

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



Hudson Senior Center

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



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
- John Wesinger, Part-time Bus Driver

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.

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:

- Charles Corley - Chair 978-568-8840
- Diane Durand- Vice Chair - 978-621-9665
- Janet Saluk - Secretary -- 978-618-7124
- Nina Smith - Treasurer - 978-562-3077
- Trish Desmond - 978-562-2492
- John Gill – 978-568-1107
- Melissa Esteves-978-568-1791
- Tony Monteiro - 978-562-6185
- 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



Giving and Receiving this Holiday Season

The winter holidays provide many opportunities to unite us – chances to come together with friends and family at end-of-year parties, special performances, and festive meals.

Some of us may need extra help this year to provide a complete holiday meal, while some of us are able to help distribute turkey and the trimmings at a local food pantry -- and some of us may do both. The holidays offer a full menu of opportunities to give and receive, helping us build community or strengthen relationships with family and friends along the way.

Here are a few ideas for continuing the spirit into the New Year.

If you are fortunate enough to donate your time or money, there are numerous ways to give in the community:

Volunteer at a local food pantry - Area food pantries, like the Hudson Community Food Pantry, Stow Food Pantry and Open Table, help provide a lifeline for hungry families in our region. Volunteer opportunities are available for many tasks, such as pre-packing orders for house-bound clients, staffing the pantries, and stocking the shelves. These organizations have specialized efforts at the holidays. Call or visit their websites for information on how to get involved.

Donate funds – Many organizations prefer monetary donations because they can buy groceries and items at a reduced price and direct funds to the specific supplies that are needed most. Consider making a gift in honor of a loved one at the holidays. Your generous effort will make a meaningful gift, while helping others less fortunate.

If you need extra help this holiday season, or know someone who does, please reach out. Your community is here for you and all inquiries are confidential.

Hudson Community Food Pantry – Located at 28 Houghton St. in Hudson, the pantry is open on Tuesday and Saturday mornings from 9-10:30 am and on the first Thursday of the month from 7-8:30 pm; Call (508) 562-5280 for more information

Stow Food Pantry – Located in the Pompositticut Community Center at 509 Great Rd. in Stow, this month the pantry is open on December 9, 10 and 15. An appointment is required; Call (978) 897-4230 or email stowfoodp@gmail.com

Open Table – Located at 33 Main St. in Maynard, food is available for pick-up on Tuesday and Thursday afternoons; Call (978) 369-2275 or email info@opentable.org

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.

Hello to Everyone,



Our Friend's Organization had a very successful Annual Fair

The fair was a resounding success, and the most successful one in the past 18, years, thanks to the hard work of the Friend's Officers and their many volunteers. The handmade items were of exceptional quality, with the "Knit and Stitch" group showcasing an array of beautiful baby sweaters, blankets, adult scarves, mittens, hats, and attractive afghans. The Quilting group, "The Silver Threads", raffled another gorgeous handmade quilt and made other beautifully quilted items that would enhance any home. Our new creative craft group made and donated many one of a kind crafts that were beautiful; snowmen, wall hangings, Christmas decorations and handmade cards, gnomes and more. The bake sale was great, with high-quality 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! The decorated gift baskets and many donated gift cards added to the success of this fair. It takes a lot of hard work to organize a fair, and the Friends of Hudson Seniors did an excellent job. This year's fair made just under \$7000.00! Congratulations to everyone involved in making this year's fair a huge success!

***A very special Thank you to Mr. George Danis for providing another
Thanksgiving meal to 155 Hudson seniors.***

This year, we celebrated the 13th consecutive year of Mr. George Danis' generosity. As the proprietor of Plastic Molding Manufacturing in Hudson, he has once again provided his annual Thanksgiving feast for 155 seniors in Hudson. In the interest of everyone's safety, we opted for a grab-and-go meal this year. Jody Heyward and other team members from Plastic Molding Manufacturing joined forces with the senior center staff to distribute the meticulously packed Thanksgiving meals from Buffet Way. The food was scrumptious, reminding us of the many blessings we have to be grateful for.

Our sincere thanks to Mr. Danis for his unwavering kindness, support, and generosity!

A couple of important reminders:

- **PLEASE REMEMBER DEC. 7TH** is the last day to review your Medicare health and prescription drug plans for next year.
- Please note that starting in December and going through January, Social Security will be mailing your 2024 Social Security Benefits Statements. This document outlines your financial Social Security benefit for 2024 and is needed for 2024 taxes. It's important to keep this document in a safe place.

A special THANK YOU to some very special people

I would like to express my heartfelt gratitude to the senior center staff, Virginia, Holly, Ana, Lennie, John, Jack and Jim for their unwavering dedication and hard work. Each of them has a warm and caring spirit that shines through in everything they do. We are incredibly fortunate to have such a wonderful team. We all strive to not only support each other but all of you as well. I'm proud that we have such a great team.

~Happy Holidays, Janice

Reminder: The Senior Center is CLOSED on Monday, December 25th for Christmas



Christmas luncheon at Assabet's Epicurean Room

Tuesday, December 12th 12pm to 1pm

(We still have a few openings)

Menu is: Bread, Salad, and Stuffed Chicken w/ supreme sauce, Vegetable Pasta Primavera, Roasted Butternut Squash, Mashed Potatoes and Dessert Buffet
Cost to you is \$10.00



Grab and Go Holiday Meal

Friday, December 22, 2023

Pick up between 1pm-1:30pm at the Senior Center



A delicious and easy meal for you to heat up at home when you want

(Maybe Christmas Eve or Christmas day) from **Buffet Way Catering in Marlborough**

A simple yet delicious cheese Lasagna with two meatballs and holiday cookies for dessert.

Cost to you is \$5.00. **Limited to 75 people.**

Sign up beginning Wednesday, December 6th



Holiday Gathering at the Senior Center

Tuesday, December 19th from 1:00pm to 2:00pm



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, cakes, 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. **Limit is 50 people.** Only those who sign up can attend.

Sign up beginning Wednesday, December 6th

Holiday Craft with Carolyn

Tuesday, December 5th at 10:30 am at the Senior Center; Cost \$10.00



Some of the greatest joys of the holiday season are the opportunities to gather. We can do this while at a fresh Green Centerpiece Workshop hosted by Carolyn. No skills are required as you will be guided every step of the way while still being able to add your own personal touch. Please join us as we have fun listening to holiday music, enjoying the company of others and leave feeling proud with a beautiful centerpiece you created. **Limited to 20. Call to sign up!**



Learn How to utilize some great services from the Hudson Public Library

Tuesday, December 5th at 2pm at the Hudson Senior Center

Please attend this informative presentation regarding free books without having to come to the library. Would you benefit from being able to change a book's print size or the speed at which an audiobook is read? Have you wondered about people enjoying books via their phones or tablets? Digital books are available to you for free through the Hudson Public Library. Library staff will visit the Senior Center to show us how to use OverDrive/Libby. Bringing your library card to the presentation will be helpful in setting up your OverDrive/Libby account. Libby app is the easiest way to get started with digital books, audiobooks and magazines. ***Please call to sign up.***

Workshop at the Hudson Senior Center with Kevin Flaherty

Physical Therapist and owner of Flaherty Physical Therapy

“Lower Back Pain. Why live with it? It’s all about the Core!!!”

Wednesday, December 6th at 10:30am

Lower Back Pain, why live with it, it’s about the core! is a 45-minute presentation with Q and A of how lower back pain can be treated through a wide variety of treatments WITHOUT medication!!! The opioid crisis is well known. Physical Therapists treat lower back pain every day and have excellent outcomes leading to improved quality of life without medications! The presentation will cover different types of back issues along with a variety of ways physical therapists treat it through exercise, posture improvements and lifestyle changes. You will leave with information on why is your back painful and more importantly, what to do about it without medication! ***You must call to sign up***

“Movie Day” at the Center

Here is the listing for the movies in November. 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 11th – My Big Fat Greek Wedding 3



After the death of the family's patriarch, Toula attempts to locate her father's childhood friends in Greece for a family reunion.

Rating: PG-13 Runtime: 1hr 31min

Monday, December 18th – The Miracle Club



A hard-knocks community in outer Dublin in 1967 marches to its own beat, rooted in traditions of loyalty, faith and togetherness. There's just one tantalizing dream for the women of Ballygar to taste freedom and escape the gauntlet of domestic life: to win a pilgrimage to the sacred French town of Lourdes. And with a little benevolent interference from their cheeky and rebellious priest these close friends are the 'lucky' few to win this ticket of a lifetime at their riotous local raffle night. Starring Maggie Smith, Laura Linney and Kathy Bates.

Rating: PG Runtime: 1hr 30min



“VETS TALK” A program for Veterans

Thursday, December 7th, 14th & 21st at 9am

Every Thursday except the 4th Thursday of the

Vets Talk is a group of veterans who 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.



Hiking Day at Gates Pond

Tuesday, December 19th at 10:00am

at Wachusett Reservoir Aqueduct.

Go past Clinton High School and parking lot is on right and Wachusett reservoir across the street from Parking lot. Clinton High School address is 200 West Boylston Street Clinton.

Message from the Friends...

Next Friends Meeting: Tuesday, December 12th at 9:30am



Calendar Raffle

The Friends are excited to offer a Calendar Raffle that will be available to purchase until December 29th 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 and available in this newsletter, which you can cut and mail in the bottom portion with a check or also 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.

Nursing/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

Monthly Support Groups at the Senior Center



Led by Alex O'Hare, Community Social Worker for the Town of Hudson
Call the senior center today to reserve a spot with these groups.

❖ Bereavement Group

Monday, December 4th & 18th at 1pm

❖ Caregivers Support Group

Thursday, December 14th & 28th at 1pm

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 Springwell Elder Services.

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.

Medical Equipment Lending Program



For seniors in need of a wheelchair, walker, shower chair, transfer bench, commode or cane. The Senior Center can provide the item on loan at no charge, based on availability.

The Senior Center also has many incontinence pads/underwear that have been donated. Please call the center to check on availability 978-568-9638.

Fitness Classes



In-person fitness classes:

You must call the senior center to sign up.

- **AM Cardio & Weights w/ Sharon- Mondays & Wednesdays 8:30-9:15am**
(The class will be limited to 20 people) *Cost: \$12/month*
- **Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am -Cost: no charge**
****No Class on 12/26/23 & 1/2/24****
- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am – Cost: \$10/month**
- **Yoga w/ Sharon: Wednesdays at 2:30pm – 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.

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



Online Zoom fitness classes:

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

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

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

- **Zoom Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/mo**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am - No charge**
- **Zoom Parkinson's Class with Mike Bleecker- Tues. at 10:30-11:30am- No charge**

Transportation News...

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



Tuesdays & Thursdays



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

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

Seatbelts must be worn on the bus

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, December 6th

Cold Menu: Chicken salad, garden shell pasta salad and beet salad,

Hot Menu: Salmon loin, honey mustard sauce, roasted potatoes w/peppers & onions and broccoli

Thursday, December 7th

Cold Menu: Tuna salad, quinoa tabbouleh salad and broccoli slaw

Hot Menu: Bean & vegetable stew and green beans

Wednesday, December 13th

Cold Menu: Roast beef, provolone, potato salad and tossed garden salad

Hot Menu: Fish w/ Mediterranean sauce, herbed rice and broccoli

Thursday, December 14th

Cold Menu: Egg salad over tossed garden salad and coleslaw

Hot Menu: Chicken stuffed w/broccoli and cheese, buttered seasoned orzo and California vegetables

Wednesday, December 20th

Cold Menu: Turkey, swiss cheese, sweet potato salad and zucchini salad

Hot Menu: Ravioli w/ tomato sauce, chicken meatball and brussel sprouts

Thursday, December 21st

Cold Menu: Tuna salad, orzo vegetable salad and coleslaw

Hot Menu: Unstuffed pepper casserole and carrots

Wednesday, December 27th

Cold Menu: Tuna salad, summer potato salad and summer squash salad

Hot Menu: Macaroni and cheese and broccoli

Thursday, December 28th

Cold Menu: Turkey, swiss cheese, beet salad and potato salad

Hot Menu: Chicken meatballs, rotini w/ tomato sauce and Tuscany blend vegetables

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



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.*

DECEMBER IS ABOUT GIVING (AND ABOUT PLANNING)

December. The season of giving. Because it's also the end of the tax year for most people, it should also be the season of planning. Here are a few tips for doing both.

- Most of my clients need to qualify for MassHealth. Oftentimes, this requires them to withdraw all their tax-deferred funds, which can be very expensive tax-wise if it's done all at once. The best way to avoid this big tax hit is by gradually deducting the money each year, so that the extra income in any one year does not put you into a higher tax bracket for federal income tax purposes. Talk to your accountant about this, and about whether you want to keep some tax benefits by rolling some of these funds into a Roth IRA. Also, if you have deductible medical expenses, consider withdrawing a corresponding amount from your IRA to have the additional taxable income be offset by the medical deductions.
- If you're thinking about making a year-end gift to your favorite charity, consider doing that with your IRA or other tax-deferred funds by making a Qualified Charitable Distribution (QCD) of up to \$100,000. Remember, this distribution needs to come directly from the folks holding your IRA money. That way, you avoid paying any income tax on the withdrawal and the charity gets to use all the money.
- Remember, there's really no limit to the amount you can give your children (or anyone else). Unless you plan on making total gifts over the federal estate tax exemption amount before you die (\$12.92M if you pass away in 2023) during your lifetime, there is no gift tax on your gift, no matter how much you give, and the receipt of your gift is not income to the recipient for tax purposes. Although you will have to file a gift tax return to report the gift, you will not have to pay any gift tax.
- The holidays are also a great time to give away some of those special things that you were planning on leaving people after you die anyway. There is probably not a lot of "stuff" your children or other loved ones need. Folks may really cherish that special ring or other item of jewelry, or other things around your home that will always remind them of you. Give people those things now, while they still have the chance to say "thank you." It will make their holiday, and it may make yours special, too.

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, December 13th from 1:30pm to 3pm (appointment only)

Attorney Bergeron will be available for private 15-minute sessions the second Wednesday of the month. To book your private session please call the Hudson Senior Center at 978-568-9638 and leave a message on extension 471 or the front desk. Thank you



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, December 20th at 10:30am

Genealogy group is open to everyone who is interested in researching their ancestry.

Beginners welcome. See you there!

Creative Groups

Craft Group

Mondays 12:00-3:00pm

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

2nd Floor - Craft Room

Knit & Crochet Group

Wednesdays 9:30am

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

2nd Floor - Craft Room

Memoir Group

Friday afternoon from 1-3pm

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

Open Painting Studio

Tuesdays 10:00-12:00pm

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

2nd Floor - Craft Room

Silver Threads Quilting Group

Thursdays and Fridays 10:00am

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

2nd Floor - Craft Room

Senior Center Lending Library

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

*Check out our new Large Print section.

Group Activities

Bingo



Wednesdays 12:30pm

Bridge

Fridays 12:30- 3pm

Chess

Tuesdays 1:00pm

Cribbage

Monday – Friday 8:30-11:30am

Mah Jong

Mondays & Thursdays 12:00pm-3pm

Billiard Room



Mon. – Fri. 8:30-3:30pm

Game of Pool anyone?

2 tables available.

Scrabble

Fridays 12:15pm

Gift Shoppe



Open: Thursdays 9:30-12:30pm

- Handmade items for the Shoppe appreciated.

VOLUNTEER



Volunteers needed to work a 3-hour shift on Mondays or Wednesday 9:30-12:30pm in the Gift Shoppe

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

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUNDAS ÀS SEXTAS DAS 9:00 DA MANHÃ ÀS 3:00 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT.19



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 2023 até o dia 30 de Abril de 2024.

Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$ 45,392
2	\$ 59,359
3	\$ 73,326

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 6, 13, 20 e 27 de Dezembro - Grupo de croché às 9:30 da manhã. Venha fazer croché com um grupo alegre e fazer amigas novas.

Dia 12 de Dezembro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 12 de Dezembro – Almoço de Natal às 12:00 da tarde no “Assabet Valley High School” em Marlborough. O custo é \$10.00 por pessoa. Bilhetes a venda no Senior Center.

Dia 13 de Dezembro - Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Para marcar um apontamento, telefone para o Senior Center.

Dia 19 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 6 de Dezembro. **Limitado a 50 pessoas**

Dia 22 de Dezembro – Jantar “Grab and Go” às 1:00 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 75 pessoas.**

Dia 25 de Dezembro – O Senior Center estará fechado devido ao feriado do Natal.

Dia 1 de Janeiro – O Senior Center estará fechado devido ao feriado do Primeiro do Ano.

BOAS FESTAS 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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CANDLE
 CANDY CANE
 CAROLS
 CHRISTMAS
 DECORATIONS
 EGGNOG
 ELF ON A SHELF
 FIREPLACE
 FROSTY
 GINGERBREAD
 HANNUKAH
 HOLIDAY
 HOT CHOCOLATE
 ICICLE
 JINGLE BELLS
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 NUTCRACKER
 ORNAMENTS
 POINSETTIA
 PRESENTS
 REINDEER
 SANTA CLAUS
 SLEIGH
 SNOWFLAKE
 SNOWMAN
 STOCKING
 TINSEL
 UGLY SWEATER
 WINTER
 WREATH

WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>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</p>
<p>4</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group</p>	<p>5</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Holiday Craft 10:30a Zoom Parkinsons class 11:00a Self Empowered Living 01:00p Chess 02:00p Library Presentation</p>	<p>6</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Mindful Living 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:30a Lower Back Pain 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mting 02:30p PM Yoga</p>	<p>7</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons</p>	<p>8</p> <p>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</p>
<p>11</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day</p>	<p>12</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 11:30a Holiday Lunch 12:00p CHRISTMAS Luncheon 01:00p Chess</p>	<p>13</p> <p>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 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p Bergeron Advice 02:30p PM Yoga 07:00p Worcester Men of Song</p>	<p>14</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a Blood Pressure 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</p>	<p>15</p> <p>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</p>
<p>18</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group</p>	<p>19</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Hiking Trip 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess 01:00p Holiday Party</p>	<p>20</p> <p>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 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>21</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>22</p> <p>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 Grab and Go Meal 01:00p Memoir Workshop</p>
<p>25</p> <p>08:00a CENTER CLOSED</p>	<p>26</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 10:00a Open Paint Studio 01:00p Chess</p>	<p>27</p> <p>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 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>28</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support</p>	<p>29</p> <p>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</p>

January 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 \$25	2 \$25	3 \$25	4 \$25	5 \$25	6 \$100
7 \$100	8 \$25	9 \$25	10 \$25	11 \$25	12 \$25	13 \$100
14 \$100	15 \$25	16 \$25	17 \$25	18 \$25	19 \$25	20 \$100
21 \$100	22 \$25	23 \$25	24 \$25	25 \$25	26 \$25	27 \$100
28 \$100	29 \$25	30 \$25	31 \$25			

Cut here and deposit in raffle jar

Friends of the Hudson Senior Center Raffle

Print Name _____

Phone Number _____

\$10 per chance: Each name picked daily goes back into general drawing, so chances are the same even if you have won.

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!