

**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

FEBRUARY

2023

Hudson Council on Aging
A Multi-Service Center

Open Monday through Friday - 8:00am to 3:30pm

(978) 568-9638 (978) 568-9639 (978) 568-9647 Fax (978) 567-0946

Social Services:

- **S.H.I.N.E: Serving the Health Information Needs of Everyone.** Free and confidential health benefits counseling for Medicare beneficiaries.
- **Public Benefits Assistance:** Screening and Applications for **SMOC Fuel Assistance**, **SNAP** (Supplemental Nutritional Assistance Program) and **Mass Health** programs.
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** Such as Springwell Elder Services (Hudson's Aging Service Access Point) and private homecare agencies to help families age in place at home.
- **Ongoing Case Management**

Senior Center Staff:

- Janice Long, Director
- Virginia Figueiredo, Administrative Secretary
- Holly Richardson, Social Service Advocate
- Ana Terra-Salomão, Bilingual Social Service Advocate
- Lennie Bowen, Full Time Bus Driver
- Jack Veo, Part-time Bus Driver

Social Activities:

Fitness classes, Chair Yoga, Stress Reduction, Parkinson's Exercise, Chair & Mat Pilates, Walking Club, Stretch Break Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Group, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Bingo and much more.

Members of the Council on Aging Board:

- Trisha Desmond - Chair 978-562-2492
- John Gill- Vice Chair - 978-568-1107
- Diane M. Durand - Secretary -- 978-621-9665
- Nina Smith - Treasurer - 978-562-3077
- Charles Corley - 978-568-8840
- Melissa Esteves-978-568-1791
- Tony Monteiro - 978-562-6185
- Janet Saluk- 978-618-7124
- Edward Silveira - 978-568-3438

Meetings:

The Council on Aging Board –1st Wednesday of each month at 1:00pm

The Friends of Hudson Seniors - 2nd Tuesday of each month at 9:30am

Executive Office of Elder Affairs partially funds this newsletter. Postage is paid by The Friends of Hudson Senior Center Inc. Occasionally the center provides speakers to help inform seniors regarding current senior issues. This type of forum is educational and allows seniors to ask questions for themselves. At no time is this to be construed as an endorsement from the Hudson Senior Center.

Tax Programs and Updates for Seniors



2022 income tax returns are due April 19, 2023 for those who are required to file them. Following is information and updates on programs and policies that may make the 2022 tax filing process easier for our seniors and their families.

Senior Circuit Breaker Tax Credit: Whether you rent or own your primary residence in Massachusetts, income-eligible seniors can receive meaningful relief on their property taxes with a credit based on your real estate tax bill. To see whether you meet the eligibility requirements, visit: <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>

Senior Property Tax Work-Off: There is another interesting pathway to tax relief for civic-minded seniors. The Property Tax Work Off program invites seniors to volunteer in their community in exchange for a break in their property taxes. This program is popular, so contact the Council on Aging (COA) to learn more about applying.

Addition Exemptions for Seniors: The Department of Revenue offers tax exemptions for residents aged 65 or older, as well as for blindness, medical and dental expenses, Veteran status, and many government pensions. More information is available at: <https://www.mass.gov/doc/dor-tax-tips-for-seniors-and-retirees/download>

Property Tax Deferral: The senior property tax deferral program, known as **Clause 41A**, allows people 65 or over to defer their property taxes until their home is sold or conveyed. Contact the Town Assessor for information on eligibility and applying.

Publication 554: This is a booklet that explains all of the benefits available to seniors at the federal level and what the eligibilities are. You can download a copy of Publication 554 at <https://www.irs.gov/forms-pubs/about-publication-554>, or call Rep. Hogan's District Director Karen Freker at 617-722-2600 (option #2) for a copy.

I hope you find this information and these resources helpful as you begin preparing for tax season. Please do not hesitate to contact my office or the COA if you need assistance taking advantage of some of these programs.

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: February 7, 6-7 pm at the Maynard Public Library, Trustees' Room and March 14, 6-7 pm at the Hudson Public Library, Tavares Room

Hello to Everyone,

We have not had a lot of snow this winter. Maybe February will be the month of snow. If that is to be the case, we want you all to be safe. Following a snow event, if schools are closed, the Senior Center is closed to the public but staff will be available via phone. If it snows and schools are not cancelled, please delay your arrival to our center by 1 hour; 9am. This will allow our DPW Department time to properly plow and sand our parking lot for your safety. You can also call the senior center before you leave and we will let you know the condition of the parking lot. These are just safeguard measures to keep everyone safe. ☺ ~Janice

If you are on a MassHealth Plan, the following important message is for YOU!

MassHealth members will soon need to renew their health coverage.



What you need to do now

1 Make sure MassHealth has your most up to date address, phone number, and email so you do not miss important information and notices from MassHealth.

If we are not able to contact you, your coverage may change or you may lose your coverage during your renewal.

2 Report any household changes. These include a new job, address, changes to your income, disability status, or pregnancy.

Update your information and report changes using your MA Login Account at www.mahix.org/ individual.

Don't have an account?

If you are under 65, visit mass.gov/masshealthlogin or scan the QR code:



MassHealth

In March 2020, the federal government declared a public health emergency (PHE) due to the COVID-19 pandemic. In response to the PHE and consistent with federal continuous coverage requirements, MassHealth put protections in place that prevented members' MassHealth coverage ending during the COVID-19 emergency. The federal government has decided to end the continuous coverage requirements soon. In response to this decision, MassHealth will return to our standard annual eligibility renewal processes. **Starting April 1, 2023, all current MassHealth members will need to renew their health coverage to ensure they still qualify for their current benefit. These renewals will take place over 12 months.** In order to reduce the number of qualified members that lose their coverage, MassHealth is working with the Massachusetts Health Connector, Health

Care For All, and other partners to make sure members know how to renew their coverage and are aware of other affordable health coverage options if needed.

MassHealth will communicate to members in 2 phases:

Phase 1: NOTIFY: Prepare for renewal of all MassHealth members. MassHealth will work with stakeholders and other MA partners to make sure members know how to avoid gaps in coverage when renewals begin.

Phase 2: Educate members about how to renew their coverage. MassHealth and its partners will directly outreach to members when they are selected for renewal to make sure they complete their renewal and know their options for affordable health coverage (if applicable).

During this time, it is very important that you pay attention to all your Mass Health correspondence. Open your mail and if you are unsure what it is you can call the Hudson Senior Center and talk with Holly, Ana or Janice. We are here to help.

Just a reminder.... Benefits from the Inflation Reduction Act

- Starting in January 2023 the Shingles vaccine will be available to people with Medicare Part D at no cost.
- Starting in January 2023 people enrolled in a Medicare prescription drug plan will not pay more than \$35.00 for a month's supply of each insulin that they take and is covered by their Medicare prescription drug plan.

Something New....

Creative Craft Group at the Hudson Senior Center **Bring Your Own Project to Work On**

Do you love Cross Stitch? Embroidery? Sketching? Wool Applique? Journaling? Felting? or maybe something else? Bring the portable project you want to work on and supplies you will need.

NOTE: No Teacher, but a group of friendly people who love to craft and enjoy the company of likeminded creative individuals.

Craft! **Chat!** ENJOY! Mondays from 12 – 3PM starting in February. **Please call to sign up**

Balance and Fall Prevention

Tuesday, February 21st 10:30am at the Hudson Senior Center

Speaker: Kevin Flaherty, Physical Therapist and Owner of Flaherty Physical Therapy

This will be an interactive workshop where attendees will learn more about balance, dizziness and vertigo. They will learn how those symptoms are caused, what you can do about it at home and whether physical therapy will be a good fit. Kevin Flaherty, PT will present on the topics noted. Each participant will leave with 3 easy exercises to start at home that day! Please sign up! Kevin Flaherty is a Physical Therapist with over 30 years of working with a wide variety of lower back issues and is the owner of Flaherty Physical Therapy with offices in Hudson and Northborough.

Valentine's Lunch Buffet

at Assabet's Epicurean Room

Thursday, February 16th at 12:00pm

Chicken Francese with lemon, white wine garlic sauce, Haddock Florentine with roasted potatoes, roasted vegetables, salad buffet, rolls and a variety of desserts. Limited to 80 people

Cost to you is \$10.00 **Sign ups and payment in person start Wednesday, February 8th**

Join our popular 4-week Well Being Series



Our Well Being Series, Self-Empowered Living and Mindful Living classes from Synergy provide self-help techniques that will relax and calm our minds. **These FREE classes were designed to build resilience; helping us adapt to life's challenges.**

- **Mindful Living: Tuesday, March 14th at 2pm-3pm**

This class will focus on medication and relaxing the mind.

- **Self-Empowered Living: Date to be determined in April**

This class will teach strategies to work through anxiety that many of us have experienced through the pandemic, stress and winter blues.

Please call the center to sign up for these great classes

Funded by ARPA (American Rescue Plan Act).



AARP Tax Help

AARP Foundation Tax-Aide will again partner with the Hudson Senior Center to offer free income tax assistance and filing. Tax-Aide volunteers are trained and IRS certified to prepare most personal income tax returns except for returns with rental income, crypto-currency exchanges, and other less common types of items. For a complete list of what we can help with and documents needed to complete a tax return, visit [//aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide). The volunteers work hard to make sure you get every tax credit and deduction you have earned, especially the Massachusetts Senior Circuit Breaker credit of up to \$1200 for eligible seniors. **The program does not discriminate in any way, but is intended for low to moderate income taxpayers, with a focus on the elderly. Volunteers will offer in-person service at the Hudson Senior Center on Tuesday mornings from February 7 thru April 11. Appointments are required! Call 978-568-9638 (front desk)**

AARP Foundation Tax-Aide is the nation's largest volunteer-based free tax preparation service, annually servicing over 1.25 million taxpayers who receive over \$1 billion in income tax refunds.

Going through a tough time? Help is here.

Massachusetts Behavioral Health Help Line

Are you or someone you care about struggling with mental health or substance use? In crisis or working hard to prevent one?

**Get help now by calling or TEXT 833-773-2445.
This FREE service is available 24/7 including holidays.**



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, February 9th 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, February 13th at 1pm

Losing someone you love and care about is one of the most difficult tragedies a person can experience. The grieving process can cause someone to have a wide range of emotions and it is important to get support during this time. This support group is open to all ages and will be a safe place to share with others challenges through the grieving process.



“VETS TALK” A program for Veterans

Thursday, February 2nd, 9th & 16th 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.

Movie Day' at the Center



Here is the listing for the movies in February. 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:

Friday, February 10th & Monday, February 13th – *Ticket to Paradise*



George Clooney and Julia Roberts team up as exes who find themselves on a shared mission: to stop their lovestruck daughter from making the same mistake they once made.

Rating: PG-13 Runtime: 1hr 44min

Friday, February 24th & Monday, February 27th – *The Fabelmans*



Growing up in post-World War II era Arizona, young Sammy Fabelman aspires to become a filmmaker as he reaches adolescence, but soon discovers a shattering family secret and explores how the power of films can help him see the truth. Directed by Steven Spielberg.

Rating: PG-13 Runtime: 2hr 30min

Hiking / Snowshoe Day



Assabet River Trail in Sudbury on Thursday, February 9th at 10:30 am

If snow levels permit, anyone wishing to snowshoe may do so by wearing their own snowshoes/poles or borrowing one of the 5 sets available at the Senior Center. Others may choose to walk with their own micro spikes if desired. Please notify Virginia at the Senior Center if you plan on borrowing snowshoes/poles so Gary can have the equipment at the site. All hikers must sign a waiver before participating. Call to sign up!

The Hudson Public Library and Senior Center will present the award-winning documentary: *The Unimaginable Journey of Peter Ertel*



In the midst of great evil it is the courageous man or woman who refuses to succumb, and Peter Ertel was one such man. Forced to serve in the German army despite his open contempt for the Nazis and his refusal to kill the enemy, Ertel would not only miraculously survive World War II but would also be regarded as family by his Jewish employers. *THE UNIMAGINABLE JOURNEY OF PETER ERTEL* is a riveting, award-winning account of the life of a man who defied insurmountable odds in an unforgiving environment and who later found peace in America. This film combines archive footage – much of which has never before been shown – with Ertel's own brave telling of his extraordinary odyssey. A true story so bold, brave, and beautiful it will restore your faith that humanity can survive even the darkest of days. Please see trailer at:

<https://www.peterertelfilm.com/press-kit-trailer>

You can see this documentary at the
Hudson Public Library

Saturday, March 11th at 2pm – 3:45 pm

Please call the Library at 978-568-9644 or visit huds.pl/event to sign up

or

Monday, March 13th at 10:30am-12:15pm

Please call the Senior Center at 978-568-9638 to sign up

***** Following the showing at the Senior Center, approx. 12:30pm, we will have a Question and Answer period with the Film's Producer Joe Cahn via Zoom. People who see the documentary at the Library on Saturday will also get the zoom invite for the Q and A with the film's producer for Monday at 12:30. *******

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

Wednesday, Feb 1st

Chicken Pot Pie, broccoli & cauliflower, buttermilk biscuit, fruit cup

Thursday, Feb 2nd

Apricot chicken breast, Yukon gold potatoes, mixed vegetables, wheat dinner roll, fresh fruit

Wednesday, Feb 8th

Broccoli mushroom frittata, sweet potatoes, green beans, blueberry snack loaf, chocolate pudding with topping.

Thursday, Feb 9th

Pot roast with gravy, mashed potatoes, spinach and mushrooms, wheat dinner rolls and peaches

Wednesday, Feb 15th

Crumb topped macaroni and cheese, stewed tomatoes, multigrain bread, pears

Thursday, Feb 16th

Cream of butternut squash soup with crackers, pot roast burgundy, buttered noodles, spinach and mushrooms, wheat dinner roll, vanilla pudding with topping

Wednesday, Feb 22nd

Breaded fish sandwich, cheddar cheese, tartar sauce, whipped sweet potatoes, tuscan blend vegetables, hamburger roll, fig bar

Thursday, Feb 23rd

Roast turkey with gravy, mashed potatoes, carrots, wheat bread, cranberry sauce, mixed fruit

**Cold menu option also available. Call Kitchen for menu or to sign up at 978-568-9638 option #3 (meal on wheels)*

Transportation News...

Food Shopping Day : Tuesdays (*change* Monday, February 6th will be the shopping day. There will be No Tuesday shopping this week)



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

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

Please note: Senior Center is Closed on Monday, February 20th for Presidents' Day

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

Uber Health

Transportation through Uber for low income residents for medical appointments only. Screening is required to receive this service. Please call Alex O'Hare at 978-562-3150 to start screening process and to schedule a ride for your medical appointment.

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



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: 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) - *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**

Reminder: The Senior Center is Closed on Monday, February 20th for Presidents' Day



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.*

WHAT FRANK AND MARY (AND YOU) SHOULD THINK ABOUT IN THEIR 60'S

Many people start to think about having or updating their estate plan when they are in their 60's; one thing that is of utmost importance when developing and/or updating your estate plan is your "life plan." Let's use Frank and Mary as typical clients here:

- When do Frank and Mary want to apply for Social Security?
- There is no longer a penalty for early withdrawals of IRA or 401(k) funds, so does it make sense to start to take withdrawals now or wait until they are 72? How does that affect their current taxes? Should they be converting funds to Roth IRA's? Do they want the flexibility that comes from knowing that, if they later need to qualify for MassHealth by withdrawing these funds, the funds won't all need to be withdrawn at the same time?
- Frank and Mary may still have wills that name guardians for their now grown children. On the other hand, those "children" may now have other issues (addiction, financial problems, marital problems, etc.) that may warrant additional protection for Frank and Mary's (but especially the survivor of them if one of them has died) funds that these "troubled" children might otherwise inherit.
- Frank and Mary had named each other a primary agent (or at the time, named a sibling) and did not have a back-up designated as their Powers of Attorney and Health Care proxies. Might make good sense to re-evaluate those decisions.
- Frank and Mary may very well be a lot wealthier (although they may not notice it) than they were when they executed those wills 10 or 20 years ago. If their combined assets (including possible life insurance payments if one of them dies) exceeds \$1M, they may want to look at structuring things so that they do not end up leaving some of their assets to the Massachusetts Department of Revenue (through the estate tax) instead of their children.

While there are common issues and concerns, each situation is unique. It is important that Frank and Mary (and you) have a team of experts that they trust. Typically, an attorney who specializes in elder law, an accountant or tax planner, and a financial planner – all of whom look at things from a different perspective and will provide valuable advice when it comes to developing a plan that fits Frank and Mary's needs and wishes for the remainder of their life and after death. 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, February 8th 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, February 15th at 10:45 am (note time change)***

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

Knit and Crochet Wednesdays at 9:30am

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

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

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

CRIBBAGE

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



BRIDGE

Friday 1pm-3pm

Crafting

Mondays at 12pm – 3pm

2nd Floor – Crafting Room

Open Painting Studio

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

Tuesdays from 10am-12pm in the Craft Room



Calling all Bingo Players! Wednesdays at 12:30pm

Scrabble on Fridays at 12:15pm

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



Pool Room

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



Hudson Senior Center Gift Shope

Thursdays 9:30am -12:30pm

Senior Center Lending Library

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



Message from the Friends...

Next Friends Meeting: Tuesday, February 14th at 9:30am

The FRIENDS is a nonprofit organization that raises funds to provide items for the Senior Center and Hudson seniors that are not provided by the Town of Hudson.

Please consider attending a meeting to see what we're all about. Meetings are held on the second Tuesday of the month at 9:30am.



Hudson Senior Center Trips 2023

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

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

Price: \$109.00pp

Thursday, Sept 7th Neil Diamond & Friends

Experience some of the greatest hits from some of the greatest entertainers of all time – Neil Diamond & Friends will have you dancing and singing your day away. The renowned duo JOSAY AND PATTI have been wowing audiences worldwide with their vibrant performances. Castleton Banquet Center – Windham, NH and Plated Luncheon Includes: Apple Cranberry Cornbread Stuffed Chicken or Vegetarian Lasagna. Served with Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea.

Price: \$109.00pp

Thursday, September 21st The McCartney Years Danversport Yacht – Danvers, MA Over 30 top hits spanning more than twenty albums, from the Beatles to Wings. Live in concert, The McCartney Years is the world's number one tribute to Paul McCarthney. Includes Transportation, the show and your choice of stuffed breast of chicken or baked schrod.

Price: \$119.00pp

Wednesday, November 15th Mama Mia...Ultimate Tribute to ABBA

Performing ABBA's greatest hits from 1973 through 1983, DANCING DREAM, the Tribute to ABBA – precisely recreates all of the excitement and passion of their record-breaking 1979-80 world concert tour experience. "Dancing Queen", "Take a Chance on Me", "Fernando", "Waterloo", and "Super Trouper" are all the songs audiences will remember and love. Lake Pearl in Wrentham, MA with your choice of Plated Luncheon of Thanksgiving Dinner with the Fixings and Sides or Vegetarian Lasagna.

Price: \$115.00pp

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

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

(Final payment was due on December 22, 2022)

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

SNAP Updates:

We were recently informed that the SNAP emergency benefits are expected to end in February 2023. (SNAP beneficiaries received an increase in benefits during the Covid pandemic). This means that SNAP households in Massachusetts will receive their last supplemental payment on March 2, 2023. SNAP emergency benefits have allowed households to receive the maximum SNAP benefit amount for their household size, as well as an additional \$95 for those households already receiving the maximum amount. Adjustments for the SSA COLA increase will go into effect for regular monthly SNAP benefits in February as well.

What does this mean for you? This means that your SNAP benefits will more than likely decrease, and you will only receive the amount of benefits you were determined eligible to receive, you will NO longer receive an increased benefit because of Covid.

There are other options that may allow SNAP households to increase in their normal monthly SNAP benefits. These include:

- If anyone in the SNAP household is 60 or older or receives a disability-based benefit, tell DTA about medical costs over \$35.01 per month.
- If rent or mortgage costs have increased, tell DTA about that increase.
- If anyone in the SNAP household is working, looking for work, or in school, tell DTA about child or disabled adult care costs such as babysitter, transportation, or day care costs.

Call the Hudson Senior Center if you think your medical or housing expenses have increased. We can send proof of these expenses to the DTA to see if you can qualify for an increased SNAP benefit.

SMOC

Many of you have contacted us in regards to your SMOC application and not hearing back about your eligibility. Please be advised that there are longer than normal wait times for processing. If you have less than $\frac{1}{4}$ of a tank of oil, or have a shut off notice for gas/electric, PLEASE contact the Hudson Senior Center and we can try to classify your application as an emergency to get it processed as soon as possible.

Public Benefits

During the last Open Enrollment Period, I told many clients to contact me in January to see if we received the new income and asset limits for some assistance programs. Unfortunately, we have not yet received the new public benefit charts. We should get them soon, then we can start screening people for these benefits under the new income and assets guidelines. Check back soon.

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

“MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD”

De 1 de Janeiro de 2023 a 31 de Março de 2023, as pessoas com “Medicare Advantage Plan” (com Tufts, Harvard, Fallon, Blue Cross, etc.) podem trocar de plano de seguro. Durante este período pode mudar o seu plano de “Medicare Advantage” para outro “Medicare Advantage Plan” ou Medicare tradicional com um plano separado de medicamentos (“Medicare Part D”). **Caso tenha algumas perguntas, não hesite em contactar o Senior Center e falar com Ana Terra-Salomao – 978-568-9638 x 476.**

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.**

DIAS DE IR ÀS COMPRAS!!

Os dias de ir às compras são terça-feira e quinta-feira para todos os idosos de Hudson a partir das 9:00 da manhã para ir ao Market Basket e a partir das 10:00 da manhã para ir ao Stop & Shop, Shaws ou Walmart.

Por favor telefone para reservar o seu lugar na segunda-feira antes das 3:30 da tarde.

PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as despesas 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

DATAS IMPORTANTES

Dias 1, 8, 15 e 22 de Fevereiro - Grupo de croché às 9:30 da manhã. Venha fazer croché com um grupo alegre.

Dia 8 de Fevereiro – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.

Dia 14 de Fevereiro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 16 de Fevereiro – Almoço de “Valentine’s Day” às 12:00 da tarde no Liceu do “Assabet Valley” em Marlboro, MA. O custo é \$10.00 por pessoa. Telefone para os Senior Center, 978-568-9638 a partir do dia 8 de Fevereiro para reservar os seu almoço. **Limitado a 80 pessoas.**

Dia 20 de Fevereiro – O Senior Center estará fechado devido ao feriado do “President’s Day.”

Dia 21 de Fevereiro – Palestra grátis com Kevin Flaherty de Flaherty Physical Therapy sobre Prevenção de Quedas às 10:30 da manhã no Hudson Senior Center. Telefone para 978-568-9638 para reservar o seu lugar.

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

8		6		1				
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9						8	1	6
	8		3	9	6			
7		2		4		3		9
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	6	7						3



February



Find all 25 HIDDEN WORDS in the word search puzzle below. Good luck!

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

AQUARIUS
BLACK HISTORY
BOUQUET
CANDY
CARD
CHOCOLATE
CUPID

FLOWERS
FLURRIES
FROST
GROUNDHOG
HEART
HUG

KISS
LEAP YEAR
LETTER
LOVE
PHIL
PISCES

ROMANCE
ROSES
SHADOW
SWEETHEART
VALENTINE
WINTER

Monday	Tuesday	Wednesday	Thursday	Friday
				
		<p>08:00a Library ¹</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:00a Zoom Stretch Yoga Chair</p> <p>09:30a Knit and crochet</p> <p>11:15a AM Zumba</p> <p>11:30a Lunch at Center</p> <p>12:30p Bingo</p> <p>01:00p COA Brd Mting</p>	<p>08:00a Library ²</p> <p>08:30a Billiards</p> <p>09:00a Mat Pilates</p> <p>09:00a Vets Talk</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>11:30a Lunch at Center</p> <p>12:00p Mah Jong</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library ³</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>10:00a Quilting</p> <p>12:15p Scrabble</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>
<p>08:00a Library ⁶</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Food Shopping</p> <p>10:00a CRAFTING</p> <p>12:00p Mah Jong</p>	<p>08:00a Library ⁷</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a AARP TAXES</p> <p>09:30a Stress Reduc.</p> <p>09:30a Zoom Chair Pilates</p> <p>10:00a Open Paint Studio</p> <p>10:30a Zoom Parkinsons class</p> <p>01:00p Chess</p>	<p>08:00a Library ⁸</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:00a Zoom Stretch Yoga Chair</p> <p>09:30a Knit and crochet</p> <p>11:15a AM Zumba</p> <p>11:30a Lunch at Center</p> <p>12:30p Bingo</p>	<p>08:00a Library ⁹</p> <p>08:30a Billiards</p> <p>09:00a Mat Pilates</p> <p>09:00a Vets Talk</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>09:30a Hiking Trip</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>11:30a Lunch at Center</p> <p>12:00p Mah Jong</p> <p>01:00p Caregiver Support</p> <p>01:00p Parkinsons Exer. pm</p> <p>01:00p Snowshoe Hike</p>	<p>08:00a Library ¹⁰</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:30a Line Dancing</p> <p>10:00a Quilting</p> <p>12:15p Scrabble</p> <p>12:30p Movie Day</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>
<p>08:00a Library ¹³</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>10:00a CRAFTING</p> <p>12:00p Mah Jong</p> <p>12:30p Movie Day</p> <p>01:00p Bereavement Group</p>	<p>08:00a Library ¹⁴</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a AARP TAXES</p> <p>09:00a Food Shopping</p> <p>09:30a Friends Meeting</p> <p>09:30a Stress Reduc.</p> <p>09:30a Zoom Chair Pilates</p> <p>10:00a Open Paint Studio</p> <p>10:30a Zoom Parkinsons class</p> <p>01:00p Chess</p>	<p>08:00a Library ¹⁵</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:00a Zoom Stretch Yoga Chair</p> <p>09:30a Knit and crochet</p> <p>10:45a Genealogy</p> <p>11:15a AM Zumba</p> <p>11:30a Lunch at Center</p> <p>12:30p Bingo</p>	<p>08:00a Library ¹⁶</p> <p>08:30a Billiards</p> <p>09:00a Mat Pilates</p> <p>09:00a Vets Talk</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>11:30a Lunch at Center</p> <p>12:00p Mah Jong</p> <p>12:00p Valentine Lunch</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library ¹⁷</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>10:00a Quilting</p> <p>12:15p Scrabble</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>
<p>08:00a CENTER CLOSED ²⁰</p>	<p>08:00a Library ²¹</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a AARP TAXES</p> <p>09:00a Food Shopping</p> <p>09:30a Stress Reduc.</p> <p>09:30a Zoom Chair Pilates</p> <p>10:00a Open Paint Studio</p> <p>10:30a Balance and Fall Prevention</p> <p>10:30a Zoom Parkinsons class</p> <p>01:00p Chess</p>	<p>08:00a Library ²²</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:00a Zoom Stretch Yoga Chair</p> <p>09:30a Knit and crochet</p> <p>11:15a AM Zumba</p> <p>11:30a Lunch at Center</p> <p>12:30p Bingo</p>	<p>08:00a Library ²³</p> <p>08:30a Billiards</p> <p>09:00a Mat Pilates</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>11:30a Lunch at Center</p> <p>12:00p Mah Jong</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library ²⁴</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:30a Line Dancing</p> <p>10:00a Quilting</p> <p>12:15p Scrabble</p> <p>12:30p Movie Day</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>
<p>08:00a Library ²⁷</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>10:00a CRAFTING</p> <p>12:00p Mah Jong</p> <p>12:30p Movie Day</p>	<p>08:00a Library ²⁸</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a AARP TAXES</p> <p>09:00a Food Shopping</p> <p>09:30a Stress Reduc.</p> <p>09:30a Zoom Chair Pilates</p> <p>10:00a Open Paint Studio</p> <p>10:30a Zoom Parkinsons class</p> <p>01:00p Chess</p>			