

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.*



## December 2019 REP. KATE HOGAN'S SENIOR NEWS

Holiday celebrations in Hudson shine the spotlight on our area's vibrant cultural resources. Concerts and craft fairs deck the halls (and the calendar) and opportunities to engage with the arts abound. As volunteers and performers, artists and advocates, our seniors are helping to make sure this holiday season is another one to remember.

As a champion for the arts, I know all this creativity on display means a lot of fun for our town – but also so much more. I was proud to join the legislature last spring in securing \$18.2 million for the Massachusetts Cultural Council (MCC) in the Fiscal Year 2020 (FY20) State Budget, an increase of \$2 million over the previous fiscal year. Promoting engagement with the arts right here in our community, the MCC allocated \$9,400 in FY20 funding for the Hudson Cultural Council (HCC).

This holiday season, I know for sure that investing in our cultural institutions – and the considerable local talent behind them – makes our community stronger. Whether you are a musician or an audience member, rallying around our shared love of the arts on both sides of the stage makes Hudson a place where all voices are celebrated. Read on for opportunities to share in Hudson's cheer, warmth, and light this season – through the arts.

### **River's Edge Arts Alliance Holiday Concert**

One of the local cultural institutions to receive financial support from the HCC, the River's Edge Arts Alliance puts into practice – and music – this celebration of our community's diverse voices. With a long history of promoting access to the arts here in Hudson and the greater region, their Holiday Concert has become a beloved annual tradition. This year, their Holiday Concert will feature a host of area performers, from the River's Edge Chorale to the REHarmonix A Cappella group. The concert will take place at Hudson's First United Methodist Church on Sunday, December 8th at 2 p.m. For seniors, the cost of concert tickets ranges from \$8 for Arts Alliance members to \$13 for nonmembers.

Alongside the Holiday Concert, River's Edge will also be hosting a **Winter Market** in the Parish Hall at First United Methodist Church from 1 to 5 p.m. The Winter Market will feature work from local artists and artisans and entrance is free. For more information on both of these events, visit the River's Edge Arts Alliance website at: [upwitharts.org](http://upwitharts.org).

### **Hudson Downtown Holiday Stroll**

A seasonal celebration of Hudson's vibrant downtown and unique small businesses, the Holiday Stroll returns this Saturday, December 7th from 3 to 7 p.m. While you are in the neighborhood, be sure to stop by the **Boys & Girls Club of MetroWest Festival of Trees and Holiday Craft Fair**. The event will take place at the Argeo R. Cellucci Jr. Clubhouse in downtown Hudson on Saturday, December 7th from 10 a.m. to 5 p.m. and Sunday, December 8th from 10 a.m. to 3 p.m. There promises to be a beautiful array of trees, holiday decorations, and crafts.

Whatever traditions mark your celebration of light and family this winter, be sure to count engaging with the arts among them. Get involved. Catch a show. Share your talents.

Happy holidays,

**Rep. Hogan's Office Hours:** Please call the State House at (617) 722-2199 to schedule an appointment for Rep. Hogan's December office hours. Staff is also available at the District Office on Thursdays from 10 a.m. to 3 p.m.

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 163, Boston, MA, 02133 / Phone: (617) 722-2199 / [Kate.Hogan@mahouse.gov](mailto: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*





*A Little Holiday wish!*



My hope is that you all have a wonderful Holiday Season with your family and friends. I would also like to thank all of our seniors and hardworking staff for your kindness, understanding and support throughout this past year. Together we have accomplished a lot, and only together can we accomplish more! Happy Holidays!

### *Friends Annual Fair 2019*

 **THANK YOU**  to everyone who helped with this year's Friends Annual Fair. The Friends made well over \$5000.00. *WOW!!!! Our success is due to the help of many people especially those who sewed, baked, knitted, painted, donated baskets, made pies, bought tickets to the raffles, spent time working setting up and taking down, your support is greatly appreciated.*

**Thank you to Mr. George Danis, his wife Karen, his wonderful employees and Assabet's National Honor Society students for another fabulous Thanksgiving Dinner!**



We were very fortunate to end the month of November with a fantastic turkey dinner with all the fixings, compliments of Mr. George Danis and his employees. This year we had 6 students from the Assabet Technical High School National Honor Society to help with the cleanup and we were thrilled to have them. Mr. Danis' employees set up the room beautifully and served just like a restaurant. This truly was a treat for us all! We would like to thank Mr. Danis, his family, employees and students for their kindness and generosity. Just over 100 people attended and all donated toiletries and food to the Food Pantry and Homeless Shelters. Our boxes were overflowing with your kindness!

### **Christmas luncheon at Assabet Epicurean Room**

**Tuesday, December 17<sup>th</sup> at 11:30am (Cost: \$10.00)**

Rolls and butter, house salad, steak tips or chicken piccata, roasted vegetables medley (carrots, zucchini, squash, peppers, pearl onions) with mashed potatoes and chocolate mousse cup for dessert. *Still tickets available*



### **HOLIDAY PARTY AT THE CENTER (Free)**

**Friday, December 20<sup>th</sup> at 12:30pm**

*(Wear your ugly holiday sweater)*

Please join us for some light appetizers and fun! Cheese and crackers, spinach and artichoke dip with pita cracker, stuffed mushrooms, pot stickers, petite teriyaki beef skewers and more. You can bring chips, cookies or something not prepared at home. **YOU MUST SIGN UP FOR THIS EVENT!**



### **Special note for Hudson residents:**

During the Town Hall Renovation Period the Overnight Drop Box in the front of the building will not be accessible. For Hudson Light and Power Payments there is an Overnight Drop Box at the 49 Forest Avenue Location.

### **NOTICE:**

**\*\*There is a change in PM fitness for the months of December, January and February\*\***

(PM Fitness is changing - Due to low attendance and winter months we are canceling Monday and Thursday evening fitness classes for the months of December, January and February. We will keep the Tuesday 4:30pm Stretch class. Cost for Tuesday 4:30pm stretch class is now \$5.00 per month.

## Watch out for Medicare SCAMS

Scammers **may** pretend to represent insurance or healthcare companies. **There is a new twist:** calls from "Medicare" offering FREE knee Braces. **How the Scam Works~~**

You **answer** the phone, and a "Medicare representative" **con (scammer)** has two typical patterns:

~ **An offer:** the scammer will offer you a knee brace through Medicare ~ **or a Claim** that a caregiver previously called about receiving a knee or other type of brace from Medicare.

***If you show interest in the brace***, the scammer will start asking for personal information, such as your Social Security number or a Medicare number to access the benefits. **Don't fall for these phony claims, even if the calls are persistent!** The callers offer no company name and may even hang up on you if you ask for further company information.

### Protect Yourself from Healthcare Scams

- Medicare should already have your basic information: ***If Medicare or another governmental organization contacts you, they should already have your name, address and other basic info.*** A call claiming you have been identified for an offer (but doesn't have your name or other information) is probably blasted out to thousands of phone numbers!
- ***Treat your Medicare number like your credit card info or other personal details. Do not share it with unsolicited callers.***

## How to Spot, and Beat, the Holiday Blues. Elderly may be especially prone to depression this time of year, experts say

(HealthDay News) -- For some older people, the holidays can generate feelings of sadness as they think about lost loved ones, financial concerns, or health problems, experts note.

To help seniors ward off the holiday season blues, the American Geriatrics Society offers the following tips:

**Socialize.** Ask family and friends for help traveling to parties and events or invite family and friends over. **Volunteer.** Helping others can help boost your mood. **Don't drink too much alcohol**, which can have a negative effect on your mood.

**Accept and express your feelings.** If you're feeling blue, talk to someone about it. It may help you understand why you're feeling down. Recognize the warning signs of depression. Holiday blues tend to be temporary and mild, but depression is more serious and can last a long time if you don't get help. Be alert for signs of depression, such as: unrelenting sadness; loss of interest or pleasure; changes in appetite and weight; sleeping a lot more or less than usual; crying often; feeling restless or tired all the time; feeling worthless, helpless or guilty; slowed thinking; thoughts of death or suicide.

If you notice that an older loved one has the blues or seems depressed, you should:

Lend a hand by offering to help with shopping, transportation and preparations for get-togethers in their homes. Be a good listener and encourage your loved one to talk about how they're feeling. Acknowledge their "difficult" feelings, such as a sense of loss if family or friends have died or moved away. Encourage the person to talk with a health care provider. Many people don't realize when they're depressed. Explain to your loved one that depression is a medical illness that can be treated and managed.

**PLEASE REMEMBER DEC. 7<sup>TH</sup> IS THE LAST DAY TO REVIEW YOUR HEALTH AND PRESCRIPTION DRUG PLANS FOR 2020.**

***\*\*The Center will CLOSE at 1pm on Tuesday, December 24<sup>th</sup> for Christmas Eve\*\****

***\*\*The Center is CLOSED on Wed, December 25<sup>th</sup> for Christmas Day and Wed, January 1<sup>st</sup> \*\****

Bye for now.....**Janice** ☺





## SMOC FUEL ASSISTANCE- INCOME GUIDELINES

During the winter months, now through April 30, 2020, you have the opportunity to apply for fuel assistance. This can be a great help in supplementing your heating costs. There is NO age limit on this program, so if you know someone who is struggling with their bills, pass the word along about this Benefit Program. The income guidelines are listed below, and if your GROSS income is below that total maximum for your household size, call the Hudson Senior Center to apply. An Outreach Worker will schedule an office visit to complete the application. The list of required documentation needed is listed below.

Required forms/proof that you will need to submit:

- Application
- Release of Authorization form
- Proof of Income (Social Security benefits, Pension, Annuities, Interest, Wages, Unemployment, Child Support, Alimony, etc.)
- Double sided copy of current heating and electric bills
- Copy of Photo ID for head of household and ALL Social Security Cards for those in the household
- SNAP beneficiaries (Food Stamps) - letter documenting your benefit amount

### For Homeowners:

- Current mortgage statement (if you have one)
- Real Estate Tax Bill
- Copy of Homeowner's Insurance Statement
- If Condo/Mobile Home owner, you must also submit proof of Condo Fee or Mobile Home Park Fee

### For Renters:

- Current Signed Lease
- If you are a tenant at will, a form will be mailed to landlord to be completed and mailed to SMOC- you must also bring in proof of a rental payment that you have made
- If with Subsidy, current signed lease and "Tenant Profile/Income Verification" from housing authority

## Income Eligibility Guidelines

### Fiscal Year 2020 Low-Income Home Energy Assistance Program (LIHEAP) Income Eligibility Chart

Household Size	Maximum Gross Income
1	\$37,360
2	\$48,855
3	\$60,351
4	\$71,846
5	\$83,341
6	\$94,837
7	\$96,992

**INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO**  
**O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:00 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 2019 até o dia 30 de Abril de 2020.

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

Número de Pessoas na Família	Rendimento
1	\$ 37,360
2	\$ 48,855
3	\$ 60,351
4	\$ 71,846

**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 2, 9, 16 e 23 de Dezembro - Grupo de croché às 9:30 da manhã. Venha fazer croché com um grupo alegre e fazer amigas novas.

Dia 10 de Dezembro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 17 de Dezembro – Almoço de Natal às 11:30 da manhã no “Assabet Valley High School” em Marlborough. O custo é \$10.00 por pessoa. Bilhetes a venda no Senior Center.

Dia 20 de Dezembro – Festa de Natal no Senior Center das 11:00 da manhã à 1:00 da tarde. O Senior Center irá fornecer aperitivos. Telefone para marcar o seu lugar.

**Dia 24 de Dezembro - O Senior Center vai fechar à 1:00 da tarde devido ao feriado do Natal.**

**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.**

**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!)**

## Message from the Friends...

**Next Friends Meeting:  
Tuesday, December 10<sup>th</sup> at 9:30am**

### Calendar Raffle

The Friends are excited to offer a Calendar Raffle that will be available to purchase until December 31<sup>st</sup> 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. This is a new endeavor and hopefully will be successful in raising funds for new programs.



## 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.**

**Please provide updated information and an emergency contact!**

**THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2020!**

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

## Hudson Senior Center 2020 Dues

NAME \_\_\_\_\_

DUES \_\_\_\_\_

ADDRESS \_\_\_\_\_

DONATION \_\_\_\_\_

TELEPHONE \_\_\_\_\_

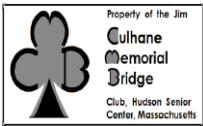
TOTAL \_\_\_\_\_

EMAIL \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_

RELATIONSHIP \_\_\_\_\_

PHONE \_\_\_\_\_



Please join the Jim Culhane Memorial Bridge group  
at the Hudson Senior Center from 6:00 PM to 8:45 PM

~To be announced...please call for December dates~

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](mailto:EJNewcombe@msn.com)

### "Mobile Library" at the Center Monday, December 9<sup>th</sup> at 10am

Look for our "Mobile Library" every 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, December 5<sup>th</sup> & 19<sup>th</sup> 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.



### Assabet Valley Camera Club Program



#### *Southeast Florida Wildlife - Snowbirds Travel*

On Wednesday, December 4, the Assabet Valley Camera Club (AVCC) is pleased to host Jay Richard, a member of the Merrimack Valley Camera Club. His presentation "**Southeast Florida Wildlife – Snowbirds Travel**" provides an opportunity to expand or refresh one's skills on the how, when and where to find Florida wildlife in their natural habitat. The presentation is for all levels of photographers and people who enjoy viewing what Southeast Florida wildlife has to offer along with tips needed on how to find and photograph them. As a youth in Kansas City, Missouri Jay spent much of his time hiking in the woods, fishing, and hunting with his grandfather and uncle. They instilled in him the need to respect all living things, while understanding the world around him will always be changing. This background led him to a lifelong appreciation of nature, scenery, architecture and people. Jay started with film cameras and dark rooms, eventually moving to digital cameras and computerized post processing. Visit his website at [www.jayhawkphotography.com](http://www.jayhawkphotography.com).



Anyone interested in photography and expanding their pictorial skills is welcome to attend the next meeting of the Assabet Valley Camera Club (AVCC) to be held in the Great Room at the Hudson Senior Center, 29 Church Street, Hudson. The "**Southeast Florida Wildlife – Snowbirds Travel**" program will follow a short business meeting which begins at 7:30 PM.

The presentation is free and open to the general public. AVCC welcomes anyone interested in learning more about photography as a visual art and its practical application as a science. Members benefit from the hands-on experiences, from the knowledge presented in programs, and from having their work critiqued. For more information check out the AVCC website at [assabetvalleycc.com](http://assabetvalleycc.com) or contact John Gill, club president, at 978-293-5192.





**The Diversity through Collaboration will host a FREE Continental Breakfast and Community Conversation: Navigating the Holidays...What Works and What Doesn't**  
Thursday, December 19<sup>th</sup> 9am-10:30am at the Hudson Senior Center 29 Church Street Hudson MA

Join us for a FREE continental breakfast with Lauri Ryding, Assistant Program Director for the Inclusion & Diversity LGBTQ initiative. Lauri is fun and informative. Please join her for coffee food and conversation regarding the holidays. Friends and allies are welcome. Please call 978-568-9638 to sign up.

### **A Reminder about your 2020 Social Security Benefits Statements**

Social Security will be mailing out your 2020 beneficiary statements in December and January. This is an important document. It reports how much Social Security you will be getting for the year. Please remember to keep this in a safe place. If you apply for programs such as fuel assistance, SNAP benefits etc. you will need to show them a copy of this document. Keep it in a safe place☺



**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.*

### **THIS SEASON, GIVE SOMETHING SPECIAL AND ASK FOR SOMETHING SPECIAL IN RETURN**

Every year around this time I like to remind people of some basic rules of giving:

- **Gift Tax**

There is a cap (this year the number is \$15,000) on the amount you may give to any one person in one calendar year. This annual exclusion amount of \$15,000 or less does not have to be reported to the IRS. However, that cap is only relevant if your total assets exceed the federal estate and gift tax exemption amount, which is now over \$11 Million. The good news for the recipient of the gift is that the gift is not considered income, so he/she does not have to pay income tax on the gift. Just remember that you have to file a gift tax return to report the gift to the IRS so that all of your lifetime gifts can be recorded and the total amount accumulated. The good news for you is that you pay no gift tax until your total lifetime gifts (not counting gifts under \$15,000) exceed \$11,400,000.

- **Capital Gains**

In general, do not gift stock or other assets that are worth a lot more now than when you bought them. When the recipient sells the stock, he or she will owe a capital gain tax on the difference between what you bought the stock for (technically, your tax "basis") and what the stock is sold for. Better to hold these assets until you die, at which time the "basis" will jump to the value of the asset at the time of your death, so the new owner will be able to sell the asset basically tax-free.

- **Charitable Gifts**

If you plan to make a large gift to charity, remember that the federal and state charitable deduction will equal the amount of the gift. The ideal gift to charity, therefore, may be one that comes from your IRA or other tax-deferred funds, since the income tax you would have paid in the year of receipt of these funds will be eliminated as a result of the charitable deduction.

Beyond these tax tips, though, I have a couple of personal gift suggestions. For your family and friends, and especially for your children and grandchildren, consider gifting them something sentimental, such as a ring or bracelet, a piece of pottery, artwork, something that you can get joy out of seeing them use. If you are not sure what they would like most, just ask them. Then think about the gift you would want most from your children or grandchildren. From my experience, it's typically not an item. It's a regular call from the child or grandchild in Colorado or a regular visit from those who live close but are so buried with the activities of their own lives that they may need a helpful reminder about what is important to you. So ask them for that most special of gifts in today's world: time. If you need more information on this, you can contact me at (508) 860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com). You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube Channel, [www.youtube.com/elderlawfrankandmary](https://www.youtube.com/elderlawfrankandmary) 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."

## 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.**

*This project funded 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

**\*WE ARE NOT ACCEPTING CHRISTMAS CARDS AT THIS TIME\***



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



### ***Genealogy Family Research with Charles Corley*** ***Wednesday, December 18<sup>th</sup> at 10:30am***

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:**

Tuesdays at 1pm

Cost \$10.00 paid directly to the instructor.



#### **Water Color Class**

Wednesdays 10 am to 12 noon

Cost: \$6.00 per class paid directly to the instructor. Class on the 2<sup>nd</sup> floor in the Craft Room.

### **Volunteers Needed for Tax Preparation**

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available. Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3 million taxpayers avail themselves of Tax-Aide services. Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season – Feb 1st to Apr 15<sup>th</sup>. Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information, go to < <https://aarp.org/taxaide> >



The Senior Center Lending Library appreciates all of the donations made to our Library. We ONLY accept books with a Copyright date after 2011. A special thank you to all of the volunteers. Check out our new Large Print section!

## Stress Reduction with Qigong Class

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

*Sign up at the front desk*

## FRIENDS MEETING ~ Tuesday, December 10<sup>th</sup> at 9:30am

### *Tuesday is "Movie Day" at the Center*

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

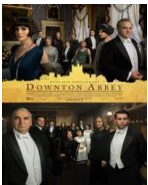


#### December 10<sup>th</sup> – Breakthrough



Based on the inspirational true story of one mother's unfaltering love in the face of impossible odds. When Joyce Smith's adopted son John falls through an icy Missouri lake, all hope seems lost. But as John lies lifeless, Joyce refuses to give up. Her steadfast belief inspires those around her to continue to pray for John's recovery, even in the face of every case history and scientific prediction. BREAKTHROUGH is an enthralling reminder that faith and love can create a mountain of hope, and sometimes even a miracle. *Rating: PG Runtime: 1hr 56min*

#### December 31<sup>st</sup> – Downton Abbey



The worldwide phenomenon, Downton Abbey, returns as a spectacular motion picture, with the beloved Crawleys and their intrepid staff preparing for the most important moment of their lives. A royal visit from the King and Queen of England unleashes scandal, romance and intrigue that leaves the future of Downton hanging in the balance. Written by series creator Julian Fellowes and starring the original cast, this grand cinematic experience will have you cheering for your favorite characters all over again. *Rating: PG Runtime: 2 hr 2 min*

### *In Memory Of...*



The Hudson Senior Center is appreciative of Donations made on behalf of Evelyn Mullane. Our thoughts and prayers are with her Family and Friends.

### 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

### 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, December 9, 2019

Starting at 9am.  
Please call for an appointment at 978-568-9638

### 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 2020 Fitness Programs

**\*\*There is a change in PM fitness for the months of December, January and February\*\***

**AM Fitness 3 Mornings a week Cost: \$12/month for all 3 classes**

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

**(PM Fitness is changing - Due to low attendance and winter months we are canceling Monday and Thursday evening fitness classes for the months of December, January and February. We will keep the Tuesday 4:30 Stretch class. Cost for Tuesday 4:30 stretch class is now \$5.00 per month )**

- Tues evenings 4:30pm stretch

**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: \$5.00 per class paid to instructor**

**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: *\*No Class on Dec. 24<sup>th</sup> & 31<sup>st</sup> \*\****

**Tuesdays at 9:30am. Cost is \$3.00 per class, payable to the instructor.** Are you interested in reducing the stress in your life and in better coping with the day-to-day activities making demands on your time? This class may be right for you. The class utilizes both a western approach based on the work of Dr. Herbert Benson, of Harvard University, and Dr. Jon Kabat-Zinn, of UMass, in combination with simple, easy to learn Chinese Qigong exercises.

**Zumba : Thursday at 11:00am Cost is \$10.00 per month.** Zumba Your Way: Zumba dance to a little Latin, a bit of Big Band, some Broadway Show Tunes and get in shape the fun way!

**Chair Pilates: Mondays at 9:30am & Fridays 11:15am Cost: \$12.00 per month**

Chair Pilates takes the benefits of pilates with the help of a chair for those who have trouble getting on and off the floor. The class is designed to restore strength and balance in the core retraining the body to function more effectively. Give this a try and meet Jennifer Davidson certified yoga / pilates instructor and massage therapist.

**Fitness program designed for Parkinson's but works for everyone: *\*\* No class on Dec 24<sup>th</sup> & 26<sup>th</sup> \*\****

**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, December 31<sup>st</sup> An American Bandstand New Year's Eve Day \*payment due\***

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**

### **Thursday, March 12<sup>th</sup> Emmett Cahill's Ireland**

Join the this young tenor and star of the PBS phenomenon Celtic Thunder to celebrate St. Patrick's at the Venus De Milo in Swansea, MA. Emmett is also joined by The Emerald String Quartet and The Dublin City Dancers. Includes plated Luncheon of your choice of Corned Beef and Cabbage or Baked Haddock, Show and transportation. **Price: \$92. 00 pp**

### **\*\*New\*\* Sunday, April 26<sup>th</sup> Mutts Gone Nuts!**

Expect the unexpected, as canines and comedy collide in a smash hit performance, that's leaving audiences everywhere howling! This show is live on stage at Lake Pearl in Wrentham, Ma featuring a **Sunday Brunch** which includes pastries, Danish, scrambled eggs, variety of quiches, French toast, chicken picatta, scrod, pasta, desserts plus much more. **Price: \$92.00pp**

### **May 15<sup>th</sup> – 22<sup>nd</sup> Boston to Bermuda Cruise**

Board the Norwegian Gem out of Boston and discover the quaint neighborhoods and pristine pink beaches of Bermuda. This trip includes roundtrip transfers, 8day/7night cruise, Beverage package, Luggage handling fees plus much more!! Full payment is due by December 20<sup>th</sup> . **Price: starting at \$1199pp**

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### **Tropical Costa Rica: April 25- May 3 2020**



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

### ***Save the Date.....Collette Travel Presentation: Tuesday, February 25, 2020***

### ***Come find out more about this Great New Trip!***

### **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.

- In Minori, sample some of the local specialties at a family-owned limoncello factory.
- Enjoy a tasting and lunch at a local winery at the foot of Mount Vesuvius.
- Discover the amazing mountaintop monastery of Montecassino.
- Tour a buffalo milk mozzarella factory.
- Visit the fascinating National Archaeological Museum in Naples.
- Take a panoramic tour of Classical Rome featuring an in-depth, guided visit of the spectacular Colosseum.
- Visit the seaside resort town of Sorrento.
- Discover the excavated ruins of Pompeii at the foothills of Mount Vesuvius.

***Informational Flyers available at the front desk***



## Transportation News...

### Do not forget about Food Shopping days!



Food shopping days are Tuesdays and Thursdays for all Hudson seniors regardless of where you live. Pick-ups begin at 10am.

**Tuesdays** choose from the following grocery stores: Stop and Shop, Shaws or WalMart.

**Thursdays** is Market Basket.

**\*\*Special Shopping Trip: Wednesday, December 11<sup>th</sup> Solomon Pond Mall or Target**  
**Bus starting pick-ups at 10am\*\*** (sign up anytime)

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!

### December Cold Menu 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Dec -2	3-Dec	4-Dec	5-Dec	6-Dec
Tortellini & Turkey Salad Chick Pea & Cilantro Salad Broccoli Salad	Cheese Omelet Hash Browns Pineapple	Chicken Caesar Salad Potato Salad Mixed Fruit	Turkey Cranberry Salad New Pasta Salad Carrot & Raisin Salad	Chef's Salad Roasted Potato Salad Beet & Onion Salad
Dec- 9	10-Dec	11-Dec	12-Dec	13-Dec
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
Dec-16	17-Dec	18-Dec	19-Dec	20-Dec
Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Mixed Greens w/Salmon Tangy 4 Bean Salad Roasted Vegetables	Chicken Breast/Red Pepper Pesto Italian Pasta Salad Chick Pea & Cilantro Salad	Roast Beef Roasted Potato Salad Pineapple	Chicken Caesar Salad Mediterranean Rice Salad Peaches
Dec-23	24-Dec	25-Dec	26-Dec	27-Dec
Tuna Salad Israeli Cous Cous Salad Cole Slaw	Chef's Salad Roasted Potato Salad Mixed Fruit	No Meals	Bourbon Chicken Salad Beet & Onion Salad Broccoli Salad	Tortellini & Turkey Salad Chick Pea & Cilantro Salad Roman Blend Veg Salad
Dec-30	31-Dec			
Cilantro Chicken Corn & Black Bean Salad Sesame Cucumber Salad	Roast Beef Wild Rice Salad Broccoli Salad			

## What's Going on...

- **Senior Center Closed at 1pm: Tuesday, Dec 24<sup>th</sup>**
- **Senior Center Closed: Wednesday, Dec 25<sup>th</sup>**
- **Boxwood Tree:** Tuesday, December 3<sup>rd</sup> at 12pm
- **Podiatrist:** Monday, Dec 9<sup>th</sup> by appt only
- **Hudson Mobile Library:** Mon, Dec 9<sup>th</sup> at 10am
- **Vets Talk:** Thursday, Dec 5<sup>th</sup> & 19<sup>th</sup> at 9am
- **Friends Meeting:** Tuesday, Dec 10<sup>th</sup> at 9:30am
- **Hearing Clinic:** Tues. Dec 10<sup>th</sup> at 9:30am by appt only
- **Movie Day:** Tuesday, December 10<sup>th</sup> & 31<sup>st</sup> at 12:30pm
- **Holiday Lunch at Assabet:** Tuesday, Dec 17<sup>th</sup> at 11:30am
- **Genealogy:** Wednesday, Dec 18<sup>th</sup> at 10:30am
- **Diversity Breakfast:** Thursday, Dec 19<sup>th</sup> at 9am
- **Holiday Party at the Center:** Tuesday, Dec 20<sup>th</sup> at 12:30pm
- **Cribbage:** Every Day except Thursday
- **Food Shopping Days:** Tuesdays and Thursdays 10:00 am
- **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:** Mon 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
- **Joy of Oil:** Tuesdays at 1pm beginning Oct 8<sup>th</sup>
- **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:** Wed. 10a –12 noon
- **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:** 1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month



## The Hudson Senior

**Center Bus** begins running at 8am and ends at 3:30pm between Hudson and Marlborough Mon –Fri. **Call 978-568-9638 the day before** your schedule appointments and call 2 days before appointments if you need **the wheel chair lift**. This is a **FREE** service but donations are greatly appreciated! Give us a call ☺

## Come play chess at

### The Hudson Senior Center

Chess Tuesdays are at 1 pm at the Hudson Senior Center. All levels are welcome. ***Come on down!***

## Free Legal Advice with Attorney Bergeron

*15 minutes of Free Advice*

**\*\*No Advice in December\*\***

**Wednesday, January 8<sup>th</sup>**

1pm-3pm~by appointment only

## Volunteer for Meals on Wheels

**Meals on Wheels** is currently looking for **DRIVERS!!**

Please call **508-573-7200** and ask for **Meals on Wheels**.



## 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.**

***\*No Music Jam on Friday, Dec 20<sup>th</sup>***

## Hearing Clinic

**Tuesday, December 10<sup>th</sup>**

Starting at 9:30am

With Michael Drennan from

Rogers Hearing Solutions

Call 978-568-9638 for an appointment

To cancel please call: 508-573-7246

Hudson, Sudbury, Wyland, Natick

December 2019

Ashland, Holliston, Dover, Sherborn, Hopkinton

Menu Subject to C

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			
2		Na+	3	HIGH SODIUM	Na+	4		Na+	5		Na+	6		Na+	
Pollock w/Newburg Sauce	162		Autumn Harvest Soup	233		Cranberry Orange Chicken	338		Gypsy Soup	272		Meatloaf w/Gravy	303		
Cous Cous w/Carrots	24		Beef Burrito	250		Roasted Red Bliss Potatoes	5		Chicken Jambalaya	310		Whipped Potatoes	66		
Spinach	65		Red and Green Peppers	110		Carrots	64		Brown Rice	5		Green Beans	3		
Pumpnickel Bread	155		Flour Tortilla	220		Whole Wheat Bread	170		Multigrain Bread	164		Rye Bread	150		
Peaches	5		Blueberry Buckle	360		Mandarin Oranges	7		Snack n Loaf	115		Fresh Apple	1		
			D: 1/2 portion cake	180					D: Grahams	85					
Total Sodium (mg): 536			Total Sodium (mg): ###			Total Sodium (mg): 709			Total Sodium (mg): 991			Total Sodium (mg): 648			
Calories: 520			Calories: 745			Calories: 533			Calories: 677			Calories: 688			
9		Na+	10		Na+	11		Na+	12		Na+	13		Na+	
Beef Bolognese	223		BBQ Grilled Chicken	402		Turkey Corn Stew	464		Three C Soup	299		Sweet and Sour Meatballs	248		
Cavatappi Pasta	1		Potato Wedges	273		Genoa Blend Vegetables	45		Roast Pork w/Apple Gravy	96		Brown Rice	5		
Italian Blend Vegetables	41		Brussels Sprouts	12		Multigrain Bread	164		Whipped Potatoes	66		Mixed Vegetables	88		
Italian Bread	230		Hamburger Bun	230		Fig Bar	65		Wheat Bread	170		Multigrain Bread	164		
Fruit Yogurt	75		Pineapple	1		D: Lorna Doones	100		Apple Crisp	123		Fruit Cup	5		
									D: Maple Waffle Grahams	85					
Total Sodium (mg): 695			Total Sodium (mg): ###			Total Sodium (mg): 863			Total Sodium (mg): 879			Total Sodium (mg): 635			
Calories: 662			Calories: 613			Calories: 427			Calories: 696			Calories: 660			
16		Na+	17		Na+	18	SPECIAL	Na+	19		Na+	20		Na+	
Cheesy Cauliflower Soup	319		Chicken Kielbasa	406		Pot Roast w/Gravy	123		Garden Vegetable Soup	240		Broccoli Bake	482		
Grilled Chicken Coq au Vin	387		Onions and Peppers	27		Au Gratin Potatoes	132		Potato Pollock	273		Seasoned Home Fries	5		
Butternut Squash	48		Sauerkraut	136		Broccoli	10		Tartar Sauce	100		Stewed Tomatoes	150		
Multigrain Bread	164		German Potato Salad	210		Wheat Dinner Roll	105		Mac and Cheese	244		Multigrain Bread	164		
Mixed Fruit	10		Sub Roll	218		Pineapple Coconut Cake	169		Wheat Bread	170		Snack n Loaf	115		
			Fresh Orange	0		D: 1/2 portion cake	85		Peaches	5		D: Grahams	85		
Total Sodium (mg): ###			Total Sodium (mg): ###			Total Sodium (mg): 664			Total Sodium (mg): 1157			Total Sodium (mg): 1041			
Calories: 780			Calories: 619			Calories: 940			Calories: 833			Calories: 787			
23		Na+	24		Na+	25				26		Na+	27		Na+
Beef and Lentil Chili	250		Tomato Basil Meatballs	142		Grilled Chicken Marsala				395		Lemon Dill Pollock	160		
Brown Rice	5		Cavatappi Pasta	1		Whipped Potatoes				66		Sweet Potatoes	2		
Broccoli	10		Genoa Blend	45		Mixed Vegetables				88		Cauliflower au Gratin	99		
Wheat Dinner Roll	105		Italian Bread	230		Applesauce				0		Wheat Dinner Roll	105		
Apricots	10		Almond Cookie	181					Fruit Yogurt	75					
			D: Lorna Doones	100											
Total Sodium (mg): 505			Total Sodium (mg): 724						Total Sodium (mg): 674			Total Sodium (mg): 566			
Calories: 623			Calories: 634			No Meals Served			Calories: 842			Calories: 539			
30		Na+	31	New Year's Eve	Na+	<p><i>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</i></p>			<p><i>Meals are based on a No Added Salt diet (3,000-4,000mg) for healthy older adults.</i></p>			<p><i>Higher sodium items are marked with an asterisk* (&gt;500mg)</i></p> <p><i>All Meals include 1% Milk: 110 Calories, 125mg Sodium</i></p>			
Vegetable Barley Soup	352		Grilled Chicken Teriyaki	362											
asagna Roll up w/Meat Sauce	340		Fried Rice	98											
Multigrain Bread	164		Asian Blend Vegetables	42											
Mandarin Oranges	7		Wheat Bread	170											
			Fortune Cookie	6											
			Pineapple Whip	87											
Total Sodium (mg): 988			Total Sodium (mg): 890												
Calories: 556			Calories: 788												

