

**Town Of Hudson  
Council on Aging**  
Multi-Service Center  
29 Church St.  
Hudson, MA



**Hudson Senior Center**

Non-Profit Organization  
U.S. Postage  
**PAID**  
Hudson, MA 01749  
Permit #55



**2019**

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

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

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

***Social Services***

- **S.H.I.N.E: Serving the Health Information Needs of Everyone.** Free and confidential health benefits counseling for Medicare beneficiaries.
- **Public Benefits Assistance:** Screening and Applications for **SMOC Fuel Assistance** and **SNAP** (Supplemental Nutritional Assistance Program).
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** For BayPath Elder Services (Hudson's Aging Service Access Point) and for private homecare agencies
- **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, Bus Driver
- Walter Correia, Part-time Bus Driver

*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 Center.*

***Social Activities***

Line Dancing, AM Fitness, PM Fitness, Yoga, Tai Chi, Stress Reduction Class, Parkinson's Exercise, Chair Pilates, Walking Club, Bingo, Quilting, Knit and Crochet, Painting class, Bridge, Billiards, Mahjong, Specialty luncheons, Educational programs, Lending Library, Cribbage, Chess, Day and Overnight Trips, Gift Shop, Friday's Music Jam, and Morning coffee.

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

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

**Meetings:**

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

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

*Partial Funding from Executive Office of Elder Affairs  
Postage Paid by the "Friends of the Hudson Senior Center, Inc."*



### House budget highlights for Hudson seniors

This spring, I was proud to join my colleagues in the House to vote for our Fiscal Year 2020 (FY20) state budget, which funds a whole gamut of programs important to Hudson seniors. I like to think of the budget debate as an opportunity to put state resources to work addressing some of our most essential questions. Questions like: *how can we increase senior access to transit?* Making these decisions about how and where to maximize state dollars is also a way of saying that these programs have demonstrated impact in our community. Or: *these programs matter.*

It is a privilege to sit down with my fellow lawmakers from across the Commonwealth to discuss our shared goals for the state and how funding programs on the ground in our communities can help us meet and achieve them. As much as I love to hear about initiatives making a difference statewide, I will bet you can guess my favorite part of this deliberative process: highlighting the great programs at work here in Hudson, particularly in the senior community.

Every day in Hudson, municipal leaders and service providers work together to improve the quality of life of those in our community. When I share this story with my colleagues in the House to ensure our programs have the dollars they need to reach residents, it is with tremendous pride: you can be sure that what we have in Hudson is a model for the state. My job is to advocate for the state's partnership in amplifying what is already working -- for and by Hudson seniors.

Now that the budget is with the Senate for consideration, I wanted to provide a run-down of priority programs for Hudson seniors that received funding in the FY20 House budget:

#### FY20 House budget by the numbers for Hudson seniors:

- **\$15K for Fresh Start Furniture Bank** – assisting the local nonprofit in its mission of repurposing and distributing donated furniture to area residents in transition
- **\$18 Million for Councils on Aging** – strengthening the heart of senior-friendly communities
- **\$9.7 Million for Elder Nutrition programs** – connecting residents to nutritious meals and companionship
- **\$36 Million increase for the Community Preservation Act** – increasing the state's contribution to the conservation of natural and historic spaces
- **\$114K for Grandparents Raising Grandchildren** – supporting seniors with caregiving responsibilities
- **\$179K for LGBTQ training for senior care providers** – reaching all seniors with safe and supportive care
- **\$3.7 Billion for MassHealth Senior Care** – including the MassHealth Senior Care Options program

If you would like to sign-up for my e-newsletter on the FY20 budget – or have any questions or comments – please do not hesitate to contact my office at (617) 722-2199. I look forward to seeing all of you around the district this summer!

#### Rep. Hogan's Office Hours

- **Stow Office Hours** will be held on Thursday, June 6th from 6 to 7 p.m. at the Randall Public Library, 19 Crescent Street, Stow
- **Hudson Office Hours** will be held on Friday, June 28th from 10 to 11 a.m. at the Vintage Cafe, 246 Main Street, Hudson

If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, her staff is available in the District Office at Maynard Town Hall, 195 Main Street, on Mondays from 10 a.m. to 3 p.m. (*Closed Holiday Mondays*)

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 the day before.

### **Another Thank You to the Cummings Foundation**



Towards the end of June 2019 the Cummings Foundation will send our Friends Organization another check for \$50,000.00 for our second bus. This will complete the Cummings Grant we were awarded for \$100K in 2018. The second new bus will be a fourteen passenger that will replace our 2007 bus with over 100K miles and having "issues". We will be looking at new buses in June and hopefully take delivery by the end of summer or early fall. On behalf of the Senior Center staff, COA Board members, Friends Officers and Senior Center members and participants, we are grateful for the generosity of the Cummings Foundation. Transportation as we age is critical to ones sense of independence. Having two new buses within a two year period will keep our riders moving for another 10-12 years! Thank you Cummings Foundation.



### **The Friends' Annual Summer Cookout Friday, July 12<sup>th</sup> at the 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

*Tickets on sale beginning Wednesday, June 5<sup>th</sup>.*



### **Marlborough Hills Rehab and Health Care Center Is sponsoring a...**



### **FREE ICE CREAM SOCIAL On Tuesday, July 2<sup>nd</sup> at 1PM at the Senior Center**

*You must sign up for this ahead of time. Signups start June 4<sup>th</sup> Max of 50 guests.*



### **The Collings Foundation Heritage Museum 137 Barton Road Stow, MA 01775**

**Wednesday, June 19<sup>th</sup> at 10:00 AM.**

**Cost to you is \$10.00 paid to the Senior Center when  
you sign up(cash only).**



(Normal cost is \$18.00 for seniors; our center will pay the difference)

**This will be a private showing so we need a minimum of 20 people going!**

The Foundation showcases vehicles, tanks, WWII bomber planes, race cars, vintage cars including the Fred Duesenberg's personal Duesenberg SJ Dual Cowl Phaeton. (I went last fall and it was great) The tank and plane displays are incredible. They had a TBM Avenger torpedo bomber, the same kind that President H.W. Bush flew during World War II. Bush flew 58 combat missions and on Sept. 2, 1944 was shot down in the Pacific losing two crewmen. It was like a walk back in time. Something spectacular to see right here in Hudson.



## Nutrition Basics with Cristina Picozzi

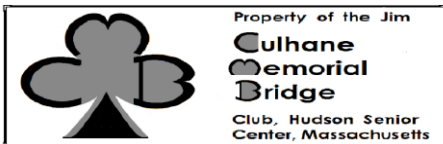
**Friday, June 21<sup>st</sup> 10am – 11am**

Food plays a big role in our lives. It's social and emotional; it's fuel for our day. However, there is a lot of information about how to create a healthy lifestyle, how do you decide where to start? In Nutrition Basics, we'll talk about everything you need to know about food and how to create a healthful diet to reach your goals from creating a better balance to weight loss. **Please sign up at the front desk.**



### Biography for Cristina

Cristina is a health coach who has helped dozens of people build healthy lifestyles that consider diet, exercise and stress management. Her coaching examines individual goals as a component of life rather than making your life revolve around your goals. She believes that health is more than what you eat and how much you move. Personally, Cristina knows what it's like to get healthy for life. She has lost over 100 pounds, has a passion for running, weightlifting and food. Her background is in management and strategic program design, with a degree in public health. She is also a certified health coach and fitness nutrition specialist through the American Council on Exercise and is CPR certified through the American Red Cross.



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

**June 3, 2019 from 6:00 PM to 8:45 PM.**

Beginners Bridge is back at Hudson Senior Center! Culhane Memorial Bridge Club's next educational Bridge session will be Monday evening, June 3, 2019, **from 6:00 PM to 8:45 PM.** The June 3<sup>rd</sup> session will have a power-point by Edward Jeffrey Newcombe, then 2+ hours of bidding and play, 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.

### What to Know About Traveling With Medicare

Are you planning to travel abroad? Here is some important information from Medicare:

Before you go, remember to look into [your](#) Medicare coverage outside the United States.

If you have Medicare Part A (Hospital Insurance) and Part B (Medical Insurance), your health care services and supplies are covered when you're in the U.S. However, in general, Medicare won't pay for health care services or supplies if you travel outside the U.S. ([except in rare cases](#)).

Here are 3 ways you can get health coverage outside the U.S.:

1. If you have a Medigap policy, [check your policy](#) to see if it includes coverage when traveling outside the U.S.
2. If you have another Medicare health plan (like an HMO, PPO, or retiree plan), check with your plan to see if it offers coverage outside the U.S. (call the customer service phone number on the back of your health insurance card)
3. You can purchase a travel insurance policy that includes health coverage.

If you do have coverage, make sure you know how it works. You may need to pay first, and get the bill translated, before submitting a claim for reimbursement.





## Early Dinner and Wheel of Fortune Round 2

At our center on Thursday, July 18<sup>th</sup> 4:30 pm 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 will play Wheel of Fortune with prizes!

***Sign up beginning Wednesday, June 12<sup>th</sup>***

***This event is limited to 40 people.***

## Feeling Dizzy? Experiencing Vertigo?

Join us on Tuesday, June 18<sup>th</sup>; 10:30am-11:30am for a special

### Vestibular Presentation



Jenna Enrico, PT with Nashoba Nursing Service and Hospice will come to the Hudson Senior Center to present on the vestibular system. The program will include what and where the Vestibular System is (anatomy and physiology), why it's important, possible problems that may occur (diagnoses), potential treatments and who to seek out for care and/or treatment. The presentation will also include why the Vestibular System isn't always to blame if you're dizzy. Handouts and light refreshments provided. **You must sign up for this FREE presentation!**



## Senior Charlie Card with the MWRTA

Tuesday, June 11<sup>th</sup> at 10:00 a.m.-12:00 p.m.

Seniors (65+) receive a significant fare discount with a Senior Charlie Card. Representatives from the MetroWest Regional Transit Authority (MWRTA) will be issuing Senior Charlie cards as well as providing a short presentation on the MWRTA fixed route bus system, specifically the Hudson Route 15.

**IMPORTANT: Please pre-register for this event by calling 978-568-9638.**

To expedite your Charlie Card, Representatives from the MWRTA are requesting that you complete a simple form that we will have at the Senior Center front desk by Friday, May 31<sup>st</sup>. Then when you attend the program on June 11th you will just need your photo taken and sign for your new Charlie Card. Please be sure to bring proof of age such as a Driver's License, State I.D., or Passport to the event. Walk-ins are also welcome.

## Bus Issues

Please note that our part-time bus driver, Walter, will be out from June 20<sup>th</sup> through July 20<sup>th</sup>. Presently, we are looking for a replacement driver for that period of time. However, we want to let you know now, especially those who use Walter's bus for food shopping, to make other arrangements in the event we do not find a replacement driver. We will keep our riders informed as things change.

Thank you for your patience.

Bye for now.....**Janice** ☺



## Summer Safety

With the summer now upon us, it is important to be prepared for the hot weather, but also, the possibility of heavy storms. According to the Official Website of the Executive Office of Public Safety and Security (in Massachusetts) thunderstorms are very common in the spring and summer months. Be mindful and prepared for the differences of a severe thunderstorm watch vs. a thunderstorm warning. They recommend being alert and staying informed of any weather updates, creating a family emergency plan, prepare your home (secure any furniture that might be outside, remove dead or rotting trees that could fall during a storm, clear clogged gutters for example) and I think very importantly, make an emergency kit. I think having an emergency kit is beneficial to have throughout the whole year; we all know that in New England the weather can change very quickly, so it is always good to be prepared.

When creating an emergency kit, it is recommended to have the following items:

- Bottled water (one gallon per person per day, and they recommend a minimum of 3 days)
- Food- at least a three day supply of non-perishable items that don't need cooking (granola bars, cereal, dried fruit, nuts, crackers etc.)
- Tools/supplies- can opener, radio, flashlight, batteries, cell phone/charger, wrench
- Personal items- prescription medications, eyeglasses, dentures, clothes, shoes, personal care items, extra insulin, oxygen, medical alert bracelets if you have one
- Pets (if you own any)- collar, leash, crate, food, bowls
- Money- extra money as ATMS may not work should the power be out
- First Aid kit

More Information can be found on the following website:

<http://www.mass.gov/eopss/agencies/mema/emergencies/thunderstorms/>

In addition to having all of these items in an emergency kit, it would be recommended to have any durable medical equipment readily available in case of emergency. These items would be canes, walkers, wheelchair/scooters. You should have your eyeglasses and hearing aids close as well.

Keep paths clear throughout the house in case of emergency!

In addition to being prepared for storms it is important to keep yourself safe during the hot weather!

If you don't have air conditioning or fans, be aware of centers/facilities that have air conditioning and that might be cooler than your home. The Hudson Senior Center has air conditioning, so come to our Center to stay cool!

On another note...Please be advised that I will be out of the office for most of June, all of July and August and will be returning in September. If you need immediate assistance, contact the Senior Center at 978-568-9638 and you will be directed to either Ana or Janice. Thank you and enjoy the summer!!

## 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.



### “PRESCRIPTION ADVANTAGE”

Prescription Advantage é um programa de assistência estatal de medicamentos para a terceira idade e para pessoas com incapacidades e defeiciências. Prescription Advantage está disponível para os residentes de Massachusetts que têm 65 anos de idade ou mais e pessoas com menos de 65 anos de idade que qualificarem para incapacidade ou deficiência e são elegíveis para receber cobertura pela Medicare e cujo rendimento anual bruto é inferior a \$3,122 por mês para uma pessoa solteira ou \$4,227 para um casal. O programa de Prescription Advantage é grátis para estas pessoas. Telefone para 978-568-9638 x 19 para marcar um apontamento com Ana Terra-Salomão.

### “GIFT SHOP”- LOJA DO SENIOR CENTER

A loja (‘gift shop’) do senior center vai mudar o seu horário. A loja esta aberta das 9:30 às 12:30 na quarta-feira e quinta-feira e das 9:00 às 12:00 na sexta-feira. A loja esta localizada no segundo andar do senior center.

### DATAS IMPORTANTES

Dia 4 de Junho – Almoço do Dia dos Pais às 11:30 da manhã no Senior Center. O custo é \$10.00 por pessoa. Bilhetes a venda no Senior Center. **Limitado a 70 pessoas.**

Dia 11 de Junho – Reunião do Amigos do Senior Center às 9:30 da manhã.

Dia 12 de Junho – 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 Junho – “Dining for a Cause” no Ninety Nine em Hudson, MA das 5:00 às 9:00 da noite. Apresente o voucher incluído neste boletim no Ninety Nine e o restaurante doará 15% da sua conta para os Amigos do Hudson Senior Center.

Dia 19 de Junho – Passeio ao “Collins Foundation Heritage Museum” em Stow, MA às 10:00 da manhã. O custo é \$10.00 por pessoa. (O custo normal é \$18.00, o senior center vai subsidiar a diferença). Bilhetes a venda no Senior Center.

Dia 21 de Junho – Palestra grátis sobre nutrição saudável com Cristina Picozzi às 10:00 da manhã. Telefone para reservar o seu lugar.

Dia 2 de Julho – Gelado grátis patrocinado pelo Marlborough Hills Rehab Center à 1:00 da tarde. Limitado a 50 pessoas. Telefone para reservar o seu lugar a partir do dia 4 de Junho.

**Dia 12 de Julho – Picnic Anual dos Amigos do Senior Center das 11:00 da manhã até às 2:00 da tarde. Telefone para reservar o seu lugar. O picnic terá lugar no Marlborough Fish and Game Club em Marlborough, MA. O custo é \$3.00 por pessoa. Bilhetes à venda no Senior Center a partir do dia 5 de Junho. O Senior Center estará fechado neste dia.**

**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, June 10<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, June 6<sup>th</sup> & 20<sup>th</sup> at 9am**



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

## Assabet Technical High School’s Tech Savvy students are back to answer your technology questions Wednesday, June 5<sup>th</sup> at 10am



Mr. Steven Pleau, Assabet’s Computer Programming & Web Development Teacher and his top tech savvy students will help you with your **Ipads, Cell phones and Tablets**. Please bring your devices and learn from the experts how to transition from iphones to androids and vice/versa, use and manage apps, emails, Facebook and more. **Call 978-568-9638 to sign up**



## Father’s Day Luncheon at the Hudson Senior Center

**Tuesday, June 4<sup>th</sup> at 11:30am cost is \$10.00**

Tossed salad, potato salad, steak tips, grilled marinated chicken, assorted roasted/grilled vegetables and chocolate mousse cups.



## Wood Park Summer Concert Schedule

Location: Wood Park - 65 Park Street, Hudson

Time: Wednesdays at 6:30pm

### PERFORMANCE:

### SPONSOR:

<b>6/12 River’s Edge Arts Alliance – ARTIST APPRECIATION CONCERT</b>	Arts in the Park River’s Edge Arts Alliance
Rain Location: Town Hall Auditorium	
<b>6/19 FLASHBACK BAND</b>	Hudson Recreation
<b>6/26 AARON NORCROSS TRIO</b>	Hudson Recreation
<b>7/10 THE PAUL RODRIGUEZ BAND</b>	Hudson Recreation
<b>7/24 River’s Edge Arts Alliance – SUMMER DRAMA SHOWCASE</b>	Arts in the Park River’s Edge Arts Alliance
Rain Location: Town Hall Auditorium	
<b>7/31 THE MIDTOWN HORNS</b>	Hudson Recreation
<b>8/7 THE WORKINGMANS BAND</b>	Hudson Recreation



## Hudson Farmers' Market



Dates: June 18- September 24

When: Tuesdays 3:30- 6:30pm

Where: Hudson Town Hall 78 Main Street

FRESH PRODUCE, SPECIALTY PRODUCTS, AND LOCALLY PREPARED FOODS

**Farmers Market Coupons** are not available at this time. Check in July newsletter for more information.

To be eligible you must be:

- A Hudson resident, 60 or older
- Eligible for SNAP (food stamps), MassHealth, etc.

1 Farmer's Market Coupon booklet per household ONLY



### 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 network 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."

## 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***  
***Wednesday, June 19<sup>th</sup> at 10:30am***

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

### **Painting Classes**

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

Tuesdays at 11:30am -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 Roy Gilson. Our thoughts and prayers are with his family and friends.



## Assabet Valley Camera Club

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

**Wednesday, June 5<sup>th</sup>**

## Stress Reduction with Qigong Class

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

*Sign up at the front desk*

## FRIENDS MEETING ~ Tuesday, June 11<sup>th</sup> at 9:30am

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

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



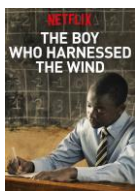
#### June 11<sup>th</sup> - Flyboys



Before the United States enters World War I, some American youths volunteer for the French military. Subsequently, they become the first U.S. fighter pilots and form a squadron known as the Lafayette Escadrille, whose exploits and heroism become the stuff of legend. This fictional version follows a Texas rancher, an eager Nebraska kid, a Black boxer already in France, and a New York swell, as they arrive green for training get by fire when German planes ambush them on their first mission, and graduate to heroics. Rawlings, the Texan, falls in love with a young woman he meets at a brothel.

*Rating: PG -13 Runtime: 2hrs 20min*

#### June 25<sup>th</sup> - The Boy Who Haressed the Wind



William Kamkwamba was born in Malawi, a country where magic ruled and modern science was mystery. It was also a land withered by drought and hunger. But William had read about windmills, and he dreamed of building one that would bring to his small village a set of luxuries that only 2 percent of Malawians could enjoy: electricity and running water. William refused to let go of his dreams. This is remarkable true story about human inventiveness and its power to overcome crippling adversity.

*Rating: PG Runtime: 1hr 53min*



### 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!**

### 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, June 10<sup>th</sup>, 2019**

starting at 9am.

Please call for an appointment at  
978-568-9638

### SILVER THREADS QUILTING GROUP

**Thursdays & Fridays at 10am!**

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

## **Fiscal year 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**

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**

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:**

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

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

### **Chair Yoga : Wednesdays at 2pm Cost is \$10 per month**

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



## Hudson Senior Center Trips 2019

### **Tuesday, 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!**

**Price: \$101.00pp**

### **Tuesday, August 27<sup>th</sup> Diamond’s & Pearls Cash & Kings**

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**

### **\*\*New\*\* 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 includes transportation and driver gratuity!**

**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**

*Informational Flyers available at the front desk*



## **America’s Music Cities featuring New Orleans, Memphis & Nashville October 6 -13, 2019**

**8 Days ~ 10 Meals: 7 Breakfasts and 3 Dinners**

**Trip Highlights:** French Quarter, Choice of French Quarter walking Tour of Panoramic coach tour of New Orleans, Swamp tour, Mardi Gras world, Jazz Revue, Graceland, West Delta Heritage Center, grand Ole opry show, Ryman Auditorium, Country Music Hall of Fame, Historic RCA Studio B and Whiskey Distillery.



## 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 June 2019

Monday	Tuesday	Wednesday	Thursday	Friday
3-Jun	4-Jun	5-Jun	6-Jun	7-Jun
Cilantro Chicken Corn & Black Bean Salad Broccoli 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 Mediterranean Rice Salad Beet Salad
10-Jun	11-Jun	12-Jun	13-Jun	14-Jun
Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Roast Beef Roasted Potato Salad Chick Pea & Cilantro Salad	Sliced Ham Wild Rice Salad Carrot & Raisin Salad	Chef's Salad Macaroni Salad Applesauce Cup	Chicken Salad w/Cranberries 2 Bean Salad Broccoli Salad
17-Jun	18-Jun	19-Jun	20-Jun	21-Jun
Tortellini & Turkey Salad Broccoli Salad Chick Pea & Cilantro Salad	Chicken Caesar Salad Beet & Onion Salad Sesame Cucumber Salad	Cheese Omelet Hash Browns Peaches	Tuna Salad Israeli Cous Cous Salad Cole Slaw	Turkey Apple Salad New Pasta Salad Pineapple
24-Jun	25-Jun	26-Jun	27-Jun	28-Jun
Bourbon Chicken Salad Orzo & Spinach Salad Carrot & Pineapple Salad	Egg Salad Pasta Salad Roman Blend Veg Salad	Tuna Salad Israeli Cous Cous Salad Cole Slaw	Turkey Apple Salad New Pasta Salad Roasted Vegetables	Ham Salad Pasta Salad Sesame Cucumber Salad

## Message from the Friends...

**Next Friends Meeting: Tuesday, June 11<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

## **DINING FOR A CAUSE**

**The Ninety Nine Restaurants  
Invites You to a  
Fundraiser to Benefit:**

**Friends of Hudson Senior Center**

<u>Date:</u>	Wed, June 12
<u>Time:</u>	5:00pm - 9:00pm
<u>Location:</u>	Ninety Nine Restaurants 255 Washington St Hudson, MA, 01749

Valid for dine in or take out

Present the voucher below at this fundraiser and the Ninety Nine Restaurants will donate 15%\* of your Guest check to the organization.

clip this voucher

## **DINING FOR A CAUSE**

<u>BENEFITING:</u>	Friends of Hudson Senior Center	
<u>DATE:</u>	6/12 Wed	<u>TIME:</u> 5pm-9pm
<u>LOCATION:</u>	Ninety Nine Restaurants 255 Washington St, Hudson, MA 01749	



Coupons, discounts and promotions including "Kids Eat Free" will not be accepted during the fundraiser. Present this voucher to your server when seated as this is required for the organization to receive credit for the sale. \*Donation is 15% of sales (excludes tax and gratuity). Only valid on date, time and location stated above.

## What's Going on...

- **Father's Day Luncheon:** Tuesday, June 4<sup>th</sup> at 11:30am
- **Tech Savvy:** Wednesday, June 5<sup>th</sup> at 10am
- **Vets Talk:** Thursday, June 6<sup>th</sup> & 20<sup>th</sup> at 9am
- **Podiatrist:** Monday, June 10<sup>th</sup> by appt only
- **Hudson Mobile Library:** Mon, June 10<sup>th</sup> at 10am
- **Friends Meeting:** Tuesday, June 11<sup>th</sup> at 9:30am
- **Hearing Clinic:** Tues. June 11<sup>th</sup> at 9:30am by appt only
- **Charlie Card Sign ups:** Tuesday, June 11<sup>th</sup> at 10am
- **Movie Day:** Tuesday, June 11<sup>th</sup> & 25<sup>th</sup> at 12:30pm
- **Atty Bergeron Advice:** Wed. June 12<sup>th</sup> by appt. only
- **Dining for a Cause Fundraiser at the 99:** Wed, June 12<sup>th</sup>
- **Vestibular Presentation:** Tuesday, June 18<sup>th</sup> at 10:30am
- **Genealogy :** Wednesday, June 19<sup>th</sup> at 10:30am
- **Nutrition Basics:** Friday, June 21<sup>st</sup> at 10:00am
- **Heritage Museum:** Thursday, June 19<sup>th</sup>. Cost: \$10 per person.
- **Cribbage:** Every Day except Thursday.
- **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:** Wednesdays at 10am
- **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
- **Scrabble:** Fridays at 12:15pm
- **Camera Club:** First and third Wed. of every month



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

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

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

**Wednesday, June 12<sup>th</sup>**

1pm-3pm~by appointment only



**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, June 11<sup>th</sup>**

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

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
3		Na+	4		Na+	5		Na+	6	High Sodium	Na+	7		Na+
Sweet & Sour Meatballs	248		Shepherd's Pie	136		Grilled Chicken w/Peach Salsa	363		Three C Soup	299		Potato Pollock	273	
White Rice	4		Peas	66		Orzo Pilaf w/Spinach	57		Roast Turkey w/gravy	389		Tartar Sauce	100	
Asian Blend Vegetables	21		Rye Bread	150		Genoa Blend	45		Bread Stuffing	316		Wild Rice Pilaf	140	
Wheat Bread	170		Strawberry Cup	0		Multigrain Bread	164		Wheat Bread	170		Broccoli	10	
Lorna Doones	100		D: Strawberry yogurt	51		Pineapple Whip	87		Applesauce Cup	5		Wheat Dinner Roll	105	
												Fresh Plum	1	
Total Sodium (mg):	668		Total Sodium(mg):	477		Total Sodium(mg):	841		Total Sodium(mg):	1304		Total Sodium(mg):	753	
Calories:	681		Calories:	597		Calories:	678		Calories:	605		Calories:	640	
10		Na+	11		Na+	12		Na+	13	Cold Plate	Na+	14		Na+
Macaroni & Cheese	488		Lasagna roll w/meat sauce	340		Roast Beef w/Gravy	153		Chicken w/Red Pepper Pesto	342		Chicken & White Bean Chili	260	
Stewed Tomatoes	150		Italian Blend Vegetables	41		Garlic Mashed Potatoes	66		Red Potato Salad	96		Brown Rice	5	
Wheat Bread	170		Italian Bread	230		Green Bean Casserole	262		Broccoli Salad	159		California Blend	22	
Diced Peaches	5		Dried Cherries	5		Dinner Roll	132		Multigrain Bread	164		Multigrain Bread	164	
			D: Applesauce Cup	0		Chocolate Cake	410		Fresh Apple	1		Vanilla Yogurt	45	
						D: SF choc pudding	156							
Total Sodium (mg):	938		Total Sodium(mg):	741		Total Sodium(mg):	1148		Total Sodium(mg):	887		Total Sodium (mg):	621	
Calories:	745		Calories:	591		Calories:	805		Calories:	553		Calories:	590	
17		Na+	18		Na+	19		Na+	20		Na+	21		Na+
Haddock Newburg	364		*Steak & Cheese Pinwheel	550		Vegetable Barley Soup	257		Chicken and Rice Bake	429		Hot dog	490	
Red Bliss Potatoes	4		Potato Wedges	273		Grilled Chicken Breast Teriyaki	362		Brussels Sprouts	12		Baked Beans	152	
Spinach	65		Broccoli	10		Vegetable Fried Rice	98		Wheat Bread	170		Carrots	64	
Multigrain Bread	164		Fruit Yogurt	51		Multigrain Bread	164		Chocolate Chip Cookie	160		Hot dog bun	270	
Mixed Fruit	10					Fortune Cookie	6		D: Choc Grahams	69		Pineapple Chunks	1	
						Fresh Orange	0							
Total Sodium (mg):	732		Total Sodium (mg):	###		Total Sodium(mg):	1012		Total Sodium (mg):	965		Total Sodium(mg):	1102	
Calories:	502		Calories:	671		Calories:	667		Calories:	763		Calories:	661	
24		Na+	25		Na+	26	Cold Plate	Na+	27		Na+	28		Na+
Beef Bolognese	163		Glazed Chicken Drumstick	290		Turkey & Tortellini Salad	430		Corn Chowder	172		Swedish Meatballs	220	
Penne Pasta	1		inn.Mashed Sweet Potatoes	2		Beet & Onion Salad	217		BBQ Pulled Pork Sandwich	389		Egg Noodles	4	
Mixed Vegetables	88		Cauliflower	14		Three Bean Salad	89		O'Brien Potatoes	34		Genoa Blend	45	
Italian Bread	230		Multigrain Bread	164		Wheat Dinner Roll	105		Hamburger Bun	230		Rye Bread	150	
Diced Pears	5		Almond Cookie	181		Fig Bar	35		Tropical Fruit	10		Fresh Peach	1	
			D: Lorna Doones	100		D: Grahams	85							
Total Sodium(mg):	612		Total Sodium(mg):	776		Total Sodium(mg):	1001		Total Sodium(mg):	960		Total Sodium(mg):	545	
Calories:	684		Calories:	627		Calories:	946		Calories:	710		Calories:	629	
Sodium (Na+) is listed in milligrams next to each menu item.			Meals are based on a No Added Salt diet (3,000-4,000mg) for healthy older adults. Higher sodium items are marked with an asterisk*(>500mg)			This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.								
All Meals include 1% Milk: 110 Calories, 125mg Sodium														