

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



2022

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
- 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.



FY23 Budget Highlights for Seniors

The Commonwealth's annual budget is a reflection of its spending priorities and this year's budget rightly includes substantial investments to fund the level of care and support needed by our growing population of residents aged 65+.

The General Appropriations Act for the Fiscal Year 2023 prioritizes seniors in several ways: The Commonwealth is committed to supporting care options that enable older adults to remain living independently in the community if they choose to do so. This year, **more than \$200 million will fund individual home care organizations** through the Elder Home Care program. Included in this funding is \$100,000 for the Alzheimer's Association's Dementia Care Coordination program.

To address a broad range of needs associated with behavioral health issues, such as chronic disease, social isolation, housing insecurity and financial challenges, funding will also go to the **expansion of Elder Mental Health Outreach Teams** who work with older adults in their own home. We've also increased funding for Elder Protective Services program, a Special Legislative Commission on LGBT Aging, and elder nutrition programs, such as Meals on Wheels.

To meet the skyrocketing **demand for safe, high-quality caregivers**, the FY23 budget allocates \$40 million for services rate adjustments, or "Enough Pay to Stay," for home health aides, homemakers and personal care homemaker services.

We've also allocated funds for advanced skill training for the home care aide workforce and for increases to MassHealth nursing home supplemental rates to approximately 35,000 direct care workers working on the frontlines of our nursing homes, along with \$56 million for direct care staffing and \$18.75 million for quality improvements.

The FY23 budget increases funding for health care services to seniors eligible for community-based waver services under MassHealth, in addition to the Clinical Assessment and Eligibility Program, and the Comprehensive Service and Screening Model Program. It also increases funding for the drug insurance program including MassOptions, prescription advantage and 800-age-info customer service centers.

For more information on any of these policies, please feel welcome to contact our office. Happy Holidays!

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 <https://www.facebook.com/RepKateHogan> and <https://twitter.com/repkatehogan>

Upcoming Office Hours: January 12, 6-7 pm at the Randall Library in Stow and February 7, 6-7 pm at the Maynard Public Library, Trustees' Room

Hello to Everyone!



Our Friend's Organization had a very successful Annual Fair

After two years with no Annual Fair due to Covid-19, our Friends Officers were dedicated to bringing back their Fall Fair this year. They worked diligently to make this happen. I am proud to say it was the most successful Fair we have had in my 17 years of working here. Thanks to the Friends Organization and their many volunteers!

The quality of the handmade items was second to none. The ***“Knit and Stitch”*** group did very well with incredibly beautiful baby sweaters and blankets, adult scarves, mittens, hats, sweaters and attractive afghans that would enhance any home. Our Quilting group, ***“The Silver Threads”***, raffled another gorgeous handmade quilt! They also made other beautifully quilted items for the fair.

To everyone who baked for our fair, a very big ***“Thank you”***. The bake sale was outstanding because of the quality of baked goods. Thank you to all the ladies who got together in our kitchen to peel apples, generously donated by Carver Hill Orchard in Stow, and rolled out enough pie crust to fill 50 pies!

Thanks to those who made chowders, chili, sandwiches, coffee etc. Everything was delicious and your time and effort is greatly appreciated!

Beautifully decorated gift baskets were also raffled off. Thanks to ALL who took the time, expense and thought into putting the strikingly attractive baskets together.

It takes a lot of hard work to organize a fair and I truly appreciate the time and effort everyone put into this year's fair at our center. This was a huge accomplishment for the Friends of the Hudson Seniors! This year the Annual Fair made well over \$5,700.00. You should all be very proud, I know I am! 😊 😊 😊



A very special Thank you to Mr. George Danis for providing another Thanksgiving meal to 150 Hudson seniors.

This year marks the 12th year in a row that Mr. George Danis, owner of Plastic Molding Manufacturing in Hudson, provided his Annual Thanksgiving meal for 150 Hudson seniors. Once again, we decided to do a grab and go Thanksgiving meal to keep everyone safe. Jody Heyward, Lara Garrett and others from Plastic Molding Manufacturing were on hand to help senior center staff hand out the well packed Thanksgiving meal from Buffet Way. The meal was delicious. We have a lot to be thankful for.

Thank you Mr. Danis for your continued kindness, support and generosity!

Important reminder!

Starting in December and going through January Social Security will be mailing out the 2023 Social Security Benefits Statements. This is an important document that outlines your financial Social Security benefit for 2023 and is needed for 2023 taxes. Keep this document in a safe place.



3rd Annual Holiday Cheer program for some of our Hudson seniors

We have had fun with this program the last two years and we would like to continue it this year.

Some of our seniors do not have family close by. We are looking for some Elves to help us spread a little holiday cheer. Looking for NEW items listed below are needed to fill a small gift bag. There will be a drop off box in the lobby of the Senior Center. **Deadline is Tues. Dec. 13th.** Thank you so much for your kindness.

Nonskid socks, mittens, eye glass holder straps, sugar free candy, adult coloring books, colored pencils, large print crossword puzzle books, word search books, granola bars, butter cookies, combs, brushes, soft toothbrushes, small toothpaste, small bottle of mouthwash, individual packs of tissues, hand sanitizer, body wash, shampoo, flashlight, hot chocolate packets, tea, soap bars, shower caps, small dish detergent bottles, stamps etc.

Holiday Brunch at the Assabet Technical High School Epicurean Room

Tuesday, December 13th at 10:30am



The menu for this brunch is: Eggs, bacon, sausage, home fries with breakfast pastries. We will also have two entrees; chicken Marsala and salmon with seasoned butter and lemon along with roasted vegetable medley and a variety of desserts. **Cost to you is \$10.00. Limit is 70 people.**

Sign-ups in person and payment beginning Tuesday, December 6th in person

Grab & Go Meal... A delicious and easy meal for you to heat up at home when you want (Maybe Christmas Eve or Christmas day)



when you want (Maybe Christmas Eve or Christmas day)

from the Assabet Culinary Arts Program

on Tues Dec 20th Pick up time is 2pm at the Senior Center



A simple yet delicious Lasagna rollup with meat balls and garlic bread. **Cost to you is \$5.00.**

Sign up beginning Tuesday, December 6th

Holiday Gathering at the Senior Center



Thursday, December 22nd from 1pm-2pm

A small get together to enjoy each other's company and share the holiday spirit with music, light catered appetizers such as veggie platter, cheese and crackers, stuffed mushrooms, and more. Feel free to bring in all ready packaged chips, snacks, cookies etc. **For fun you can wear your ugly holiday sweater or shirt!** (Only if you want to). **You MUST Sign up** for this by calling 978-568-9638. Only those who sign up can attend. **Limit is 50 people.**

Sign up beginning on Wednesday, December 14th

I would like to thank the senior center staff, Virginia, Holly, Ana, Lenny and Jack for all their hard work. They each have a warm and caring spirit that just shines through as they do their jobs. We are so lucky to have them! Recovering from this pandemic has been a challenging for all of us, but we seem to get through and support each other when needed. I have to say we are a great team and feel very fortunate for that.

~Janice



Hiking Club with Gary

Gates Pond Reservoir Loop Friday, December 9th at 10:30 am.

Meet at Gates Pond Reservoir Loop also known as the “Best Scenic Pond in Massachusetts”. This will be a 2.4-mile easy hike. Bring water, wear layers and appropriate waterproof footwear, and hiking stick or ski pole if possible. Call to sign up!



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, December 8th at 1pm

A monthly Caregivers Support Group **the second Thursday of every month.** 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, December 19th at 1pm

A monthly Caregivers Support Group **the Third Monday of every month.** 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.



“VETS TALK” A program for Veterans

Thursday, December 1st, 8th, 15th & 29th 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.

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
- ❖ 5th Thursday 9:30am-11am

Reminder:

Senior Center is Closed on Monday, December 26th & Monday, January 2nd

Movie Day" at the Center



Here is the listing for the movies in December. 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, December 12th & Tuesday, December 13th – *Mrs. Harris Goes to Paris*



In partnership with the House of Dior, Mrs. Harris Goes To Paris tells the story of a widowed cleaning lady in 1950s London who falls madly in love with a couture Dior dress and decides that she must have one of her own. After working, starving and gambling to raise the funds to pursue her dream, Mrs. Harris embarks on an adventure to Paris which not only changes her own outlook, but the very future of the House of Dior.

Rating: PG Runtime: 1hr 56min

Monday, December 19th – *Spirited*



Each Christmas Eve, the Ghost of Christmas Present (Will Ferrell) selects one dark soul to be reformed by a visit from three spirits. But this season, he picked the wrong Scrooge. Clint Briggs (Ryan Reynolds) turns the tables on his ghostly host until Present finds himself re-examining his own past, present and future. For the first time, A modern Musical rendition of Charles Dickens' classic holiday story "A Christmas Carol."

Rating: PG-13 Runtime: 2hr 7min

Hudson Senior Center Trips



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

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



(Final payment due no later than December 22, 2022)

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

Important Medicare Information:

If you missed the open enrollment period to change your Medicare coverage by December 7th, you may still be able to make a change if you have certain circumstances that would qualify you for a Special Enrollment Period.

A Special Enrollment Period coming up is the Medicare Advantage Open Enrollment Period from January 1 to March 31, 2023. If you are enrolled in a Medicare Advantage Plan on January 1st, 2023 during this period you can switch to a different Medicare Advantage Plan or go back to Original Medicare with a separate drug plan.

If you need assistance, please call the Senior Center to make an appointment with Holly, Ana or Janice who are all SHINE Counselors.

Something New for Medicare in 2023

Discounted insulin and free Shingles shots starting in January 2023 due to the Inflation Reduction Act.

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

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

Suggested Voluntary Donation of \$3

Thursday, Dec 1st

Cold Menu: tortellini and turkey salad, beet and onion salad and broccoli salad

Hot Menu: chicken rice bake, spinach, marble rye bread and blueberry snack n loaf

Wednesday, Dec 7th

Cold Menu: Roast beef, orzo & spinach salad, broccoli salad

Hot Menu: chicken breast with Mediterranean sauce, orzo pilaf with spinach, capri vegetable blend, multigrain bread and fresh fruit

Thursday, Dec 8th

Cold Menu: mixed greens w/salmon, tangy 4 bean salad, peaches

Hot Menu: roast turkey with rosemary gravy, bread stuffing, glazed carrots, wheat dinner roll and flavored apple sauce

Wednesday, Dec 14th

Cold Menu: chicken Caesar salad, potato salad, mixed fruit

Hot Menu: lasagna roll with meat sauce, Italian bread, fudge round cookie

Thursday, Dec 15th

Cold Menu: cheese omelet, hash browns, sliced apples with cinnamon

Hot Menu: chicken breast with picatta sauce, Yukon gold potatoes, broccoli and cauliflower, wheat bread, fresh fruit

Wednesday, Dec 21st

Cold Menu: egg salad, quinoa with roasted veggies, tropical fruit

Hot Menu: broccoli and cheese stuffed chicken with gravy, smashed red potatoes, French green beans, wheat dinner roll and fruit cup

Thursday, Dec 22nd

Cold Menu: turkey cranberry salad, new pasta salad, carrot & raisin salad

Hot Menu: Swedish meatballs, egg noodles, spinach, marbled rye, oatmeal cream cookie

Wednesday, Dec 28th

Cold Menu: chicken with peach salsa, Israeli cous cous salad, California blend veggie salad

Hot Menu: macaroni & cheese, stewed tomatoes, dinner roll, applesauce

Thursday, Dec 29th

Cold Menu: egg salad, chick pea & cilantro salad, roasted veggies

Hot Menu: sliced roast pork, gravy, Yukon gold potatoes, green peas, multigrain bread, fresh fruit

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.



Please note: Senior Center is Closed on Monday, December 26th & Monday, January 2nd

Masks MUST be worn while on the bus at all times regardless of vaccination status.

Seatbelts must also be worn

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*

- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am**

Are you feeling stressed or having difficulty relaxing? Perhaps this class might help. 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: starting on Thursday, September 8th 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) - *Cost: no charge*
- **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)

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 – Tuesdays at 9:30am. Cost: \$10/month**
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/month**
- **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.*

HAPPY HOLIDAYS! THIS YEAR, TREAT YOURSELF – AND OTHERS

The holidays are a time when many of us reflect on the year and what's ahead, a time to show gratitude for all our blessings, and a time of gifting. This year, you may want to consider giving yourself a gift in the form of an increased RMD (Required Minimum Distribution) from your tax deferred plans. Here's why:

- Taking the funds out gradually as a larger amount each year may save on federal income taxes if/when you need to qualify for MassHealth. If you wait until you suddenly need to qualify and take all the funds at once to transfer them to your spouse (or if single, to buy a Medicaid Qualifying annuity or to put in a "d4c pooled trust") in order to qualify, you will be taxed on all of the funds at once.
- If these funds are ultimately going to go to your children, and if their tax bracket is higher than yours, then you may end up giving them more after tax dollars by pulling out the funds, paying the tax, and making a gift, than you would by waiting until you died and having them have to take the money out and pay the income tax at their higher rate. This is especially true if your child lives in a high income tax state, like California or New York.

Now a final reminder about gifts. Remember:

- There is no Massachusetts gift tax, and any amount you gift now will be subtracted from your taxable estate for estate tax purposes after you die.
- At the federal level there is no gift tax unless, over your lifetime, you give more than the federal estate tax exclusion amount (now \$12,060,000 but increasing to \$12,920,000 next year), which for most people this does not come into play.
- Unless you owe a federal gift tax, there is no penalty for failure to file a federal gift tax return.

So, consider increasing that \$16,000 (increasing to \$17,000 maximum in 2023) you were going to give to each of your children this year, but remember to keep enough to take care of you! For more information, visit Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. My programs also air on HUD-TV (Comcast 8; Verizon 47). 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, December 14th 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, December 21st 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



PM CARDS

Canasta Wednesdays at 12:00pm. Looking for 4 players. Please call the front desk to sign up

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 2012. **Check out our new Large Print section****

Message from the Friends...

Next Friends Meeting: Tuesday, December 13th at 9:30am

January 2023						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
\$100	\$25	\$25	\$25	\$25	\$25	\$100
\$100	\$25	\$25	\$25	\$25	\$25	\$100
\$100	\$25	\$25	\$25	\$25	\$25	\$100
\$100	\$25	\$25	\$25	\$25	\$25	\$100
\$100	\$25	\$25				

Cut here and deposit in raffle jar
Friends of the Hudson Senior Center
Phone Name _____
Phone Number _____

\$10 per chance! Each name picked daily goes back into general drawing, so chances are the same each if you have lots.
NOTE: Winners will be notified by phone and names will be on display at the Senior Center.
This raffle is a fundraiser for the Friends of the Hudson Senior Center
THANK YOU!

Calendar Raffle

The Friends are excited to offer a Calendar Raffle that will be available to purchase until December 30th at the Senior Center. Drawings will be held daily in January. Each day is a specific cash amount. Winners will go back in the pot, thus have a chance to win again! **Ticket price is \$10.00 available at the front desk.**

THESE RAFFLE CALANDERS MAKE WONDERFUL GIFTS FOR CHRISTMAS AND HANNUKAH! FUN STOCKING STUFFERS AND A PERFECT "LITTLE SOMETHING" FOR FAMILY AND FRIENDS.

Winter Weather

If the Hudson Public Schools are Closed or Delayed then the Senior Center will also be closed or delayed.



***If it is snowing or sleeting and the schools are NOT closed, for your safety, we ask that you please delay coming to the center by at least 1 hour to allow town employees the time needed to shovel and treat walkways and ramp and to allow the bus driver time to clear the bus. Also, please call the center before you come to see if your class or program instructor is on schedule or has cancelled due to inclement weather. Thank you!

Preparing for Winter Weather...

What you need in your Winter Emergency Supply Kit: flashlight and extra batteries, portable radio or NOAA Weather Radio with extra batteries, charged cell phone, essential prescription medications, non-perishable food, manual can opener, one gallon of water per person per day, fire extinguisher, extra blankets. BE SAFE!!! 😊

ONCE AGAIN THE ANNUAL DUES ARE DUE IN JANUARY.

Please provide updated information and an emergency contact!

THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2023!

Payable to The Friends of the Hudson Senior Center

(This helps with the postage and sending of the monthly newsletter, thank you)

Friends of the Hudson Senior Center 2023 Dues

NAME _____

DUES _____

ADDRESS _____

DONATION _____

TELEPHONE _____

TOTAL _____

EMAIL _____

EMERGENCY CONTACT _____

RELATIONSHIP _____

PHONE _____

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:30 ÀS 3:30 DA TARDE.

O NÚMERO DE TELEFONE É 978-568-9638 EXT.476



PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as depressas de aquecimento? O programa do “Smoc” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2022 até o dia 30 de Abril de 2023. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$ 42,411
2	\$ 55,461
3	\$ 68,511

INFORMAÇÃO IMPORTANTE

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

DATAS IMPORTANTES

- Dias 7, 14, 21 e 28 de Dezembro - Grupo de croché às 9:30 da manhã. Venha fazer croché com um grupo alegre e fazer amigas novas.
- Dia 13 de Dezembro – Reunião dos Amigos do Senior Center às 9:30 da manhã.
- Dia 13 de Dezembro – Brunch de Natal às 10:30 da manhã no “Assabet Valley High School” em Marlborough.
O custo é \$10.00 por pessoa. Bilhetes a venda no Senior Center no dia 6 de Dezembro.
Limitado a 70 pessoas.
- Dia 20 de Dezembro – Jantar “Grab and Go” às 2:00 da tarde no Senior Center. Telefone para 978-568-9638 a partir do dia 6 de Dezembro para reservar o seu lugar. O custo é \$5.00 por pessoa. **Limitado a 70 pessoas.**
- Dia 22 de Dezembro – Festa de Natal no Senior Center das 1:00 às 2:00 da tarde. O Senior Center irá fornecer aperitivos. Telefone para marcar o seu lugar a partir do dia 14 de Dezembro. **Limitado a 50 pessoas.**
- Dia 26 de Dezembro – O Senior Center estará fechado devido ao feriado do Natal.
- Dia 2 de Janeiro – O Senior Center estará fechado devido ao feriado do Primeiro do Ano.

UM FELIZ NATAL PARA TODOS!! HAPPY HOLIDAYS TO EVERONE!!

(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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HAPPY HOLIDAYS WORD SEARCH



Created by
Sue Lindlauf
Grand Forks Herald
2011

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

See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.

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|--------------|----------------|-----------------|------------|
| 1. Happy | 5. Family | 9. Shopping | 13. Santa |
| 2. Holidays | 6. Friends | 10. Candy canes | 14. Songs |
| 3. Christmas | 7. Presents | 11. Cookies | 15. Movies |
| 4. Vacation | 8. Decorations | 12. Milk | 16. Fun |

Monday	Tuesday	Wednesday	Thursday	Friday
			<p style="text-align: right;">1</p> <p>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 Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p style="text-align: right;">2</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop</p>
<p style="text-align: right;">5</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong</p>	<p style="text-align: right;">6</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess</p>	<p style="text-align: right;">7</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo</p>	<p style="text-align: right;">8</p> <p>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 Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</p>	<p style="text-align: right;">9</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 10:30a Hiking Trip 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop</p>
<p style="text-align: right;">12</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong 12:30p Movie Day</p>	<p style="text-align: right;">13</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Holiday Brunch 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess</p>	<p style="text-align: right;">14</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo 01:00p Bergeron Advice 01:00p COA Brd Mting</p>	<p style="text-align: right;">15</p> <p>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 Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p style="text-align: right;">16</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bemis Farms 01:00p Bridge 01:00p Memoir Workshop</p>
<p style="text-align: right;">19</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group</p>	<p style="text-align: right;">20</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess 02:00p Grab and Go Meal</p>	<p style="text-align: right;">21</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Knit and crochet 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo</p>	<p style="text-align: right;">22</p> <p>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 Zoom Stretch Break 11:30a Lunch at Center 12:00p Mah Jong 01:00p Holiday Gathering 01:00p Parkinsons Exer. pm</p>	<p style="text-align: right;">23</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop</p>
<p style="text-align: right;">26</p> <p>08:00a CENTER CLOSED</p>	<p style="text-align: right;">27</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess</p>	<p style="text-align: right;">28</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo</p>	<p style="text-align: right;">29</p> <p>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 Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p style="text-align: right;">30</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop</p>