

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

FEbruary

2024

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 (ext 470)
- Virginia Figueiredo, Administrative Secretary (ext.471)
- Holly Richardson, Social Service Advocate (ext 475)
- Ana Terra-Salomão, Bilingual Social Service Advocate (ext 476)
- Lennie Bowen, Full Time Bus Driver
- Jack Veo, Part-time Bus Driver
- John Wesinger, 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:

- 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

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**

2023 income tax returns are due April 17, 2024 for those who are required to file them.

Following is information on programs and policies that may make the 2023 tax filing process easier for our seniors and their families, including updates from the tax relief package that was signed last fall.

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. Under the recent state tax relief legislation, this benefit will double from \$1,200 to up to \$2,400 per year. To see whether you meet the eligibility requirements, visit: <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit>

Property Tax Work-Off: Massachusetts offers two tax work-off programs for qualified homeowners to reduce their property tax bill by volunteering for the community in which they live. The Senior Citizen Tax Work-Off is available to senior citizens 60 years of age or older, while the Veterans Tax Work-Off is offered to any veteran property owner. Each municipality has the option of establishing a tax work-off program and setting requirements. The recent state tax relief package stipulates that municipalities can now offer write-offs of up to \$2,000. Contact the Council on Aging (COA) for details on your town's programs.

Title V Cesspool and Septic System Tax Credit: The recent state tax relief legislation triples the maximum tax credit for Title V cesspool or septic system users to \$18,000 and increases the amount claimable to \$4,000 per year.

Earned Income Tax Credit: The recent state tax relief legislation increases Massachusetts' earned income tax credit for taxpayers in the state who earn less than \$57,000 per year.

Rental Deduction Cap: Under the recent state tax relief legislation, Massachusetts renters can now deduct up to \$4,000 of their rent from taxes each year – an increase of \$1,000 from the previous cap.

Additional Exemptions for Seniors: The Massachusetts 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.repkehogan.com and on social media at @RepKateHogan. **Upcoming Office Hours:** February 16, 11 am -12 pm at the Hudson Senior Center in the library room

Hello to Everyone!



As we navigate through the winter months, it is important to remember the precautions we have put in place to keep everyone 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.
- Also, call the senior center if you participate in an early morning class to see if your instructor has cancelled the class due to inclement weather.

Changes to the Hudson Senior Center Gift Shop

Starting in February, the Gift Shop will be open **two days a week**: Thursdays, and Fridays from **9:30 am to 12:30 pm**. Please stop by and meet Harriett and Claire on Thursdays and Penny on Fridays.

How can you help support our Gift Shop?

The Hudson Senior Center Gift Shop is looking for **new items to sell**. If you love to make crafts, consider donating one or two of your creations to our Gift Shop. We welcome **table runners, place mats, paintings, or any other specialty craft creations** you may have made. Please call Janice at 978-568-9638 regarding your donations. We look forward to seeing you and Thank You for supporting the Hudson Senior Center Gift Shop!

February is American Heart Month

You have the power to take action to protect yourself against heart disease. Small heart-healthy actions like adding more movement to our day or choosing healthy foods, can have a big impact on protecting our hearts. Additionally, you can:



1. Lower high blood pressure and high cholesterol levels.
2. Keep diabetes under control.
3. Take prescribed medications that can help treat the various aspects of heart disease.
4. **Consider trying one of our Fitness Classes. We have a variety of classes to choose from and I guarantee you will enjoy them!!**

Save the Date....



St. Patrick's Day Luncheon at Assabet's Epicurean Room
Tuesday, March 19th at 11:30am

Corned beef, cabbage, carrots, potatoes, Irish bread/rolls, salad and a dessert buffet Cost to you is \$10.00



Please come in to purchase your tickets beginning on Wednesday, March 6th
Limited to 80 people



Hudson Public Library
Library Building Project Community Forums
at the Senior Center on Monday, February 5th from 11 AM – 12 PM

The Library is applying for a library construction grant, and invites you to give feedback that will help shape the future of our library. We want community members to share their thoughts and opinions concerning the library's facility and services with consultants from ReThinking Libraries and Sorensen Partners | Architects + Planners, Inc. All are encouraged to participate! To register, visit huds.pl/events. Drop-ins are welcome. Light refreshments will be served.

Learn how to get FREE books, audiobooks, music, movies from the Hudson Library
Tuesday, February 13th at 2pm at the Hudson Senior Center

Do you want free books, audiobooks, music, movies, or television programs without having to come to the library? Many digital materials are available to Hudson residents for free through the Hudson Public Library. Library staff will visit the Senior Center on Tuesday, February 13 at 2 PM to present on how to use Hoopla. Bringing your library card and device to the presentation will be helpful in setting up your Hoopla account. An email address is required to set up a Hoopla account. Call 978-568-9638 to sign up!!! You will love this!!

Join our popular 4-week Well Being Series



❖ Mindfulness Series, 4 weeks with Lisa Campbell
Mondays 10am – 11am on March 18th, 25, April 1, and 8th

Mindfulness and meditation are incorporated into most sessions, giving participants a chance to quiet the mind and pay attention to how they feel physically and mentally. As they learn to listen to what comes up we explore connection to self, others and the importance of community. Thoughts are given a closer look as we examine how negative thoughts vs. positive thoughts affect us and learn how to engage positive thoughts and challenge the negative. We will learn concrete ways to care for ourselves physically and how that impacts our emotional wellbeing. Ultimately, participants will feel a connectedness to self, others and feel armed with the tools necessary to improve their identified areas of desired well-being.

❖ Self-Empowerment Discussion Group with Kathy Quinton
Mondays 11am-12pm on March 18th, 25, April 1, and 8th

In this group, over the course of 4-6 weeks, we explore what emotional wellness means, how we were taught to take care of ourselves early on in life until now, how that may have changed or not over time. We look at ways to care for ourselves physically, mentally/emotionally and spiritually. We create a safe space for rich discussions about what it means to give ourselves permission to listen to our own needs that arise from our internal voice rather than the expectations of others. Each participant is invited to ponder areas in their lives that could use more of their attention and tending to. We then explore and learn ways to tend to these areas with loving-kindness.

Please call the center to sign up for these great classes
Funded by ARPA (American Rescue Plan Act).

~Janice

Reminder: The Senior Center is CLOSED on Monday, February 19th for Presidents Day.



**Assabet Technical High School's Tech Savvy students
are back again to answer your technology questions
Friday, March 1st at 10:15am**

Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your **iPad, Cell phones and Tablets**. Please bring in your devices and learn from the experts how to use and manage apps, emails and Facebook and much more. Call to sign up!!



**Hiking/ Snow Shoe Day
Monday, February 26th at 10 am at Delaney pond in Stow, Mass**

Meet at the Senior Center at 10am and follow to Delaney Pond in Stow

Bring walking sticks and appropriate attire. 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!

**Presentation on US Army Cargo and Personnel Parachute Systems
Thursday, February 15, 2023 at 9:30am**

On Thursday, February 15th 2024 at 9:30 AM, representatives from the US Army Combat Capabilities Development Command – Soldier Center (DEVCOM-SC) will provide a presentation on the development of US Army cargo and personnel parachute systems. Mr. David Accetta and Mr. Bill Millette will describe the recent innovations in aerial delivery technology and also present some historical information on the origins of Army Paratroopers in 1941 and describe how parachutes have evolved along the way to meet the changing needs of US airborne missions. Several parachutes will also be on display. **Call to sign up!**



***We are looking for people to join the
"Team Hudson" Pool League.***
League starting in Spring 2024.

- You will play different teams from Framingham, Northborough, Marlborough Southborough and Hopkinton. (Carpooling available)
- Improve your skills, playing billiards requires coordination, precision and balance
- If you are competitive, this is a great sport to compete in.
- Health reasons...it helps with eye hand coordination, decision making, sharpens your mind, and math skills.
- **Last but not least....It's a lot of FUN**

If you are interested in meeting some great people, have fun and improve your game,
Call 978-568-9638 to leave your name and phone number.



AARP TAX PROGRAM

Get your Taxes Done for Free

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 almost \$2500 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 6th thru April 9th.

Appointments are required; call the Center to schedule an appointment.

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.



15-minute Legal Advice with Attorney Arthur Bergeron

Tuesday, February 13th from 9:30am-11:30am (*Phone appointments 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



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, February 12th & 26th at 1pm

❖ Caregivers Support Group

Thursday, February 8th & 22nd at 1pm



"VETS TALK" A program for Veterans

Thursday, February 1st, 8th, 15th & 29th at 9am

Every Thursday except the 4th Thursday of the month

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.

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 a variety of incontinence pads/underwear that have been donated. Please call the center to check on availability 978-568-9638.

“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.



***MOVIE & PIZZA DAY BEGINS AT 11:30am and movie will begin at 12pm.
For the Movie, Oppenheimer only (limited to 30 ppl)***

Monday, February 12th – Oppenheimer



During World War II, Lt. Gen. Leslie Groves Jr. appoints physicist J. Robert Oppenheimer to work on the top-secret Manhattan Project. Oppenheimer and a team of scientists spend years developing and designing the atomic bomb. Their work comes to fruition on July 16, 1945, as they witness the world's first nuclear explosion, forever changing the course of history.

Rating: R (Nudity | Language | Some Sexuality) ***Runtime: 3hr 0min***

Monday, February 26th @ 12:30pm – A Haunting in Venice



"A Haunting in Venice" is set in eerie, post-World War II Venice on All Hallows' Eve and is a terrifying mystery featuring the return of the celebrated sleuth, Hercule Poirot. Now retired and living in self-imposed exile in the world's most glamorous city, Poirot reluctantly attends a séance at a decaying, haunted palazzo. When one of the guests is murdered, the detective is thrust into a sinister world of shadows and secrets.

Rating: PG-13 Runtime: 1hr 43min

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
- ❖ 5th Thursday with Kathy 9:30am – 11am

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.



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!

Message from the Friends...

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

One of the goals for the Friends in 2024 is to increase participation at both the Senior Center and with the Friends group. We would like to expand the use of Facebook to provide information about the happenings at the senior center and Friends activities. Please attend our February Friends meeting as we share ideas and work together to support our Senior Center. Please join us on Tuesday February 13th at 9:30 am.

THE ANNUAL DUES ARE DUE IF YOU HAVE NOT ALREADY PAID

Please provide updated information and an emergency contact!

THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2024!

Payable to: The Friends of the Hudson Senior Center

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

Friends of the Hudson Senior Center 2024 Dues

NAME _____

DUES \$ _____

ADDRESS _____

DONATION \$ _____

TELEPHONE _____

TOTAL \$ _____

EMAIL _____

EMERGENCY CONTACT _____

RELATIONSHIP _____

PHONE _____

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**
- **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)

Thursday, February 1st

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

Hot Menu: Hot dog, coleslaw and baked beans

Wednesday, February 7th

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

Hot Menu: Alaskan breaded fish, herbed rice and ratatouille

Thursday, February 8th

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

Hot Menu: Pot roast burgundy, mashed potatoes and vegetables

Wednesday, February 14th

Cold Menu: Egg salad over tossed garden salad and garden shell pasta salad

Hot Menu: Fish w/ Mediterranean sauce, herbed rice and California blend vegetables

Thursday, February 15th

Cold Menu: Turkey, swiss, potato salad and root vegetable salad

Hot Menu: Shepherd's pie and spinach

Wednesday, February 21st

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

Hot Menu: Chicken & rice bake and fiesta blend vegetables

Thursday, February 22nd

Cold Menu: Egg salad, orzo vegetable salad and coleslaw

Hot Menu: Meatball stroganoff, sour cream & chive mashed potatoes and carrots

Wednesday, February 28th

Cold Menu: Tuna salad, potato salad and summer squash

Hot Menu: Macaroni & cheese and broccoli

Thursday, February 29th

Cold Menu: Turkey, swiss cheese, beet salad and orzo vegetable salad

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

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



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, February 21st 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

1st Friday of the Month 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 2015.

Books, Movies and Puzzles!!

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

Monday – Friday 8:30-3:30pm

2 tables available



Scrabble

Fridays 12:15pm



Gift Shoppe

**Open: Thursdays & Fridays
9:30am - 12:30pm**

- Looking for Crafts and Handmade items for the Gift Shoppe.

**Please Stop by and see the new changes
being made to the Gift Shop!**



SMOC Update:

Unfortunately, as many of you know, the SMOC Fuel Assistance Program continues to be behind in processing and approving applications. . If you have not received your application in the mail call us ASAP. We can assist in contacting SMOC to resend the application via email or regular mail. Don't hesitate to call! The heating season only lasts until the end of April, 2024. We want to make sure we get your application submitted in a timely fashion, to be processed. Presently it is taking SMOC 12+ weeks to approve applications. We are aware that many people have applied back in October/November and still waiting for approval. We understand how frustrating this can be. If you receive a shutoff notice, or have less than 1/8 of a tank of oil, please let us know so we can try to get it processed as an emergency. Please be aware that even emergency applications can take a few days or longer to be processed. If you would like to check the status of your application at SMOC, you can call the automated line and follow the prompts, and it will give updates on the status of your application. The number is 508-620-1230.

MSP (Medicare Savings Program)

The Medicare Savings Program *may* not be looking at Assets in 2024. Typically income/asset guidelines are updated in March. Call the Senior Center in March to see if the financial guidelines have changed for the Medicare Savings Program and if so schedule an appointment with a SHINE Counselor to see if you are eligible for any cost savings programs.

Medicare Savings Programs can help you:

- Pay Medicare Part B Premium (\$174.70 for 2024)
- Lower costs of your prescriptions with Extra Help
- Pay Medicare deductible and copays

At this time the guidelines are as followed:

Income: \$2,734 monthly for single

\$3,698 for couple

Assets: \$18,180 single

\$27,260 couple

Again, these are the CURRENT guidelines, which may change in March, 2024. Call the Senior Center at 978-568-9638 this spring to get updates and to be re-screened for these benefits. Ask to speak to a SHINE counselor.

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DIRECTIONS:
Find and circle the names in the grid. Look for them in all directions including backwards and diagonally.

US Presidents Word Search

ADAMS
ARTHUR
BIDEN
BUCHANAN
BUREN
BUSH
CARTER
CLEVELAND
CLINTON
COOLIDGE
EISENHOWER
FILLMORE
FORD
GARFIELD


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



GRANT
HARDING
HARRISON
HAYES
HOOVER
JACKSON
JEFFERSON
JOHNSON
KENNEDY

LINCOLN
MADISON
MCKINLEY
MONROE
NIXON
OBAMA
PIERCE
POLK
REAGAN

ROOSEVELT
TAFT
TAYLOR
TRUMAN
TRUMP
TYLER
VAN
WASHINGTON
WILSON

Monday	Tuesday	Wednesday	Thursday	Friday
				
			<p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 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>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 9:30-12:30 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 01:00p Memoir Workshop</p>
<p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Zoom Chair Pilates 11:15a Chair Pilates 12:00p Crafting 12:00p Mah Jong</p>	<p>08:00a Library 08:30a AARP TAXES 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 10:00a Open Paint Studio 10:00a Valentine Brunch 10:30a Zoom Parkinsons class 01:00p Chess</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>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:15a Stretch break 10:15a Zoom Stretch 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>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 9:30-12:30 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge</p>
<p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Zoom Chair Pilates 11:15a Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group</p>	<p>08:00a Library 08:30a AARP TAXES 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Bergeron Advice 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess 02:00p Library Presentation</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>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 09:30a US Army Cargo & Parachute 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>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 9:30-12:30 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge</p>
	<p>08:00a Library 08:30a AARP TAXES 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess</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>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 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 01:00p Parkinsons Exer. pm</p>	<p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 9:30-12:30 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 12:30p Farmhouse Wreath</p>
<p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Hiking Trip 09:30a Zoom Chair Pilates 11:15a Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group</p>	<p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess 08:30p AARP TAXES</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>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 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>	