9th & 16th at 12:30pm
- **Tech Savvy:** Wednesday, April 10th at 10am
- **AARP Smart Driver Course:** Wed April 10th 9:30-1:30
- **Atty Bergeron Advice:** Wed. April 10th by appt. only
- **Vets Talk:** Thursday, April 11th & 25th at 9am
- **Genealogy :** Wednesday, April 17th at 10:30am
- **Senior Conference at Assabet:** Thurs, April 18th 8am-2pm
- **13 Things about Ed Carpoletti:** Mon, April 22nd at 10am
- **Fashion Show:** Tuesday, April 23rd at noon
- **Mabel & Jerry:** Tuesday, April 30th at 10:30am
- **Cribbage:** Every Day except Thursday.
- **AM Fitness:** Mon. Tues & Thur. mornings 8:30 AM
- **Chair Pilates:** Monday at 9:30am & Friday at 11:15am
- **Knit and Crochet:** Mon. at 9:30 am
- **Line Dancing:** Mondays at 10am. Cost \$3.00 per person.
- **Bingo:** Monday and Wed 12:30 pm. See you there!!!
- **Mah Jong:** Mondays and Thurs. at the center 12pm to 3:15pm Played by the National Mah Jong rules.
- **Bridge:** Every Tues. 9:30am and Friday at 12:30pm
- **PM Fitness Classes:** Mon. Tues & Thurs. 4:30 pm
- **Stress Reduction with Qigong:** Tues. at 9:30 to 10:30
- **Open Studio for Painting:** Tuesdays at 10am
- **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
- **Parkinson's Exercise:** Tues. 10:40am & Thurs. 1pm
- **AM Yoga:** every Wednesday 8:00am
- **Walking Club:** Every Wednesday meet at 9:00am
- **Water Color Class:** Wednesdays at 10am
- **Chair Yoga:** Wednesdays at 2pm
- **Blood Pressure:** Thursdays 9:30am – 11:00am
- **Tai Chi:** Thursday at 9:30am starting on April 25th
- **Zumba:** Thursdays at 11am
- **DayBreak** every Thursday 11:30am-2:30pm
- **Flex and Tone:** Thursdays at 9:30 until April 18th
- **Stretch Break:** Fridays at 9am
- **Music Jam:** Fridays at 11:30 am
- **Scrabble:** Fridays at 12:15pm
- **Camera Club:** First and third Wed. of every month



The Hudson Senior Center Bus begins running at 8am and ends at 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, April 10th
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, April 9th

starting at 9:30am
With Michael Drennan from Rogers
Hearing Solutions
Call 978-568-9638 for an appointment

For cancellations please call: 508-573-7246	April 2019	Menu Subject to Change
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MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1			2			3			4			5		
Tomato Basil Meatballs	352		Cran Orange Chicken Breast	338		Tomato Florentine Soup	164		Turkey Corn Stew	464		Broccoli Bake	482	
Cavatappi Pasta	1		Sweet Potatoes	2		Pork and Pepper Saute	120		Green Beans	3		Home Fries	5	
Italian Blend Vegetables	41		Jardiniere Vegetables	50		Wild Rice Pilaf	140		Wheat Dinner Roll	105		Stewed Tomatoes	150	
Wheat Bread	160		Pumpernickel Bread	155		Multigrain Bread	164		Mandarin Oranges	7		Multigrain Bread	164	
Fruit Yogurt	75		Diced Peaches	5		Apple Streusel Cake	191					Fresh Pear	1	
						D: Cinnamon Apples	0							
Total Sodium(mg):	754		Total Sodium(mg):	675		Total Sodium(mg):	904		Total Sodium(mg):	704		Total Sodium(mg):	927	
Calories:	679		Calories:	469		Calories:	646		Calories:	435		Calories:	722	
8		Na+	9		Special Na+	10		Na+	11		Na+	12		Na+
Split Pea Soup	96		Salmon Boat in Lemon Dill Sauce	276		Cheesy Cauliflower Soup	319		Grilled Chicken Parmesan	655		Potato Pollock	273	
Chicken Coq au Vin	387		Roasted Yukon Gold Potatoes	5		Beef tips in Burgandy Sauce	395		Bowtie Pasta	1		Tartar Sauce	100	
Sour Cream & Chive Mashed	92		Broccoli au Gratin	158		Butternut Squash	0		Cauliflower Supreme	14		Orzo Pilaf w/Spinach	57	
Wheat Bread	160		Wheat Dinner Roll	105		Rye Bread	150		Multigrain Bread	164		Riviera Blend Vegetables	140	
Tropical Fruit Cup	10		Chocolate Mousse	280		Raisins	4		Pineapple	1		Wheat Bread	160	
												Lorna Doones	100	
Total Sodium (mg):	870		Total Sodium(mg):	949		Total Sodium(mg):	993		Total Sodium(mg):	960		Total Sodium (mg):	955	
Calories:	788		Calories:	680		Calories:	735		Calories:	585		Calories:	777	
15		Na+	16		Na+	17		Na+	18		Na+	19		Na+
Patriot's Day Holiday			Autumn Harvest Soup	233		Chicken Breast Florentine	347		Meat Loaf w/Gravy	301		Macaroni & Cheese	488	
			Chicken Kielbasa	400		Butternut Squash	48		Whipped Potatoes	66		Italian Blend Vegetables	41	
			Peppers & Onions	27		Brussels Sprouts	12		Carrots	64		Wheat Bread	160	
			Oven Roasted Potatoes	5		Multigrain Bread	164		Dinner Rolls	132		Clementine	1	
			Hot Dog Roll	270		Fig Bar	100		Brownie	149				
			Apricots	10		D: SF pudding	156		D: Chocolate Grahams	95				
No Meals Served														
			Total Sodium (mg):	###		Total Sodium(mg):	796		Total Sodium (mg):	837		Total Sodium(mg):	815	
			Calories:	683		Calories:	620		Calories:	922		Calories:	723	
22		Na+	23		Na+	24		Na+	25		Na+	26		Na+
Gypsy Soup	272		Swedish Meatballs	220		Apricot Glazed Chicken	352		White Bean & Kale Soup	211		Pork Fried Rice	508	
BBQ Pork Rib	362		Parslied Egg Noodles	4		Chantilly Potato	238		Roast Turkey in Gravy	410		Asian Vegetables	21	
O'Brien Potatoes	34		Summer Blend Vegetables	24		Green Beans	3		Bread Stuffing	316		Fortune Cookie	6	
Multigrain Bread	164		Rye Bread	150		Wheat Bread	160		Wheat Dinner Roll	105		Multigrain Bread	164	
Pears	5		Hermit Cookie	24		Fruit Yogurt	75		Tropical Fruit	10		Strawberry Cup	0	