

**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

January

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

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.



Senior Health Care Legislation on the Move

The Massachusetts Legislature recently passed two bills aimed at improving the quality, accessibility, affordability and equitability of health care for seniors.

In the House of Representatives, legislation that takes a comprehensive approach towards reforming the long-term care industry was passed unanimously.

House Bill 4178, 'An Act to improve quality and oversight of long-term care,' includes provisions to support and expand the workforce, enhance oversight of facilities, and ensure greater access -- all while prioritizing quality of care.

To address persistent workforce and financial challenges facing the nursing home sector, the bill establishes a Long-Term Care Workforce and Capital Fund, workforce training programs, requirements for the development of Small House Nursing Homes, and loan programs to off-set certain capital costs and fund other capital improvements at facilities. The bill also tightens licensure terms to hold management companies accountable and lays out the penalties for violating regulations.

In addition, the House bill requires long-term care facilities to develop training and education programs and response plans for infectious disease outbreaks, and directs the Department of Public Health to regulate patient care and financial performance at long-term care facilities. Other provisions in the new law would regulate rate-setting and help acute hospitals more efficiently discharge patients to the appropriate post-acute care settings.

Our Senate counterparts recently passed a bill focused on reigning in ballooning prescription drug costs and overseeing the practices of those that control the industry. The legislation, 'An Act relative to pharmaceutical access, cost and transparency,' also known as PACT 3.0, is aimed at reducing or eliminating cost burdens for Massachusetts residents with conditions like heart disease, asthma and diabetes, and would cap out-of-pocket costs for some widely used medications at \$25 for name-brand versions and at \$0 for generic alternatives. PACT 3.0 includes language I drafted to increase transparency in prescription drug price setting by holding pharmaceutical companies accountable to cost-control benchmarks and measures.

These two important bills build upon past successes and allocations to ensure that Massachusetts residents have access to the care and treatment they need, delivered affordably and safely. If you have any questions as the legislation continues its path through the Legislature, please feel free to contact my office.

Contact Rep. Hogan: State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Reach Rep. Hogan by phone at (617) 722-2600 or email at Kate.Hogan@MAhouse.gov. Find her online at www.repkatehogan.com and @RepKateHogan on Facebook and Twitter.

Upcoming Office Hours: January 11, 6-7 pm at the Maynard Public Library

Happy new year to everyone!



I hope you all had memorable times with your family and friends this holiday season. Looking back, the senior center had a busy year in 2023 with activities and programs returning to normal. Here is a snap shot of what we accomplished from January 2023 through Dec 22, 2023.

1. Social Service Team:

The dedicated Social Service team, comprising Holly, Ana, and Janice, provided essential support to **1130 individual seniors**, with a total of **5117 interactions; from January 1, 2023 through December 22, 2023**. These appointments covered a wide range of services, including **SHINE (serving health insurance needs of elders)**, fuel assistance, SNAP benefits application assistance, housing application support, community case management, referrals, and collaborative efforts with other elder service agencies.

2. Transportation Program:

Our transportation program assisted **160 Hudson seniors** by facilitating over **5193 round trips** between Hudson and Marlborough. Unlike a taxi service, this program offers **shared transportation**. Virginia, who manages the front desk and daily dispatch, collaborates with our skilled drivers—Lennie, John, Jack and Jim—to ensure seniors reach their destinations. They all do a great job getting seniors to their appointments in a timely fashion.

Thanks to an increase in our **State Formula Grant**, we can provide additional hours for our part-time drivers. This enhancement will support food shopping, special trips, and assist our full-time driver during busy days.

3. Successful Event Planning:

We organized events/programs that attracted **1300 people** to our center, resulting in **over 17,788 interactions**. These events fostered community engagement and enriched the lives of our seniors.

4. DayBreak Social Day Program:

I secured a grant from **Springwell Elder Services** amounting to just over **\$30K**. This funding ensures the continuation of our **DayBreak Social Day Program** for another year, which provides respite to caregivers and offers socialization, lunch, and engaging activities for loved ones. The DayBreak Program is over seen by the Hudson Senior Center and continues to be available at the **Hudson, Northborough, and Marlborough Senior Centers**.

5. Infrastructure Enhancement:

Our wonderful **DPW Department** replaced the 13-year-old ramp, addressing cracks and ensuring a new, chip-free surface. This improvement was made possible by the **earmarked funds** received from **State Rep Kate Hogan** for Senior Center Improvements.

6. Active Friends Organization:

Our Friends Organization remains **active and invaluable**. They recently hosted a successful Fall Fair, raising much-needed support for our center. You will soon see a beautiful awning over the new ramp which will be paid for by our Friends Organization.

Our Council on Aging Board continues to be supportive and a great resource to all of us.

Sometimes saying Thank You just does not seem enough, however, I feel grateful for the people who are involved directly and indirectly with the operations of this senior center. Together and only together we make it work. Congratulations to everyone involved in our 2023 achievements!

✿ Your commitment to serving seniors is truly commendable.

I am grateful for all the wonderful memories we created in 2023, and I am excited to make even more in 2024. Wishing everyone a happy and prosperous new year!

Just a couple of things to keep in mind...

******* Social Security Benefit Statement *******

- Your 2024 Social Security Benefit Statement should arrive in January. This is an important document showing what your new benefit will be for 2024. Keep this document in a safe place!
- **Our Wellness Programs; Mindfulness and Self Empowered Living** will be taking a break in January and February, but will be back in March with new classes and schedules. Our February newsletter will have the dates and times of our Wellness programs that will resume in March.
- **Some Medicare Advantage Plans offer a Flex/Debit card to it members.** This is a service that some, not all, Medicare Advantage Plans provide their members to help with over the counter eligible health care expenses. The rules for using the Flex/debit card and the amounts on them vary depending on what Medicare Advantage plan you are on. If you received a Flex/Debit card call your Medicare Advantage plan to find out how to use the card, what expenses it will cover and the spending limit associated with the card. This is NOT a government program and is NOT a part of original Medicare insurance plan.

- **Massachusetts Behavioral Health Help Line**

The **Massachusetts Behavioral Health Help Line (BHHL)** is here to connect you directly to clinical help, when and where you need it. Even if you're not sure what kind of help or treatment you may need, we can help guide you.

- Crisis and Mental Health Support 24 hours per day, 365 days per year.
- Call or Text: **833-773-2445**
- Live chat: <https://www.masshelpline.com/>
- It's free, confidential, and no health insurance is required.
- Real-time interpretation in 200+ languages
- Deaf or hard of hearing? Contact **MassRelay at 711**

Happy New Year!

~Janice

Reminder: The Senior Center is CLOSED on Monday, January 1st for New Year's & Monday, January 15th for MLK day.



**Assabet Technical High School's Tech Savvy students are back again to answer your technology questions
Friday, January 12th at 10:00am**

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, January 22nd 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!



Valentines Brunch at Assabet Epicurean Room

Tuesday February 6, 2023 at 10am

Brunch includes the following:

Breakfast pastries, scrambled eggs, bacon, oven roasted potatoes, roasted butternut squash, entre chicken marsala, bread pudding for dessert. Coffee and tea. **Cost to you is \$10.** Limited to 75ppl

Sign up beginning: Wednesday, January 10th

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!**



Farmhouse Wreath Class with Susan

Friday, February 23rd at 12:30pm

Cost \$10.00 *(please call to sign up)*

All materials will be provided, but please **bring your own scissors.**

Limit: 20 people

Pretty 14" wreath to celebrate Easter, Spring or leave it up all year if you like. No skills are required as you will be guided every step of the way while still being able to add your own personal touch. Please join us as we have fun creating together and enjoying the company of friends.

A sample of this wreath will be on display at the senior center. Assorted colors of eggs and bows will be available. Your choice of tin chicken or bunny shapes if you choose to add one.

Note: You can view enlarged photo of the wreath here: <https://www.facebook.com/hudsoncoa>



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](https://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 AFTER Wednesday, January 17th 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, January 9th 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, January 8th & 22nd at 1pm

❖ Caregivers Support Group

Thursday, January 11th & 25th at 1pm

Medical Equipment Lending Program



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

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

“Movie Day” at the Center

Here is the listing for the movies in January. **Due to the limited space for each viewing, you must sign up for the day that you would like at 978-568-9638.** Come and join us at 12:30pm for the following movies:

Monday, January 8th – Dreamin’ Wild



Dreamin' Wild, the true story of love and redemption, is about what happened to singer/songwriter Donnie Emerson and his family when the album he and his brother recorded as teens was rediscovered after thirty years of obscurity and was suddenly hailed by music critics as a lost masterpiece. While the album's rediscovery brings hopes of second chances, it also brings long-buried emotions as Donnie, his wife Nancy, brother Joe, and father Don Sr. come to terms with the past and their newly found fame.

Rating: PG Runtime: 1hr 50min

Monday, January 22nd – Maestro



Maestro is a towering and fearless love story chronicling the lifelong relationship between Leonard Bernstein and Felicia Montealegre Cohn Bernstein. A love letter to life and art, Maestro at its core is an emotionally epic portrayal of family and love.

Rating: R Runtime: 2hr 9min



“VETS TALK” A program for Veterans

Thursday, January 4th, 11th & 18th at 9am

Every Thursday except the 4th Thursday of the

Vets Talk is a group of veterans who get together to talk about what's going on in the world or anything else that comes to mind. There's no agenda or structure, just the opportunity to shoot the breeze in a way only those who have served can do and understand.

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

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, January 9th 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. We are reaching out to anyone who might be interested in discussing how we might improve our use of Facebook. We will have our first meeting during the January Friends meeting which will be on Tuesday January 9th at 9:30am. Please join us!

ONCE AGAIN THE ANNUAL DUES ARE DUE IN JANUARY.

Please provide updated information and an emergency contact!

THEY ARE STILL ONLY \$7.00 PER PERSON FOR 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)

Wednesday, January 3rd

Cold Menu: Roast beef, provolone, potato salad and spinach mandarin orange salad

Hot Menu: Black bean & barley chili and green beans

Thursday, January 4th

Cold Menu: Turkey, swiss cheese, broccoli feta orzo salad and tossed salad

Hot Menu: Chicken souvlaki, buttered seasoned orzo and butternut squash

Wednesday, January 10th

Cold Menu: Roast beef, provolone, garden shell pasta salad and broccoli slaw

Hot Menu: Chicken cacciatore, seasoned orzo and Scandinavian vegetables

Thursday, January 11th

Cold Menu: Tuna salad, riviera salad and macaroni salad

Hot Menu: Hot dog, coleslaw and baked beans

Wednesday, January 17th

Cold Menu: Tuna salad, Italian pasta salad and summer squash salad

Hot Menu: Chicken scallopini over buttered noodles, zucchini and cauliflower

Thursday, January 18th

Cold Menu: Roast beef, provolone, broccoli slaw and garden shell pasta

Hot Menu: Fish w/ bruschetta sauce, herbed rice and brussel sprouts

Wednesday, January 24th

Cold Menu: Turkey, swiss cheese, root vegetable salad and macaroni salad

Hot Menu: Alaskan breaded pollock, rice pilaf, peas and mushrooms

Thursday, January 25th

Cold Menu: California chicken salad, orzo vegetable salad and carrot pineapple salad

Hot Menu: Italian pot roast, roasted red potatoes and fiesta blend vegetables

Wednesday, January 31st

Cold Menu: Egg salad, squash, zucchini and onion salad and English pea salad

Hot Menu: Lasagna w/ tomato sauce, chicken meatball 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, January 17th at 10:30am

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

Beginners welcome. See you there!

Creative Groups

Craft Group

Mondays 12:00-3:00pm

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

2nd Floor - Craft Room

Knit & Crochet Group

Wednesdays 9:30am

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

2nd Floor - Craft Room

Memoir Group

Friday afternoon from 1-3pm

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

Open Painting Studio

Tuesdays 10:00-12:00pm

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

2nd Floor - Craft Room

Silver Threads Quilting Group

Thursdays and Fridays 10:00am

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

2nd Floor - Craft Room

Senior Center Lending Library

Donations made to our Library are appreciated with Copyright date no earlier than 2015.

*Check out our new Large Print section.

Group Activities

Bingo



Wednesdays 12:30pm

Bridge

Fridays 12:30- 3pm

Chess

Tuesdays 1:00pm

Cribbage

Monday – Friday 8:30-11:30am

Mah Jong

Mondays & Thursdays 12:00pm-3pm

Billiard Room



Mon. – Fri. 8:30-3:30pm

Game of Pool anyone?
2 tables available.

Scrabble

Fridays 12:15pm



Gift Shoppe

Open: Thursdays 9:30-12:30pm

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

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

Happy New Year! Only a few updates to start the year off with. We always make sure we bring a lot of attention to the Medicare Open Enrollment Period, BUT if you forgot and didn't schedule your appointment to review your insurance, you may still be in luck to make changes during the Medicare Advantage Open Enrollment Period which is from January 1 until March 31. This Medicare Advantage Open Enrollment Period is ONLY for those who are enrolled in a Medicare Advantage Plan (HMOs, PPOs for example), not for those enrolled in a stand-alone drug plan with a Medigap (Medex for example). You MUST be enrolled in a Medicare Advantage Plan on January 1 to use this MA OEP (Medicare Advantage Open Enrollment). This can be used ONCE, and the new plan effective date is the first of the following month.

What can you do during this Medicare Advantage OEP? You can switch to another Medicare Advantage plan (with or without drug coverage), you can leave your Medicare Advantage plan and join original Medicare (with or without supplement) and receive a coordinating Part D special enrollment. Your current plan is cancelled with enrollment into your new plan. If you missed the Open Enrollment Period and want to have your insurance reviewed during this Medicare Advantage Open Enrollment period, you can contact a SHINE representative for assistance. The Hudson Senior Center SHINE counselors can be reached at 978-568-9638. Please be advised that all appointments are currently being done telephonically. Remember this period of time is only from January 1-March 31 so don't delay.

If you are not in a Medicare Advantage plan and have missed the Open Enrollment Period, contact the SHINE department to see if you qualify for a Special Enrollment to make a change to your insurance, or see if you qualify for an assistance program that may provide a Special Enrollment for you during the year.

SMOC

The cold weather is now upon us and more than ever people could use fuel assistance to help with their heating bills. Please be aware that there have been many issues to the start of this heating season. Many people who are looking to reapply haven't received their applications in the mail yet. If you are a client from a previous fuel year and HAVE NOT RECEIVED your application yet, PLEASE contact us at the Hudson Senior Center so we can reach out to SMOC to see if they can mail it out again, or email us with your application. Don't hesitate to wait! The heating season only lasts until the end of April, 2024, so we want to make sure we get your application in with plenty of time to receive the assistance.

I wish everyone a happy and healthy 2024!

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Happy New Year!

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AULD LANG SYNE
BABY
BALL
BALLOONS
CALENDAR
CELEBRATION
CHAMPAGNE
CLOCK
CONFETTI
COUNTDOWN
DANCING
DECEMBER
EVE

FATHER TIME
FIRECRACKER
FIRST
FLUTE
GAMES
GOWN
HAPPY
HAT
HOURGLASS
INVITATION
JANUARY
KISS
MIDNIGHT

MUSIC
NOISE MAKER
PARTY
RESOLUTION
SPARKLER
STREAMER
TIMES SQUARE
TOAST
TRADITION
TUXEDO
VOW
YEAR



January



Monday	Tuesday	Wednesday	Thursday	Friday
1 08:00a CENTER CLOSED	2 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	3 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mting 02:30p PM Yoga	4 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	5 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop
8 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group	9 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Bergeron Advice 09:30a Friends Meeting 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	10 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	11 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 Break 11:30a Blood Pressure 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	12 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 10:00a Beginners Line Dancing 10:00a Tech Support 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop
15 08:00a CENTER CLOSED	16 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	17 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	18 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 01:00p Parkinsons Exer. pm	19 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop
22 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 10:00a Snowshoe Hike 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group	23 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	24 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	25 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	26 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop
29 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong	30 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	31 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		