

**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



2022

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

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

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

Social Services:

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

Senior Center Staff:

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

Social Activities:

Line Dancing, AM Fitness, PM Fitness, Yoga, 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:

- 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.



March 2022

REP. KATE HOGAN'S SENIOR NEWS

Transitioning from Pandemic to Endemic

After two full years, we still can't predict with certainty when the COVID-19 pandemic will end, but we do know that eventually it will become another of the infectious diseases that are known as "endemic" to the human population.

When a sufficient number of people become immune to a disease, either through vaccination or natural infection, its spread starts to slow down and the number of cases gradually decreases. But that doesn't mean it will disappear instantly or completely. It's possible that the spread of an infection will eventually stabilize at a constant level so that it becomes present in communities at all times, possibly at a relatively low, sometimes predictable rate. This is what we mean when we say a disease is endemic.

We know there will be challenges to learning to live with COVID-19, and that challenge will be especially difficult for the roughly 7 million immunocompromised Americans who remain especially vulnerable and will have to keep their guard up. Many seniors are concerned with these challenges too. COVID-19 has been particularly hard on our elder population.

As we move forward, my colleagues in the legislature and I will continue to keep the welfare of our seniors on our minds as we listen to testimony, debate legislation, file amendments and consider the budget. We'll continue to consider the continuum of care and supports necessary to help seniors live safely in their communities.

I hope that some of the accommodations and lessons we learned during the pandemic will help inform our post-pandemic efforts, as well. Whether it's testing and wearing a mask to avoid spreading germs; using technology to attend events virtually; or retail modifications like priority shopping hours and curbside pickup, or, most importantly, using life-saving medicine to vaccinate,

we have many tools and techniques to help us transition to post-pandemic life.

If you have suggestions or concerns, or need assistance, please do not hesitate to contact my office.

Kate

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

Contact Rep. Hogan:

State House, Room 370, Boston, MA, 02133 / Phone: (617) 722-2600 / Kate.Hogan@mahouse.gov

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

Facebook: www.facebook.com/RepKateHogan

Virtual office hours for constituents will be held March 11 from 1-2 pm and March 14 from 6-7 pm. Residents may meet with Rep. Hogan by appointment via Zoom or telephone. To schedule an appointment, please call (617) 722-2600 (option #2) to leave a voicemail or send email to Kate.Hogan@mahouse.gov. Please register for an appointment by 5 pm on February 16

Hello to Everyone,



January was certainly a tough month, not seeing people at our center due to the increase in omicron cases. However, it was wonderful to see many of you in February.

During this challenging period, we have fostered stronger community partnerships. We continue to work with Town Departments to ensure that we move forward in a safe manner, prioritizing the health and well-being of our residents and staff. Now that the omicron peak we saw in January has come down substantially, you may be wondering about mask guidelines. The Council on Aging Board will meet in early March and will review our present policy. Until the COA Board meets, masks will be required at the senior center. We will keep you posted of any and all changes. We are all learning to adapt to the changes of this pandemic and will continue to do so together.

Alex O'Hare; Town of Hudson License Social Worker

As many of you know Alex is the new Licensed Social Worker for the Town of Hudson and will be working with all ages in our community. We are very fortunate to have Alex work at the senior center every Thursday from 8am -3:30 and are grateful for this additional support. If you need one on one assistance with clinical consultation or resources, please call her at 978-568-9638 ex 477 or stop by and meet her. She is great!

Neck and Shoulder Pain Presentation

Tuesday, March 29th at 1pm

Are you a pain in the neck is a 45-minute presentation with Q and A of how neck pain can be treated through a wide variety of treatments WITHOUT medication!!! The opioid crisis is well known. Physical Therapists treat neck pain every day and have excellent outcomes leading to improved quality of life without medications! The presentation will cover different types of neck issues along with a variety of ways physical therapists treat it through exercise, posture improvements and lifestyle changes.

You will leave with information on why is your neck painful and more importantly, what to do about it without medication! You will also leave with 3 key exercises to help your neck pain today. Kevin Flaherty is a Physical Therapist with over 30 years of working with a wide variety of spinal dysfunction issues and is the owner of Flaherty Physical Therapy with offices in Hudson and Northborough. ***Sign up at the front desk.***

Healthy Living from a Chinese Medicine Perspective



Monday, April 25, 2022 12-1pm
at the Hudson Senior Center with
Marianne Volpe LAc, MAcOM

This class will discuss Chinese Medicine-based approaches to uncovering your unique strengths and challenges. You will develop an understanding of your body's constitution and its inherent strengths and weaknesses, learn eating strategies based on the wisdom of Chinese Medicine, practice breathing exercises that will regulate gaseous transmitters in your body creating better well-being, and explore the best types and amount of movement for your body. This class will be presented by Marianne Volpe LAc, MAcOM.

Please call to sign up



St. Patrick's Day Grab and Go lunch will be provided from our friends at Intel!



Thursday, March 17th between 12:00 and 12:30

Intel will host a FREE drive thru St. Patrick's Lunch **at the Intel site off of Reed Road in Hudson.** The menu is: House made Corned beef and Swiss on marble rye sandwich, Irish cabbage slaw, Dublin potato salad, Julie's homemade apple crisp and Bottled water. Packaged lunch will also include: mustard, ketchup, mayonnaise, cutlery kit, salt/pepper.

You must call to sign up starting on Thursday, March 3rd. Limited to 160 people

Blue Cross Blue Shield of MA is bringing back Medicare Wellness Webinars via zoom

Active Aging Nutrition Insights Thursday March 17, 2022 10:00 am – 10:30 am

Active Aging Nutrition Insights - Presented by Tricia Silverman, RD Discover nutrition and wellness tips that will help you live a longer, healthier, and happier life. Learn about specific nutrients and foods can impact your longevity. See how much protein you need, and what a balanced diet looks like for optimum health in your senior years. Register Now at:

bcbsma.info/Mar17

Calming Anxiety Tuesday, March 29, 2022 10:00 a.m. – 10:30 a.m.

Calming Anxiety - Presented by Janet Fontana, RN, Certified Health Coach Anxiety is a normal reaction to stress. When we are feeling stressed, our thoughts can take on a life of their own and amplify feelings of worry and anxiety. Join us to learn simple techniques to break the cycle of anxious thoughts and lessen anxiety. Practice breathing exercises that promote relaxation and help you feel calmer. Register Now at: bcbsma.info/Mar29

EMERSON HOSPITAL SPONSORS

Free Wellness Classes for People with Parkinson's and Caregiver's

Research shows that people with PD can slow progression of the disease and increase their language capabilities, balance, mobility, and flexibility, by taking classes taught by certified Emerson instructors.

Spring 2022 Classes:

Introduction to SPEAK OUT! And LOUD Crowd

- Fridays 10 a.m.-10:50 a.m., March 4th through April 22nd "I learn to speak in ways that allow me to be understood. It is a must-do for anyone with PD." – recent participant

Introduction to Dance for PD

- Tuesdays, 11 a.m. - noon, March 8th through May 3rd
- "Dance for PD class is my favorite hour of the week. The class helps ease my stiffness and is a joy to attend." - recent participant

Circuit Training for People with Parkinson's

- Fridays, 11 a.m. - noon, March 4th through April 22nd "Circuit training emphasizes big movements that help my stability, balance, and flexibility." – recent participant

Learn more and register at www.EmersonHospital.org/ParkinsonsClasses, or call 978-287-8229.

This program is supported by a community grant from the Parkinson's Foundation. All classes are taught by instructors specialized in PD, using the latest therapeutic approaches

Stress Reduction with Qigong is back

Are you feeling stressed or having difficulty relaxing? Perhaps this class might help. This class lasts about an hour, consists of a combination of both a western and eastern approach to stress reduction. We will utilize techniques developed by Dr. Herbert Benson of Harvard University and Dr. Jon Kabat-Zinn of U-Mass Medical School along with an Eastern approach using simple Chinese Qigong meditative exercises on **Tuesdays from 9:30 to 10:30am**. The class will be limited to 15 people



Assabet Technical High School's Tech Savvy students are back again to answer your technology questions Monday, March 14th at 10:30am

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 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.**



"VETS TALK" A program for Veterans

Thursday, March 3rd, 10th, 17th & 31st 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.



"Movie Day" at the Center

Here is the listing of the movie for March. **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:

Monday, March 7th & Friday, March 11th – *House of Gucci*



House of Gucci is inspired by the shocking true story of the family behind the Italian fashion empire. When Patrizia Reggiani (Lady Gaga), an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a reckless spiral of betrayal, decadence, revenge, and ultimately... murder.

Rating: R Runtime: 2hr 38min

Monday, March 21st & Friday, March 25th – *The Zookeeper's Wife*



In 1939 in Poland, the Warsaw Zoo flourishes Under Jan Zabinskis' stewardship and Antonina Zabinskis' care. When their country is invaded by the Nazis, Jan and Antonina are forced to report to the Reich's newly appointed chief zoologist, Lutz Heck. The Zabinskis covertly begin working with the Resistance and put into action plans to save the lives of hundreds from what has become the Warsaw Ghetto, with Antonina putting herself and her children at great risk. Based on a true story

Rating: PG-13 Runtime: 2:06

Parkinson's afternoon class at the Hudson Senior Center on: 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. Space is limited to 20. New participants must call for availability.

Our 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 Stretch class with Sharon - Thursdays 10:15 -11:00am.**
- **Zoom Strength Training Class with Sharon -Mondays and Wednesdays 8:30-9:15am**
Strength Training class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. * There will be modifications for each exercise for those with orthopedic issue.
- **Flex and Tone/ Chair Yoga with Rebecca Reber - Wednesdays at 9:00am.**
- **Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.**
- **Back to Basics Chair Pilates with Jennifer Davidson- Thursday at 9:30am**
This class will review the basics of chair pilates for new and regular class participants.
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am**



Support Groups & Workshops

ClearPath Workshops & Groups are offered year round on Zoom. Peer supports and workshops help many people who have cluttering tendencies or hoarding disorder. About one in twenty people have cluttering tendencies, and help is available among peers where you can find hope for making positive changes in your habits and in your home. Clutter accumulates due to excessive acquisition of items, and from saving too many items. These habits can be addressed by learning and practicing new skills while in a peer group.

- **“Buried in Treasures” Workshop** BIT Groups use the book Buried in Treasures by Tolin and are open for only a few weeks to new members. Groups are offered at no charge to the attendee except for a \$20 book fee. (15 Weeks)
- **CBT for Hoarding Disorder** This is a practice-based workshop that uses the skills you have learned from the Buried in Treasures workshops. (15 Weeks)
- **Less is More** This is an asset building workshop where we will discuss different topics every week related to acquiring. (4 Weeks)
- **Peer Support Group for BIT Graduates** In this group we will keep you accountable to your goals while you actively declutter.
- **Family Supports** Friends and family members of clutterers and hoarders get practical tips and support.

Call or Text (508) 658-2880 or email ClearPath@Strongcommunity.org for more information

Hudson Senior Center Trips 2022



Wednesday, June 15th 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. *No Refunds for cancellations after 6/3/22*

Price: \$99.00pp

Thursday, July 21st Icons & Legends Concert The Ultimate Tribute Show Fosters Lobsterbake

Experience some of the greatest hits from some of the greatest entertainers of all time such as Neil Diamond, Carole King, Karen Carpenter, Johnny Cash, Roy Orbison, Elvis, the Eagles and more! Your meal includes: whole boiled 1 1/4lb Lobster, clam chowder, steamed mussels, clams, corn on the cob, potatoes & onions, blueberry cake, rolls, butter and beverage OR ½ BBQ chicken as a lobster alternative at Fosters in York, ME. *No Refunds for cancellations after 7/9/22*

Price: \$99.00pp

Informational Flyers available at the front desk

Message from the Friends...

Next Friends Meeting: Tuesday, March 8th 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.

Please call the Hudson Senior Center [979-568-9638] if you would like more information or to have a Friends' officer contact you.



Winter Weather



If the Hudson Public Schools are Closed or Delayed then the Senior Center will also be closed or delayed. This includes all bus rides.

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!

Transportation News...



Food Shopping Day : Tuesdays

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

he senior center bus is now running for all appointments. Please call at least a day ahead before 3:30pm. **Masks MUST be worn while on the bus at all times regardless of vaccination status. Seatbelts must also be worn**



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.*

'TIS THE SEASON (TAX SEASON, NOT CHRISTMAS)

Every March I do a column with a set of tax reminders. Don't consider this advice from a tax expert. Consider it advice to get a tax expert. Fortunately, regarding tax issues, you may be able to get that for free. A number of senior centers work with AARP and local volunteers to provide that kind of advice. Check with your senior center or those nearby, since all senior centers are open to all seniors. Also, most accountants will respond to basic tax questions over the phone. That said, here are a few tax reminders you may want to talk about. My general advice: don't get your tax advice from the person over at Dunkin Donuts.

- Don't assume that just because your only income comes from Social Security, you do not need to file a return.
- On the other hand, don't assume that just because you don't have to file a return that you shouldn't file a return. The obvious case in point is the so-called Massachusetts "circuit breaker" (who knows why they called it that) tax credit that you can get if your real estate taxes and water/sewer bill or your rent for 2021 exceeded a certain percentage of your income for that year. The statistic I read recently was that over one-third of the people who are eligible to get this check from the Commonwealth of Massachusetts do not get it because they do not apply for it. To get it, you have to file both a federal and a Massachusetts income tax return.
- If you paid for home health care during 2021, you can deduct those costs as a medical deduction if a doctor, nurse, or social worker certifies that the person receiving the care needed it because he or she needed regular personal assistance with at least two activities of daily living (ADL's, which are eating, dressing, bathing, toileting, or transferring) or needed supervision because of cognitive problems. That certification can be provided now, even if you did not get it in 2021.

I will be reviewing these and other tax matters relevant to seniors in my March seminar on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary, and on your local Hudson cable access station, HUD-TV (Comcast Channel 8; Verizon Channel 47), along with Frank and Mary in Hudson, where my co-host, John Parent and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.

15-minute Legal Advice with Attorney Arthur Bergeron

Wednesday, March 9th from 1pm to 3pm by appointment only

Attorney Bergeron will be available for private 15-minute sessions in person at the senior center. 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, CDP or Christine D'Angelo, CDP at 978-568-9638

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



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

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

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. 😊

Bridge: Tuesday & Friday 1pm-3pm



PM CARDS

Canasta Wednesdays at 12:00pm.

Looking for 4 players. Please call the front desk to sign up

Open Painting Studio



Calling all artists and latent artists
Come join us 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

Hudson Senior Center Gift Shoppe

Thursdays 9:30am -12:30pm

****HALF PRICE SALE**

EVERYTHING HALF PRICE

Month of MARCH ONLY**

excludes afghan blankets



Senior Center Lending Library

Donations made to our Library are appreciated with Copyright date no earlier than 2012.

Check out our new Large Print section

Medicare and Dental Coverage

As most of you know, Medicare does not pay for routine dental care (example: preventative cleanings, fillings, x-rays etc.) In certain situations, Medicare may help pay for services of a dental provider only if the medical problem is more extensive than the teeth or the structures of the teeth. If you have a Medicare Advantage Plan (HMOs or PPOs for example) these plans may cover limited dental services. These services are typically basic benefits such as a preventative cleaning, but does not cover extensive work on your teeth which as you age, many might need. You would have to contact your plan directly to see if they offer any dental benefits with your coverage.

So, one might ask, how do you get dental benefits then if Medicare does not cover this? There are a few different options that you have to get this type of coverage. For example, some Medigaps offer dental plans for an additional price. There are different levels of coverage, each costing a different monthly premium, with different levels of care. Please keep in mind that it is important to read if there is a waiting period with these plans before accessing these benefits.

Community Health Centers provide services for those with and without insurance. Most Health Centers accept Mass Health, Health Safety Net as well as private insurance. A sliding fee schedule is also available for those that are low income. If you have Health Safety Net and want to utilize the dental benefits under this program, you must use a Community Health Center for service.

Contact your local SHINE counselor for a list of Community Health Centers in your area.

There are many Colleges and Universities in Massachusetts that offer discounted dental programs. These services are provided by students at the College or University whom are being supervised by faculty. Typically, these dental services are offered at a reduced price than those of a private practice. You must contact the program directly to inquire what services are covered and at what price. If interested in getting a list of Colleges and Universities that have Dental Programs, call the Hudson Senior Center at 978-568-9638 or your town's SHINE program.

Many know about the Massachusetts Health Connector; however, did you know that the Health Connector also offers dental plans? If eligible for Medicare you aren't able to receive health benefits through the Connector, however, you are eligible to enroll into a Dental Plan. You must enroll through the Massachusetts Health Connector directly to apply for coverage. There are different companies that provide coverage such as Altus Dental and Delta Dental, and each offers different level of care for a monthly premium. The level of care varies from plan to plan, and your out of pocket expenses also vary pending the plan you choose.

If you don't want to enroll into a dental plan through the Health Connector, you can also contact these Dental Insurance companies directly to inquire what type of plans they offer that will best suit your needs. These would be private plans that you pay for directly.

As always, you can also contact your Dental Provider to inquire if they offer reduced price services or payment plans for service. It is always important to speak with your provider as well to see who they will accept for coverage.

For more information about your Dental Coverage options, contact the Hudson Senior Center and ask to speak to a SHINE counselor for more information. They can be reached at 978-568-9638.



INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:30 ÀS 3:30 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT.476



“MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD”

De 1 de Janeiro de 2022 a 31 de Março de 2022, 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-Salomao – 978-568-9638 x 476.**

DIA DE IR ÀS COMPRAS!!

O dia de ir às compras é terça-feira para todos os idosos de Hudson, independentemente de onde mora na vila a partir das 9:00 da manhã para os seguintes supermercados: Shaws, Stop & Shop ou Walmart e a partir das 10:00 da manhã para o Market Basket. Por favor telefone para 978-568-9638 no dia anterior para marcar o seu lugar.

“DAYBREAK” UM PROGRAMA SOCIAL DO SENIOR CENTER

O programa “Daybreak” é um programa social oferecido no Hudson Senior Center às quintas, no Marlboro Senior Center às quartas e no Northboro Senior Center às terças das 11:30 da manhã às 2:30 da tarde. O programa é administrado por profissionais. O programa “Daybreak” oferece um ambiente seguro, carinhoso e agradável para os seus familiares. Este programa é uma opção acessível para assistência com a pressão de cuidados diários de familiares. Uma doação de \$15.00 é usado para suplementar o programa que inclui \$3.00 para o almoço que é fornecido pelo “Baypath”. A doação é voluntária e não influencia a sua participação neste programa. Para mais informação sobre o programa “Daybreak”, telefone para- 978-568-9638 e fale com Lisa Gardner.

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

Dia 9 de Março – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.

Dia 17 de Março - Almoço “grab and go” grátis do “St. Patrick’s Day” no Intel em Hudson entre às 12:00 e 12:30 da tarde. Telefone para o Senior Center – 978-568-9638, a partir do dia 3 de Março para reservar o seu almoço. . **Limitado a 160 pessoas.**

Dia 29 de Março – Palestra grátis sobre dores de pescoço e ombros a 1:00 da tarde no Hudson Senior Center com Kevin Flaherty do “Flaherty Physical Therapy” em Hudson. Telefone para reservar o seu lugar.

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

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St. Patrick's Day Word Search

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

DUBLIN
FOUR
GOLD
GREEN
IRELAND
IRISH

LEPRECHAUN
LUCKY
MARCH
ORANGE
POTATO
RAINBOW

SAINT
SEVENTEEN
SHAMROCK
SHILLELAGH
ST PATRICK



MARCH

Monday	Tuesday	Wednesday	Thursday	Friday
28	1	2	3	4
08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Chess 01:00p Lower Back Pain 01:00p PM Bridge	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Friends Meeting 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Chess 01:00p PM Bridge	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 10:00a Self Empowered Living 12:30p Bingo 01:00p Zoom COA Brd Mting	08:00a Library 08:30a Billiards 09:00a Mindful Living 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Memory Training 10:00a Quilting 12:15p Scrabble 01:00p PM Bridge
7	8	9	10	11
08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Friends Meeting 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Chess 01:00p PM Bridge	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 10:00a Self Empowered Living 12:30p Bingo 01:00p Bergeron Advice	08:00a Library 08:30a Billiards 09:00a Mindful Living 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Memory Training 10:00a Quilting 12:15p Scrabble 12:30p Movie Day 01:00p PM Bridge
14	15	16	17	18
08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 10:00a Tech Support 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Chess 01:00p PM Bridge	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 10:00a Self Empowered Living 10:30a Genealogy 12:30p Bingo	08:00a Library 08:30a Billiards 09:00a Mindful Living 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 11:00a St Patricks grab go lunch 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Memory Training 10:00a Quilting 12:15p Scrabble 01:00p PM Bridge
21	22	23	24	25
08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Chess 01:00p PM Bridge	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 10:00a Self Empowered Living 12:30p Bingo	08:00a Library 08:30a Billiards 09:00a Mindful Living 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Memory Training 10:00a Quilting 12:15p Scrabble 12:30p Movie Day 01:00p PM Bridge
28	29	30	31	
08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Chess 01:00p Neck and Shoulder Pain 01:00p PM Bridge	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a zoom Strength training 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 12:30p Bingo	08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	