

**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



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**, **SNAP** (Supplemental Nutritional Assistance Program) and **Mass Health** programs.
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** Such as BayPath Elder Services (Hudson's Aging Service Access Point) and private homecare agencies to help families age in place at home.
- **Ongoing Case Management**

Senior Center Staff:

- Janice Long, Director
- Virginia Figueiredo, Administrative Secretary
- Holly Richardson, Social Service Advocate
- Ana Terra-Salomão, Bilingual Social Service Advocate
- Jim Klotz, Full Time Bus Driver
- Walter Correia & Jack Veo, Part-time Bus Drivers

Social Activities:

Line Dancing, AM Fitness, PM Fitness, Yoga, Tai Chi, Stress Reduction, Parkinson's Exercise, Chair Pilates, Chair Yoga, Walking Club, Stretch Break Class, Flex & Tone Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Class, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Friday's Music Jam, Morning coffee and pastry.

Members of the Council on Aging Board:

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

Meetings:

The Council on Aging Board –1st Wednesday of each month at 1:00pm (No meetings in July & Aug)

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.



August 2019

REP. KATE HOGAN'S SENIOR NEWS

REAL ID FAQ

"What is a REAL ID and how do I get one?" It is a question I have heard a lot this summer while catching up with constituents at the farmer's market or a barbecue.

With federal REAL ID law slated to become the state standard next year, residents here in Hudson – seniors in particular – are starting to think about what the shift might mean for them. Since it is important to me as your representative to be a bridge between state programming and our towns, I wanted to provide some helpful tips to get you started.

What is a REAL ID and why is Massachusetts adopting it? Like a number of changes to modern travel, it has to do with boosting security. The REAL ID was adopted back in 2005 as the federal government implemented more rigorous safety measures. It is the security standard for IDs at the national level. This means that come 2020, you will need a REAL ID or a passport to fly within the United States or enter a federal building in Massachusetts.

Do I need one? Maybe. Both a REAL and standard ID are valid as a driver's license or state-issued identification card. The key difference between them is that, starting in 2020, only the REAL ID will be a valid form of federal identification. This matters if you travel by plane or enter federal buildings to access services, like Social Security, and you do not have a current passport.

If you have a valid Massachusetts driver's license and only need to use it to drive, then you do not need to get a REAL ID. You can also continue to use your up-to-date passport for domestic air travel and entering federal buildings.

Don't have a current passport and like to hop on a plane to visit grandkids or catch some sun during the winter months? Getting a REAL ID is your best bet. The same applies if you need to enter federal buildings here in the Commonwealth.

The Registry of Motor Vehicles (RMV) has a helpful tool on their website you can use to navigate this decision:

<https://tinyurl.com/REALDecision>

How do I get started? The application process for the REAL ID requires an in-person visit to an RMV service center but you can get started online on the MY RMV webpage: <https://tinyurl.com/StartREALIDApp>

At the end of the online application, you will be provided with a list of documents to bring with you to complete the process at your in-person visit.

What documents will I need? At your RMV appointment, you will need original documents that can prove your: 1) United States citizenship or lawful presence; 2) Social Security number; and 3) Massachusetts residency. I encourage you to visit the online help center for a full list of options that best match your situation:

<https://tinyurl.com/REALIDreqs>

Where can I get help? I have hosted and will continue to sponsor local "RMV Help Desk" events in the coming months, bringing RMV officials to town to answer questions. Stay tuned for more information! The Hudson Council on Aging (COA) is also a great resource for help getting started. You can call the COA for more information at (978) 568-9638 or contact my Maynard office for assistance at (978) 897-1333.

Cost: Getting a REAL ID when your current license expires costs the same as a standard renewal: \$50. If you would like to replace your valid driver's license with a REAL ID, the conversion will cost \$25.

The bottom line: You have plenty of time to figure out what works best for you – and many places to find a helping hand.

Rep. Hogan's Office Hours

- Office Hours will be by appointment in August. Please contact my office at (617) 722-2199 to schedule an appointment.

Kate Hogan

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

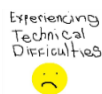


I would like to share with you some of our successes in Fiscal Year 2019.

The Hudson Senior Center continues to have many committed active volunteers. In Fiscal Year 19 our amazing volunteers worked over 4,900 hours, worth approximately \$59,425.00. We know it is not always easy to be a volunteer, and we never pay you enough 😊 but you are all valued volunteers and our center thrives because of you!

Our popular and diverse fitness/wellness programs developed to meet all levels of fitness had 728 individual people attend classes over 10,400 times. Thank you to our incredible fitness instructors. Our transportation program made 6,580 trips for 199 individual people. Social Services served 1,035 individuals over 4,700 times, the senior centers recreation and socialization programs had over 1,200 individuals participate more than 11,500 times. We are fortunate to have an outstanding staff that genuinely cares about the people we serve. Their knowledge and skills are second to none. We are very lucky to have them.

Additionally we received a \$100,000.00 from Cummings Foundation for two new buses, \$25,000.00 from MetroWest Health Foundation for expanding our DayBreak Program to the Marlborough and Northborough Senior Centers, and \$5,000.00 from the Title III Older Americans Grant for Clutter and Hoarding support. I am proud of what we, as a team, accomplished in Fiscal Year 2019. Thanks to everyone!! It takes a village!



Ice Cream Social and Wheel of Fortune Tuesday, August 6th at 1pm

Unfortunately we experienced technical difficulties with the Wheel of Fortune software at our July early dinner. To help us work through the kinks ☺ with this new game, Diane Durand will be hosting a couple of rounds of Wheel of Fortune at the August 6th Ice Cream Social hosted by Christopher Heights at 1pm. You do not have to play, but if you do we appreciate your help! Please sign up at the front desk.

Due to the widespread number of people in the U.S. diagnosed with Pre-Diabetes, we are offering another informative presentation that will include valuable information and FREE SCREENING for Pre-Diabetes sponsored by the new Artisan at Hudson Senior Living.

Prediabetes...Epidemic Screening and Proven Prevention Education Everyone MUST know! Tuesday September 10th from 10:30-11:30 a.m.

Scherrie Keating Registered Nurse, Certified Diabetes Educator and National Prevention Program Lifestyle Coach states "that according to the CDC, there are 84.1 MILLION adults living in the U.S. with prediabetes and 9 out of 10 don't know it. Could you, your family member or someone you are caring for be one of them"? Attend this life changing class on prediabetes and its potential serious health risks. Complete the prediabetes FREE risk screening questionnaire then learn two simple, proven ways to decrease the risk of developing Type 2 Diabetes by 58-71%. Diabetes Prevention is within reach. Start today to change your tomorrow! Scherrie Keating founded Diabetes Kare Consulting to help people prevent and manage diabetes. Scherrie offers risk screening and educational programs on proven lifestyle changes that help people prevent and manage insulin resistance diseases to include prediabetes, Type 2 Diabetes and Type 3 Diabetes. Please sign up for this by calling the center at 978-568-9638!



Traditional Chinese Medicine Acupressure and Acupuncture Demonstration

At the Hudson Senior Center Friday, August 16th 9:30am-11:00am

Do you have any health symptoms such as pain, emotion, or sleep issues? You are welcome to join this event to learn about self-massage on helpful meridian points and enjoy acupressure for FREE. Professional acupuncturist and massage therapists will walk you through step by step on how to relief pain; also checking your health in traditional Chinese medicine theory. They will also provide light refreshments and a raffle of herbal message oil for pain relief (mixture of ginger, cinnamon and frankincense)! **You must sign up for this event by calling 978-568-9638.**



For those going on the ARCHITECTURE CRUISE AND LUNCH Thursday, August 22nd

**The Pick-up will be at The Tennis Courts at Riverside Parking Lot
122 Chapin Road at 10am**

Enjoy a 90-minute architecture tour of Boston Harbor and Charles River basin with a 12:00 lunch at the Cheesecake Factory. Tour and restaurant are based out of the Cambridge Side Mall.

The Hudson Senior Center will provide transportation with Silver Fox complete with a restroom.
~This Trip is Full~

An Adventure Group for active Hudson Seniors Hopkinton State Park Boating Passes for only \$3.00

The Hudson Senior Center is paying for a summer season pass at Hopkinton State Park. With this pass can be used for single and double kayaks, canoes, paddle boats and stand up paddle boats on Wednesdays. This is how it will work:

- The Hudson Senior Center will have access to the boats on Wednesdays. The boat area opens at 10am and closes at 6:30 pm. **We can have up to 8 people go each Wednesday** for boating. The season pass for boating is good from May 2019 to September 2019.
- You must sign up at the Hudson Senior Center and pay \$3.00 to receive the waiver for the specific Wednesdays that you would like. Priority given to Hudson Residents.
- The waiver must be filled out and given to the staff at Hopkinton State Park every time you use a boat. If you do not sign up at the senior center and get the necessary paperwork you will not be able to get a boat at this cost.
- Also, there is a parking fee of \$8.00 per car every time you go to Hopkinton State Park. **HOWEVER IF YOU ARE 62 OR OLDER, YOU CAN PAY A ONE TIME CHARGE OF \$10.00 AT HOPKINTON STATE PARK AND THAT WILL GIVE YOU A LIFE TIME PASS FOR PARKING!** <https://www.mass.gov/how-to/get-a-senior-parkspass>
- The Hopkinton State Park staff will get you your boat, a life vest and a quick "How To" basic instructions to use the boat. They will not let you go out until they feel sure you are comfortable enough to go out on the water.
- **In August the dates would be Wed. Aug 7th, 14th, 21st and 28th .**

Bye for now.....*Janice* ☺



INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDA À SEXTA DAS 9:00 DA MANHÃ ÀS 3:00 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 19.

DIAS DE IR ÀS COMPRAS!!

Os dias de ir às compras são terças-feiras e quartas-feiras para todos os idosos de Hudson a partir das 10:00 da manhã. Às **terças-feiras** pode escolher entre os seguintes supermercados: Stop & Shop, Shaws ou Walmart.

Às **quartas-feiras** vamos ao Market Basket. Limitado a 13 pessoas. Por favor telefone para 978-568-9638 no dia anterior para marcar o seu lugar. Não haverá autocarro no dia 1 de Agosto para compras.

SEGURO SUPLEMENTAR GRÁTIS CHAMADO “PRESCRIPTION ADVANTAGE”

O “Prescription Advantage” é um seguro suplementar grátis do Estado de Massachusetts que ajuda os residentes que têm Medicare. O “Prescription Advantage” pode ajudá-lo a pagar parte do custo dos medicamentos quando esta no “donut hole/gap”. Dependendo do seu rendimento e dos seus medicamentos. Um pessoa solteira pode fazer até \$3,122 mensalmente e pessoas casadas podem fazer até \$4,227 mensalmente. Para obter mais informações telefone para o Senior Center e fale com Ana Terra-Salomão.

DATAS IMPORTANTES

Dias 5, 12, 19 e 26 de Agosto – Grupo de croché às 9:30 da manhã. Venha fazer croché.

Dia 6 de Agosto – Gelado grátis à 1:00 da tarde. Particinado pelo “Christopher Heights em Marlboro”. Telefone para reservar o seu lugar. Limitado a 50 pessoas.

Dia 13 de Agosto - Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 16 de Agosto – Palestra grátis sobre “Acupressure and Acupuncture” às 9:30 da manhã. Telefone para reservar o seu lugar – 978-568-9638.

Dia 2 de Setembro – O Senior Center esta fechado para o feriado do “Labor Day”.

Dia 10 de Setembro – Palestra grátis sobre Prediabetes das 10:30 às 11:30 da manhã. Telefone para reservar o seu lugar – 978-568-9638.

QUERO LEMBRAR A TODOS OS CLIENTES QUE NÃO VOU ESTAR NO ESCRITÓRIO DESE DO DIA 9 DE AGOSTO ATÉ O DIA 23 DE AGOSTO DE 2019. EU SÓ VOLTO NO DIA 26 DE AGOSTO DE 2019.

I WOULD LIKE TO REMIND ALL CLIENTS THAT I WILL BE ON VACATION FROM AUGUST 9 to AUGUST 23, 2019. I WILL BE BACK IN THE OFFICE ON AUGUST 26, 2019.

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



DIVERSITY THROUGH COLLABORATION 2018-2019

Presents:



“GEN SILENT”

**Tuesday, August 20th at 12:30pm
at the Hudson Senior Center
29 Church St. Hudson, MA 01749**

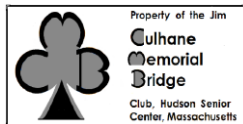
Join us for a screening of the documentary *Gen Silent*, filmed in the Boston area over a one-year period. During that time, director Stu Maddux followed six LGBT seniors through their decision to either stay open about their sexuality or hide it so that they can survive in the long-term health care system. Followed by Q&A with Lauri Ryding, Program Coordinator, Diversity & Inclusion, Natick, COA. All welcome, LGBTQ & Allies. Please call 978-568-9638 to sign up for this FREE presentation and conversation following with Laurie Ryding. All are welcome!

PICKLEBALL IN HUDSON



Thanks to the Hudson Recreation Department, the Hudson Parks Commission and especially Kate & Bob D'Amelio and Andy Massa, Hudson has a very active Pickleball group. Are you interested in learning how to play PICKLEBALL? We will offer a FREE instructional demonstration of Pickleball on **Monday, August 12th and Thursday, August 15th from 4pm to 6pm at the Riverside Tennis Courts**. You will learn Pickleball Basics and rules. You will also play a little. Please note Pickleball is for those who engage in moderate to high levels of activity. It is also recommended that you come with proper footwear. Court Shoes are highly suggested. They are similar to tennis shoes except they have more ankle support. The Hudson Pickleball Group welcomes new players. The game is fun and many improve their game quickly. Please call the Hudson Senior Center, 978-568-9638 to sign up.

**Please join the Jim Culhane Memorial Bridge group at the Hudson Senior Center
August 5th & 19th, 2019 from 6:00 PM to 8:45 PM.**



We will have a power-point session by Edward Jeffrey Newcombe, then 2+ hours of bidding and playing. It is organized in “duplicate” style, in a relaxed, friendly and informal setting. The card fee is \$5/ person for players; but, visitors are very welcome to observe at no charge. There are plenty of seats. For more information or questions please contact Edward at EJNewcombe@msn.com



“Mobile Library” at the Center Monday, August 12th 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, August 1st, 15th & 29th 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.



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.*

WHO YA GONNA CALL?

As seniors, you are probably the greatest beneficiaries of the Great Society that incredible combination of programs created by President Lyndon Johnson and passed during the 1960s. The anchors of those programs, of course, were Medicare and Medicaid. Before the creation of these programs, over 30% of all seniors in this country were listed as poor. Now, less than 10% are listed that way. In the old days, uninsured seniors got sick and went broke. Today, there is a safety net that protects us from the medical risks that inevitably come with old age.

At least as important as these medical programs was the Older Americans Act (OAA), designed to help all seniors live better lives. Meals on Wheels, one of the original OAA programs, continues to provide nutritious meals to those who want them. These and other OAA programs are administered by regional non-profits whose sole purpose is to improve your life as a senior. Yours is BayPath Elder Services. I spend a lot of time in these columns helping you figure out the various government programs for which you might be eligible. The best advice I can give you regarding all of these programs, however, is to call BayPath Elder Services. Their phone number is 508-573-7200. Their email address is info@baypath.org. They provide nutrition and wellness classes, support groups, home care, a number of other programs, and of course, Meals on Wheels. All of these programs are designed to make your life as a senior better and are more fulfilling and always offered at minimal or no cost to you. This fall I will be doing a series of articles and seminars highlighting these programs and the way they could improve your life, both by keeping you independent when you need a little more help, and by helping you make the most of the last years of your life. Stay tuned.

I know it is still summertime and you are still relaxing, but write BayPath Elder Services' phone number down and resolve to give them a call. Talk to their outreach people about your own situation and find out about the programs that may benefit you right now or that could benefit you in an emergency so you will know whom to call if trouble comes. 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 and find more in-depth commentary on legal issues on Mirick O'Connell's Trusts and Estates blog, "Getting All Your 'Docs' in a Row."

Wood Park Summer Concert Schedule



Location: Wood Park - 65 Park Street, Hudson

Time: Wednesdays at 6:30pm

PERFORMANCE:

SPONSOR:

7/31 THE MIDTOWN HORNS

Hudson Recreation

8/7 THE WORKINGMANS BAND

Hudson Recreation

Hudson Farmers' Market



Dates: June 18- September 24

When: Tuesdays 3:30- 6:30pm

Where: Unitarian Church, 80 Main Street

FRESH PRODUCE, SPECIALTY PRODUCTS, AND LOCALLY PREPARED FOODS

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.



**** Days/Hours Changes ****

Hudson Senior Center Gift Shoppe **Hours**

Wednesdays 9:30am until 12:30pm

Thursdays 9:30am until 12:30pm

Friday 9:30am -12:00pm

****SEPTEMBER HALF PRICE SALE
ON ALL ALL ITEMS EXPECT
GREETING 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

**Games start at 12:30pm
Mondays and Wednesdays!**



Genealogy Family Research with Charles Corley ***No Classes for the Summer***

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

Painting Classes

Open Painting Studio:

Tuesdays at 10am -1pm in the craft room.



Joy of Oil Painting: Tuesdays at 1:00pm - 2:30pm

Water Color Class: **No Class for the Summer. Class will resume in September** Come to open studio on Wednesdays 10 am to 12 noon on the 2nd floor in the Craft Room.



In Memory Of...



The Hudson Senior Center is appreciative of Donations made on behalf of Barbara Middlekauff. Our thoughts and prayers are with her family and friends.



Assabet Valley Camera Club

Please visit their website www.assabetvalleycc.com

No meetings in August

Stress Reduction with Qigong Class

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

Sign up at the front desk

FRIENDS MEETING ~ Tuesday, August 13th at 9:30am

Tuesday is "Movie Day" at the Center

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



August 13th – Isn't It Romantic



Natalie (Rebel Wilson) is an architect in New York City who isn't being taken as seriously in her career as she would like. But after getting mugged in the subway and becoming unconscious, she wakes to find a very different city, filled with romance, grand gestures, dancing and flowers. It doesn't take long for Natalie to realize she is somehow living in what she hates the most - a romantic comedy.
Rating: PG -13 Runtime: 1hrs 28 min

August 27th – Highwaymen



The Highwaymen follows the untold story of the legendary detectives who brought down Bonnie and Clyde. When the full force of the FBI and the latest forensic technology aren't enough to capture the nation's most notorious criminals, two former Texas Rangers (Kevin Costner and Woody Harrelson) must rely on their gut instincts and old school skills to get the job done.
Rating: R Runtime: 2 hr 10 min

Pool Room

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

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

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

**No class Monday, August 12th & Sept. 3rd*

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, August 12th, 2019

Starting at 9am.

Please call for an appointment at
978-568-9638



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!

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

Hudson Silver Threads 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 for all 3 classes **Video classes Aug 5th – Aug 9th **

- 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 for all 3 classes **No PM classes Aug 5th –Aug 9th **

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

*****No AM or PM Yoga in August*****

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.

PM Yoga: Wednesday evenings 5:30pm. Cost: \$10.00 per month

Flex and Tone: Wednesdays at 9:30am Cost: \$5.00 per month This class will use props- blocks and straps - along with a variety of stretching methods to improve flexibility, range of motion, promote circulation and improve strength and flexibility.

Stretch Break : Fridays at 9am : Cost is \$5.00/month or Free if you are taking 3 or more fitness classes
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 Aug 13th & Aug 15th **

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

Tuesday, August 27th Diamond's & Pearls Cash & Kings (Payment now due)

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 scrod and also includes salad, potato, vegetables, breads, dessert, coffee/tea. **Price: \$92.00pp**

Tuesday, September 10th Granite State Spectacular – Pickity Place (Still need a few more people for this trip)

Enjoy the home of Pickity Place a hilltop hideaway featuring fine dining, themed gardens, and a unique gift shop. Lunch includes Vegetable Dip, Soup, Salad, Rolls, Choice of Beef Wellington or Vegetable Lasagna and Blueberry Crumble Pie a la mode. After your meal, explore the themed gardens and cobblestone paths of Pickity Place and then travel to nearby Averill House Vineyard for a tour and wine tasting. **Price includes luncheon, transportation and driver gratuity! Price: \$90.00pp**

October 3rd & 4th The Common Man – New Hampshire 1 night Getaway (Still need a few more people for this trip)

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

***New* Wednesday, December 4th Salem Cross Inn w/ Yankee Candle and Bright Lights**

Enjoy a luncheon at the Salem Cross Inn, a restored 18th century farmhouse nestled in 600 acres of New England countryside. Entrée choices of Roast Pork Loin w/ pan gravy or Classic Yankee Pot Roast and includes soup du jour, rolls, bread, vegetable, potato, dessert and coffee/tea. Then it's on to one of New England's most popular attractions, Yankee Candle where you can visit the Bavarian Village, Alpine Holiday town, the Waterfall Courtyard and Nutcracker Castle. Finish your day with a riding tour of Bright Nights in Springfield, MA and enjoy the spectacular holiday light display. **Price includes luncheon, transportation and driver gratuity! Price: \$99.00 pp**

***New* Tuesday, December 31st An American Bandstand New Year's Eve Day**

Enjoy the repertoire of the Tom LaMark Orchestra that cover over 60 years of great line dances, to the best of American bandstand from the 50's, 60's, 70's and 80's. Trip includes transportation to Lake Pearl in Wrentham, Ma, luncheon, gratuity, entertainment, party favors and a champagne toast. Luncheon will include your choice of Sliced Steak or Baked Stuffed Chicken Breast or Baked Scrod accompanied by salad, roasted red bliss potato, vegetable, NY style cheesecake, rolls and coffee or tea. **Price: \$89.00pp**

Tropical Costa Rica: April 25- May 3, 2020 **Informational Presentation on Sept 11th at 1:30pm*



Book Now & Save \$100 Per Person: Double \$2,499* Single \$2,999; Triple \$2,469 for bookings before 10/25/19. For bookings made after Oct 25, 2019 call for rates. (price reflects the \$100 savings) Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$315 per person

Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Choice on Tour, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero

Rome & the Amalfi Coast : October 29 – November 7, 2020



Book Now & Save \$200 Per Person: Double \$3,599* Single \$3,899 Triple \$3,549. For bookings made after Apr 30, 2020 call for rates. (prices reflect \$200 savings) Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$315 per person.

Informational Flyers available at the front desk

Transportation News...

****No Shopping Bus on Tuesday, July 30th or Thursday, August 1st ~please plan accordingly****

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!

August 2019 Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1-Aug	2-Aug
			Turkey Apple Salad New Pasta Salad Carrot & Raisin Salad	Chef's Salad Roasted Potato Salad Beet & Onion Salad
5-Aug	6-Aug	7-Aug	8-Aug	9-Aug
Ranch Chicken Salad Orzo & Spinach Salad Carrot & Pineapple Salad	Ham Salad Pasta Salad Roman Blend Veg Salad	Tuna Salad Israeli Cous Cous Salad Cole Slaw	Egg Salad Chick Pea & Cilantro Salad Roasted Vegetables	Chicken w/Peach Salsa Pasta Salad Sesame Cucumber Salad
12-Aug	12-Aug	14-Aug	15-Aug	16-Aug
Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Mixed Greens w/Salmon Tangy 4 Bean Salad Roasted Vegetables	Roast Beef Roasted Potato Salad Chick Pea & Cilantro Salad	Chicken Breast/Red Pepper Pesto Italian Pasta Salad Pineapple	Chicken Caesar Salad Mediterranean Rice Salad Peaches
19-Aug	20-Aug	21-Aug	22-Aug	23-Aug
Tuna Salad Israeli Cous Cous Salad Cole Slaw	Chef's Salad Roasted Potato Salad Mixed Fruit	Sliced Turkey Breast Quinoa w/Roasted Veggies Cucumber Salad	Tortellini & Turkey Salad Beet & Onion Salad Broccoli Salad	Burbon Chicken Chick Pea & Cilantro Salad Roman Blend Veg Salad
26-Aug	27-Aug	28-Aug	29-Aug	30-Aug
Cilantro Chicken Corn & Black Bean Salad Cucumber Salad	Turkey Cranberry Salad Wild Rice Salad Broccoli Salad	Mixed Greens w/Salmon Tangy 4 Bean Salad Peaches	Ham Salad Quinoa w/Roasted Veggies Roman Blend Veg Salad	Egg Salad Potato Salad Pineapple

What's Going on...

- **Beg. Duplicate Bridge:** Mon, August 5th & 19th at 6:00 pm
- **Ice Cream Social & Wheel of Fortune:** Tues, Aug 6th at 1pm
- **Hudson Mobile Library:** Mon, August 12th at 10am
- **Pickleball:** Mon, August 12th from 4pm-6pm
- **Friends Meeting:** Tuesday, August 13th at 9:30am
- **Hearing Clinic:** Tues. August 13th at 9:30am by appt only
- **Movie Day:** Tuesday, August 13th & 27th at 12:30pm
- **Vets Talk:** Thursday, August 1st, 15th & 29th at 9am
- **Podiatrist:** Monday, August 12th by appt only
- **Acupressure Demonstration:** Friday, Aug 16th at 9:30am
- **"Gen Silent" movie:** Tues Aug 20th at 12:30pm
- **Charles River Cruise:** Thurs. August 22nd
- **Prediabetes:** Tues, September 10th at 10:30am
- **Atty Bergeron Advice:** No Appointments in August
- **Cribbage:** Every Day except Thursday
- **Food Shopping Days:** Tuesdays and Thursdays 10:00 am
- **Joy of Oil Painting:** Tuesdays at 1pm – 2:30pm
- **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
- **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 Wednesdays 9:30am -12:30pm and Thursdays 9:30 am – 12:30pm and Fridays 9:30-12:00pm
- **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
- **Flex and Tone:** Wednesdays at 9:30am
- **Water Color Class:** No classes in July & Aug. Resumes in Sept.
- **Water Color Class Open Studio:** Wed. 10a –12 noon till Sept.
- **Chair Yoga:** Wednesdays at 2pm
- **Blood Pressure:** Thursdays 9:30am – 11:00am
- **Zumba:** Thursdays at 11am
- **DayBreak** every Thursday 11:30am - 2:30pm
- **Stretch Break:** Fridays at 9am
- **Music Jam:** Fridays at 11:30 am
- **Scrabble:** Fridays at 12:15pm
- **Camera Club:** No meetings in August



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

No appointments for August
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, August 13th

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

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
		Na+			Na+			Na+	1		Na+	2		Na+
Sodium (Na+) is listed in milligrams next to each menu item. All Meals include 1% 110 Calories, 125mg Sodium			Higher Sodium Items are marked with an asterisk * (>500mg sodium)			This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.			Hawaiian Meatballs 247			American Chop Suey 288		
									Brown Rice 5			Spinach 65		
									Asian Vegetable Blend 21			Italian Bread 230		
									Multigrain Bread 164			Applesauce Cup 0		
									Almond Cookie 181					
									Diet: Maple Waffle Graham 115					
									Total Sodium(mg): 743			Total Sodium(mg): 708		
									Calories: 830			Calories: 630		
5		Na+	6		Na+	7		Na+	8		Na+	9		Na+
Shepherd's Pie w/Gravy 221			Apricot Glazed Grilled Chicken 352			Vegetable Gumbo Soup 50			Roast Pork w/Apple Gravy 96			Chicken Jambalaya 310		
Green Beans 3			Orzo Pilaf w/Spinach 57			*Turkey Cranberry Salad 596			O'Brien Potatoes 34			Brown Rice 5		
Multigrain Bread 164			Italian Blend Vegetable 41			Wild Rice Salad 140			Carrots 64			Mixed Vegetables 88		
Pineapple 1			Wheat Dinner Roll 105			Potato Bread 170			Wheat Bread 170			Multigrain Bread 164		
			Cherry Brownie 165			Clementine 1			Peaches 5			Fruit Yogurt 51		
			D: 1/2 Cherry Brownie 83											
Total Sodium (mg): 514			Total Sodium(mg): 845			Total Sodium(mg): 1082			Total Sodium(mg): 494			Total Sodium (mg): 743		
Calories: 577			Calories: 605			Calories: 751			Calories: 599			Calories: 707		
12		Na+	13		Na+	14		Na+	15		Na+	16		Na+
BBQ Grilled Chicken 402			Teryaki Beef Strips 314			*Chicken Parmesan 732			Tomato Florentine Soup 164			Potato Pollock 273		
Potato Wedges 273			Vegetable Fried Rice 98			Penne Pasta 1			Broccoli Bake 482			Tartar Sauce 100		
Brussels Sprouts 12			Broccoli 10			Italian Blend Vegetable 41			Home Fries 5			Butternut Squash 48		
Hamburger Bun 230			Multigrain Bread 164			Italian Bread 230			Multigrain Bread 164			Cauliflower 14		
Pears 5			Fortune Cookie 10			Applesauce Cup 0			Chocolate Pudding 190			Wheat Dinner Roll 105		
			Pineapple Cake 338						D: SF Chocolate Pudding 156			Fresh Fruit 0		
			D: 1/2 Pineapple Cake 169											
Total Sodium (mg): ###			Total Sodium (mg): ###			Total Sodium(mg): 1129			Total Sodium (mg): ###			Total Sodium(mg): 665		
Calories: 592			Calories: 921			Calories: 671			Calories: 744			Calories: 582		
19		Na+	20		Na+	21		Na+	22		Na+	23		Na+
Lasagna w/Meat Sauce 420			Breaded Chicken Drumstick 450			BBQ Pulled Pork 492			Chicken Brunswick Stew 365			Salisbury Stk w/Onion Gravy 227		
Italian Blend Vegetable 41			Sweet Potatoes 78			Seasoned Potatoes 5			Genoa Blend Vegetables 45			Sour Cream & Chive Mashed 92		
Multigrain Bread 164			Peas & Onions 42			Brussels Sprouts 12			Cornbread 291			Green Beans 3		
Fruit Yogurt 51			Pumpnickel Bread 155			Grinder Roll 218			Mixed Fruit 10			Fruit Crunch Bar 80		
			Mandarin Oranges 7			Fresh Pear 2						D: Cinnamon Grahams 115		
Total Sodium(mg): 801			Total Sodium(mg): 857			Total Sodium(mg): 854			Total Sodium(mg): 836			Total Sodium(mg): 642		
Calories: 624			Calories: 601			Calories: 683			Calories: 616			Calories: 903		
26		Na+	27		Na+	28		Na+	29		Na+	30		Na+
Swedish Meatballs 220			Omelet w/Cheese Sauce 482			Gypsy Soup 272			Tuna Salad 328			Roast Turkey w/Gravy 499		
Egg Noodles w/Parsley 4			Sausage Patty 270			Grilled Chicken Picatta 324			Israeli Cous Cous Salad 42			Bread Stuffing 316		
Broccoli 10			Home Fries 5			Wild Rice Pilaf 140			Beet & Onion Salad 217			Glazed Carrots 64		
Multigrain Bread 164			Stewed Tomatoes 150			Rye Bread 150			Marble Rye Bread 127			Multigrain Bread 164		
Tropical Fruit 10			Wheat Dinner Roll 105			Fruit Yogurt 51			Fresh Fruit 0			Clementine 1		
			Apple Streusel Cake 191											
			D: 1/2 apple streusel cake 96											
Total Sodium(mg): 533			Total Sodium(mg): ###			Total Sodium(mg): 1062			Total Sodium(mg): 839			Total Sodium (mg) 1169		
Calories: 614			Calories: 841			Calories: 567			Calories: 709			Calories: 619		