

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



2023

Hudson Council on Aging
A Multi-Service Center

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

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

Social Services:

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

Senior Center Staff:

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

Social Activities:

Fitness classes, Chair Yoga, Stress Reduction, Parkinson's Exercise, Chair & Mat Pilates, Walking Club, Stretch Break Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Group, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Bingo and much more.

Members of the Council on Aging Board:

- Trisha Desmond - Chair 978-562-2492
- John Gill- Vice Chair - 978-568-1107
- Diane M. Durand - Secretary -- 978-621-9665
- Nina Smith - Treasurer - 978-562-3077
- Charles Corley - 978-568-8840
- Melissa Esteves-978-568-1791
- Tony Monteiro - 978-562-6185
- Janet Saluk- 978-618-7124
- Edward Silveira - 978-568-3438

Meetings:

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

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

Executive Office of Elder Affairs partially funds this newsletter. Postage is paid by The Friends of Hudson Senior Center Inc. Occasionally the center provides speakers to help inform seniors regarding current senior issues. This type of forum is educational and allows seniors to ask questions for themselves. At no time is this to be construed as an endorsement from the Hudson Senior Center.



House FY24 Budget Highlights for Seniors

During the past few budget cycles, the Legislature's efforts were largely directed toward programs investing in those who have borne the brunt of the COVID-19 pandemic. From housing stability to food security and early education funding, legislators worked to meet the needs of our constituents and Commonwealth.

Now, as our revenue growth slows and as COVID-era federal programs end, we must determine how to continue to meet the needs of our residents and remain competitive.

In April, the House passed a \$56.2 billion budget for Fiscal Year 2024 (FY24) and a tax reform package that includes \$654 million in tax relief in FY24, with \$1.1 billion in FY26 and beyond. The House budget includes historic investments in housing, education and workforce development while also enabling the state's economy to continue to grow and remain competitive in a post-COVID world.

Here are some of the priority programs for seniors that received funding in the FY24 House budget:

FY24 House budget by the numbers for seniors:

- **\$213.7 million (an increase of \$13 million over FY23) for the Elder Home Care program, providing home health services to seniors aging-in-place**
- **\$43.2 million for the Elder Protective Services program, including protective services case management, guardianship services, the statewide elder abuse hotline, money management services, and the elder-at-risk program**
- **\$11 million for the Elder Nutrition Program, including a \$750,000 earmark for Meals on Wheels**
- **\$1.2 million for the Home Care Aide Training Grant Program**
- **\$2.5 million to support outreach teams that work with older adults in their own home to address a broad range of needs associated with behavioral health issues, such as chronic disease, social isolation, housing insecurity and financial challenges**
- **Health insurance protections with the creation of a two-year pilot program extending eligibility for ConnectorCare and the elimination of the asset cap for seniors enrolled in the Medicare Savings Program**

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

Upcoming Office Hours: June 15, 6-7 pm at the Maynard Public Library, Trustees' Room

Save the Date for an ice cream social with Rep. Hogan in July!

Hello to Everyone



The summer is finally here! The Senior Center is a great place to cool off on hot days during the week, if you do not have air conditioning. Give us a call and we can pick you up. Remember to stay hydrated and drink lots of water.

Important Notice: * No In-person Activities on Monday, June 12th *****

DPW will be repairing the Senior Center ramp and front walkway in June.

Weather permitting, on Friday, June 9th through Monday, June 12th the ramp at the main entrance of our building will be in repair and not accessible. The main stairway entrance will be accessible on Friday but **NOT** accessible on Monday June 12th. Our DPW Department will be doing the repairs and plan on having the ramp and front entrance completed for Tuesday June 13th.

The Newport Play House Lobsterfest Buffet

Virginia has arranged for this incredible fun-filled trip that includes a lobsterfest, play and cabaret Tuesday August 1, 2023. This trip should cost \$130.00 per person, but will only cost you \$100.00 per person. This is because of the kindness of Mr. Arthur Walker who enjoyed many Senior Center trips. When he passed, he gifted funds to the Hudson Senior Center and we feel that it is fitting to use his gift to subsidize the cost of this fun day trip to bring joy to others. You can read more about this trip in our newsletter.

~Janice

Reminder: Senior Center is Closed on Monday, June 19th for Juneteenth

Senior SAFE Program



When: Thursday, June 21 at 10:30 AM

Where: Hudson Senior Center

You are invited to attend a special presentation to be given here at the Hudson Senior Center by members of the Senior SAFE team from the Hudson Fire Department.

The **Senior SAFE (Senior Awareness of Fire Safety) Program** was created in 2014 by the Massachusetts State Legislature to address fire and life safety for older adults. It provides funding to local fire departments to provide education that addresses the unique risks that face Seniors. Sadly, the risks of fire and injury increase as we age and a fall, a burn, or a fire can be devastating. Thus, it is important to learn and make changes so we can stay at home independent and safe.

The Fire Prevention team plans to help us by discussing:

- Trip and fall hazards
- Cooking safety tips
- Electrical safety tips
- Importance of exiting a building when alarms go off

They will also explain the importance of having:

- Up-to-date Fire of Life magnet
- Working smoke and CO detectors and knowing when & how to replace them
- Some form of life alert system.

Since small changes can make a big difference; I sincerely hope that you will attend this presentation.

For planning purposes, we need to know how many are attending. If you want to attend, please contact the Senior Center at 978-568-9638.

June Living Firepit \$25



Bemis Farms returns with some fun floral workshops.

Friday, June 23rd 10am at the Hudson Senior Center

Bemis Farms returns with this beautiful flower arrangement on Friday, June 23rd at 10 am. Cost to you is \$15.00. You must sign up for this. Limited to 25 people

Memoir Group

We have a writing group that meets at our center every Friday afternoon from 1-3pm. Walk-ins are also welcome to join this group and perfect your writing skills.

Your Memoir
... autobiographical writing,
Vowed & Tryst



GOT TRIVIA?????

Tuesday, June 20th 1-3pm

At the Hudson Senior Center

Join Claire and Cheryl for fun and entertainment. We will journey through time with Trivia Questions on History, Movies, Broadway Shows, Music, TV etc. There will also be music to help you solve these questions. You will laugh at the antics this game will produce.

Snacks will be provided by the Senior Center.

JEOPARDY BEWARE!!!!!! YOUR NEWEST COMPETITION IS HERE IN HUDSON!!!

Sign up for this FUN Event!!!



ICE CREAM SOCIAL AND MAGIC SHOW

Join us on **Tuesday, June 27th a 1:00pm** for an Ice Cream Social and Magic show with Magician Larry Parker.

You must sign up for this!!!! Limited to 40 people



Pollinator's Seminar: Learn what to plant for attracting humming birds and butterflies Friday, July 21st from 1-2pm

Please call 978-568-9638 to sign up.

Come join us for a free seminar on which native plants are beneficial for pollinating insects, best non-toxic pest repellents and the best flowers for hosting caterpillars for a new generation of butterflies!



Hiking Day at Assabet River National Wildlife Refuge

680 Hudson Road, Sudbury

Friday, June 16th at 9:30am

Bring walking sticks and appropriate attire

Call to sign up!



The Friends' Annual Summer Cookout
Friday, July 14th at 11am
the Marlborough Fish and Game Club
1 Muddy Ln, Marlborough, MA 01752

Please do not forget to sign up for our annual summer cookout. Burgers, hotdogs, potato salad, baked beans and more! It will be fun as usual. The Senior Center will be Closed on this day.

Cost \$3.00

Tickets available beginning Wednesday, June 14th



Self-Empowered Living Program Continues in July

This class will provide self-help techniques that will relax and calm our minds, and build resilience as we adapt to life's challenges.

Suzanne Peters, LICSW will return in July. She has worked with adults and seniors for the past 17 years, using a strengths-based and client-centered approach. She specializes in working with clients coping with anxiety, loneliness, relationship issues, chronic illness, loss and those struggling with challenging issues or transitions. **This is a 4-week class that will be held on Wednesdays starting Wednesday, July 5th from 12:30 to 1:30pm ending on Wednesday, July 26th 12:30 to 1:30.** You must call 978-568-9638 to sign up. This class is FREE thanks to ARPA Funding. You must call 978-568-9639 to sign up for this class.



Russian Icon Museum
Friday, July 21st

Join us for a fun trip to the Russian Icon Museum in Clinton MA on Friday July 21st. For this trip we will use our senior center 14 passenger bus. We will leave the center at 9 am and go out to breakfast to Michael's Bridge Diner in Lancaster MA, everyone is on their own for the breakfast, then we leave for the Russian Icon Museum for an 11am group tour which will be paid for by the Friends of Hudson Senior's Inc. This trip is limited to 14 on the bus.

Sign-ups for this will start Tuesday, June 6th.

Happy Father's Day

Father's Day lunch at the Hudson Senior Center
Friday, June 16th at 12 noon

Lunch provided by Buffet Way will include:

Fresh dinner rolls, baked potato with butter, sour cream and bacon bits, 4 oz Hawaiian chicken teriyaki with vegetable garnish and 6oz steak tips. German Chocolate cake served with ice cream provided by New Horizons. Limited to 50 people

**** Cost to you is \$10.00 and space is still available****



Make a Beautiful door hanging with Susan Rondeau
Friday, June 9, 2023 at 1pm
at the Hudson Senior Center

Join Susan for this pretty summer door hanging craft. You will need to bring a pair of scissors. Cost to you is \$10.00. Class size is limited to 25.

Transportation News...



Food Shopping Days Food shopping days are Tuesdays and Thursdays for all Hudson seniors regardless of where you live.



**New
Shopping
Day!!**

Tuesdays & Thursdays

- Market Basket: pick-ups beginning at 9am
- Stop and Shop, Shaws or Walmart: pick-ups beginning at 10am

Please call at least a day ahead before 3:30pm for Shopping as well as all Medical Appointments

Seatbelts must also be worn

Lunches at the Center on Wednesday & Thursday at 11:30am

You must call at least the day before (before 11am) to order

Call Kitchen to sign up at 978-568-9638 option #3 (meal on wheels)

Thursday, June 1st

Cold Menu: Chicken salad, Italian pasta, coleslaw, bread

Hot Menu: Lasagna w/ tomato sauce, chicken meatball and Tuscany blend vegetables

Wednesday, June 7th

Cold Menu: Roast beef, provolone, beet salad and macaroni salad

Hot Menu: Broccoli mushroom frittata, sweet potatoes and spring/summer blend

Thursday, June 8th

Cold Menu: Egg salad over tossed garden salad w/ Italian dressing and English pea salad

Hot Menu: Salmon loin w/ lemon garlic cream sauce, mashed potatoes and zucchini & cauliflower

Wednesday, June 14th

Cold Menu: Tuna salad, sweet potato salad and zucchini salad

Hot Menu: Crumb topped macaroni & cheese and broccoli

Thursday, June 15th

Cold Menu: Turkey and swiss, balsamic pasta salad and coleslaw

Hot Menu: Pot roast burgundy, mashed potatoes and jardinière vegetables

Wednesday, June 21st

Cold Menu: California chicken salad, tossed garden salad and balsamic pasta salad

Hot Menu: Breaded fish sandwich, cheddar cheese, whipped sweet potatoes, Tuscany blend veggies

Thursday, June 22nd

Cold Menu: Roast beef, provolone, beet salad and potato salad

Hot Menu: Roast turkey w/ gravy, mashed potatoes, carrots and cranberry sauce

Wednesday, June 28th

Cold Menu: Vegetarian chef salad with lite Italian dressing and pasta salad

Hot Menu: Kayem hot dog, coleslaw and baked beans

Thursday, June 29th

Cold Menu: Turkey and swiss, potato salad, squash, zucchini and red onions

Hot Menu: Meatloaf w/ gravy, potatoes, carrots and tossed garden salad

Suggested Voluntary Donation of \$3

Menu is subject to change

"Movie Day" at the Center



Here is the listing for the movies in 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:

Tuesday, June 13th – The Way



"The Way" is a powerful and inspirational story about family, friends and the challenges we face while navigating this ever-changing and complicated world. Martin Sheen plays Tom, an American doctor who comes to St. Jean Pied de Port, France to collect the remains of his adult son (played by Emilio Estevez), killed in the Pyrenees in a storm while walking the Camino de Santiago, also known as "The Way of Saint James". Rather than return home, Tom decides to embark on the historical pilgrimage to honor his son's desire to finish the journey. On his journey, Tom meets other pilgrims from around the world, each with their own issues and looking for greater meaning in their lives. Through Tom's unresolved relationship with his son, he discovers the difference between "the life we live and the life we choose".

Rating: PG-13 Runtime: 2hr 3min

Monday, June 26th & Tuesday, June 27th – Moving on



In this revenge comedy, Claire (Jane Fonda) and Evelyn (Lily Tomlin) are estranged friends who reunite to get even with Howard (Malcolm McDowell), the petulant widower of their recently deceased best friend. Along the way, Claire reunites with Ralph (Richard Roundtree), her great love from her younger years, as each woman must make peace with her past and learn to treasure the value of a good friend.

Rating: R Runtime: 2hr 4min



Monthly Support Groups at the Senior Center

led by Alex O'Hare, the community social worker for the Town of Hudson
Call the senior center today to reserve a spot with these groups.

Bereavement Group

Monday, June 5th & 26th at 1pm

Losing someone you love and care about is one of the most difficult tragedies a person can experience. The grieving process can cause someone to have a wide range of emotions and it is important to get support during this time. This support group is open to all ages and will be a safe place to share with others challenges through the grieving process.

Caregivers Support Group

Thursday, June 8th & 22nd at 1pm

Having a role as a caregiver to someone you love can be a rewarding and a stressful experience. This support group can be a safe place to share with other caregivers the stresses, challenges, and rewards of providing care to our loved ones.



"VETS TALK" A program for Veterans

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

Every Thursday except the 4th Thursday of the month

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.

Blood Pressure Clinic on Thursdays...



- ❖ 1st Thursday with Kathy 9:30am to 11am
- ❖ 2nd Thursday with Michelle 11:30am-12:30pm *
- ❖ 3rd Thursday with Kathy 9:30am to 11am
- ❖ 4th Thursday with Janet 9:30am- 11am

Uber Health

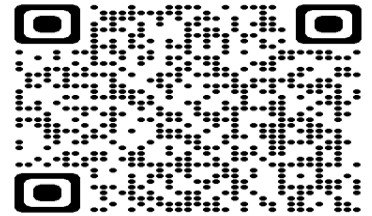
Free transportation through Uber for low income residents for medical appointments only. Screening is required to receive this service. Please call Alex O'Hare at 978-562-3150 to start screening process and to schedule a ride for your medical appointment.

HCC Community Survey

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 <https://www.hudsonculturalcouncil.org/2023-community-input-survey> or use the QR code to access the survey. Please note that this year the survey can be done in English, Portuguese or Spanish.

Our municipally-appointed council receives an annual allocation from the Mass Cultural Council as well as from the Town of Hudson to fund projects.

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.



Wood Park Summer Concert Schedule

When: Wednesdays at 6:30pm

Location: Wood Park - 65 Park Street, Hudson

June 14th - Hudson Spring Band Concert, featuring the Quinn Middle and Hudson High School Instrumental Ensembles.

June 28th – The Band from U.N.C.L.E.

July 12th -Trak Down

July 26th – Flashback Band

August 9th – Vinyl Fix

August 17th - Retro Polatin



Downtown Music Series

When: Thursday and Saturday from 5PM to 8PM (May 27th -Sept 9th)

Location: in front of the Town Hall

Downtown Music Series is sponsored by the Hudson Downtown Business Improvement District. Come down and listen to some great music while you shop at all the wonderful stores, visit the terrific service shops and dine at the fantastic restaurants.



Hudson Farmers' Market

Dates: June 20th - September 26th

When: Tuesdays 3:30- 6:30pm

Where: Hudson Town Hall

FRESH PRODUCE, SPECIALTY PRODUCTS, AND LOCALLY PREPARED FOODS

Fitness Classes

In-person fitness classes:



You must call the senior center to sign up.

- **AM Cardio & Weights w/ Sharon- Mondays & Wednesdays 8:30-9:15am**
(The class will be limited to 20 people) *Cost: \$12/month*
- **Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am**

This class lasts about an hour, consists of a combination of both a western and eastern approach to stress reduction. The class will be limited to 15 people *Cost: no charge*

- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am –FREE for May**
- **Mat Pilates with Jennifer: Thursdays at 9:00am -Cost: \$10/month**

This is a basic Mat Pilates class for those who are looking for a good workout to build overall muscle strength starting with the core using your own body weight. It will improve posture, flexibility and balance

- **Stretch class with Sharon - Thursdays 10:15 -11:00am**
(The class will be limited to 20 people)
- **Afternoon Parkinson's Exercise class Thursdays at 1pm - Cost: no charge**

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

(The class will be limited to 20 people)

- **Beginners Line Dancing Class - Fridays 10:00am Cost is \$10.00 a month**
- **Beginner Plus: Beyond Beginner Line Dancing - Fridays 11:00am Cost is \$10.00 a month**



Online Zoom fitness classes:

Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.

- **Zoom Cardio & Weights Class with Sharon -Mondays and Wednesdays 8:30-9:15am**
This class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. * There will be modifications for each exercise for those with orthopedic issue. *Cost: \$12/month*
- **Zoom Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/mo**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am. Cost: no charge**
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am Cost: no charge**



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.*

YOU CAN ALWAYS QUALIFY FOR MASSHEALTH

If you need nursing home care, or need a lot of care at home to avoid it, you can always qualify for MassHealth. It's not hard:

- If you're married:
 - You simply transfer all assets to your spouse. There is no lookback period. Your spouse may keep the home and any rental property, and up to \$148,600 in other assets, and use the rest to buy an annuity, as long as it calls for equal monthly payments over a term that is shorter than their actuarial life expectancy.
- If you're single:
 - You may keep your house, as long as you say you intend to return to it.
 - You may use your other assets to:
 - Buy an annuity, as long as it has a term shorter than your actuarial life expectancy, or
 - Transfer the money to a d4c pooled trust, to be used to supplement your care while you are alive.
- If you want to stay at home instead of going to a nursing home, you may do that, too. The same rules apply.

All of this may be hard to believe. I talk to people almost every week who have relatives who need nursing home care but have heard that it is too late because their spouse or relative did not plan ahead. You may think that you have too much in assets to qualify for MassHealth, but by restructuring things you can qualify.

While restructuring things at the last minute, especially if you are single, may mean that MassHealth will have a lien on some assets following your death, the savings resulting from the reduced nursing home rates once you are on MassHealth almost always justifies the cost of the restructuring and applying. So my advice to anyone in that situation is simple: talk with an elder law attorney. There may be some tax or other considerations that outweigh benefits of qualifying, but you can always qualify. If you want to learn more about these issues, you can watch this month's episode of Elder Law 101. You can find it on HUD-TV (Comcast 8; Verizon 47) or on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. If you have any questions, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com



15-minute Legal Advice with Attorney Arthur Bergeron Wednesday, June 14th from 1:30pm to 3pm (appointment only)

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

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

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

Northboro Senior Center 119 Bearfoot Road **Tuesdays 11:30am-2:30pm.**

Marlboro Senior Center 40 New Street **Wednesdays 11:30am-2:30pm.**

Hudson Senior Center 29 Church Street **Thursdays 11:30am-2:30pm.**

Support for this project provided in part by 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** at 978-568-9638

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



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, June 14th at 10:30am

Genealogy group is open to everyone who is interested in researching their ancestry.
Beginners welcome. See you there!

Knit and Crochet Wednesdays at 9:30am

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

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

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

CRIBBAGE

Mon, Tues, Wed & Friday 8:30-11:30am



BRIDGE

Friday 1pm-3pm

Crafting

Mondays at 12pm – 3pm

2nd Floor – Crafting Room

Open Painting Studio

Tuesdays 10am-12pm No teacher, but a group of friendly, helpful artists, willing to share ideas and talents!

Tuesdays from 10am-12pm in the Craft Room



Calling all Bingo Players!

Wednesdays at 12:30pm

Scrabble on Fridays at 12:15pm

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



Pool Room



Come play on our 2 beautiful tables! Monday-Friday 8:30-3:30

Chess Tuesdays at 1pm



Senior Center Lending Library

Donations made to our Library are appreciated with **Copyright date no earlier than 2013.** *Check out our new **Large Print** section

Message from the Friends...

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

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.

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.



Hudson Senior Center Gift Shoppe

Thursdays 9:30am -12:30pm



Hudson Senior Center Trips 2023

Thursday, Sept 7th Neil Diamond & Friends

Experience some of the greatest hits from some of the greatest entertainers of all time – Neil Diamond & Friends will have you dancing and singing your day away. The renowned duo JOSAY AND PATTI have been wowing audiences worldwide with their vibrant performances. Castleton Banquet Center – Windham, NH and Plated Luncheon Includes: Apple Cranberry Cornbread Stuffed Chicken or Vegetarian Lasagna. Served with Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea.

Price: \$109.00pp

Thursday, September 21st The McCartney Years Danversport Yacht – Danvers, MA Over 30 top hits spanning more than twenty albums, from the Beatles to Wings. Live in concert, The McCartney Years is the world's number one tribute to Paul McCartney. Includes Transportation, the show and your choice of stuffed breast of chicken or baked schrod.

Price: \$119.00pp

Wednesday, November 15th Mama Mia...Ultimate Tribute to ABBA

Performing ABBA's greatest hits from 1973 through 1983, DANCING DREAM, the Tribute to ABBA – precisely recreates all of the excitement and passion of their record-breaking 1979-80 world concert tour experience. "Dancing Queen", "Take a Chance on Me", "Fernando", "Waterloo", and "Super Trouper" are all the songs audiences will remember and love. Lake Pearl in Wrentham, MA with your choice of Plated Luncheon of Thanksgiving Dinner with the Fixings and Sides or Vegetarian Lasagna.

Price: \$115.00pp

Tuesday, August 1st Newport Playhouse Lobsterfest

Enjoy a lunch buffet which includes, 1 1/4 lb. Boiled lobster, Mussels, corn on the cob, Roasted Chicken, BBQ Chicken and much more. You will also enjoy a cabaret and the play, "Norman Is That You" about a dry cleaner visits his son in New York after having an argument with his wife. He finds his son living with a male roommate. The father is stubborn and irascible, and his struggle to accept the situation is hilarious. He finds a lady of the night to get Norman on the "right" track. "One laugh after another!" (Bus Driver tip is not included)

Special Price: \$100.00pp

SHINE RECAP:

Everyone always sees us writing about SHINE. But, what exactly is SHINE? What does it stand for? SHINE stands for Serving the Health Insurance Needs of Everyone (on Medicare). SHINE counselors are volunteers, or hired Senior Center staff, that can assist with your Medicare needs. The SHINE program offers unbiased information about what Medicare covers, what health insurance programs are available, and can also screen you for public benefits regarding your coverage that you can be eligible for.

Maybe you are turning 65 years old but are still planning on working beyond the age of 65? Do you have to sign up for Medicare? A SHINE counselor can meet with you to discuss this. Whether or not you can delay your enrollment into Medicare depends on a few factors. Is Medicare more cost effective than your current health insurance plan with your employer? Will you be assessed any penalties if you don't sign up? You say you don't take any medications and don't want to pay for a plan, what happens if you need a medication and don't have coverage when you need it? A SHINE counselor can discuss all of these topics, options, and possible obstacles with you.

Often times we do receive phone calls inquiring about financial benefits; when people should start collecting their SSA benefit and specific questions relating to financial retirement benefits.

Unfortunately, we are not trained to answer questions regarding Social Security benefits, so we would refer you to the professionals and recommend you speak with someone directly at the Social Security Office, as we would not want to give you misinformation. There are so many factors to be considered and it would be best to speak with someone who is specifically trained in this complicated topic.

As previously stated, SHINE counselors can also screen you for public benefits that you may be eligible for. These can range from Extra Help for prescriptions, screening for assistance paying for your Medicare part B premium, as well as programs to help with costs of medications while in the donut hole or coverage gap (such as Prescription Advantage). When screening for these benefits, SHINE counselors will typically inquire about your income as well as assets to determine possible eligibility. Please remember, SHINE counselors cannot guarantee acceptance into these assistance programs, the programs themselves determine eligibility, but a SHINE counselor can recommend possible programs you **may** be eligible for.

If you have any questions, or would like to meet with a SHINE counselor, you can call your local Senior Center and ask to speak with a SHINE representative. The Hudson Senior Center SHINE program can be reached at 978-568-9638, and one can speak with Ana, Holly or Janice for an appointment.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE: SEGUNDAS ÀS SEXTAS DAS 9:30 DA MANHÃ ÀS 3:30 DA TARDE.

O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476

“PRESCRIPTION ADVANTAGE”

Prescription Advantage é um programa de assistência estatal de medicamentos para a terceira idade e para pessoas com incapacidades e deficiências. 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 \$3,645 por mês para uma pessoa solteira ou \$4,930 para um casal. O programa de Prescription Advantage é grátis para estas pessoas.

Telefone para 978-568-9638 x 476 para marcar um apontamento com Ana Terra-Salomão.

DATAS IMPORTANTES

Dias 7, 14, 21 e 28 de Junho - Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

Dia 13 de Junho – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 14 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 16 de Junho – Almoço do Dia dos Pais no Senior Center ao meio-dia. O custo é \$10.00 por pessoa. **Limitado a 50 pessoas.** Telefone para reservar o seu lugar.

Dia 19 de Junho – O Senior Center estará fechado devido ao feriado de “Juneteenth”.

Dia 21 de Junho – Palestra grátis às 10:30 da manhã no Senior Center com os Bombeiros de Hudson sobre o programa “Senior Safe”. Telefone para, 978-568-9638 para reservar o seu lugar.

Dia 21 de Junho – Passeio ao “Russian Icon Museum” em Clinton, MA às 9:00 da manhã. Vamos ao “Michael’s Bridge Diner” para o pequeno almoço e cada pessoa é reponsavel para pagar o seu pequeno almoço. O bilhete para o museu vai ser pago pelos amigos do Hudson Senior Center. **Limitado a 15 pessoas. Telefone no dia 6 de Junho para reservar o seu lugar neste passeio.**

Dia 23 de Junho – Kit de flores de Verão do “Bemis Farms”às 10:00 da manhã no Hudson Senior Center. Telefone para o Senior Center – 978-568-9638 para reservar o seu Kit. O custo é \$15.00. **Limitado a 25 pessoas.**

Dia 27 de Junho – Sorvete e Epectáculo de Magia grátis à 1:00 da tarde. **Limitado a 40 pessoas.** Telefone para reservar o seu lugar.

Dia 14 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 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 14 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!

2					1			7
	5		7	3			2	
8		3				1		
		1			8		5	
	2			5			8	
	4		2			3		
		6				5		9
	8			7	6		1	
9			3					6

8					1			6
	5		9	2			1	
9		7				5		
		1			8		6	
	2			1			8	
	8		7			2		
		3				6		8
	4			8	3		5	
5			1					4



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

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

ALEXANDRITE

BARBECUE

D-DAY

DIPLOMA

FATHER'S DAY

FLAG DAY

GARDEN

GEMINI

GRADUATION

HONEYSUCKLE

JUNE

JUNETEENTH

LEMONADE

LONGEST DAY

OUTDOORS

PEARL

PICNIC

ROSE

SOLSTICE


STRAWBERRY

SUMMER

THIRTY DAYS

VACATION

WEDDING

Monday	Tuesday	Wednesday	Thursday	Friday
				
			<p>08:00a Library 1</p> <p>08:30a Billiards</p> <p>09:00a Food Shopping</p> <p>09:00a Mat Pilates</p> <p>09:00a Vets Talk</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>12:00p Mah Jong</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library 2</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>10:00a Beginners Line Dancing</p> <p>10:00a Quilting</p> <p>11:00a Beginner Plus Line Dance</p> <p>12:15p Scrabble</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>
<p>08:00a Library 5</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:30a Mon. Chair Pilates</p> <p>09:30a Zoom Chair Pilates</p> <p>12:00p CRAFTING</p> <p>12:00p Mah Jong</p> <p>01:00p Bereavement Group</p>	<p>08:00a Library 6</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a Food Shopping</p> <p>09:30a Stress Reduc.</p> <p>10:00a Open Paint Studio</p> <p>10:30a Zoom Parkinsons class</p> <p>01:00p Chess</p>	<p>08:00a Library 7</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:30a Knit and crochet</p> <p>11:15a AM Zumba</p> <p>12:30p Bingo</p> <p>01:00p COA Brd Mting</p>	<p>08:00a Library 8</p> <p>08:30a Billiards</p> <p>09:00a Food Shopping</p> <p>09:00a Mat Pilates</p> <p>09:00a Vets Talk</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a Blood Pressure</p> <p>11:30a DayBreak</p> <p>12:00p Mah Jong</p> <p>01:00p Caregiver Support</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library 9</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>10:00a Beginners Line Dancing</p> <p>10:00a Quilting</p> <p>11:00a Beginner Plus Line Dance</p> <p>12:15p Scrabble</p> <p>01:00p Bridge</p> <p>01:00p Door Hanging Craft</p> <p>01:00p Memoir Workshop</p>
<p>08:30a Zoom Cardio and Weights 12</p> <p>09:30a Zoom Chair Pilates</p>	<p>08:00a Library 13</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a Food Shopping</p> <p>09:30a Friends Meeting</p> <p>09:30a Stress Reduc.</p> <p>10:00a Open Paint Studio</p> <p>10:30a Zoom Parkinsons class</p> <p>12:30p Movie Day</p> <p>01:00p Chess</p>	<p>08:00a Library 14</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:30a Knit and crochet</p> <p>10:30a Genealogy</p> <p>11:15a AM Zumba</p> <p>12:30p Bingo</p> <p>01:30p Bergeron Advice</p>	<p>08:00a Library 15</p> <p>08:30a Billiards</p> <p>09:00a Food Shopping</p> <p>09:00a Mat Pilates</p> <p>09:00a Vets Talk</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>12:00p Mah Jong</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library 16</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:30a Hiking Trip</p> <p>10:00a Beginners Line Dancing</p> <p>10:00a Quilting</p> <p>11:00a Beginner Plus Line Dance</p> <p>11:30a Fathers Day Lunch</p> <p>12:15p Scrabble</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>
<p>08:00a CENTER CLOSED 19</p>	<p>08:00a Library 20</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a Food Shopping</p> <p>09:30a Stress Reduc.</p> <p>10:00a Open Paint Studio</p> <p>10:30a Zoom Parkinsons class</p> <p>01:00p Chess</p> <p>01:00p TRIVIA</p>	<p>08:00a Library 21</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:30a Knit and crochet</p> <p>10:30a Fire Safety</p> <p>11:15a AM Zumba</p> <p>12:30p Bingo</p>	<p>08:00a Library 22</p> <p>08:30a Billiards</p> <p>09:00a Food Shopping</p> <p>09:00a Mat Pilates</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>12:00p Mah Jong</p> <p>01:00p Caregiver Support</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library 23</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>10:00a Beginners Line Dancing</p> <p>10:00a Bemis Farms</p> <p>10:00a Quilting</p> <p>11:00a Beginner Plus Line Dance</p> <p>12:15p Scrabble</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>
<p>08:00a Library 26</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:30a Mon. Chair Pilates</p> <p>09:30a Zoom Chair Pilates</p> <p>12:00p CRAFTING</p> <p>12:00p Mah Jong</p> <p>12:30p Movie Day</p> <p>01:00p Bereavement Group</p>	<p>08:00a Library 27</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>09:00a Food Shopping</p> <p>09:30a Stress Reduc.</p> <p>10:00a Open Paint Studio</p> <p>10:30a Zoom Parkinsons class</p> <p>12:30p Movie Day</p> <p>01:00p Chess</p> <p>01:00p Ice cream social</p>	<p>08:00a Library 28</p> <p>08:30a Billiards</p> <p>08:30a Cardio/Weights</p> <p>08:30a Cribbage</p> <p>08:30a Zoom Cardio and Weights</p> <p>09:00a Walking Club</p> <p>09:30a Knit and crochet</p> <p>11:15a AM Zumba</p> <p>12:30p Bingo</p>	<p>08:00a Library 29</p> <p>08:30a Billiards</p> <p>09:00a Food Shopping</p> <p>09:00a Mat Pilates</p> <p>09:00a Vets Talk</p> <p>09:30a Blood Pressure</p> <p>09:30a Gift Shop 9:30-12:30</p> <p>10:00a Quilting</p> <p>10:15a Stretch break</p> <p>10:15a Zoom Stretch Break</p> <p>11:30a DayBreak</p> <p>12:00p Mah Jong</p> <p>01:00p Parkinsons Exer. pm</p>	<p>08:00a Library 30</p> <p>08:30a Billiards</p> <p>08:30a Cribbage</p> <p>10:00a Beginners Line Dancing</p> <p>10:00a Quilting</p> <p>11:00a Beginner Plus Line Dance</p> <p>12:15p Scrabble</p> <p>01:00p Bridge</p> <p>01:00p Memoir Workshop</p>