

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



Hudson Senior Center

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

June

2021

**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
- Lennie Bowen, Full Time Bus Driver
- 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
- Tony Monteiro - 978-562-6185
- Edward Silveira - 978-568-3438
- Charles Corley - 978-568-8840
- Diane M. Durand - 978-621-9665
- Janet Saluk-

Meetings:

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

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

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

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



June 2021

REP. KATE HOGAN'S SENIOR NEWS

House FY22 Budget Highlights for Seniors

This spring, the House did its part to get Massachusetts' FY22 budgeting process back on track after last year's state budget was disrupted and delayed by the COVID-19 pandemic.

The House deliberated and passed a \$47.7 billion budget that includes nearly \$60 million additional funds for local aid – all in effort to help the Commonwealth recover from the pandemic and build back to a new normal that is more resilient and equitable for everyone.

The House budget also increases the elder affairs budget by more than \$25 million. As my colleague Rep. Tom Stanley, House chairman of the Committee on Elder Affairs, says, "No group in the commonwealth has endured more loss and hardship over the past year than our elder citizens and the people who care for them. The pandemic has taught us hard lessons about what is and who are essential to securing a better, healthier future for our elder residents. As we look to the fiscal year '22 budget, we must recognize that there are important steps to take and programs to fund in order to accomplish these objectives. Seniors need increased mental health support to help bring them through these unprecedented times of stress, insecurity and loss. We must make workforce investments that recognize ... service workers as the essential elements they are in senior health delivery."

Here are some of the priority programs for seniors that received funding in the FY22 House budget:

FY22 House budget by the numbers for seniors:

- **\$253.5 Million for Community Choices which funds health cares services to seniors eligible for community-based waiver services under MassHealth**
- **\$184.8 Million for the Elder Home Care program, providing home health services to seniors aging-in-place**
- **\$35.8 Million for the Elder Protective Services program**
- **\$17.4 Million for Prescription Advantage drug insurance program**
- **\$17.7 Million for grants to Councils on Aging**
- **\$10.4 Million for the Elder Nutrition Program**
- **\$1.2 Million for the Home Care Aide Training Grant Program**
- **\$1.2 Million for Geriatric Mental Health programs including outreach, counseling, resource management and system navigation**
- **\$286K for Residential Assessment and Placement programs for homeless elders**
- **\$3.6 Billion for MassHealth Senior Care**
- **\$395 Million for MassHealth Nursing Home Supplemental Rates**

Contact Rep. Hogan: If you need assistance or would like to contact me, please call me at (617) 722-2199 or email me at Kate.Hogan@mahouse.gov. Please also visit my new Facebook page:

www.facebook.com/RepKateHogan

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 163, Boston, MA, 02133 / Phone: (617) 722-2199 /

Kate.Hogan@mahouse.gov

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

Hello Everyone!

We are reaching an important milestone with regards to the Covid-19 pandemic that turned all our lives upside down for the past 15 months. Despite the challenges we've all endured, there are now positive outcomes that continue to prevail. This is due in part to the successful measures taken by the Baker - Polito Administration to combat this virus, citizens adhering to safety guidelines and of course the many scientists whose hard work and dedication are responsible for developing the vaccines. Numbers of infections, hospitalizations and deaths have declined significantly. As a result, the Hudson Senior Center will gradually transition to re-opening with limited programming in June. We ask for your patience and understanding as we transition through these changes together!

The Following guidelines have been approved by the COA Board:

- If you are interested in participating in the June activities you must call the center to sign up.
- **Face coverings will be required in Town Buildings by all visitors and by employees.**
- When entering the Senior Center please use hand sanitizer that is in the entrance.
- You **must** sign in at the front desk when entering the building.
- Continue practicing social distancing of at least six feet to the greatest extent possible.
- During the month of June, we will **Not** be offering lunch or coffee, but will have bottled water available. (you may bring your own coffee or drink).

The activities for June include: cribbage, mahjong, knitting/crochet, quilting, billiards, vet talk, DayBreak, chess, and library and movies. **Please see our calendar for specific days and times as they may have changed.**

Bingo will remain outside at the Elks Pavilion for now and our fitness classes will continue on zoom for June.



Father's Day Hot Breakfast Grab & Go

Friday, June 18th for a 9:30am pick up

The grab and go meal includes a hot bacon, egg and cheese sandwich with home fries and fruit cup.

Cost to you is \$5.00 which you can bring when you pick up.

Everything will be hot when you arrive.

****Please call 978-568-9638 beginning Thursday, June 3rd to reserve your spot****



Delicious summer salad Grab and Go Lunch

Friday, June 25th

Pick up between 12-12:30 pm

Healthy garden Caesar salad with chicken, rolls and butter and fruit cup.

Cost to you is \$5.00 you can bring when you pick up.

Please call 978-568-9638 beginning on Thursday, June 3rd

Bemis Summer Porch Pot
Thursday, June 24th for 12:00 noon pickup

An assortment of beautifully colored flowers, chosen by Bemis Farms, to brighten up your deck, porch and of course your spirits. Cost to you is \$10.00 the senior center will pay the balance. Call 978-568-9638 to sign up for this.



Call beginning Thursday, June 3rd to reserve your spot



“VETS TALK” Returns
A program for Veterans
Thursday, June 10th 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. 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.

DayBreak Returns to all three sites starting the week of June 7th.

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.

Please contact **Lisa Bazarian Gardner, CDP** or **Christine D’Angelo, CDP** at **978-568-9638**

Or email at lbbazarian@gmail.com for more information.

OUTDOOR BINGO continues at The Elks
Wednesdays starting at 1:00 pm.



The Hudson Concord Elks has graciously agreed to have the Hudson Senior Bingo group return to the outdoor Pavilion located in back of the Elks on Wednesdays. You can call the senior center 978-568-9638 to sign up and remember you must bring and wear your mask and dress for the weather! Thank you to Diane Durand for making this happen and special THANKS to the Hudson Concord Elks!!

Busing News:



Please welcome Mr. Lennie Bowen as our new full-time bus driver. He is a great addition to our team!

The senior center bus is now running for medical appointments and grocery shopping. Please call at least a day ahead before closing. Grocery shopping can be any day of the week based on availability. **Masks must be worn while on the bus.**

“Movie Days” at the Center

Here is the listing of movies for June. Due to the limited space for each viewing, **you must sign up for the day that you would like at 978-568-9638.**

Come and join us at 12:30pm for the following movies:



June 8th & June 9th – The War with Grandpa



Peter and his grandpa used to be very close, but when Grandpa Jack moves in with the family, Peter is forced to give up his most prized possession: his bedroom. Peter will stop at nothing to get his room back, scheming with friends to devise a series of pranks to drive him out. However, grandpa doesn't give up easily, and it turns into an all-out war between the two. Starring Robert DeNiro, Uma Thurman, Christopher Walken, Jane Seymour and Cheech Marin.

Rating: PG Runtime: 1hr 35min

June 22nd & June 23rd - The Father



A Man refuses assistance from his daughter as he ages. As he tries to make sense of his changing circumstances, he begins to doubt his loved ones, his own mind and the fabric of his reality. Starring Olivia Colman and Anthony Hopkins.

Rating: PG-13 Runtime: 1hr 37min



Genealogy Family Research with Charles Corley at the Senior Center Wednesday, June 16th at 10:30am

Genealogy class is open to everyone who is interested in researching their ancestry. Beginners welcome. Please call the center to sign up!

Billiards

The Pool tables will be open on Monday, Wednesday & Friday. We will have 2 sessions on those days, 10am-12pm and 1pm-3pm. **You must sign up.** The staff will need to clean in between sessions.



FOOD ASSISTANCE



The Hudson Food Pantry is opened on Tuesdays and Saturdays

Normal hours 9:00am to 10:30am and 1st Thursday of the month at 7pm

Phone – (978) 562-5280/ e-mail – contact@hudsoncommunityfoodpantry.org or Facebook Messenger

The First United Methodist Church at 34 Felton Street, Hudson MA- *Last Day is June 11th*

Will deliver food twice a month on the first and third Fridays of the month for those in need. To receive a delivery, you must call Stacey first at 978-601-2494.

Agape Café – Take Out Dinners Thursdays at 4:30pm. Our team will be practicing Social Distancing to prepare and deliver your meal. Your dinner will be delivered right to your car. We ask that you comply to Safe Distancing by wearing a mask and stay in your car. The free dinners are for everyone and all are welcome to partake.

Our Zoom fitness classes

Please see our new classes and join the fun below:

- **Stretch class with Sharon - Thursdays 10:15 -11:00am.** Call the senior center if you are interested. We need your email address to send out a zoom invitation to start the class.
- **Zoom Strength Training Class with Sharon -Mondays and Wednesdays 8:30-9:15am**
Strength Training class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. This class will be from 8:30am-9:15am on Mondays and Wednesday's. Please call to sign up 978-568-9638 we will need your email so Sharon can send you a zoom invitation. * There will be modifications for each exercise for those with orthopedic issue
- **Flex and Tone/ Chair Yoga with Rebecca Reber - Wednesdays at 9:00am.** Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.
- **Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.** Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.
- **Back to Basics Chair Pilates with Jennifer Davidson- Thursday at 9:30am**
This class will review the basics of chair pilates for new and regular class participants.
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am**
Mike Bleecker is happy to offer his wonderful Parkinson's class via zoom. You will have to call the center 978-568-9638 and leave a message we will need your email address so Mike can send you a zoom invitation.



Journey Through The Past: The Titanic

You can watch this anytime on youtube!

Award-winning historian John Horrigan talks about an 'unsinkable' ship that sunk on its maiden voyage – the RMS Titanic. He will plot the ship's course and review all distress messages sent by telegraph from the mighty RMS Titanic. Then he will describe the frantic scramble for lifeboats as the band played Nearer, My God, To Thee and the subsequent rescue of over seven hundred survivors. Finally, there will be a review on how the failure of rivets helped sink the ship. Join us for this unique presentation that is presented by the Hudson Council On Aging.

Here is the Youtube link you can watch at any time. Enjoy!!!

<https://youtu.be/pp41f1JtizM>

EARTHNOTES: MINDFUL NATURE JOURNALING

6 Weekly Sessions beginning on Thursday, June 10th
Time: 1:30 – 2:15 PM, Northborough Senior Center Patio
All Supplies Provided. Call To register 508-393-5035
No cost thanks to a grant from MW Health Foundation

Feeling cooped up and/or isolated, think spending some regular, focused time with nature could improve your mental& emotional health? Would you benefit from a structured way of connecting with nature? Please join us for Earthnotes, a nature journaling series from The Nature Connection! Our goal is to help you experience the sense of well-being that can come through deepening your relationship with nature by providing the space and structure to engage with the natural world around you. You will be given guidance and support in creating your own nature journal (paper or digital). We'll be exploring and observing how the plant and animal life change with the season through creativity, imagination, and documentation. Program time will be primarily conversational, as we take turns sharing any discoveries and questions that have come up during the week. We will also introduce a new nature journaling technique each week and have a chance to practice it during the program. Your journal can be in whatever format you want (photography/video, writing, drawing/painting, or spoken word). It is a tool for your own expression and observations - have fun with it!

Emerson Hospital offers

FREE PARKINSON'S VIRTUALEDCATION SESSIONS

Emerson Hospital's June Parkinson's Disease Education registration is now open. We will be offering 2 sessions for people with PD to choose from, each will be approximately 1-hour long. Session 1 will be available on June 4th and 18th, whereas session 2 in only available on June 18th. All sessions are free of cost. We welcome all those with Parkinson's Disease and their caregivers.

1. "Safety in the Home – Nicole Johnson, PT, DPT
 - a. This presentation will discuss how to set up your home safely. We will discuss modifications and equipment that can be brought into the home to help people stay independent.
2. "Sleep and Parkinson's Disease" – Dr. Gary Stanton, MD **Presentation on June 18th only*
 - a. Dr. Stanton will discuss sleep challenges that occur in some patients with Parkinson's Disease, such as insomnia, non-restorative sleep, sleep movement disorders and sleep apnea.

Please visit us at www.emersonhospital.org/parkinsons to register for the June PD Education Sessions.

WELCOME TO MEDICARE...Virtual Fair

JUNE 23, 2021 | 3:00 PM - 7:00 PM ET

Learn about signing up for Medicare! Originally planned for April 7, 2021, this event has been moved to June 23, 2021. Go to www.shiphelp.org to learn more. Registration will open by early April.

- This virtual Medicare fair is for people turning 65 or joining Medicare because of a disability. Learn about Medicare – and all its parts - to assist you in your initial enrollment decisions. There is no cost to attend.
- Get trusted, unbiased Medicare education to help you make Medicare choices that best meet your needs.
- There will be national expert presenters on Medicare eligibility, enrollment, and coverage options. There will also be exhibitors from state health insurance assistance programs (SHIPs) to answer your individual questions.
- To Register: <https://www.greenelope.com/event/WelcomeToMedicareVirtualFair>

Eight Happiness Boosting Strategies

Tuesday, June 8, 2021 10:00 a.m. – 10:30 a.m. ET

Presented by Janet Fontana, RN, and Certified Health Coach
Have you ever wondered how some people can be happy even when things aren't going their way? Explore the science behind what makes people happy. Learn eight simple happiness boosting strategies you can apply in your life. **Register Now at:** https://well-b.zoom.us/webinar/register/WN_OXAUzxQdRhCTEpWcsa74Jq

Upcoming AARP Zoom Events for Massachusetts

- **Clean It Out! A Lunchtime Decluttering Workshop**

Wednesday, Jun 9, 2021 From 12:00pm to 1:00pm

This workshop will give you step-by-step suggestions and resources on how to declutter a home. AARP membership not required. Are you downsizing from a home to an apartment? Do you need to clean out your parents' home? Does it all feel so overwhelming? This workshop will give you step by step suggestions and resources on how to declutter a home.

Register at: <https://local.aarp.org/aarp-event/aarp-ma-clean-it-out-a-lunchtime-decluttering-workshop-boston-ma-060921-7gnnzkff7mh.html?usetown>

- **Gourmet Lover's Tour of Italy: Emilia-Romagna Region**

Tuesday, Jun 22, 2021 From 6:30pm to 7:30pm Eastern Time

Enjoy a gourmet, virtual tour of Italy with the Food Historian Lecture Series. Emilia-Romagna, a wondrous region in northern Italy, is filled with gorgeous cities rich in art, culture, music, history, fashion and more. Dubbed "Motor Valley" this area of Italy is home to the world's highest concentration of luxury car brands including Dallara, Ferrari, Lamborghini, Maserati, Pagani, and Ducati. Emilia-Romagna is also been dubbed "Food Valley" because of its world-famous specialties like Parmigiano-Reggiano, Prosciutto di Parma, Aceto Balsamico and Lambrusco wine.

Register at: <https://local.aarp.org/aarp-event/gourmet-lovers-tour-of-italy-emiliaromagna-region-vznkm2tckz8.html?usetown>

****These are FREE events, but advanced registration is required. AARP membership not required. You can register these events and many MORE at:** <https://states.aarp.org/massachusetts/events-ma>

Hudson Farmers' Market



Opening Day Tuesday, June 15th 3:30pm- 6:30pm

Where: Hudson Town Hall Drive

Not Vaccinated? Please wear a Mask! Rain or Shine

FRESH PRODUCE, SPECIALTY PRODUCTS, AND LOCALLY PREPARED FOODS



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.*

TAKING CARE OF THE KIDS AFTER YOU DIE

I spend a lot of time helping my clients, like my friends Frank and Mary, with planning to ensure that they do not run out of money before they die. But what about planning for their children after both parents die? While you should definitely talk to your elder law attorney before making these plans, here are a few suggestions:

- **Give away your “stuff” before you die.** Most children have no use for most of the tangible personal property (the stuff in and around the house) that people own when they die. If there are treasured items like artwork, jewelry, or family photographs, consider giving them to your loved ones before you die. That way, you get to hear “thank you.” You can also leave a list of things you want to go to particular people. If you refer to that list in your Will, it will be legally binding.
- **For any child who has a unique circumstance, leave that child’s share in trust.** Does one of your children have a creditor problem (such as old student loans or tax issues)? Does one have a disability or need to qualify for a government program like MassHealth, SSI, or various government housing programs? Does one have a marital problem you think may lead to divorce? Does your child have a large estate that could be taxable when the child dies? By leaving that child’s share in trust for the child’s own benefit, you may have a better chance at making sure they benefit from your generosity while protecting those assets from the hands of others.
- **Are you leaving any asset (such as bank accounts) in your name jointly with one of your children?** Under the law, the account will belong to the surviving child, but what if you want all children to share in the account? Make it clear in your Will how those accounts should be handled following your death. These accounts are the most common sources of post-death “family feuds” because the deceased did not provide that kind of clarity.
- **Are you leaving assets in unequal shares to your children? Do you expect there may be arguments after you die? Consider a trust to avoid probate.** If you are expecting that there will be disagreements among your children after you die, you can avoid the probate process by putting your assets into a revocable and amendable trust. This will allow you to keep things under your control while you are still living. You can name yourself as trustee and your most trusted child (or a third party) as your successor trustee. Not only will you avoid the time and expense of the probate process; the fighting may get resolved a lot more quickly too.

For more information on leaving assets to your children and grandchildren, watch this month’s elder law virtual seminar, which can be watched on Frank and Mary’s YouTube channel, www.youtube.com/elderlawfrankandmary, and on your local Hudson cable access station, HUD-TV (Comcast Channel 8; Verizon Channel 47), along with Frank and Mary in Hudson, where my co-host, John Parent and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.



Legal Advice with Attorney Arthur Bergeron

Wednesday, June 9, 2021 from 1pm to 3pm

Attorney Bergeron will be available for private 15-minute sessions via zoom conference call or telephone call. To book your private session please call the Hudson Senior Center at 978-568-9638 and leave a message on extension 471 or the front desk. Thank you

Message from the Friends...

Next Friends Meeting: Tuesday, July 6th at 9:30am

The Hudson Senior Center will slowly reopen and begin to bring back activities! It's time for the Friends of the Hudson Senior Center to get back to planning events to raise funds for our center.

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

Presently, our major fundraiser is our annual Fair which is held the first Saturday in November.

We are reaching out to Hudson and surrounding area residents in an effort to garner participation in and attendance at our monthly meetings.

Over 900 Hudson and surrounding area residents pay yearly dues to become a member, but there are only 8-15 at Friends meeting. Even this number is declining as our members age.

Unknown to many is that there is no age requirement to be a Friend. We are in need of new ideas and new faces at our meetings.

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.

Our first meeting in the reopening process will be July 6th at 9:30am.
Please call the Hudson Senior Center [979-568-9638] if you would like more information or to have a Friends' officer contact you.

Hudson Cultural Council

The Hudson Cultural Council needs your help! We need the people who live and work here to help advise us about how best to allocate public dollars for programs and activities in the arts, humanities and interpretive sciences. Please take our online community input survey by June 30th. The link is tinyurl.com/hudsoncc2021

Our municipally-appointed council receives an annual allocation from the Mass Cultural Council as well as from the Town of Hudson to fund projects by individuals, organizations and schools that serve a broad range of interests and needs.

Since the council distributes public dollars, it is essential that we gather local public opinion and learn more about what is happening in our community and what the community needs. The data from the survey will help us develop useful criteria and funding priorities to guide our future grant-making decisions.

OUTREACH



The time has finally come that we are starting to get back to a bit of a “normalcy”. Although things will probably look a lot different than it used to, this is a step in that direction.

With that being said, a lot of programs over the past year or so have delayed sending renewal paperwork for different assistance programs. Some of these programs may include SNAP (Supplemental Nutrition Assistance Program) and Mass Health Eligibility Review forms. PLEASE do not ignore these letters and renewal forms should you get them in the mail. By doing so, you may lose benefits if you don’t send in the necessary paperwork that they are requesting by the stated due date. If you receive a letter in the mail that you don’t understand, we are more than happy to look at this to see if follow up is needed.

Fuel assistance is now closed for the 2020-2021 heating season. Please be mindful that they are still processing applications received during the season which was November 1-April 30th. Please be patient as it is taking time for applications to be processed and approved this year. Renewal forms for NEXT heating season will be sent out in late summer/early fall for the 2021/2022 heating season and we will schedule appointments accordingly to assist with the renewals at that time.

Senior Safe

The Hudson Senior Center is working with the Hudson Fire Department, namely the Senior SAFE Team. The Senior SAFE program is designed to educate seniors regarding fire and home safety. The Hudson Fire Department has received smoke detectors and carbon monoxide units, funded by Massachusetts State Grants for emergency use. With this funding, the Senior SAFE Team members of the Fire Department are able to assess the safety and effectiveness of detectors and units in senior’s homes to make sure they are working properly and installed in the necessary locations, test and replace batteries in the unit, and provide general fire safety education. If you are in need and are interested in this program, please contact the Hudson Senior Center at 978-568-9638 and ask to speak with Ana or Holly for more information.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:00 ÀS 3:00 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT.476



O HUDSON SENIOR CENTER VAI REABRIR GRADUALMENTE EM JUNHO

O Hudson Senior Center vai reabrir gradualmente com programação limitada em Junho. Isto é necessário, pois permitirá aos funcionários o tempo necessário para limpar entre as atividades, conforme exigido pelas normas de segurança obrigatórias, para garantir a segurança de todos. Enquanto o vírus continuar a mover-se na direção certa, adicionaremos mais programação e menos limitações.

As máscaras serão exigidas em Edifícios da Vila por todos os visitantes e por funcionários quando não é possível manter 6 pés de distância, ou quando interagindo com o público.

- Ao entrar no Hudson Senior Center, utilize o desinfetante das mãos que estará no vestíbulo.
- Todas as pessoas, incluindo visitantes, funcionários e vendedores devem permanecer pelo menos 6 pés de distância, tanto no interior como fora do Senior Center.
- Durante o mês de Junho, **não vamos** oferecer almoço ou café, mas teremos água engarrafada disponível. (pode trazer o seu próprio café ou bebida).

As atividades para Junho incluem: cribbage, mahjong, tricô/crochê, “quilting”, bilhar, “vet talk”, “DayBreak”, xadrez, biblioteca e filmes. **Se estiver interessado em participar nas atividades de Junho, deve telefonar para o Centro - 978-568-9638 para se inscrever.** Por favor, consulte o nosso calendário para dias e horas específicas das actividades.

DATAS IMPORTANTES

Dias 2, 9, 16, 23 e 30 de Junho – Bingo com Diane Durand lá fora no pavilhão do Elks de Hudson à 1:00 da tarde. Todos devem usar máscara. Telefone para o Senior Center – 978-568-9638 para reservar o seu lugar.

Dias 8 e 9 de Junho – Dia do Filme “The War with Grandpa” às 12:30 da tarde no Senior Center. Telefone para 978-568-9638 para reservar o seu lugar.

Dia 18 de Junho – **“Grab and Go” Pequeno almoço do Dia dos Pais às 9:30 da manhã** no Hudson Senior Center. O custo é \$5.00 por pessoa. No modelo “Grab and Go” a pessoa vem no seu carro e as funcionárias do Senior Center dão um saco com o pequeno almoço através da janela do carro. A pessoa não sai do carro e deve usar uma máscara. **Telefone para o Senior Center – 978-568-9638 a partir do dia 3 de Junho para reservar o seu pequeno almoço.**

Dias 22 e 23 de Junho – Dia do Filme “The Father” às 12:30 da tarde no Senior Center. Telefone para 978-568-9638 reservar o seu lugar.

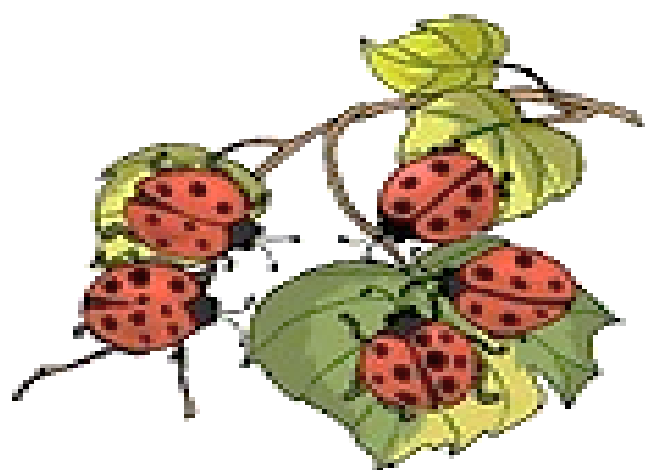
Dia 24 de Junho – “Grab and Go” Kit de Verão “Summer Porch” do Bemis Farms ao meio-dia no Senior Center. Telefone para 978-568-9638 para reservar o seu Kit. O custo é \$10.00 por Kit.

Dia 25 de Junho- “Grab and Go” Almoço às 12:00 da tarde no Senior Center. O custo é \$5.00 por pessoa. Telefone para 978-568-9638 para reservar o seu almoço.

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

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JUNE

BIKING
BUGS
CELEBRATE
FATHERS DAY
FIREFLIES
FUN
GOODBYES
GRADUATION

HUMMINGBIRD
JUMPROPE
STRAWBERRIES
SUMMER
SUNBURN
SUNGLASSES
SUNSCREEN
VACATION

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

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
31	1 09:00a Cards 9am-12pm 01:00p Chess	2 09:00a Cards 9am-12pm 10:00a Billiards 10-12 01:00p Billiard 1-3pm	3 09:00a Quilting 9-11am	4 09:00a Cards 9am-12pm 09:00a Quilting 9-11am 10:00a Billiards 10-12 01:00p Billiard 1-3pm
7 09:30a Knit and crochet 10:00a Billiards 10-12 12:00p Mah Jong 01:00p Billiard 1-3pm	8 09:00a Cards 9am-12pm 12:30p Movie Day 01:00p Chess	9 09:00a Cards 9am-12pm 10:00a Billiards 10-12 12:30p Movie Day 01:00p Billiard 1-3pm	10 09:00a Quilting 9-11am 09:00a Vets Talk 11:30a DayBreak	11 09:00a Cards 9am-12pm 09:00a Quilting 9-11am 10:00a Billiards 10-12 01:00p Billiard 1-3pm
14 09:30a Knit and crochet 10:00a Billiards 10-12 12:00p Mah Jong 01:00p Billiard 1-3pm	15 09:00a Cards 9am-12pm 01:00p Chess	16 09:00a Cards 9am-12pm 10:00a Billiards 10-12 10:30a Genealogy 01:00p Billiard 1-3pm	17 09:00a Quilting 9-11am 11:30a DayBreak	18 09:00a Cards 9am-12pm 09:00a Quilting 9-11am 09:30a FATHERS Day Breakfast 10:00a Billiards 10-12 01:00p Billiard 1-3pm
21 09:30a Knit and crochet 10:00a Billiards 10-12 12:00p Mah Jong 01:00p Billiard 1-3pm	22 09:00a Cards 9am-12pm 12:30p Movie Day 01:00p Chess	23 09:00a Cards 9am-12pm 10:00a Billiards 10-12 12:30p Movie Day 01:00p Billiard 1-3pm	24 09:00a Quilting 9-11am 11:30a DayBreak 12:00p Bemis Farms	25 09:00a Cards 9am-12pm 09:00a Quilting 9-11am 10:00a Billiards 10-12 12:00p Grab and Go Lunch (1) 01:00p Billiard 1-3pm
28 09:30a Knit and crochet 10:00a Billiards 10-12 12:00p Mah Jong 01:00p Billiard 1-3pm	29 09:00a Cards 9am-12pm 01:00p Chess	30 09:00a Cards 9am-12pm 10:00a Billiards 10-12 01:00p Billiard 1-3pm		