

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

April
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.



Fire Safety for Hudson Seniors

Senior fire safety is an issue that is of critical importance to me as both your state representative and neighbor.

The risks of fire and injury change as we age and the effects of a fall, a burn, or a fire can be devastating. As we age, we experience changes in vision, hearing, cognitive abilities and mobility, as well as in our ability to react quickly in emergency situations; we become more at risk of fire from cooking, heating, electrical, smoking and the use of home/medical oxygen.

It's important to adapt our homes so we can stay independent and safe.

Many of us know that batteries in smoke and carbon monoxide detectors should be changed regularly, but did you know that our local fire department can assist you? Last year the Hudson Fire Department partnered with the Hudson COA and visited 72 Hudson residences for a home safety survey. They changed batteries, gave out File of Life kits (a summary of medical data and emergency contacts that is kept in a prominent place to aid First Responders) and ensured that each home was as safe as possible. This year, I was proud to once again help bring \$2,277 in Senior SAFE (Senior Awareness of Fire Safety) grant funding to Hudson. The Senior SAFE initiative is modeled after the state's successful student fire safety program. I became involved with establishing and strengthening it after our region experienced a spate of house fires in 2013. Run by the Department of Fire Services, the Senior SAFE initiative connects local fire departments to grants in support of senior fire safety outreach. This grant award means the COA and Fire Department can continue to collaborate on fire safety programming that reaches more seniors like you. It also enables the Fire Department to purchase a limited number of items to give to at-risk individuals, such as night lights, bath mats, electrical power strips, stove top fire stops, house numbers, and batteries. Education and small changes can make a big difference when it comes to lowering your risk of a house fire or fall.

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.

Upcoming Spring Office Hours:

April 13, 6-7 pm at the Bolton Public Library

Tuesday, May 16th 6-7pm at the Randeall Library in Stow

Thursday, June 15th 6-7pm Trustees' Room, Maynard Public Library

Hello to Everyone,



April is Volunteer Month



We would like to thank our many Volunteers! Our 40 Meals on Wheels volunteers have done an outstanding job delivering just over 10,000 meals to seniors at home in FY 22. This program is essential to many seniors and these wonderful volunteers did not let them down. Our Council on Aging Board members have not only met every month for their COA Board meetings in person or via zoom, but happily attended additional meetings when needed. Our Friends Organization, their Officers and members continue to provide financial support and encouragement to the Hudson Senior Center. We are also grateful to our volunteers who help every week with our Social Day Program, DayBreak. This program is successful in part to their commitment and help. Of course, we cannot forget our dedicated quilters, knitters, gift shop volunteers, our 3 blood pressure nurses, our stress reduction and parkinsons class instructors, library and front desk volunteers. Our senior center would not be what it is today without the help of our many volunteers. Thank you!

Senator Jamie Eldredge's Senior Conference returns April 20, 2023

See more information about this fun event in our newsletter!!

MassHealth Redetermination

For the past two months I have written about the MassHealth Redetermination process. MassHealth needs to renew coverage for all members to make sure they are still eligible and receive the best benefit they qualify for. During the redetermination process, MassHealth will be sending out all renewals to members in a blue envelope. The Blue envelope will include a renewal notice and a paper renewal form. **During this time period, members may receive other important mail from MassHealth in a white envelope that they must read and respond to in order to maintain their coverage and understand what benefits they qualify for. If you receive something from MassHealth and do not understand please call the Hudson Senior Center and we will help you through this process. Call 978-568-9638**

A change to Jennifer Davidson's Chair Pilate's class beginning in April

Jennifer will now be offering a hybrid model of her Chair Pilates class. That means she will offer it in person every Monday at 9:30 at the Hudson Senior Center and also on zoom every Monday at 9:30AM. People will have the option of participating in person or at your home via zoom. Jennifer will be zooming her class from the Hudson Senior Center with those who want to participate in person. So, if you prefer to do your class at home you can do so. If you want to come back to in person that is also available. We hope to have more people participate in this class by offering it in both formats. You will love this class. Give it a try!



Special Thanks to Mike and Susan Bleecker for organizing the St. Patrick's Day party for the Parkinson's Exercise class.

~Janice

Reminder: Senior Center is Closed on Monday, April 17th for Patriots' Day

Grab & Go Meal... A delicious and easy meal for you to heat up at home



Tuesday, April 25th

Pick up between 11:30am – 12pm at the Center

Another Grab and Go meal from Assabet Technical High School at the Center. Pasta Primavera with chicken, a dinner roll, black forest cake. This meal will be packaged cold with heating instructions. Cost to you is \$5.00. Limited to 70 people.

Sign up beginning Wednesday, April 12th

Bemis Farms returns with some fun floral workshops.

Friday April 28th 10am at the Hudson Senior Center

Your cost for this beautiful painted pine cone wreath is \$15.00, the senior center will pay \$10.00. Limit is 25 people. You must call 978-568-9638 to sign up for this.

Spring Wreath \$25



Some changes to our Line Dancing Class with Paul Hughes

Starting in April we will have two Line Dancing Classes

1. Beginners Line Dancing Class every Friday at 10:00 AM

Dance for fun, exercise, balance, coordination, and to learn a new skill. Suitable for those new to line dancing. No experience is necessary! Teaches basic step elements & patterns at a slower pace and with more repetition. Learn easier dances with modification of steps to adapt to your level of ability. Each dance is broken down first, demonstrated, and then danced to music that you will enjoy! **Cost is \$10.00 a month**

2. Beginner Plus: Beyond Beginner Line Dancing Friday at 11:00 AM

The Beginner Plus is suitable for those with some line dance experience. This class will offer more dance elements and patterns that will keep you inspired & motivated. Dance to some of the old favorites, and also add some of the newest line dances. **Cost is \$10.00 a month**



Our Self-Empowered Living Program Continues in May

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

We want to welcome our new instructor, Suzanne Peters, LICSW. 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, May 3rd from 1-2 pm and end on Wednesday, May 24th 1-2 pm. 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.

Mother's Day Tea Party at the Senior Center

Friday, May 12th at 11:00 am Cost is \$10.00



Mother's Day Tea Party Breakfast pastries- scones, muffins, Danish, turnovers
Tea sandwiches- a variety of mini sandwiches: cucumber cream cheese, chicken
salad, roast beef, homemade potato chips, spinach salad, raspberry lemonade
and raffle prizes. ☺ If you want you can wear a Tea Party Hat to make this
more festive! Limited to 50 people.

Sign up in person beginning Wednesday, April 19th



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

Friday, May 5th 1pm–2 pm at the Senior Center.

Please call 978-568-9638 to sign up.



Assabet Technical High School's Tech Savvy students are back again to answer your technology questions Wednesday, May 17th at 10:30am

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

Call the Center at 978-568-9638 to reserve your seat.



Hiking Day

Friday, April 14th at 10:30am

at Rattlesnake Hill on 117 in Bolton

On Route 117 going towards Stow pass Slaters restaurant on right about 1 mile down on left there
is a small dirt parking lot with a brown sign Bolton Lime Quarry park here.

If you come to Bolton Spring's Farm on left you went too far right before on left side.

Call to sign up!

Hudson's DPW Department presents *Stormwater Management and How it Impacts All of Us* A short presentation held at the Hudson Senior Center

Wednesday April 26th at 11:00 am

They will address:

Stormwater quality, what that means to us and how to improve it. The costs of
stormwater management and Question and answers.

You must register for this by calling 978-568-9638 to reserve your spot.

Transportation News...



Food Shopping Day: Tuesdays



- 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 and Medical Appointments

*Masks MUST be worn while on the bus at all times regardless of vaccination status.
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, April 5th

Cold Menu: Roast Beef, provolone, lettuce, beef salad, macaroni salad

Hot Menu: Broccoli mushroom frittata, sweet potatoes, green beans

Thursday, April 6th

Cold Menu: Curry chicken salad, lettuce leaf, orzo vegetable salad, cole slaw

Hot Menu: Pot Roast w/ gravy, mashed potatoes, spinach and mushrooms

Wednesday, April 12th

Cold Menu: Tuna salad, lettuce leaf, sweet potato salad, zucchini salad

Hot Menu: Crumb topped macaroni and cheese, stewed tomatoes

Thursday, April 13th

Cold Menu: Turkey, swiss, lettuce leaf, balsamic pasta salad, cole slaw

Hot Menu: Pot roast burgundy, buttered noodles, spinach

Wednesday, April 19th

Cold Menu: Cali. chicken salad, tossed garden salad w/ lite Italian dressing, balsamic pasta salad

Hot Menu: Breaded fish sandwich, cheddar cheese, tartar sauce, whipped potatoes, veggie blend

Thursday, April 20th

Cold Menu: Roast beef, provolone, beet salad, potato salad

Hot Menu: Roast turkey w/ gravy, mashed potatoes, carrots

Wednesday, April 26th

Cold Menu: Vegetarian chef salad, lite Italian dressing, Italian pasta salad

Hot Menu: Chicken broccoli divan, sour cream and chive mashed potatoes, veggie blend

Thursday, April 27th

Cold Menu: Turkey, swiss cheese, English pea salad, garden salad w/ lite Italian dressing

Hot Menu: Potato crunch fish, red bliss potatoes, spinach

***Suggested Voluntary Donation of \$3**
Menu is subject to change*

Movie Day" at the Center



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

Monday, April 10th & Friday, April 14th – *Devotion*



Jonathan Majors (Creed III) and Glen Powell (Top Gun: Maverick) star in the epic and inspirational true story of two elite US Navy fighter pilots who helped turn the tide in the most brutal battle in the Korean War: Jesse Brown, the first Black aviator in Navy history and his fellow fighter pilot and friend, Tom Hudner. Their heroic sacrifices and enduring friendship would ultimately make them the Navy's most celebrated wingmen.

Rating: PG-13 Runtime: 2hr 19min

Monday, April 24th & Tuesday, April 25th – *She Said*



Based on the 2019 eponymous book by Jodi Kantor and Megan Twohey, 'She Said' is a biographical drama movie that exposes the famous Hollywood producer Harvey Weinstein's history of sexual abuse against women in the industry through the perspective of two women journalists.

Rating: R Runtime: 2hr 9min



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.

Caregivers Support Group

Thursday, April 13th & April 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.

Bereavement Group

Monday, April 10th 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.

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

"VETS TALK" A program for Veterans



Thursday, April 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.

SENATOR JAMIE ELDRIDGE
42nd Senior Conference

In Person This Year!

8 AM - 2 PM | Thursday, April 20, 2023

Assabet Valley Regional Technical High School
215 Fitchburg St, Marlborough, MA 01752



SCAN QR CODE

**Pre-Register
Today!**

For more information, visit
SenatorEldridge.com/seniors

Questions?
Blanca.DeSousa@masenate.gov

42ND SENIOR CONFERENCE | SENATOR JAMIE ELDRIDGE



Senior Conference Returns In-Person

State Senator Jamie Eldridge (D-Marlborough) is proud to announce the return of the in-person [42nd Annual Senior Conference](#) this year, for the Middlesex and Worcester District, after being held virtually for the past two years. The Senior Conference will be held on **Thursday, April 20th from 8 am to 2 pm** at the Assabet Valley Regional Technical High School in Marlborough, where it has traditionally been held.

The Senior Conference is intended to provide seniors with a day of useful information, entertainment and educational workshops from expert guest speakers on topics including aging well, solo aging, and resources for caregivers and family members. Senator Eldridge also provides free breakfast, and a delicious free lunch made by the culinary students of Assabet Valley.

This event will be held in-person after a virtual two-year hiatus at Assabet Valley Regional Vocational Technical High School in Marlborough. Program topics include Resources for Seniors, Yoga, Trivia, Vendors, speakers from the MA Legislature, and as always: raffle gift



APRIL 4, 2023

PUBLIC MEETING ON ZOOM

Hudson's Hazard Mitigation Planning Committee needs the Public's help completing the Town's Hazard Mitigation Plan. This plan serves as a strategy for reducing current and future risks of natural hazards and climate change. The public is invited to share their ideas for reducing impacts associated with natural hazards and to learn about the updated plan. Approved by FEMA, the plan allows the Town to apply for pre-disaster mitigation grant funding.



**The Public is Invited
to a Meeting to
Discuss Disaster
Mitigation**

**April 4, 2023
6:00pm - 7:00pm**

Zoom Link

<https://us02web.zoom.us/j/83438690478?pwd=ZkM4Ym90K2lBVGVZOW82N2FPUjU4dz09>

**Share your ideas to
make Town more
resilient to natural
hazards such as
floods, drought, high
winds, and winter
storms.**

**FOR MORE INFORMATION
CONTACT**

**Bryan R. Johannes
Fire Chief, Emergency
Management Director**

Town of Hudson

978-562-5565

bjohannes@townofhudson.org

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*
- NEW** • **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**

NO STRESS REDUCTION CLASS APRIL 4TH

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**
- NEW** • **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**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am. Cost: no charge**
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am Cost: no charge**



Elder Law with Frank and Mary

by Arthur P. Bergeron

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

THINKING BEYOND THIS TAX RETURN

After you scurry around trying to make sure your tax return gets in and your tax bill gets minimized, you may want to take a moment to think about your taxes in the broader scheme of things. Consider talking to a tax professional about what you can do for the rest of the year to make next year, and the rest of your life, better tax-wise. Among other things you may want to consider is rethinking withdrawals from your tax-deferred accounts. Do you really want to minimize these withdrawals and take only the Required Minimum Distribution (RMD) every year? Of course, that will minimize your taxes this year, but is that your best plan for the future? Consider this:

- I regularly talk to a spouse whose husband or wife needs to qualify for MassHealth, either to pay for nursing home care or to pay for care at home. Typically, to qualify, the spouse in need needs to transfer all assets to the healthy spouse. This can be done at the last minute, but if the spouse who needs MassHealth has tax-deferred funds, those funds all need to be withdrawn (and the taxes paid) at once, leading to huge tax bills, often at high federal tax rates, just when people can least afford them. You can avoid that problem by withdrawing these funds gradually, a little every year, working with your accountant to make sure you have minimized taxes in the long run.
- If you leave those funds to your children after you die, they will need to pay taxes on them at their own tax rates, which may very well be higher than yours, especially if they live in higher tax states like New York and California. If you are leaving these funds to your children in equal shares, you are actually treating them unequally, since those with higher incomes will actually be receiving less after taxes.
- You can avoid the Massachusetts estate tax by giving assets away before you die. Contrary to popular myth, you will probably not owe any gift tax no matter the size of the gift. This strategy does not work well, however, if you have to withdraw all your tax-deferred funds at once and pay a huge income tax just to avoid the estate tax. Once again, you can minimize this problem by taking out your tax-deferred funds gradually.

My point is that now is not the time to figure all this out. Now is the time to get your taxes in. I do, however, suggest to talk with a CPA, as they are equipped to advise you about the best approach for the long run. 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, April 12th from 1pm 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

DayBreak at the Hudson, Northborough and Marlborough Senior Centers A Social Day Program Providing Respite for Caregivers

Professional staff will provide a healthy lunch and engaging activities for those who require some supervision. You can participate one, two or three days per week. DayBreak provides a structured, quality time for your loved ones at three locations:

Northboro Senior Center 119 Bearfoot Road **Tuesdays 11:30am-2:30pm.**

Marlboro Senior Center 40 New Street **Wednesdays 11:30am-2:30pm.**

Hudson Senior Center 29 Church Street **Thursdays 11:30am-2:30pm.**

Support for this project provided in part by the MetroWest Health Foundation.

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

Please contact Lisa Bazarian Gardner at 978-568-9638

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



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, April 19th at 10:30am

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

Knit and Crochet Wednesdays at 9:30am

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

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

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

CRIBBAGE

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



BRIDGE

Friday 1pm-3pm

Crafting

Mondays at 12pm – 3pm
2nd Floor – Crafting Room

Open Painting Studio

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



Calling all Bingo Players! Wednesdays at 12:30pm

Scrabble on Fridays at 12:15pm

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



Pool Room

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



Hudson Senior Center Gift Shope

Thursdays 9:30am -12:30pm

Senior Center Lending Library

Donations made to our Library are appreciated with **Copyright date no earlier than 2013. *Check out our new Large Print section***



Message from the Friends...

Next Friends Meeting: Tuesday, April 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

Wednesday, May 24th Staying Alive ~ Tribute to the Bee Gees

Experience the World's # 1 Tribute to the Bee Gees –An amazing show that is as close to the original as you can get. Plated luncheon at Lake Pearl in Wrentham, MA with your choice of Stuffed Breast of Chicken or Vegetarian Lasagna served with salad, potato, vegetables, breads, dessert, coffee/tea. **Payment due Now** **Price: \$109.00pp**

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**

May 5th -12th, 2023 8 Day/7night Boston to Bermuda Cruise

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

(Final payment was due on December 22, 2022)

Informational flyers available at the senior center or at: <https://www.wetravel.com/trips/hudson-ma-srs-the-sic-tenors-boston-to-bermuda-cruise-2023-copy-best-of-times-travel-bermuda-97748137>

Medical costs: Prescription Advantage

Have your copays for medications recently increased? If so, you could have reached the coverage gap, also known as the donut hole with your prescription drug coverage. A person reaches the donut hole when the initial coverage limit of your prescription drugs reaches \$4660. Once the total drug costs of your prescriptions reach this amount, you are in the “donut hole” and will be expected to pay a 25% copay for your brand name medications as well as 25% copay for generics. With that said, being in the coverage gap means that you could have extremely high copays at that time. There ARE assistance programs out there to help with the cost of your prescriptions if you are in the donut hole.

Prescription Advantage is a state sponsored prescription drug assistance program for Massachusetts Seniors (age 65 and over; as well as under 65 and on Medicare).

- The biggest benefit of PA (Prescription Advantage) is that it will help pay for your prescription drugs if you reach the donut hole (pending what your eligibility/category is)
- Prescription Advantage sets a limit on your out of pocket copays for the year.
- You will also be allowed to enroll in or switch drug plans one extra time during the year outside of the Open Enrollment Period (We call this a Special Enrollment Period)

How much does it cost to join? For some seniors it is free to join. There ARE income guidelines, so not everyone will be eligible dependent on income. For Medicare beneficiaries that have higher incomes, there is a \$200 annual fee each year. For people that do have the \$200 enrollment fee, it is important to calculate your costs of prescriptions because it may not be cost effective for you to join this program; consult a SHINE counselor for more assistance.

To apply, call the SHINE department at your local Council on Aging to see if you could qualify. They can then assist you with the application process. Applications can be submitted to Prescription Advantage at any time during the year.

Reminder: Mass Health

Mass Health Covid protections are expected to end in April. This means that Mass Health will be sending eligibility reviews out to members that were receiving benefits through Mass Health during the pandemic. This is a way to determine if you can still continue to keep your coverage, or, if you no longer qualify for these benefits. If you receive a Mass Health eligibility review in the mail, do not just throw it out, contact the Senior Center and we can assist with completing this.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDAS ÀS SEXTAS DAS 9:30 ÀS 3:30 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476.

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

No dia 20 de Abril de 2023 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 cafe e donuts de manhã e almoço grátis.

PROGRAMA DA SEGURANÇA SOCIAL PARA AJUDAR COM O CUSTO DE MEDICAMENTOS DE RECEITA MÉDICA CHAMADO “LOW INCOME SUBSIDY (LIS)”

O programa ajuda com os prémios mensais do seguro para medicamentos “Part D” e com os custos dos medicamentos. A ajuda é baseada rendimento e bens da pessoa. Os limites máximos são os seguintes:

Pessoa Solteira		Casal	
Rendimento	Bens	Rendimentos	Bens
135% FPL	\$1,640 por mês	\$2,219 por mês	\$16,630
150% FPL	\$1,823 por mês	\$2,465 por mês	\$33,240

Para obter mais informações sobre este programa telefone para o Senior Center e fale com Ana Terra-Salomão.

DATAS IMPORTANTES

Dias 5, 12, 19 e 26 de Abril - Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

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

Dia 12 de Abril – Palestra grátis com o Advogado Bergeron ao 1:00 da tarde. Telefone para reservar o seu lugar.

Dia 17 de Abril – O Senior Center estará fechado devido ao feriado de “Patriots Day”.

Dia 20 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 25 de Abril - “Grab and Go” Almoço ao meio-dia no Hudson Senior Center. No modelo “Grab and Go” a pessoa vem no seu carro e as funcionárias do Senior Center dão um saco com o almoço através da janela do carro. A pessoa não sai do seu carro. O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 12 de Abril para reservar o seu almoço. Limitado a 70 pessoas.

Dia 28 de Abril – Kit do Bemis Farms às 10:00 da manhã no Hudson Senior Center. Telefone para o Senior Center – 978-568-9638 para reservar o seu Kit. O custo é \$15.00. Limitado a 25 pessoas.

Dia 12 de Maio – Festa de Chá do Dia da Mãe no Senior Center às 11:00 da manhã. O menu é chá, sandes e doces. O custo é \$10.00 por pessoa. Os bilhetes estarão a venda no Senior Center a partir do dia 19 de Abril. Limitado a 50 pessoas.

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

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



Spring Words Word Search Puzzle



y d d l b d a g n f g n s i o f
 u d t n m r y r h l b r f v j l
 l p a j i a i e h s n e a m k o
 b a i f f x y e f u n y g s q w
 u z d c f u a n y s z n r r s e
 g o s y n o l b l o s s o m a r
 s r s o b i d e n y i i w v c s
 s o x h r u c i n y m n t l d x
 x b z p o p g i l p q a h c t b
 q i a a u w a n e b q e r c h s
 z n r t n r e n j u o i p c a r
 b e e s q d u r n d i i k z h i
 n t x c r j v z s s l g m u d r
 n m j a v a x v c u x u j a o i
 n n g j b s f m t m d u d b y s
 o w h b u l b s c r o c u s h y

FIND THESE **SPRING WORDS**

daffodil
 garden
 blossom
 bees
 June
 robin
 May

March
 showers
 flowers
 growth
 April
 green

bulbs
 buds
 ladybug
 crocus
 iris
 grass

rainy
 mud
 bugs
 tulip
 picnic



APRIL

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 Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess 02:00p Mindful Living	5 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:30p Bingo	6 08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 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 Bridge 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 12:30p Movie Day 01:00p Bereavement Group	11 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 09:00a Mindful Living 09:30a Friends Meeting 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 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 11:30a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p Bergeron Advice 01:00p COA Brd Mting	13 08:00a Library 08:30a Billiards 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 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 12:30p Movie Day 01:00p Bridge 01:00p Memoir Workshop
17 08:00a CENTER CLOSED	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 10:30a Genealogy 11:30a AM Zumba 11:30a Lunch at Center 12:30p Bingo	20 08:00a Library 08:00a Senior Conference 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 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 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop
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	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 11:30a Grab and Go Meal 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 11:00a Storm Water Management 11:30a AM Zumba 11:30a Lunch at Center 12:30p Bingo	27 08:00a Library 08:30a Billiards 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	28 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Beginners Line Dancing 10:00a Bemis Farms 10:00a Quilting 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop