

**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



**Hudson Council on Aging**  
***A Multi-Service Center***

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

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

**Social Services:**

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

**Senior Center Staff:**

- Janice Long, Director
- Virginia Figueiredo, Administrative Secretary
- Holly Richardson, Social Service Advocate
- Ana Terra-Salomão, Bilingual Social Service Advocate
- Jim Klotz, Full Time Bus Driver
- Walter Correia & Jack Veo, Part-time Bus Drivers

**Social Activities:**

Line Dancing, AM Fitness, PM Fitness, Yoga, Tai Chi, Stress Reduction, Parkinson's Exercise, Chair Pilates, Chair Yoga, Walking Club, Stretch Break Class, Flex & Tone Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Class, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Friday's Music Jam, Morning coffee and pastry.

**Members of the Council on Aging Board:**

- John Gill- Chair - 978-568-1107
- Trisha Desmond - Vice Chair 978-562-2492
- Melissa Esteves - Secretary - 978-568-1791
- Nina Smith - Treasurer - 978-562-3077
- Vinny Giombetti - 978- 562-6343
- Tony Monteiro - 978-562-6185
- Edward Silveira - 978-568-3438
- Charles Corley - 978-568-8840
- Diane M. Durand - 978-621-9665

**Meetings:**

**The Council on Aging Board** –1st Wednesday of each month at 1:00pm (No meetings in July & Aug)

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

*Executive Office of Elder Affairs partially funds this newsletter.  
Postage is paid by The Friends of Hudson Senior Center Inc.*

*Occasionally the center provides speakers to help inform seniors regarding current senior issues. This type of forum is educational and allows seniors to ask questions for themselves. At no time is this to be construed as an endorsement from the Hudson Senior Center.*



July 2019

## REP. KATE HOGAN'S SENIOR NEWS

### Rep. Hogan's 2019 Memorial Day Remarks

To all our Veterans here today, a grateful Commonwealth thanks you for your service and your sacrifice. On this Memorial Day, I am thinking of the 75th Anniversary of D-Day. As Andy Rooney said so well: "If you think the world is selfish and rotten, go to the cemetery overlooking Omaha Beach. See what one group of men did for another group on D-Day, June 6, 1944."

On June 6, 1944, allied forces invaded northern France by landing on the beaches of Normandy, code-named "Utah," "Omaha," "Gold," "Juno" and "Sword." This was the largest seaborne invasion in history and the beginning of the end of WWII. Nearly 2,500 Americans died on the beaches on D-Day

Then, now and forever, these young men remain the essence of all that is great about our country. It is their lives we grieve and their decency, courage, and bravery we honor today. This is what we remember and will never forget. We cannot separate the story of American freedom from the story of American sacrifice.

At 18, 19, and 20 years old these soldiers – still boys, really - arrived in places with far-away sounding names. They carried a gun and a knapsack and a profound sense of what was at stake – nothing less than freedom as we knew it. As we remember the 75th anniversary of D-Day and the invasion of Normandy, let us honor what is most remarkable about these stories: they are not just about our freedoms. They are about that defining character of America – fighting for freedom and liberty wherever it is threatened.

Today, across Europe, and Asia, and North Africa, individuals who do not know the names of our fathers, grandfathers or brothers – do know, and live, in freedom. These far-away places are where a small American flag placed before an austere white gravestone is the measure of what was sacrificed for their freedoms. At American military cemeteries across the globe, people pay tribute to these heroes from places with far-away sounding names. Places like Massachusetts.

Many of you have visited these American military cemeteries overseas or seen photographs. The stark tribute of thousands of white crosses in fields ringed by trees, at the edges of a city, and along the Atlantic Coast. These cemeteries are living memories of the profound human toll of this sacrifice – fighting for the universal ideal of freedom very far from home.

This 75th anniversary of D-Day, we can be sure that the residents in Sicily and Cambridge and Normandy will remember our fallen heroes. Let us join them today in remembering the valor and bravery with which our fallen fought for the freedoms of others.

We must appreciate that to be American today -- 75 years after our troops faced down fire at Normandy in one of the darkest periods of modern history -- is to know that freedom grows and is protected when it is shared.

The United States of America has always been willing to fight for our freedoms and the freedoms of people around the world. On this Memorial Day, let us commit to a town, a Commonwealth, and a country worthy of these heroes.

*—Rep. Hogan shared these remarks during Memorial Day ceremonies in Bolton, Hudson, Maynard, and Stow*

### **Rep. Hogan's Office Hours**

- Office Hours will be by appointment during the months of July and August. Please contact my office at 617-722-2199 to schedule an appointment.

*Kate Hogan*

Proudly represents Bolton, Hudson, Maynard, and Stow

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

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: 978-897-1333

## *Hudson Senior Center News.....from Janice Long*



Hope you are enjoying your summer! During those hot and humid days, please come to the senior center and cool off. We are happy to have you and there is always something to do! If you need a ride, just call the center to schedule the day before.



**Do you want to learn how to ride the MWRTA Bus safely?  
MWRTA will have 2 times available leaving from the Hudson Senior Center**

**On Thursday July 25, 2019**

The 1<sup>st</sup> time is at 9:46 am, the 2<sup>nd</sup> time is at 10:53 am

Learn how to use your Senior Charlie Card  
(*You will need to have funds available to load your card*),  
Walmart, Stop & Shop, Market Basket in Hudson and more with the MWRTA!

Representatives from the MWRTA will ride the Rt 15 bus in Hudson, along with you and answer any questions about the MWRTA fixed route system. We will not be getting off the bus, this is a field trip to show you what the Rt 15 bus offers.

**Note:** Each bus is a 16 passenger vehicle, to make sure everyone is accommodated with seat, **please RSVP with the Senior Center by Thursday July 18, 2019.**



**Christopher Heights from Marlborough**  
Is sponsoring a **FREE ICE CREAM SOCIAL**  
**On Tuesday August 6<sup>th</sup> at 1PM**  
**At the Senior Center**

You must sign up for this ahead of time.



**ARCHITECTURE CRUISE AND LUNCH PACKAGE**  
**Thursday, August 22<sup>nd</sup> leaving the Center at 10am**

Enjoy a 90-minute architecture tour of Boston Harbor and Charles River basin with a 12:00 lunch at the Cheesecake Factory. Tour and restaurant are based out of the Cambridge Side Mall. 15 guest minimum. The Hudson Senior Center will provide transportation with Silver Fox complete with a restroom.

**Group Price for Cheesecake Package: \$46.00 (We need a minimum of 15 people)**

**This will be fun, educational and relaxing. Sign up beginning July 3<sup>rd</sup> ☺**

**Early Dinner and Wheel of Fortune Round 2**  
**Thursday, July 18<sup>th</sup> 4:30pm. Cost is \$5.00**

Dinner will be from Slaters in Bolton, pulled chicken sliders (2 per person), corn bread, potato salad and dessert. After dinner we play Wheel of Fortune. This event is limited to 40 people. (a few spots still available)



## SOMETHING NEW

### An Adventure Group for active Hudson Seniors

The Hudson Senior Center is paying for a summer season pass at Hopkinton State Park. With this pass we can use single and double kayaks, canoes, paddle boats and stand up paddle boats on Wednesdays. This is how it will work:

- The Hudson Senior Center will have access to the boats on Wednesdays. The boat area opens at 10am and closes at 6:30 pm. **We can have up to 8 people go on Wednesdays** for boating. The season pass for boating is good from May 2019 to September 2019.
- You must sign up at the Hudson Senior Center with your name, the type of boat you want and pay only \$3.00 to the Hudson Senior Center. There is also a waiver you must fill out and give to the staff at Hopkinton State Park every time you use a boat. The waiver will be available at the Senior Center for you to pick up when you sign up for a boat for Wednesdays.
- When you sign up at the senior center you will get the waiver and a card that is needed to get the boats. If you do not sign up at the senior center and get the necessary paperwork you will not be able to get a boat at this cost.
- Also there is a parking fee of \$8.00 per car every time you go to Hopkinton State Park. **HOWEVER IF YOU ARE 62 OR OLDER, YOU CAN PAY A ONE TIME CHARGE OF \$10.00 AT HOPKINTON STATE PARK AND THAT WILL GIVE YOU A LIFE TIME PASS FOR PARKING!** <https://www.mass.gov/how-to/get-a-senior-parkspass> this link will tell you how to get the senior pass and what documents you need for proof of age and MA residency. I recommend going at 10:30am as it takes time to open up the boat area. They also have to clean out the boats if there was inclement weather the day or night before.
- The Hopkinton State Park staff will get you your boat, a life vest and a quick “How To”; very basic instructions as to how to use the boat. They will not let you go out until they feel sure you are comfortable enough to go out on the water.
- I would like offer this to you starting in July. The dates you can boat **in July would be Wed. July 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and 31<sup>st</sup>. In August the dates would be Wed. Aug 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup>.**



## PICKLEBALL IN HUDSON



Thanks to the Hudson Recreation Department, the Hudson Parks Commission and especially Kate & Bob D’Amelio and Andy Massa, Hudson has a very active Pickleball group. Are you interested in learning how to play PICKLEBALL? We will offer a **FREE** instructional demonstration of Pickleball on **Monday, August 12<sup>th</sup> and Thursday, August 15<sup>th</sup> from 4pm to 6pm at the Riverside Tennis Courts**. You will learn Pickleball Basics and rules. You will also play a little. Please note Pickleball is for those who engage in moderate to high levels of activity. It is also recommended that you come with proper footwear. Court Shoes are highly suggested. They are similar to tennis shoes except they have more ankle support. The Hudson Pickleball Group welcomes new players. The game is fun and many improve their game quickly. Please call the Hudson Senior Center, 978-568-9638 to sign up.





Congresswoman Lori Trahan is here to serve you. If you are in need of assistance regarding your Social Security benefits, Medicare eligibility, veterans' services, or other issues, her office can help. Please call (978) 459-0101 with any questions or concerns you may have.

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## **YMCA's Diabetes Prevention Program and the Medicare Diabetes Prevention Tuesday, July 23, 2019 at 9:30am**

The Hudson Senior Center is excited to host an information session for a new class of the YMCA's Diabetes Prevention Program and the Medicare Diabetes Prevention, based on the highly positive feedback from the first class which began last January. In the first 6 months of the year-long program, the first class has lost an average of 7% of its body weight, at a gradual pace. All meetings are classroom based and held currently at the Hudson Senior Center.

An information session about the program and the new class being enrolled, will be held at the Hudson Senior Center on Tuesday, July 23<sup>rd</sup>, at 9:30 am. This program, which is offered through the Hockomock Area YMCA in Partnership with the YMCA of Central Massachusetts, is designed to support adults with prediabetes in reducing their risk for developing type 2 diabetes. This is accomplished through 25 sessions that follow a Centers for Disease Control and Prevention (CDC)-approved curriculum in the CDC's Diabetes Prevention Recognition Program. In a welcoming, small-group environment, participants work together with a Y-USA trained Lifestyle Coach to learn about eating healthier and increasing their physical activity. This program is offered as a covered benefit by Medicare Part B and some Medicare Advantage Providers.\*\*\*

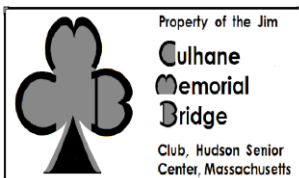
The information session will include risk assessment tools and will be followed by an opportunity for individual questions. Research by the National Institutes of Health has shown that programs like the YMCA's Diabetes Prevention Program can reduce the number of new cases of type 2 diabetes by 71% in adults over age 60. Please attend the session to learn more.

\*\*\*Medicare Advantage Plan beneficiaries are encouraged to talk with the Program Coordinator to confirm coverage.

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## **Please join the Jim Culhane Memorial Bridge group at the Hudson Senior Center**

**July 1<sup>st</sup> & 15<sup>th</sup>, 2019 from 6:00 PM to 8:45 PM.**



We will have a power-point session by Edward Jeffrey Newcombe, then 2+ hours of bidding and playing. It is organized in "duplicate" style, in a relaxed, friendly and informal setting.

The card fee is \$5/ person for players; but, visitors are very welcome to observe at no charge. There are plenty of seats.

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### **Important Reminders:**

- **The Center will be Closed Thursday, July 4<sup>th</sup> for the Holiday**
- **Friday, July 12<sup>th</sup> for the Friends Annual Cookout**
- **No Transportation on Friday, July 12<sup>th</sup> ~ transportation to the Cookout ONLY**

Bye for now.....*Janice* ☺



## **INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO**

**O MEU HORÁRIO É O SEGUINTE : SEGUNDAS ÀS SEXTAS DAS 9:00 DA MANHÃ ÀS 3:00 DA TARDE.**

**O NÚMERO DE TELEFONE É 978-568-9638 EXT. 19.**

### **PICNIC ANUAL DOS AMIGOS DO SENIOR CENTER**

**DIA 12 DE JULHO ÀS 11:00 DA MANHÃ NO “MARLBORO FISH AND GAME CLUB”**

O nosso picnic anual dos amigos do Hudson Senior Center terá lugar no Marlboro Fish and Game Club em Marlboro, MA no dia 12 de Julho às 11:00 da manhã até às 2:00 da tarde. O custo é \$3.00 por pessoa. Bilhetes à venda no Senior Center até o dia 5 de Julho. **O Hudson Senior Center estará fechado nesse dia.**

### **DICAS DE SEGURANÇA DE VERÃO PARA OS IDOSOS**

Os dias quentes de verão estão a chegar. O verão traz com ele alguns perigos para os idosos. Aqui estão algumas dicas para ajudar os idosos durante o tempo quente de verão:

- 1) Beba bastante água.** O calor pode desidratá-lo rapidamente, por isso é importante beber bastante água durante o dia.
- 2) Proteja a sua pele.** Use protetor solar quando estiver fora por um período prolongado durante o dia.
- 3) Limite a sua atividade física e exercício.** Faça pausas regulares quando possível se tem que trabalhar ao ar livre e limite o exercício e atividade física durante o dia.
- 4) Faça pausas frequentes para esfriar.** Quando passar muito tempo na rua no sol, é importante tomar pausas para permitir o seu corpo tempo para esfriar num local fresco.

**Se precisar um lugar fresco para recuperar durante o verão, o Senior Center está aberto das 8:30 da manhã às 3:30 da tarde das segundas às sextas e têm ar-condicionado. Venha visitar-nos durante os dias de calor para esfriar um pouco.**

### **DATAS IMPORTANTES**

Dia 2 de Julho – Gelado grátis à 1:00 da tarde. Patrocinado pelo “Marlborough Hills Rehab Center”. Telefone para reservar o seu lugar. Limitado a 50 pessoas.

**Dia 4 de Julho – O Senior Center estará fechado devido ao feriado do 4 de Julho (4th of July).**

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

Dia 10 de Julho – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. (15 minutos de consulta) Telefone para o Senior Center para marcar o seu apontamento.

**Dia 12 de Julho – Picnic Anual dos Amigos do Senior Center das 11:00 da manhã até às 2:00 da tarde. O picnic terá lugar no “Marlboro Fish and Game Club” em Marlboro. O custo é \$3.00 por pessoa. O Hudson Senior Center estará fechado nesse dia. Bilhetes a venda no Senior Center até o dia 5 de Julho.**

Dia 18 de Julho – Jantar no Senior Center às 4:30 da tarde. O custo é \$5.00 por pessoa. Limitado a 40 pessoa. Vamos jogar “Wheel of Fortune” depois do jantar. Bilhetes a venda no Senior Center.

Dia 6 de Agosto – Gelado grátis à 1:00 da tarde. Patrocinado pelo “Christopher Heights em Marlboro”. Telefone para reservar o seu lugar. Limitado a 50 pessoas.

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



## **“Mobile Library” at the Center Monday, July 8<sup>th</sup> at 10am**



Look for our “Mobile Library” every second Monday of the month our traveling library will head to the Hudson Senior Center for people to check out books, DVDs, Books on CD, Playaways, and more. You can also bring in your books that you would like to return!



## **“VETS TALK”**

A program for Veterans

Please join us at the Senior Center for talk, coffee and pastries on...

**Thursday, July 18<sup>th</sup> at 9am**

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



### **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*

### **IF YOU SEE SOMETHING, SAY SOMETHING**

One of my elder clients (we’ll call her Mary) called about two weeks ago. She had received a call from a caseworker at Springwell, one of the networks of regional entities charged by the Commonwealth’s Office of Elder Affairs with investigating abuse complaints. Mary’s husband had died recently. The staff person at Springwell told Mary there had been a report that Mary was not fully competent as a result of her husband’s death and that one of her daughters and her late husband’s son by a prior marriage were taking advantage of the situation by taking money from her. The staff person said she was investigating and wanted to verify that nothing had been taken, and asked for Mary’s bank statements to verify that everything was on the up and up. Mary said she would not release anything to the staff person and then Mary called me. I spoke to the caseworker, who asked how long I had been dealing with Mary and asked that I meet with her alone to get a sense of the situation.

A few days later I went to Mary’s house and met with her. She was fine. She was more than fine. She was indignant because, she said, she suspected that the call to Springwell had come from a granddaughter living on the West Coast who was concerned about making sure that Mary, who is a spring chicken herself, would change her estate plan to include the stepson. Since it just so happened that I had just gotten a letter from the granddaughter’s “lawyer” (and boyfriend) asking for all the documents regarding Mary’s husband’s estate, I was able to verify Mary’s suspicion about the source of the “abuse” complaint. I spoke to the caseworker at Springwell and am now documenting that, in fact, no money has been stolen, so she can close the case.

The point of this story is that, while Mary’s initial reaction was irritation that the person from Springwell was “butting in” regarding this intimate family dynamic, the good news is that there really is a state-funded network of folks whose job is to make sure no one takes advantage of Mary, or you, or any senior, and that if you know of a senior who may be being taken advantage of, sometimes by strangers but more likely, in my experience, by “friends” or relatives, there is someplace you can call. These folks have the experience to get to the bottom of these things, as they did in Mary’s case. The Commonwealth’s Elder Abuse Hotline number is 800-922-2275. Do a friend (or relative) a favor. If you see something, say something.

If you need more information on this, you can contact me at (508) 860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com). You can also view my 10-minute Q&A Fireside Chats on Frank and Mary’s YouTube Channel, [www.youtube.com/elderlawfrankmary](http://www.youtube.com/elderlawfrankmary) and find more in-depth commentary on legal issues on Mirick O’Connell’s Trusts and Estates blog, “Getting All Your ‘Docs’ in a Row.”

## Message from the Friends...

### Next Friends Meeting: Tuesday, July 9<sup>th</sup> at 9:30am

#### FRIENDS NEED FRIENDS

The Friends of the Hudson Senior Center is a nonprofit organization that raises funds to provide items and activities for the Senior Center and Hudson Seniors beyond what is provided by the Town of Hudson.

The Friends of the Hudson Senior Center is reaching out to Hudson and surrounding area residents to garner new participation and involvement at our monthly meetings. There is no age requirement to be a Friend of Hudson Seniors and the present Friends members are great! We are looking for new ideas to improve our annual fair, fundraisers and fun activities at our beautifully renovated center.

Meetings last less than an hour and commitments are not time consuming on a long-term basis.

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 at the Hudson Senior Center.

Jackie Kapopoulos

President Friends of the Hudson Senior Center



### The Friends' Annual Summer Cookout

Friday, July 12<sup>th</sup> at 11am



Marlborough Fish and Game Club  
1 Muddy Ln, Marlborough, MA 01752

Please do not forget to sign up for our annual summer cookout. We will still have our friends from Intel help with the grilling! It will be fun as usual. Cost \$3.00 **Sign up before Friday, July 5<sup>th</sup>!**

*\*There will be bussing only to the Cookout on this day.*

*You can reserve your spot on the bus at any time before Thursday, July 11<sup>th</sup> \**

### QUILT RAFFLE

TICKETS: \$2.00 EACH OR 3 FOR \$5.00

Drawing will be held July 12, 2019

Buy your tickets at the front desk Now!!



### Wood Park Summer Concert Schedule

Location: Wood Park - 65 Park Street, Hudson

Time: Wednesdays at 6:30pm

#### PERFORMANCE:

#### SPONSOR:

7/10 **THE PAUL RODRIGUEZ BAND**

Hudson Recreation

7/24 **River's Edge Arts Alliance –**

Arts in the Park River's Edge Arts Alliance

#### SUMMER DRAMA SHOWCASE

Rain Location: Town Hall Auditorium

7/31 **THE MIDTOWN HORNS**

Hudson Recreation

8/7 **THE WORKINGMANS BAND**

Hudson Recreation



### Hudson Farmers' Market

Dates: June 18- September 24

When: Tuesdays 3:30- 6:30pm

Where: Unitarian Church, 80 Main Street

FRESH PRODUCE, SPECIALTY PRODUCTS, AND LOCALLY PREPARED FOODS

*No Market on July 2<sup>nd</sup>*



## DayBreak Now at the Hudson, Northborough and Marlborough Senior Centers A Social Day Program Providing Respite for Caregivers

Professional staff will provide a healthy lunch and engaging activities for those who require some supervision. You can participate one, two or three days per week. DayBreak provides a structured, quality time for your loved ones at three locations:

- Northboro Senior Center 119 Bearfoot Road **Tuesdays 11:30am-2:30pm.**
- Marlboro Senior Center 40 New Street **Wednesdays 11:30am-2:30pm.**
- Hudson Senior Center 29 Church Street **Thursdays 11:30am-2:30pm.**

*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.



***\*\* Days/Hours Changes \*\****

### **Hudson Senior Center Gift Shoppe** **Hours**

Wednesdays 9:30am until 12:30pm

Thursdays 9:30am until 12:30pm

Friday 9:30am -12:00pm



**Scrabble on Fridays at  
12:15pm!**

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



**Calling all Bingo players!**

Come join us on

**Games start at 12:30pm**

**Mondays and Wednesdays!**



### ***Genealogy Family Research with Charles Corley*** ***No Classes for the Summer***

Genealogy class is open to everyone who is interested in researching their ancestry. Beginners welcome!

### **Painting Classes**

#### **Open Painting Studio:**

Tuesdays at 10am -1pm in the craft room.



**Joy of Oil Painting:** Tuesdays at 1:00pm - 2:30pm

**Water Color Class: \*\*No Class for the Summer. Class will resume in September\*\*** Come to open studio on Wednesdays 10 am to 12 noon on the 2<sup>nd</sup> floor in the Craft Room.



### ***In Memory Of...***



The Hudson Senior Center is appreciative of Donations made on behalf of loved ones. Our thoughts and prayers are with their family and friends.



## Assabet Valley Camera Club

Please visit their website [www.assabetvalleycc.com](http://www.assabetvalleycc.com)

**No meetings in July & August**

## Stress Reduction with Qigong Class

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

*Sign up at the front desk*

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

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

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



#### July 9<sup>th</sup> – Murder Mystery



Adam Sandler and Jennifer Aniston. A New York cop and his wife go on a European vacation to reinvigorate the spark in their marriage, but end up getting framed and on the run for the death of an elderly billionaire.

*Rating: PG -13 Runtime: 1hrs 37min*

#### July 23<sup>rd</sup> - The Mule



A 90-year old retired veteran desperately takes on a delivery job to save his failing business. What he thought was a simple job, turned out to be a drug run for a Mexican cartel. After becoming successful at it, he comes to the attention of a ruthless DEA agent, and that's when the mistakes of his past come back to haunt him. He must now redeem his sins before either the law or the cartel catch up to him.

*Rating: R Runtime: 1hr 56min*

### Pool Room

Come play on our 2 beautiful pool tables  
Monday-Friday.

Open play except on Monday & Wednesday  
from 10am-12pm for the Senior Pool League.

### Knit and Crochet Mondays at 9:30am

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

### Experienced Line Dancing

Every Monday at 10am.

Cost is \$3.00 paid to the instructor.  
Please call 978-568-9638 to enroll.

### Blood Pressure

Come in every Thursday from 9:30-11am  
and have your blood pressure checked at  
our Senior Center.

No appointment necessary ☺ ☺

### The Podiatrist Monday, August 12<sup>th</sup>, 2019

Starting at 9am.

Please call for an appointment at  
978-568-9638



### The Senior Center Lending Library

appreciates all of the donations made to our  
Library. However, at this time, we NO longer  
are accepting books with a **Copyright date before 2009.**

A special thank you to all of the volunteers  
**Check out our new Large Print section!**

### SILVER THREADS QUILTING GROUP

*Thursdays & Fridays at 10am!*

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

## **Fiscal year 2019 Fitness Programs**

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

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

### **PM Fitness 3 Evenings a week** Cost: \$12/month for all 3 classes

- Mon evenings 4:30pm Cardio and Weights
- Tues evenings 4:30pm stretch
- Thurs evenings 4:30pm-Cardio and Weights

### **AM Yoga: Wednesday mornings 8:30am.** Cost: \$10.00 per month

This gentle yoga class includes breath work, grounding seated stretches, key standing poses and guided meditation using essential oils.

### **PM Yoga: Wednesday mornings 5pm.** Cost: \$10.00 per month

### **Flex and Tone: Wednesdays at 9:30am** Cost: \$5.00 per month ***\*\*No Class on July 17<sup>th</sup>\*\****

This class will use props- blocks and straps - along with a variety of stretching methods to improve flexibility, range of motion, promote circulation and improve strength and flexibility.

### **Stretch Break : Fridays at 9am :** Cost is \$5.00/month or Free if you are taking 3 or more fitness classes

This 45 minute class will consist of mat-based stretches for the entire body. If you find yourself sitting a lot during the day, weak lower back, tight chest and neck soreness, this is the class for you. This class will help you to become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain.

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

### **Zumba : Thursday at 11:00am** Cost is \$10.00 per month.

Zumba Your Way: Zumba dance to a little Latin, a bit of Big Band, some Broadway Show Tunes and get in shape the fun way!

### **Chair Pilates: Mondays at 9:30am & Fridays 11:15am** Cost: \$12.00 per month ***\*\*No Class July 5<sup>th</sup> \*\****

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

### **Fitness program designed for Parkinson's but works for everyone:** ***\*\*No Class July 4<sup>th</sup>, 16<sup>th</sup> & 18<sup>th</sup> \*\****

#### **Tuesdays at 10:40am and Thursdays at 1pm**

The first half of the class is conducted with participants in the seated position and work on optimizing, flexibility, range of motion and balance. The second half of the class is done standing up and emphasizes correct posture, balance, dexterity, flexibility and walking techniques.

### **Chair Yoga : Wednesdays at 2pm** Cost is \$10 per month ***\*\*No Class July 24<sup>th</sup> \*\****

Classic Yoga poses and postures both seated and standing to increase strength and flexibility, improving overall well-being. First half seated stretching and warm-ups, second half standing and balancing poses and flows along with a modified sun salutation using the chair for support. This Yoga class offers mindful movements coordinated to your breath. Adaptations are offered so that students with varying levels of abilities and physical limitations may participate to the best of their ability.



## Hudson Senior Center Trips 2019

### **Tuesday, July 16<sup>th</sup> Newport Playhouse Lobsterfest: "Funny Money"**

Enjoy a funny play, a fun-filled cabaret and a buffet including 1 1/4 lb. Boiled Lobster, Mussels in Wine, Sweet Corn on the Cob, Roasted Chicken, BBQ Chicken, Red Bliss Potatoes, Glazed Sweet Potatoes, Creole Shrimp and Rice, Shrimp Cocktail, New England Clam Chowder and much more.

**Price also includes transportation and gratuity! (wait list only) Price: \$101.00pp**

### **Tuesday, August 27<sup>th</sup> Diamond's & Pearls Cash & Kings (Payment now due)**

The Ultimate tribute show from the renowned shipboard duo Jose and Patti, who have been wowing audiences worldwide with their vibrant performances. Jose and Patti's show is a Neil Diamond tribute with some Janis Joplin, Carole King, and Johnny Cash mixed in. Choice of stuffed breast of chicken or baked scrod and also includes salad, potato, vegetables, breads, dessert, coffee/tea.

**Price: \$92.00pp**

### **Tuesday, September 10<sup>th</sup> Granite State Spectacular – Pickity Place**

Enjoy the home of Pickity Place a hilltop hideaway featuring fine dining, themed gardens, and a unique gift shop. Lunch includes Vegetable Dip, Soup, Salad, Rolls, Choice of Beef Wellington or Vegetable Lasagna and Blueberry Crumble Pie a la mode. After your meal, explore the themed gardens and cobblestone paths of Pickity Place and then travel to nearby Averill House Vineyard for a tour and wine tasting.

**Price: \$90.00pp**

### **October 3<sup>rd</sup> & 4<sup>th</sup> The Common Man – New Hampshire 1 night Getaway**

Roundtrip transportation, 1 night lodging at the Common Man Inn & Spa in Plymouth, NH, 3 meals (1 lunch, 1 dinner & 1 breakfast), Vineyard tour and wine tasting, tour of Canterbury Shaker Village, Train Ride on the Hobo Railroad, Gondola ride to the top of Loon Mountain and a tour director!

**Price: \$349pp double \$449 pp for single-**

### **Tropical Costa Rica: April 25- May 3 2020 *\*Informational Presentation on Sept 11<sup>th</sup> at 1:30pm***



Book Now & Save \$100 Per Person: Double \$2,499\* Single \$2,999; Triple \$2,469 for bookings before 10/25/19. For bookings made after Oct 25, 2019 call for rates. (price reflects the \$100 savings)  
Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$315 per person

**Highlights:** San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Choice on Tour, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero

- Uncover the importance of conservation in Costa Rica during a visit to a tree nursery.
- Discover the charming town of Zarcero and its whimsical topiary garden.
- Enjoy the breathtaking scenery surrounding Arenal Volcano.
- Spot indigenous wildlife while on a Cano Negro riverboat cruise.
- Discover the history of coffee in Costa Rica during your visit to
- Learn about Costa Rica's vegetation on a guided walk in the cloud forest.

### **Rome & the Amalfi Coast : October 29 – November 7, 2020**



Book Now & Save \$200 Per Person: Double \$3,599\* Single \$3,899 Triple \$3,549. For bookings made after Apr 30, 2020 call for rates. ( prices reflect \$200 savings)

Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$315 per person.

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

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

## Transportation News...

### Do not forget about Food Shopping days!

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



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

**Thursdays** is Market Basket.

To sign up, please call 978-568-9638 the day before. Limited to 13 people.

### Another cold lunch option at our center...just for you!

BayPath is now offering cold lunches every day at our center. In order to participate you need to sign up at least the day before (before 12:30pm) at the center with the kitchen staff or call the center 978-568-9638 and ask for the kitchen ext. 14 and leave a message. Cost is a \$3.00 donation. If you are busy at the center with activities and its lunch time, this is a great option to pick up a quick meal with your friends!

### Cold Menu July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1-Jul	2-Jul	3-Jul	4-Jul	5-Jul
Tortellini & Turkey Salad Beet & Onion Salad Roasted Vegetables	Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Chicken Breast/Red Pepper Pesto Macaroni Salad 3 Bean Salad	<b>HOLIDAY</b>	Chef's Salad Mediterranean Rice Salad Beet Salad
8-Jul	9-Jul	10-Jul	11-Jul	12-Jul
Sliced Turkey Breast Quinoa w/Roasted Veggies Cucumber Salad	Tuna Salad Israeli Cous Cous Salad Cole Slaw	Chicken Caesar Salad Pasta Salad Roman Blend Veg Salad	Tortellini & Turkey Salad Beet & Onion Salad Roasted Vegetables	Bourbon Chicken Salad Chick Pea & Cilantro Salad Roman Blend Veg Salad
15-Jul	16-Jul	17-Jul	18-Jul	19-Jul
Chicken w/Peach Salsa Asian Pasta Salad Israeli Cous Cous Salad	Turkey Cranberry Salad Potato Salad Cucumber Salad	Mixed Greens w/Salmon Orzo & Spinach Salad Pineapple	Ham Salad Quinoa w/Roasted Veggies Roman Blend Veg Salad	Chef's Salad Beet Salad Broccoli Salad
22-Jul	23-Jul	24-Jul	25-Jul	26-Jul
Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Roast Beef Roasted Potato Salad Carrot Raisin Salad	Sliced Ham Wild Rice Salad Chick Pea & Cilantro Salad	Egg Salad Orzo & Spinach Salad Beet Salad	Chicken Salad w/Cranberries 2 Bean Salad Broccoli Salad
29-Jul	30-Jul	31-Jul	1-Aug	2-Aug
Tortellini & Turkey Salad Broccoli Salad Chick Pea & Cilantro Salad	Cheese Omelet Hash Browns Peaches need heating instruct	Chef's Salad Beet & Onion Salad Applesauce Cup	Chicken Caesar Salad Macaroni Salad Sesame Cucumber Salad	Turkey Apple Salad New Pasta Salad Pineapple



## What's Going on...

- **Beg. Duplicate Bridge:** Mon, July 1<sup>st</sup> and 15<sup>th</sup> at 6:00 pm
- **Hudson Mobile Library:** Mon, July 8<sup>th</sup> at 10am
- **Friends Meeting:** Tuesday, July 9<sup>th</sup> at 9:30am
- **Hearing Clinic:** Tues. July 9<sup>th</sup> at 9:30am by appt only
- **Movie Day:** Tuesday, July 9<sup>th</sup> & 23<sup>rd</sup> at 12:30pm
- **Atty Bergeron Advice:** Wed. July 10<sup>th</sup> by appt. only
- **Friends Annual Cookout:** Friday, July 12<sup>th</sup> at 11:00 \$3.00
- **Vets Talk:** Thursday, July 18<sup>th</sup> at 9am
- **Early Dinner & Wheel of Fortune:** Thurs, July 18<sup>th</sup> at 4:30
- **Diabetes Prevention :** Tuesday, July 23<sup>rd</sup> at 9:30 am
- **MWRTA Training:** Thursday, July 25<sup>th</sup> 9:45 or 10: 50
- **Podiatrist:** Monday, August 12<sup>th</sup> by appt only
- **Cribbage:** Every Day except Thursday
- **Food Shopping Days:** Tuesdays and Thursdays 10:00 am
- **Joy of Oil Painting:** Tuesdays at 1pm – 2:30pm
- **AM Fitness:** Mon. Tues & Thur. mornings 8:30 AM
- **Chair Pilates:** Monday at 9:30am & Friday at 11:15am
- **Knit and Crochet:** Mon. at 9:30 am
- **Line Dancing:** Mondays at 10am. Cost \$3.00 per person.
- **Bingo:** Monday and Wed 12:30 pm. See you there!!!
- **Mah Jong:** Mondays and Thurs. at the center 12pm to 3:15pm
- **Bridge:** Every Tues. 9:30am and Friday at 12:30pm
- **PM Fitness Classes:** Mon. Tues & Thurs. 4:30 pm
- **Stress Reduction with Qigong:** Tues. at 9:30 to 10:30
- **Open Studio for Painting:** Tuesdays at 10am
- **Gift Shoppe:** OPEN Wednesdays 9:30am -12:30pm and Thursdays 9:30 am – 12:30pm and Fridays 9:30-12:00pm
- **Chess Club:** meeting every Tues at 1pm
- **Parkinson's Exercise:** Tues. 10:40am & Thurs. 1pm
- **AM Yoga:** every Wednesday 8:00am
- **Walking Club:** Every Wednesday meet at 9:00am
- **Flex and Tone:** Wednesdays at 9:30am
- **Water Color Class:**No classes in July & Aug. Resumes in Sept.
- **Water Color Class Open Studio:** Wed. 10a –12 noon till Sept.
- **Chair Yoga:** Wednesdays at 2pm
- **Blood Pressure:** Thursdays 9:30am – 11:00am
- **Tai Chi:** Thursday at 9:30am
- **Zumba:** Thursdays at 11am
- **DayBreak** every Thursday 11:30am - 2:30pm
- **Stretch Break:** Fridays at 9am
- **Music Jam:** Fridays at 11:30 am \*\*No Music Jam on July 5<sup>th</sup> \*\*
- **Scrabble:** Fridays at 12:15pm
- **Camera Club:** No meetings in July & August



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

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

**Free Legal Advice with Attorney Bergeron**  
*15 minutes of Free Advice*

**Wednesday, July 10<sup>th</sup>**

1pm-3pm~by appointment only

*No Music Jam on July 5<sup>th</sup>*



**All musicians wanted**

If you play an instrument come to the Senior Center on Fridays and join our Music Jam Session at 11:30am! It is very entertaining! All are welcome. **PLEASE COME AND SHARE YOUR TALENT.**

**Hearing Clinic**  
**Tuesday, July 9<sup>th</sup>**

Starting at 9:30am  
With Michael Drennan from  
Rogers Hearing Solutions  
Call 978-568-9638 for an appointment

To cancel please call: 508-573-7246

Sudbury, Ashland, Hopkinton, Holliston, Dover July 2019 Hudson, Wayland, Natick, Sherborn

Menu Subject to Char

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
1		Na+	2		Na+	3	SPECIAL	Na+	4	July 4th Holiday	Na+	5		Na+
Chunky Tomato Soup	177		Beef Burgundy	159		Cheeseburger	57					Broccoli Bake	482	
Grilled Chicken Picatta	324		Diced Red Bliss Potatoes	5		Baked Beans	152					Home Fries	5	
Wild Rice Pilaf	140		Fresh Summer Squash Blend	3		Corn	1					Stewed Tomatoes	150	
Multigrain Bread	164		Wheat Bread	170		Hamburger Roll	230					Multigrain Bread	164	
Diced Pears	5		Cherry Apple Crisp	56		Fresh Plum	0					Strawberry Yogurt	75	
			D:Sliced Apples w/Cinnamon	10										
Total Sodium(mg):	935		Total Sodium(mg):	518		Total Sodium(mg):	565		No Meals Served			Total Sodium(mg):	1001	
Calories:	543		Calories:	731		Calories:	691					Calories:	717	
8		Na+	9		Na+	10		Na+	11	COLD PLATE	Na+	12	*No Lunch at Center	Na+
Pork & Red Pepper Pasta	122		Honey Ginger Grilled Chicken	408		Pork w/Rosemary Gravy	156		Gypsy Soup	272		Sloppy Joe	259	
Green Beans	3		Vegetable Fried Rice	98		Sour Cream & Chive Potatoes	92		Cranberry Chicken Salad	323		Hamburger Bun	230	
Wheat Bread	170		Asian Vegetable Blend	21		Ratatouille	107		Pasta Salad	118		Tater Tots	330	
Applesauce	0		Multigrain Bread	164		Wheat Bread	170		Dinner Roll	132		Mixed Vegetables	88	
			Pineapple	1		Lorna Doones	100		Lemon Cake	215		Fresh Apple	2	
									Diet: Grahams	95				
Total Sodium (mg):	420		Total Sodium(mg):	817		Total Sodium(mg):	750		Total Sodium(mg):	1185		Total Sodium (mg):	1034	
Calories:	640		Calories:	692		Calories:	734		Calories:	645		Calories:	770	
15		Na+	16	High Sodium Meal	Na+	17		Na+	18		Na+	19		Na+
Kielbasa&Cabbage Casserole	364		Vegetable Gumbo Soup	50		Mediterranean Grilled Chicken	493		Roast Turkey w/Gravy	389		Potato Pollock Filet	273	
Roasted Red Potatoes	5		*Shaved Steak & Mozzarella			Quinoa w/Roasted Veggies	35		Mashed Potatoes	66		Tartar Sauce	100	
Rye Bread	150		with Peppers & Onions	628		Wheat Bread	170		Peas & Pearl Onions	42		Butternut Squash	0	
Mixed Fruit	10		Potato Wedges	273		Strawberry Cup	0		Wheat Bread	170		Green Beans	3	
			Grinder Roll	218		D: Applesauce	0		Blueberry Buckle	360		Multigrain Bread	164	
			Fresh Peach	0					Diet: Blueberry Yogurt	75		Snack n Loaf	115	
												Diet: Grahams	95	
Total Sodium (mg):	654		Total Sodium (mg):	###		Total Sodium(mg):	823		Total Sodium (mg):	1152		Total Sodium(mg):	780	
Calories:	583		Calories:	682		Calories:	734		Calories:	735		Calories:	714	
22		Na+	23	COLD PLATE	Na+	24		Na+	25		Na+	26		Na+
Lasagna w/Tomato Basil Sce	625		Three C Soup	299		Beef and Lentil Chili	260		homestyle Chicken Drummer	450		BBQ Pulled Pork	389	
Mixed Vegetables	88		Chef's Salad	245		Brown Rice	5		O'Brien Potatoes	34		Macaroni & Cheese	195	
Wheat Bread	170		Multigrain Bread	164		Carrots	64		Italian Green Beans	3		California Blend Veg	22	
Peaches	5		Fruit Crunch Bar	100		Corn Bread	291		Wheat Bread	170		Hamburger Bun	230	
			Diet: Lorna Doones	100		Tropical Fruit	10		Clementine	7		Blueberry Yogurt	75	
Total Sodium(mg):	###		Total Sodium(mg):	933		Total Sodium(mg):	755		Total Sodium(mg):	789		Total Sodium(mg):	1036	
Calories:	682		Calories:	712		Calories:	771		Calories:	610		Calories:	683	
29		Na+	30		Na+	31		Na+						
Salmon Boat with Dill Sauce	276		Chicken w/Pesto Cream Sce	390		White Bean Kale Soup	211		Sodium (Na+) is listed in milligrams next to each menu item. All Meals include 1% 110 Calories, 125mg Sodium Higher sodium items are marked with an asterisk*			This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.		
Yukon Gold Potatoes	4		Tri-color Rotini	1		Meatloaf w/ Mushroom Gravy	301							
Brussels Sprouts	12		Genoa Veg Blend	45		Mashed Potatoes	66							
Multigrain Bread	164		Dinner Roll	132		Wheat Bread	170							
Chocolate Pudding	135		Fresh Pear	2		Strawberry Cup	0							
Diet: SF Choc Pudding	156					Diet: Peaches	5							
Total Sodium(mg):	716		Total Sodium(mg):	693		Total Sodium(mg):	873							
Calories:	679		Calories:	610		Calories:	724							