

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



2020

Hudson Council on Aging
A Multi-Service Center

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

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

Social Services:

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

Senior Center Staff:

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

Social Activities:

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

Members of the Council on Aging Board:

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

Meetings:

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

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

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

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



March 2020

REP. KATE HOGAN'S SENIOR NEWS

Senior Fire Safety Starts with You

I want to talk with you this month about senior fire safety. It is an issue that is of critical importance to me as both your state representative *and* neighbor, which is why I have been at the forefront of establishing and strengthening state fire safety education programs for our senior population in particular.

When our region experienced a spate of house fires in 2013, I worked with state and local officials to establish a fire safety education program for seniors. Run by the Department of Fire Services, the initiative is called Senior SAFE – or Senior Awareness of Fire Safety – and it connects local fire departments to grants in support of senior fire safety outreach. Senior SAFE is modeled after the state's student fire safety program, which has brought real-world prevention strategies to classrooms across the Commonwealth – and effectively reduced youth fire deaths to *zero*.

The education model the Senior SAFE program has built out, and the pipeline of state resources it has established, are vital to prevention efforts here in Hudson. At the heart of the program's success in our community is partnership -- between local and state officials, but also between the Hudson Council on Aging (COA) and the Fire Department.

This year, I was proud to once again help bring \$2,552 in Senior SAFE grant funding to Hudson to support continued collaboration between the COA and Fire Department on high-quality fire safety programming for seniors. This grant helps to fund a host of resources and workshops, from home safety visits to a Senior Health Fair. Be sure to stay tuned to the COA newsletter in the coming months, where the Fire Department will be providing strategies for prevention, detection, and response, as well as information on upcoming sessions at the COA on a range of fire safety topics.

When public safety officers from the Hudson Fire Department stop by the COA, it is clear that Hudson's finest are invested in the health and safety of our seniors – committed to working with you to promote a message of empowerment and prevention, rather than fear. The bottom line: small changes can make a big difference when it comes to lowering your risk of a house fire. From the COA to the State House, let's keep working together to ensure every senior has access to that know-how – and the support to put it into action.

Rep. Hogan's Office Hours

- **Hudson Office Hours** will be held on Friday, March 20th from 10 to 11 a.m. at the Vintage Café, 246 Main Street

If you are unable to attend office hours, please call the State House at (617) 722-2199 to schedule an appointment. Staff is also available at the District Office on Thursdays from 10 a.m. to 3 p.m.

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

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



Intel St. Patrick's Luncheon Wednesday, March 11th at 11:00am –1pm

If you have been chosen to attend the St Patrick's Day luncheon at Intel on March 11th, 11 to 1, Intel has asked that you arrive as close to 11 as possible. For security reasons, Intel has instructed the Senior Center to provide a list of names so they can create security badges for everyone. **If you cannot attend, please call the Senior Center so we can pick another name from the raffle jar and provide the new name to Intel. We appreciate your cooperation regarding Intel's rules for security.**



The upgraded REAL IDs will be required for travel and entering federal buildings starting October 1, 2020.

In an effort to help Hudson seniors update their license to a Real ID the Hudson Senior Center will arrange a trip to the RMV in April. In addition, prior to going, Janice, Holly and Ana will make sure that everyone has the correct paperwork. This has been successfully done at the Eastham Senior Center. The Eastham Director had made the arrangements with their RMV prior to the visit, the Social Service department worked with the seniors to ensure they had the correct documentation needed and 7 seniors had their Real ID's processed in less than an hour. If you are interested in getting your Real ID please call the senior center at 978-568-9638 and Holly, Ana or Janice will get back to you. If there is enough interest we will continue this every other month till October. We will let you know the date when we call you back.



The Beirne Irish Dancing Family comes to the Hudson Senior Center for an Irish Celebration on Tuesday, March 17, 2020



Please join us for a light lunch put on by the Chef at Marlborough Hills Rehab Center. He will be making a hearty beef stew with warm bread and we will provide dessert. Lunch will be served at 12 noon. The Beirne Family will arrive at 1:00pm. This is a **FREE** event. **This event is limited to 50 people.** (We need space for the dancers to perform) ☺ **Sign up starts on March 4th**



FREE Cooking Class Vegan Latin Dishes & Prevention & Reversal of Illness through Food

When: Sunday, March 29, 2020 at 5:30 – 7:30 pm

Where: Hudson Seventh-day Adventist Church
94 Marlboro Street
Hudson, MA 01749

Register @: HudsonSDAchurch.org

Presenter: Ida Murray, Nurse Practitioner Program includes:

- Interactive Latin Cooking Class & Food Sampling
- Discussion on Illness Prevention (e.g., depression, diabetes, hypertension, hyperlipidemia, and obesity) and Reversal through food
- Question & Answer Period



CELTIC Night at the Hudson-Concord Elks Lodge
Saturday, March 14th at 7:30 pm at the Hudson-Concord Elks Lodge-
99 Park Street in Hudson, MA

Kick off your St. Patrick's Day celebrations with a foot stomping Celtic music performance. Presented by River's Edge Arts Alliance, the evening will begin with bagpipes and drums by the internationally acclaimed Worcester Kiltie Pipe Band, followed by Celtic fiddling sensation, Emerald Rae. This event is sponsored by Main Street Bank. For more information or to purchase tickets, please visit www.upwitharts.org or call (978) 562-1646.

You can purchase tickets at the door or purchase tickets online at www.upwitharts.org.

Pricing:	General Admission \$20	River's Edge Arts Alliance Members \$15
	Students/Seniors \$17	REAA Student/Senior Members



Protect Yourself From Medicare Fraud!

Tuesday, March 24th at 10am at the Hudson Senior Center

Did you know that \$60 to \$90 billion of our tax dollars are lost to Medicare fraud each year? Come meet a representative of the Massachusetts Senior Medicare Patrol (MA SMP) Program on **Tuesday, March 24, 2020, at 10:00 a.m.** at the **Hudson Senior Center, 29 Church St., Hudson, MA 01749**, and participate in a discussion on how to prevent, detect, and report healthcare errors, fraud and abuse. We all can have an active role in protecting Medicare for ourselves and future generations.

This **free** information workshop will provide you with the tools to become a more informed and engaged health care consumer including information about the new Medicare cards. Although new cards have random numbers and no longer Social Security numbers, you still need to be vigilant and protect yourself from becoming victim to deceptive marketing and medical identity theft. We need you to call 978-568-9638 if you plan on attending.

SOMETHING NEW STARTING IN MARCH
TAI CHI FOR VETS

Every Monday at 2:30pm beginning in March
at the Hudson Senior Center.

Kristin Higgins, a certified TaijiFit International Instructor, wants to give Military Veterans the opportunity to experience the amazing health and calm that Taiji can bring. This is **FREE** to Veterans and their families. TaijiFit is a mind/body "exercise" that combines the best of the Tai Chi with modern Western fitness. Come and see how this class can help **YOU**. There is nothing to "get right." Just bring yourself, an open mind and a willingness to let go.



**Tuesday, March 3rd at 11:30am... join us for
Corn Chowder & Wheel of Fortune with Diane Durand.
(Limited to 40 people...there are still some spots available)**

We will start with hearty corn chowder with warm rolls from Buffet Way. Diane will start Wheel of Fortune around noon till 1:30ish. Cost is \$3.00 for corn chowder. **You must sign up for this!**



Homeowners this presentation is for you!
Habitat for Humanity
Critical Home Repair in Hudson
Wednesday, March 18th at 9:30 at the Hudson Senior Center

Habitat for Humanity of North Central Massachusetts launched a new Critical Home Repair Program in 2015. This is a home preservation program that provides needed interior and exterior repairs for low-income homeowners, so that they may maintain a safe, decent, and affordable place to live.

This program focuses on safety, security, accessibility, weatherization, and keeping houses up to city codes. Through project management oversight which typically includes volunteer labor, Habitat will assist families with completing home repairs.

The Critical Home Repair Program is designed to provide a hand up, not a hand out, to homeowners who are in need such that they may feel proud and dignified about the place they call home.

With a max of up to \$15,000 Your No-Profit Loan can cover:

- Replacing your roof and gutters
- Installing new vinyl siding
- Replacing driveway and sidewalk
- Replacing your porch and steps
- Installing an energy-efficient furnace and/or water heater
- Upgrading your electrical service
- Installing new copper plumbing
- Remodeling the kitchen or bathroom
- And many more repairs...
-

PLEASE CALL THE SENIOR CENTER TO SIGN UP FOR THIS 978-568-9638



****Date Change****

**Assabet Technical High School's Tech Savvy students are back again to
answer your technology questions on Tuesday, March 31st at 10am**

Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your **Ipads, Cell phones and Tablets**. Please bring in your devices and learn from the experts how to transition from iphones to androids and vice/versa, use and manage apps, emails and Facebook and much more. You must sign up for this.

Call the Center at 978-568-9638 to reserve your seat.

Bye for Now...Janice



Reminder!!! This is the LAST month of Medicare Advantage Open Enrollment Period which is from January 1 until March 31. This Medicare Advantage Open Enrollment Period is ONLY for those who are enrolled in a **Medicare Advantage Plan** (HMOs, PPOs for example), **not** for those enrolled in a stand-alone drug plan with a Medigap (Medex for example). You **MUST** be enrolled in a Medicare Advantage Plan on January 1 to use this MA OEP (Medicare Advantage Open Enrollment). This can be used ONCE, and the new plan effective date is the first of the following month, so in this case, April would be the start date of a new plan. This is the LAST month of this open enrollment where you can change your insurance from a Medicare Advantage plan to another Advantage plan or Medigap with PDP without a Special Enrollment. If you have any questions about doing so, do NOT wait to come in and meet with a SHINE counselor. If for some reason you have missed this special enrollment time, we can always screen you to see if there are any other SEPs (Special Enrollment Period) you could potentially qualify for to make a change to your insurance if needed.

FUEL ASSISTANCE:

The LAST day to apply for fuel assistance for this heating season is April 30, 2020. Don't wait to schedule this appointment, because the next heating season doesn't open until November 2020. If interested contact the Hudson Senior Center and we can provide you with a list of documentation needed in order to apply.

Additional assistance:

Reminder to all: If you or a loved one is interested in learning more about what services are available, we are here to give you resources for senior housing, assisted living facilities, homecare services, and more. In addition to these services we can screen you for assistance programs such as the fuel assistance program, state and federal programs to help with Medicare costs, as well as screening and applying for SNAP benefits. We are constantly visiting new assisted livings in the area, we go to trainings to get updated Medicare information and programs, and we're constantly updating our resources for referrals of programs available. Come in and meet with us, we'd be happy to help!

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUND ÀS SEXTAS DAS 9:00 ÀS 3:00 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT.16



“MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD”

De 1 de Janeiro de 2020 a 31 de Março de 2020, as pessoas com “Medicare Advantage Plan” (com Tufts, Harvard, Fallon, Blue Cross, etc.) podem trocar de plano de seguro. Durante este período pode mudar o seu plano de “Medicare Advantage” para outro “Medicare Advantage Plan “ ou Medicare tradicional com um plano separado de medicamentos (“Medicare Part D”). **Caso tenha algumas perguntas, não hesite em contactar o Senior Center e falar com Ana Terra-Salomaio – 978-568-9638 x 16.**

CONFERÊNCIA GRÁTIS PARA PESSOAS IDOSAS no
“ASSABET VALLEY HIGH SCHOOL”, LICEU em MARLBORO

No dia 23 de Abril de 2020 das 8:00 da manhã às 2:00 da tarde haverá uma conferência grátis para pessoas idosas no “Assabet Valley High School” em Marlboro, MA patrocinada pelo Senador James Eldridge. Muita informação, comida e prémios. Haverá café e donuts de manhã e almoço grátis.

INFORMAÇÃO IMPORTANTE

Se as Escolas Publicas de Hudson estiverem fechadas devido a neve o Senior Center também estará fechado. Por favor não venha ao Senior Center se estiver mau tempo. Estamos preocupados com a segurança dos nossos clientes.

DATAS IMPORTANTES

Dias 2, 9, 16, 23 e 30 de Março - Grupo de croché às 9:30 da manhã. Venha fazer croché.

Dia 3 de Março – Sopa de “Corn Chowder” e jogar Wheel of Fortune com Diane Durand às 11:30 da manhã. O custo é \$3.00 por pessoa para a sopa e pão. Telefone para reservar o seu lugar.

Dia 10 de Março – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 11 de Março – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.

Dia 17 de Março – Almoço grátis preparado pelo Chefe do “Marlboro Hills” e espectáculo do “Beirne Irish Dancing Family” ao meio-dia. Pode reservar o seu lugar a partir do dia 4 de Março no Senior Center. **Limitado a 50 pessoas.**

Dia 18 de Março – Palestra grátis do “Habitat for Humanity” sobre ajuda com reparos em casa para pessoas com rendimento baixo às 9:30 da manhã. Telefone para reservar o seu lugar.

Dia 21 de Abril – Palestra grátis com o Advogado Bergeron à 1:00 da tarde sobre “Married Couple: Update on Estate Planning Strategies”. Telefone 978-568-9638 para marcar o seu lugar.

Dia 23 de Abril – Conferência grátis para pessoas idosas no “Assabet Valley High School” em Marlboro, MA com o Senador James Eldridge das 8:00 da manhã às 2:30 da tarde. Muita informação, comida e prémios.

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



FREE HELP with State and Federal Income Tax Returns

Each year the Hudson Senior Center is pleased to pair with the AARP TAXAIDE Program to offer a free income tax service to seniors in the Hudson area. Local AARP volunteers staff the program, supported by the staff from the Senior Center. We are pleased to offer this opportunity again this year.

The AARP TAX-AIDE program helps low and middle income taxpayers file their Federal and Massachusetts personal income tax returns. Special attention is given to senior citizens with Federal Adjusted income of under \$80,000. The program also helps those who would not normally file a tax return but who qualify for the Massachusetts Senior Circuit Breaker, a partial tax refund of up to \$1100 for low income seniors whose real estate taxes or rent meets certain requirements. Residents of subsidized housing do not qualify for the Senior Circuit Breaker.

AARP TAX-AIDE volunteers are trained to assist in filing the basic income tax forms and schedules, including most forms for earned income, retirement income, interest and dividend income, simple business income, itemized deductions, the earned income credit, and Child Tax and Education credits. **Volunteers are not trained to assist with depreciation, business returns, complex financial income, and taxpayers subject to the Alternate Minimum tax.**

The AARP volunteers meet with taxpayers by appointment at the Hudson Senior Center on **Tuesday mornings, starting February 4 and ending April 14.** Appointments are about an hour, with the first starting at 8:45 and last starting about 12:45.

*****Appointments are almost full*****

You are asked to bring all your tax documents to your appointment.

- Please bring your copy of your 2018 Federal and State tax return.
- We will require proof of identity (a photo ID) and a Social Security Card or letter from the Social Security Administration documenting all Social Security numbers.
- Bring proof of health care coverage and the 1095-A if you purchased insurance on the MASS Connector.
- Bring all income statements - wage statements (W2), interest statements (1099-I), dividend statements (1099-D), retirement income statements (1099-R), social security statements, and brokerage statements (1099-B).
- Bring proof of real estate tax and water bill payments or rent payments.
- Bring mortgage statements, charity contributions, medical expenses, and tuition payment statements.

Not having the required forms will usually mean rescheduling another appointment on a future Tuesday.

If you have questions, we suggest that you stop in any Tuesday morning during the tax season and the volunteers will assist you to get ready for your appointment.



“Mobile Library” at the Center Monday, March 9th at 10am



Look for our “Mobile Library” every 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, March 12th & 26th 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.

Save The Date!

40th Annual Senior Conference

Thursday, April 23rd 2020

Hosted by:

State Senator Jamie Eldridge

Assabet Valley Regional Technical High School

215 Fitchburg Street Marlboro, MA

8am – 2:30pm

Don’t Miss Out on the Fun!

Workshops, Entertainment, Exhibits, Prizes, Speakers and FREE Coffee, Donuts & Lunch!

For more information call Legislative Aide, at (617)722-1120 or e-mail Immaculate.Nyaigoti@masenate.gov

No registration required



Winter Weather

If the Hudson Public Schools are Closed or Delayed then the Senior Center will also be closed or delayed.

If it is snowing or sleeting and the schools are **NOT** closed, for **your safety**, we ask that you please delay coming to the center by at least 1 hour to allow town employees the time needed to shovel and treat walkways and ramp and to allow the bus driver time to clear the bus. Also please call the center before you come to see if your class or program instructor is on schedule or has cancelled due to inclement weather. Thank you!

Preparing for Winter Weather...

What you need in your Winter Emergency Supply Kit: flashlight and extra batteries, portable radio or NOAA Weather Radio with extra batteries, charged cell phone, essential prescription medications, non-perishable food, manual can opener, one gallon of water per person per day, fire extinguisher, extra blankets. **BE SAFE!!!** 😊



Legal Clinics with Arthur Bergeron

Tuesday, April 21st at 1 pm: Married Couples: Update on Estate Planning Strategies:

When was the last time you reviewed your estate plan? As we age, our needs may change. The law may also change. It is good practice to review, and update if need be, your estate plan every five or ten years, especially if your health, living, marital, or financial situations have changed. At his next elder law seminar, Attorney Arthur Bergeron will provide an elder law update so you can decide whether or not your existing plan addresses your current situation and goals.

Tuesday, June 16th at 1 pm: Estate Planning Strategies for Singles:

If you are single, widowed, or divorced, your estate planning strategies are different, and oftentimes more complicated, than if you were married. One common concern we all have as we age is that we worry about things like the costs associated with nursing homes, estate taxes and probate avoidance, and just making sure we keep control of our daily life. Attorney Arthur Bergeron's next elder law seminar will get you to rethink your strategies so you can sleep better at night.



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.

THE CIRCUIT BREAKER TAX CREDIT:

A REASON TO POSSIBLY LOOK FORWARD TO FILING YOUR TAX RETURN

It is tax season again. You may be dreading it, or figuring you can ignore it because your income is low enough, especially if most of your income comes from Social Security. But, here is a reason to look forward to filing, at least for your Massachusetts return – the Circuit Breaker tax credit. No, the Circuit Breaker has nothing to do with electricity (and most people can't remember how it got the name). It is a tax credit based on the actual real estate taxes paid on residential property you own or rent and occupy as your principal residence. It is designed to help seniors reduce their tax or rent bill.

Here is how it works. First, determine what your income is for 2019. For purposes of this tax credit, you have to add in Social Security and some other income that you could normally exclude. Once you have that figure, take 10% of it. Now add together the real estate taxes and 50% of the water and sewer bills you paid for your home in 2019. If that total exceeds 10% of your income, the Commonwealth of Massachusetts will reimburse you for the overage **dollar for dollar** up to \$1,130. This is not a deduction or a credit against tax money you may have paid to the Commonwealth in 2019. You can get up to \$1,130 back even if you paid or otherwise owe nothing in state income tax in 2019. And if you are just learning about this benefit, you may be happy to know that you can also amend your earlier returns (or file new ones) for 2018 and 2017 to get payments back for those years too.

If you don't own a home, you may still be entitled to reimbursement from the Commonwealth. Just figure out what you paid in rent for 2019. Take 25% of that. If that amount exceeds 10% of your income as calculated above, the Commonwealth will pay you the difference **dollar for dollar** up to \$1,130 for 2019 and slightly smaller amounts for 2018 and 2017.

There are a few limits to consider. You must be a Massachusetts resident. You must be 65 or older. You must file a Massachusetts income tax return. If you are single, your income as calculated above cannot exceed \$60,000 for 2019. If you are a "head of household", it is \$75,000. If you are married, your joint income cannot exceed \$90,000. The assessed value of your home in 2019 cannot exceed \$808,000. If you can pass those hurdles, though, you should look into this. It may change the way you think about April 15th every year.

If you need more information on this, you can contact me at (508) 860-1470 or abergeron@mirickoconnell.com. You may also find Frank and Mary's YouTube channel to be a helpful resource, as I address many common issues facing seniors and their loved ones. All of my cable TV shows, educational seminars and 10-minute elder law Q&A Fireside Chats are available at www.youtube.com/elderlawfrankandmary.



Assabet Valley Camera Club Program

Judging of the Photographic Society of America Electronic Nature Division Interclub Competition



Program at Assabet Valley Camera Club

On Wednesday, March 4, the Assabet Valley Camera Club (AVCC) will host the judging of the Photographic Society of America's Electronic Nature Division Interclub Competition". The program is free and open to the public. It will be held in the Great Room at the Hudson Senior Center, 29 Church St.

The Photographic Society of America (PSA) is a worldwide organization for anyone with an interest in photography. Founded in 1934, the Society is for casual shutterbugs, serious amateurs, and professional photographers. PSA has members in over 80 countries. Individual and photo club memberships in the Photographic Society of America offer a wide variety of services and activities. One of which is interclub competitions. Check out their website at <https://psa-photo.org>

AVCC welcomes anyone interested in learning more about photography as a visual art and its practical application as a science. Regular club meetings are held at 7:30 PM on the first and third Wednesday of each month from now through early June. For more information visit assabetvalleycc.com or contact John Gill, club president, at 978-293-5192.



Hands-Free Electronics While Driving - It's the Law

The new Massachusetts hands-free distracted driving law takes effect on Sunday, February 23.

This law is a significant change for drivers 18 and over and traffic enforcement as well. The new law (Chapter 122 of the Acts of 2019) prohibits operators of motor vehicles from using any mobile electronic device, including a cell phone, unless the device is used in hands-free mode.

Drivers 18 and over are:

- Not permitted to hold or support any electronic device
- Only permitted to touch devices to activate the hands-free mode, and can only enable when the device is installed or properly mounted to the windshield, dashboard, or center console
- Not permitted to read or view text, images, or video displayed on a mobile electronic device; however, a driver may view a map generated by a navigation system or application on a mobile electronic device that is properly mounted

Operators may use a cell phone to call 911 to report an emergency. If possible, the operator should safely pull over and stop before calling 911.

[More Info](#)

Please visit our website for more details. We've also included a link to an informational brochure below, that we ask you to review, post, and share with your customers and colleagues.

[Questions?](#)

Contact us at RMVATLASSupport@dot.state.ma.us with any questions you may have.

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.**

This project funded in part by the MetroWest Health Foundation.

A suggested voluntary donation of \$15 would be appreciated but not necessary to participate in the program.



Hudson Senior Center Gift Shoppe Hours

Wednesdays 9:30am until 12:30pm

Thursdays 9:30am until 12:30pm

GIFT SHOPPE HALF PRICE SALE
EVERYTHING HALF PRICE
Month of MARCH ONLY

Volunteer Help Wanted in the Gift Shoppe

Please leave your contact info at the front desk



**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!
Games start at 12:30pm
Mondays and Wednesdays!



Genealogy Family Research with Charles Corley *Wednesday, March 18th 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 10am -1pm in the craft room.



Water Color Class



Wednesdays 10 am to 12 noon

Cost: \$6.00 per class paid directly to the instructor. Class on the 2nd floor in the Craft Room.



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 2011.

Check out our new Large Print section!

A special thank you to all of the volunteers who work hard to keep the library organized and up to date!

Looking for Canasta/Hand & Foot Players



Come join our card players on Wednesday afternoons! Don't know how to play? Our seasoned players will show you how to play!!

Stress Reduction with

Qigong Class

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

Sign up at the front desk

****DATE CHANGE****

FRIENDS MEETING ~ Tuesday, March 17th at 9:30am

Tuesday is "Movie Day" at the Center

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



March 24th – Knives Out



When renowned crime novelist Harlan Thrombey (Christopher Plummer) is found dead at his estate just after his 85th birthday, the inquisitive and debonair Detective Benoit Blanc (Daniel Craig) is mysteriously enlisted to investigate. From Harlan's dysfunctional family to his devoted staff, Blanc sifts through a web of red herrings and self-serving lies to uncover the truth behind Harlan's untimely death.

Rating: PG-13 Runtime: 2 hr 11min

March 31st – Beautiful Day in the Neighborhood



Two-time Oscar®-winner Tom Hanks portrays Mister Rogers in A Beautiful Day in the Neighborhood, a timely story of kindness triumphing over cynicism, based on the true story of a real-life friendship between Fred Rogers and journalist Tom Junod. After a jaded magazine is assigned a profile of Fred Rogers, he overcomes his skepticism, learning about empathy, kindness, and decency from America's most beloved neighbor.

Rating: PG- Runtime: 1 hr 49 min

Pool Room

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

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, April 13th, 2020

Starting at 9am.

Please call for an appointment at
978-568-9638

In Memory Of...



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

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 2020 Fitness Programs

AM Fitness 3 Mornings a week Cost: \$12/month for all 3 classes **No AM Fitness Tue, March 10th**

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

PM Stretch Break \$5.00 per month

- Tues evenings 4:30pm stretch

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 evenings 5:30pm. 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: *No Class Tuesday, March 10th*

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: * No Class Tues, March 10th *

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 : * No Class March 4th & 11th *

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 2020



***April 28th The Corvettes Doo Wop Revue (Payment due by March 17th)**

The Corvettes Doo Wop Revue is dedicated to preserving and performing the music of the 1950's Doo Wop era. Their incredibly entertaining and comical stage antics have left audiences wanting more! Some hits include: Come Go with Me-Little Darling- At the Hop-The Twist-Earth Angel-Still of the Night and many more! Enjoy a plated luncheon at Lake Pearl in Wrentham with your choice of stuffed breast of chicken or baked schrod.

Price: \$92.00 pp

***May 8th -9th New York City 2 Days/1Night (Final Payment due March 20th)**

This is the perfect trip for those travelers wanting to truly experience NYC, have free time to enjoy it, while still enjoying highlights include in the package. This package includes roundtrip motor coach transportation, lodging at the Roosevelt Hotel(Madison Ave & 45th St.), full buffet breakfast, visit to September 11th Museum & Memorial, Ferry Ride to Statue of Liberty & Ellis Island, and a travel tour director.

**Price: \$459pp/double
\$629pp/single**

***Wednesday, May 20th Home Again: The Carole King Tribute**

Deb DeLucca, joined by her band of seasoned musicians, take the audience on a journey through Carole's impressive and expansive repertoire. Home Again prides itself in recreating an authentic look, feel and sound of Carole king live in concert. This tribute is live at the Danversport Yacht Club which includes a plated luncheon choice of stuffed breast of chicken or baked schrod with salad, potato, vegetables, breads, dessert and coffee/tea.

Price: \$94.00 pp

***Tuesday, July 14th Newport Playhouse Lobsterfest: "On Golden Pond"**

Enjoy a sightseeing tour of ocean drive, wonderful play, a fun-filled cabaret performance and a buffet including a 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: \$109.00 pp

***Wednesday, September 16th A Chicago Celebraton: Relive the hits**

The music of Chicago lives on as the talented group of musicians; Beginnings bring these timeless classics to the stage. Enjoy this concert at the Danversport Yacht Club which includes the show and a plated luncheon of your choice of stuffed breast of chicken or baked schrod.

Price: \$94.00 pp

***Sunday, October 18th The British Invasion Years**

A 60's musical revolution with hits from both sides of the atlantic. The first half of the show is the British invasion featuring chart toppers by the iconic groups such as The Zombies, Dave Clark Five, The Rolling Stones and many more. The second half of the show features the American response with artists like The Monkees, Simon & Garfunkel, The Beach Boys just to name a few. This trip includes a Bunch buffet of pastries, Danish, eggs, variety of quiches, French toast, salad, chicken, potatoes, dessert and much more.

Price: \$92.00 pp

***December 4th -7th 4 Days/3Nights A Country Christmas in Nashville**

This trip includes roundtrip airfare and transportation. Lodging at Premier Gaylord Opryland Hotel in Nashville, 7 Meals - 3 Dinners, 2 Breakfasts, 1 Sunday Brunch • Gaylord Oprylands Exclusive Dinner Show featuring - Grand Ole Opry Members - **The Oak Ridge Boys** • Ticket for a fantastic Holiday Show at the Ryman • Ticket & Show to the Grand Ole Opry • Tour of the Ryman & Grand Ole Opry • Admission to the Country Music Hall of Fame • Visit/Tour of Historic Studio B • Guided Tour of Nashville • General Jackson Showboat River Cruise.

Standard Room Price: \$1949pp Double, \$2349 Single Occupancy /Upgraded Atrium Room Price: \$2049pp

Double and \$2499 Single Occupancy Optional Travelers Insurance with Chubb Travel Protection: Please Add \$115pp For Standard Room Double Occupancy and \$146pp for For All Other Occupancies. A Deposit Of \$500 per person Plus Insurance Fee (if selected) Is Due Upon Registration

*Informational Flyers available at the front desk
Prices do Not include Gratuity unless specified*

Transportation News...



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!

March Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2-Mar	3-Mar	4-Mar	5-Mar	6-Mar
Ranch Chicken Salad Orzo & Spinach Salad Carrot & Pineapple Salad	Ham Salad Pasta Salad Roman Blend Veg Salad	Tuna Salad Israeli Cous Cous Salad Cole Slaw	Egg Salad Chick Pea & Cilantro Salad Roasted Vegetables	Chicken w/peach Salsa Pasta Salad Sesame Cucumber Salad
9-Mar	10-Mar	11-Mar	12-Mar	13-Mar
Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Mixed Greens w/Salmon Tangy 4 Bean Salad Roasted Vegetables	Chicken Breast/Red Pepper Pesto Italian Pasta Salad Chick Pea & Cilantro Salad	Roast Beef Roasted Potato Salad Pineapple	Chicken Caesar Salad Cous Cous Salad Peaches
16-Mar	17-Mar	18-Mar	19-Mar	20-Mar
Tuna Salad Israeli Cous Cous Salad Cole Slaw	Chef's Salad Roasted Potato Salad Mixed Fruit	Sliced Turkey Breast Quinoa w/Roasted Veggies Sesame Cucumber Salad	Bourbon Chicken Salad Beet & Onion Salad Broccoli Salad	Tortellini & Turkey Salad Chick Pea & Cilantro Salad Roman Blend Veg Salad
23-Mar	24-Mar	25-Mar	26-Mar	27-Mar
Cilantro Chicken Corn & Black Bean Salad Sesame Cucumber Salad	Turkey Cranberry Salad Wild Rice Salad Broccoli Salad	Mixed Greens w/Salmon Tangy 4 Bean Salad Peaches	Ham Salad Quinoa w/Roasted Veggies Roman Blend Veg Salad	Egg Salad Potato Salad Pineapple
30-Mar	31-Mar	1-Apr	2-Apr	3-Apr
Roast Beef Mediterranean Rice Salad Beet & Onion Salad	Ranch Chicken Chick Pea & Cilantro Salad Roman Blend Veg Salad	Egg Salad Potato Salad Tropical Fruit	Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Tuna Salad New Pasta Salad Cole Slaw

What's Going on...

- **Corn Chowder & Wheel of Fortune:** Tues, March 3rd
- **Hudson Mobile Library:** Mon, March 9th at 10am
- **Heaven Is Beautiful:** Tues. March 10th at 10am
- **Friends Meeting:** Tuesday, March 17th at 9:30am
- **Hearing Clinic:** Tues. March 10th at 9:30am by appt only
- **Vets Talk:** Thursday, March 12th & 26th at 9am
- **Irish Dancers & Beef Stew:** Tues, March 17th at noon
- **Critical Home Repair:** Wed, March 18th at 9:30am
- **Genealogy:** Wednesday, March 18th at 10:30am
- **Medicare Fraud:** Tues, March 24th at 10am
- **Movie Day:** Tuesday, March 24th & 31st at 12:30pm
- **Tech Savvy:** Tuesday, March 31st at 10am
- **Monday Night Bridge:** March 9th and 23rd at 6:15pm
- **Podiatrist:** Monday, April 13th by appt only
- **Cribbage:** Every Day except Thursday
- **Food Shopping Days:** Tuesdays and Thursdays 10:00 am
- **Tai Chi for Vets:** Mondays at 2:30pm
- **AM Fitness:** Mon. Tues & Thur. mornings 8:30 AM
- **Chair Pilates:** Monday at 9:30am & Friday at 11:15am
- **Knit and Crochet:** Mon. at 9:30 am
- **Line Dancing:** Mondays at 10am. Cost \$3.00 per person.
- **Bingo:** Monday and Wed 12:30 pm. See you there!!!
- **Mah Jong:** Mon and Thurs. at the center 12pm to 3:15pm
- **Bridge:** Every Tues. 9:30am and Friday at 12:30pm
- **PM Stretch:** Tuesdays at 4:30 pm
- **Stress Reduction with Qigong:** Tues. at 9:30 to 10:30
- **Gift Shoppe:** OPEN Wednesdays 9:30am -12:30pm and Thursdays 9:30 am – 12:30pm
- **Chess Club:** meeting every Tues at 1pm
- **Parkinson's Exercise:** Tues. 10:40am & Thurs. 1pm
- **AM Yoga:** every Wednesday 8:30am
- **Walking Club:** Every Wednesday meet at 9:00am
- **Flex and Tone:** Wednesdays at 9:30am
- **Water Color Class:** Wed. 10a –12 noon
- **Chair Yoga:** Wednesdays at 2pm
- **PM Cards:** Wednesdays at 12pm
- **Blood Pressure:** Thursdays 9:30am – 11:00am
- **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:** 1st & 3rd Wednesday of the 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, March 11th

1pm-3pm~by appointment only

Meals on Wheels

Please call **508-573-7200** and ask for **Meals on Wheels**. You must sign up for all congregate meals at the center by 12:30pm at least the day before.



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, March 10th

Starting at 9:30am

With Michael Drennan from

Rogers Hearing Solutions

Call 978-568-9638 for an appointment

For cancellations please call: 508-573-7246

March 2020

Menu Subject to Change

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
2		Na+	3		Na+	4		Na+	5		Na+	6		Na+
	Shaved Steak	408		Grilled Chicken Marsala	395		Turkey Corn Stew	464		Autumn Harvest Soup	162		*Lasagna Roll w/Marinara	577
	Provolone Cheese	248		Cavatappi Pasta	1		Carrots	43		Pork w/Herb Gravy	99		California Blend	22
	Peppers & Onions	27		Italian Blend Veg	41		Whole Wheat Bread	170		Bread Stuffing	316		Italian Bread	230
	Home Fries	5		Multigrain Bread	164		Fresh Orange	1		Wheat Dinner Roll	105		Fruit Yogurt	75
	Mini Sub Roll	218		Diced Pears	5					Pineapple Coconut Cake	338			
	Pineapple Chunks	1								D: 1/2 portion cake	169			
Total Sodium (mg): ###			Total Sodium (mg): 731			Total Sodium (mg): 803			Total Sodium (mg): ###			Total Sodium (mg): 1029		
Calories: 686			Calories: 556			Calories: 465			Calories: 840			Calories: 658		
9		Na+	10		Na+	11		Na+	12		Na+	13		Na+
	Chicken w/Red Pepper Pesto	342		Three C Soup	299		Beef Stew	200		Sweet & Sour Diced Chicken	445		Broccoli Bake	482
	Israeli Cous Cous	24		Potato Pollock	273		Mixed Vegetables	88		Vegetable Fried Rice	9		Home Fries	5
	Spinach	65		Tartar Sauce	100		Dinner Roll	132		Asian Veg Blend	21		Stewed Tomatoes	150
	Multigrain Bread	164		Boiled Red Bliss Potatoes	5		Vanilla Yogurt	50		Multigrain Bread	164		Rye Bread	150
	Mixed Fruit	10		Whole Wheat Bread	170					Chocolate Chip Cookie Bar	154		Fresh Fruit	1
				Sliced Peaches	5					D: 1/2 bar	77			
Total Sodium (mg): 730			Total Sodium(mg): 977			Total Sodium(mg): 595			Total Sodium(mg): 918			Total Sodium (mg): 913		
Calories: 549			Calories: 655			Calories: 762			Calories: 982			Calories: 688		
16		Na+	17	SPECIAL/High Sodium	Na+	18		Na+	19		Na+	20		Na+
	Beef & Lentil Chili	260		*Corned Beef Hash	874		Mulligatawny Soup	153		Homestyle Drummer	450		Baked Pollock Picatta	135
	Brown Rice	5		Braised Cabbage	25		Roast pork w/onion gravy	99		Au gratin potatoes	132		Spinach & Orzo Pilaf	57
	California Blend Vegetables	22		Glazed Carrots	81		Mashed Potatoes	66		Green Beans	3		Broccoli	10
	Dinner Roll	132		Pumpernickel Bread	155		Multigrain Bread	164		Whole Wheat Bread	170		Multigrain Bread	164
	Diced Pears	5		Apple Streusel Cake	191		Fresh Fruit	1		Mandarin Oranges	7		Lorna Doones	100
				D: 1/2 portion cake	96									
Total Sodium (mg): 549			Total Sodium (mg): ###			Total Sodium(mg): 608			Total Sodium (mg): 887			Total Sodium(mg): 591		
Calories: 644			Calories: 748			Calories: 705			Calories: 682			Calories: 589		
23		Na+	24	High Sodium	Na+	25			26		Na+	27		Na+
	Chicken & Rice Bake	429		Corn Chowder	172		Chicken w/Supreme Sauce	376		Vegetable Barley Soup	257		*Mini Ravioli Primavera	659
	Brussels Sprouts	12		Hot Dog	490		Sweet Potatoes	33		Roast Turkey w/Gravy	389		Italian Blend Veg	41
	Multigrain Bread	164		Baked Beans	152		Spinach	65		Mashed Potatoes	66		Italian Bread	230
	Sliced Peaches	5		Hot dog bun	270		Whole Wheat Bread	170		Whole Wheat Dinner Roll	105		Fresh Fruit	1
				Pineapple Chunks	1		Choc Chip Muffin	190		Carnival Cookie	85			
							D: Lorna Doones	100		D: Grahams	95			
Total Sodium(mg): 735			Total Sodium(mg): ###			Total Sodium (mg): 959			Total Sodium(mg): ###			Total Sodium(mg): 1056		
Calories: 538			Calories: 749			Calories: 650			Calories: 601			Calories: 574		
30		Na+	31		Na+	<i>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</i>			<i>Sodium (Na+) is listed in milligrams next to each menu item.</i> <i>All Meals include 1% Milk: 110 Calories, 125mg</i>			<i>Meals are based on a No Added Salt Diet (3,000-Higher sodium items are marked with an asterisk* (>500mg))</i>		
	Navy Bean Soup	222		Grilled Chicken Cacciatore	426									
	Swedish Meatballs	220		Tri color Rotini	1									
	White Rice	4		Broccoli	10									
	Whole Wheat Bread	170		Italian Bread	230									
	Applesauce	14		Blueberry Buckle	360									
				D: 1/2 portion cake	180									
Total Sodium (mg): 755			Total Sodium(mg): ###											
Calories: 685			Calories: 700											