

**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



2024

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 (ext 470)
- Virginia Figueiredo, Administrative Secretary (ext.471)
- Holly Richardson, Social Service Advocate (ext 475)
- Ana Terra-Salomão, Bilingual Social Service Advocate (ext 476)
- Lennie Bowen, Full Time Bus Driver
- Jack Veo, Part-time Bus Driver
- John Wesinger, 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:

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



Legal Services for Seniors

I want to highlight a valuable resource in our community: MetroWest Legal Services (MWLS) provides advice, counsel and representation for civil (non-criminal) legal matters.

MWLS's volunteer lawyers devote a large portion of their time to working on legal issues involving seniors, including those who live in Hudson. The Senior Citizen's Legal Project of MWLS provides legal assistance to individuals 60 years and older who meet income requirements. They also offer referrals to other agencies and resources to anyone who is not eligible. Their legal services include:

- Housing matters, primarily eviction cases involving public or subsidized housing; application denials for subsidized housing; and foreclosure prevention and tenants' rights
- Public Benefits, including Social Security, Supplemental Security Income (SSI), Unemployment, MassHealth, food stamps/SNAP, Emergency Assistance to the Elderly and Disabled (EAEDC), and the Department of Transitional Assistance benefits
- Bankruptcies and consumer rights issues, including filing for Chapter 7 and Chapter 13 bankruptcies and contesting consumer debt
- Nursing Home Issues, including transfer and discharge, protecting residents' rights, and Medicaid advice
- Durable Powers of Attorney, Health Care Proxies, and Defense of Guardianships and Conservatorships
- Domestic Relations, including elder abuse and restraining orders, divorces for seniors who cannot afford private counsel, modification of divorce agreements, and contempt actions
- Community Legal Education, where attorneys provide presentations to senior groups on legal topics of particular interest to elders
- Immigration Assistance for Victims of Abuse
- Advocacy for Victims of Crime
- Through MWLS' Private Bar Involvement (PBI), local private attorneys volunteer their services to assist MWLS clients with simple wills.

MetroWest Legal Services can be reached at www.mwlegal.org or (508) 620-1830. Of course, if you have any additional questions or would like more information, please contact my office.

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.repkehogan.com and on social media at @RepKateHogan.

Upcoming Office Hours: March 8, 11 am -12 pm at the Bolton Public Library

Hello to Everyone!



Important Notice Regarding the Hudson Senior Center Facebook Page

The Official Hudson Senior Center Facebook Page is: Hudson MA Senior Center
<https://www.facebook.com/hudsoncoa/>

The up-to-date information about Senior Center activities, events, and news is provided directly from Virginia Figueiredo and Janice Long only.

Although there are other similar pages, they are **not** our Official Facebook page. These other pages serve as **fun forums** where seniors have shared **some** Hudson Senior Center events but they also share other activities within the Town of Hudson that are not related to our Senior Center. Please feel free to call the Hudson Senior Center with any questions or concerns.

Some exciting changes at our Senior Center! ☺

Last summer, we successfully installed a new ramp, thanks in part to an Earmark we received with assistance from State Representative Kate Hogan and the dedicated efforts of our wonderful DPW Department. To safeguard our new ramp from the elements, our Friend's Organization is generously covering the cost of an awning, which will enhance both functionality and aesthetics. The construction is underway and should be completed by the end of March 2024. We extend our gratitude to State Rep Hogan, our DPW Department and our Friend's Organization for their unwavering support.

~Janice



Learn how to get FREE books, audiobooks, music, movies from the Hudson Library

Tuesday, March 12th at 2pm at the Hudson Senior Center

Do you want free books, audiobooks, music, movies, or television programs without having to come to the library? Many digital materials are available to Hudson residents for free through the Hudson Public Library. Library staff will present on how to use Hoopla. Bringing your library card and device to the presentation will be helpful in setting up your Hoopla account. An email address is required to set up a Hoopla account. Call 978-568-9638 to sign up!!! You will love this!!



Neck and Shoulder Pain Presentation with Physical Therapist Kevin Flaherty on Tuesday, March 19th at 1pm

Speaker: Kevin Flaherty, Physical Therapist and Owner of Flaherty Physical Therapy in Hudson and Northborough, has over 30 years of working with a wide variety of shoulder, neck and back issues. Please call 978-568-9638 to sign up for this.



Grab and Go Meal returns Friday, March 22nd

Pick up time at the senior center is 1pm - 1:15pm

Menu is: Chicken and broccoli Alfredo with garlic roll and 2 cookies. Food will be cold with heating instructions. You can freeze or save in your refrigerator for another day. Cost is \$5 at pick up.

Signups start on Friday, March 8th. Limited to 80 people



***HAS ANYONE SEEN \$500 MILLION IN ART LYING
AROUND BOSTON? (The Isabella Stewart Gardner
Museum theft)***



**Monday, March 25th from 11:30 AM - 1PM
at the Hudson Senior Center**

An hour or so after the 1990 St. Patrick's Day ended, two men dressed as Boston cops entered the Isabella Stewart Gardner Museum, stayed for about 90 minutes, and left with 13 pieces of art. None of the priceless items have been found. Numerous suspects have been named over the years but none have been arrested. Many are now dead.

Bob Ainsworth, the author of *DUPED*, a fictional account of the robbery, will review the actual details of the theft, the suspects, and the motives behind the world's most valued art theft. He will also tell of his own brush with the infamous crime.

Join us for a lunch and learn about the Isabella Stewart Gardner Museum theft.

Cost is \$5.00 for lunch; the senior center will pay for the presentation.

Limited to 30 people.

For added fun, in April, we will offer a trip to the Isabella Stewart Gardner Museum. There is a café at the museum for lunch, on your own. More information will be in our April newsletter.



**St. Patrick's Day Luncheon at Assabet's Epicurean Room
Tuesday, March 19th at 11:30am**



Corned beef, cabbage, carrots, potatoes, Irish bread/rolls, salad and
a dessert buffet Cost to you is \$10.00

**Please come in to purchase your tickets beginning on Wednesday, March 6th
Limited to 80 people**

**What are the costs of a Funeral and how do you pre-plan for a Funeral.
Tuesday, April 16th at 12:30 pm**

Join us as **Mr. Tom Grasso from Tighe Hamilton Funeral Home**, in Hudson, will discuss the costs and options for funerals, guidelines for pre-paid funerals, how the funds are held and what the options are for pre-planning. Light refreshments will be served. Bring your questions. Please register for this presentation at the front desk or by calling 978-568-9638.



Pool League begins at home on Tuesday, March 5th at 10am.

Please see the schedule posted in the pool room for the complete schedule. Also, the billiard room will **not** be available during pool league hours. Please see calendar for league days and times.

Good Luck Team Hudson!!



Join our popular 4-week Well Being Series

❖ Mindfulness Series, 4 weeks with Lisa Campbell

Mondays 10am – 11am on March 18th, 25, April 1, and 8th

Mindfulness and meditation are incorporated into most sessions, giving participants a chance to quiet the mind and pay attention to how they feel physically and mentally. As they learn to listen to what comes up we explore connection to self, others and the importance of community. Thoughts are given a closer look as we examine how negative thoughts vs. positive thoughts affect us and learn how to engage positive thoughts and challenge the negative. We will learn concrete ways to care for ourselves physically and how that impacts our emotional wellbeing. Ultimately, participants will feel a connectedness to self, others and feel armed with the tools necessary to improve their identified areas of desired well-being.

❖ Self-Empowerment Discussion Group with Kathy Quinton

Mondays 11am-12pm on March 18th, 25, April 1, and 8th

In this group, over the course of 4-6 weeks, we explore what emotional wellness means, how we were taught to take care of ourselves early on in life until now, how that may have changed or not over time. We look at ways to care for ourselves physically, mentally/emotionally and spiritually. We create a safe space for rich discussions about what it means to give ourselves permission to listen to our own needs that arise from our internal voice rather than the expectations of others. Each participant is invited to ponder areas in their lives that could use more of their attention and tending to. We then explore and learn ways to tend to these areas with loving-kindness.

Please call the center to sign up for these great classes

Funded by ARPA (American Rescue Plan Act).



Assabet Technical High School's Tech Savvy students

are back again to answer your technology questions

Friday, March 1st & May 17th at 10:15am

Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your **iPad, 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. Call to sign up!!



Hiking/ Snow Shoe Day

Monday, March 25th at 10 am

at Wachusett Reservoir Aqueduct

Meet at the Aqueduct at 10am Go past Clinton High School and parking lot is on right and Wachusett reservoir across the street from Parking lot. Clinton High School address is 200 West Boylston Street Clinton.

Bring walking sticks and appropriate attire. If snow levels permit, anyone wishing to snowshoe may do so by wearing their own snowshoes/poles or borrowing one of the 5 sets available at the Senior Center. Others may choose to walk with their own micro spikes if desired. Please notify Virginia at the Senior Center if you plan on borrowing snowshoes/poles so Gary can have the equipment at the site. All hikers must sign a waiver before participating. Call to sign up!



AARP TAX PROGRAM

Get your Taxes Done for Free

AARP Foundation Tax-Aide will again partner with the Hudson Senior Center to offer free income tax assistance and filing. Tax-Aide volunteers are trained and IRS certified to prepare most personal income tax returns except for returns with rental income, crypto-currency exchanges, and other less common types of items. For a complete list of what we can help with and documents needed to complete a tax return, visit [//aarpfoundation.org/TaxAide](https://aarpfoundation.org/TaxAide). The volunteers work hard to make sure you get every tax credit and deduction you have earned, especially the Massachusetts Senior Circuit Breaker credit of up to almost \$2500 for eligible seniors. The program does not discriminate in any way, but is intended for low to moderate income taxpayers, with a focus on the elderly. Volunteers will offer in-person service at the Hudson Senior Center on Tuesday mornings from February 6th thru April 9th.

Appointments are required; call the Center to schedule an appointment.

AARP Foundation Tax-Aide is the nation's largest volunteer-based free tax preparation service, annually servicing over 1.25 million taxpayers who receive over \$1 billion in income tax refunds.



15-minute Legal Advice with Attorney Arthur Bergeron

Tuesday, March 12th from 9:30am-11:30am (*Phone appointments 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



Monthly Support Groups at the Senior Center

Led by Alex O'Hare, Community Social Worker for the Town of Hudson
Call the senior center today to reserve a spot with these groups.

❖ Bereavement Group

Monday, March 4th & 18th at 1pm

❖ Caregivers Support Group

Thursday, March 14th & 28th at 1pm



"VETS TALK" A program for Veterans

Thursday, March 7th, 14th & 21st at 9am

Every Thursday except the 4th Thursday of the month

Vets Talk is a group of veterans who 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.



Medical Equipment Lending Program

For seniors in need of a wheelchair, walker, shower chair, transfer bench, commode or cane. The Senior Center can provide the item on loan at no charge, based on availability.

The Senior Center also has a variety of incontinence pads/underwear that have been donated. Please call the center to check on availability 978-568-9638.

“Movie Day” at the Center

Here is the listing for the movies in March. Due to the limited space for each viewing, you must sign up by calling 978-568-9638. Come and join us at 12:30pm for the following movies:

Monday, March 11th – Brooklyn



An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

Rating: PG-13 Runtime: 1hr 52min

Monday, March 25th– The Holdovers



Set in the winter of 1970-71, the film stars Paul Giamatti as a strict classics teacher at a New England boarding school who is forced to chaperone a handful of students with nowhere to go on Christmas break. Da'Vine Joy Randolph and Dominic Sessa play the school cafeteria manager and one of the students who stays on campus.

Rating: R Runtime: 2hr 13min

Nursing/Blood Pressure Clinic on Thursdays



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

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 Springwell Elder Services.

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.



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!**

Message from the Friends...

Next Friends Meeting: Tuesday, March 12th 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.



****NEW Hudson Senior Center Trips 2024**

Tuesday, April 9th Encore Casino

Departs at 9am and returns around 4pm. Travel with your friends to New England's newest and most extravagant showcase, The Encore Boston Casino. With world class art and entertainment, Encore raises the bar! You will receive a Casino Bonus of \$20.00 Slot Play on arrival. Good luck to all!

Price: \$35.00pp

Wednesday, April 24th The Beach Boys Ultimate Tribute Show

Best of Times Travel celebrates "America's Band" with the ultimate Beach Boys tribute show featuring Still Surfin. Still Surfin has been performing the greatest hits of the Beach Boys for over 20 years. Their performances are as true to form as the originals in concert, featuring the incredible five-part harmonies of the Beach Boys, so much so you just might forget this is a tribute show. Plated luncheon at Lake Pearl in Wrentham, MA with your choice of Stuffed Breast of Chicken or Vegetarian Lasagna served with salad, potato, vegetables, breads, dessert, coffee/tea.

No refunds for cancellations received after 03/22/24.

Price: \$129.00pp

Wednesday, August 7th The Corvettes Doo Wop Revue

The Corvettes Doo Wop Revue is dedicated to preserving and performing the greatest music ever made - the music of the 1950's Doo Wop era. Their incredibly entertaining show and comical stage antics have left many a happy audience screaming for more! In the tradition of legendary Doo Wop revivalists Sha Na Na, every Corvettes show is more than a concert - it's an all out Doo Wop Celebration! Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken Piccata or Wild Mushroom Risotto served with salad, potato, vegetables, reads, dessert and coffee/tea.

No refunds for cancellations received after 07/06/24

Price: \$125.00pp

Monday, October 28th -Thursday, October 31st The Ultimate Gambling Getaway

The perfect combination of fun, excitement, luxury, and sightseeing. Enjoy incredible first-class 4-Star/4-Diamond accommodations at three amazing casino's - Windcreek Casino & Resort / Live Casino & Resort / Mohegan Sun Casino Pocono's. Our touring will include the backroads of the Penn Dutch Country, the incredible show DANIEL at Sight & Sound Theatre, Guinness Factory tour, City of Baltimore Tour, Hyde Park, NY with the Home of President Roosevelt, the Vanderbilt Mansion, and more!

Price: \$1399.00pp double/ \$1899 single

More trips to come in the next Newsletter

Informational flyers available at the senior center. All trips depart from Riverside Parking lot on Chapin Rd in Hudson. Prices NOT include bus driver gratuity.

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 -Cost: no charge**
- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am – Cost: \$10/month**
- **Yoga w/ Sharon: Wednesdays at 2:30pm – Cost: \$10/month**
- **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.

(No Class on March 14th & March 21st)

- **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 - No charge**
- **Zoom Parkinson's Class with Mike Bleecker- Tues. at 10:30-11:30am- No charge**
(No Class March 19th)

Transportation News...

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

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 be worn on the bus

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)

Wednesday, March 6th

Cold Menu: Turkey, swiss cheese, potato salad and spinach mandarin orange

Hot Menu: Hot dog, coleslaw and baked beans

Thursday, March 7th

Cold Menu: Roast beef, provolone, broccoli feta orzo salad and tossed garden salad

Hot Menu: Chicken souvlaki, buttered seasoned orzo and butternut squash

Wednesday, March 13th

Cold Menu: Roast beef, provolone, garden shell pasta salad and root vegetable salad

Hot Menu: Chicken marsala over buttered noodles and Scandinavian vegetables

Thursday, March 14th

Cold Menu: Turkey swiss cheese, squash, zucchini, red onion salad and barley raisin salad

Hot Menu: Corned beef stew and boiled parsley potatoes

Wednesday, March 20th

Cold Menu: Tuna salad, Italian pasta salad and summer squash salad

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

Thursday, March 21st

Cold Menu: Roast beef, provolone, broccoli slaw and garden shell pasta salad

Hot Menu: Fish w/ newburg sauce, herbed rice and brussel sprouts

Wednesday, March 27th

Cold Menu: California chicken salad, balsamic pasta salad and cole slaw

Hot Menu: Pot roast beef burgundy, mashed potatoes and zucchini

Thursday, March 28th

Cold Menu: Roast beef, provolone, orzo vegetable salad and carrot pineapple salad

Hot Menu: Stuffed shells w/tomato sauce, chicken meatball and cauliflower florets

Suggested Voluntary Donation of \$3
Menu is subject to change



Genealogy Family Research with Charles Corley at the Senior Center



Wednesday, March 20th at 10:30am

Genealogy group is open to everyone who is interested in researching their ancestry.

Beginners welcome. See you there!

Creative Groups

Craft Group

Mondays 12:00-3:00pm

Do you have an unfinished craft project that you would like to see completed? Bring it with you and work on it in a creative environment with a lot of laughter thrown in.

2nd Floor - Craft Room

Knit & Crochet Group

Wednesdays 9:30am

These ladies work wonders with all kinds of yarn. Come share your talent and ideas with them.

2nd Floor - Craft Room

Memoir Group

1st Friday of the Month from 1-3pm

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

Open Painting Studio

Tuesdays 10:00-12:00pm

No teacher, but creative artists, willing to support others and work in different mediums of painting.

2nd Floor - Craft Room

Silver Threads Quilting Group

Thursdays and Fridays 10:00am

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

2nd Floor - Craft Room

Senior Center Lending Library

Donations made to our Library are appreciated with Copyright date no earlier than 2015.

Group Activities

Bingo



Wednesdays 12:30pm

Bridge

Fridays 12:30- 3pm

Chess

Tuesdays 1:00pm

Cribbage

Monday – Friday 8:30-11:30am

Mah Jong

Mondays & Thursdays 12:00pm-3pm

Billiard Room

Monday – Friday 8:30-3:30pm

2 tables available



Scrabble

Fridays 12:15pm



Gift Shoppe

**Open: Mondays, Thursdays & Fridays
9:30am - 12:30pm**

Wednesdays 10am-1pm

- Looking for Crafts and Handmade items for the Gift Shoppe.

**Please Stop by and see the new changes
being made to the Gift Shop!**

OUTREACH

HOLLY RICHARDSON

Medicare Advantage OEP:

This is the last month of the Medicare Advantage Open Enrollment Period. The 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). During this period of time, you can switch to another Medicare Advantage plan (with or without drug coverage), you can leave your Medicare Advantage plan and join original Medicare (with or without supplement) and receive a coordinating Part D special enrollment. Your current plan is cancelled with enrollment into your new plan. Again, this enrollment period ends March 31, so don't delay if you need to discuss your coverage or need to switch your Medicare Advantage Plan.

SMOC: Fuel Assistance

Unfortunately, as many of you know, the SMOC Fuel Assistance Program continues to be behind in processing and approving applications. If you have not received your application in the mail call us ASAP. We can assist in contacting SMOC to resend the application via email or regular mail. Don't hesitate to call! The heating season only lasts until the end of April, 2024. We want to make sure your application is submitted in a timely fashion to be processed. Presently it is taking SMOC 12+ weeks to approve applications. We are aware that many people have applied back in October/November and still waiting for approval. This can be very frustrating. If you receive a shutoff notice, or have less than 1/8 of a tank of oil, let us know so we can try to get it processed as an emergency. Please note even emergency applications can take a few days or longer to be processed. If you would like to check the status of your application at SMOC, call the automated line and follow the prompts, and it will give updates on the status of your application. The number is 508-620-1230

SNAP:

SNAP stands for Supplemental Nutrition Assistance Program. This is an income-based program to assist with the cost of food. The DTA (Department of Transitional Assistance) is the agency that processes these applications. When applying, they take into consideration some of your expenses. The expenses they allow you to account for are housing and utility costs, dependent care costs, as well as medical and dental expenses. You need to provide proof of all of these expenses, it can only help! Even if you are only eligible for the minimum benefit, it's still assistance that can help you pay for a few basic food supplies. You can apply for this benefit at **any time**, there are no enrollment restrictions.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUNDAS ÀS 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 2024 a 31 de Março de 2024, 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.**

PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as despesas de aquecimento? O programa do “SMOC” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2023 até o dia 30 de Abril de 2024. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$45,392
2	\$59,359

DATAS IMPORTANTES

Dias 6, 13, 20 e 27 de Março - Grupo de croché às 9:30 da manhã. Venha fazer croché com um grupo alegre.

Dia 12 de Março – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.

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

Dia 19 de Março – Almoço de “St. Patrick’s Day” às 11:30 da manhã no Liceu do “Assabet Valley” em Marlboro, MA. O custo é \$10.00 por pessoa. Telefone para os Senior Center, 978-568-9638 a partir do dia **6 de Março** para reservar os seu almoco. **Limitado a 80 pessoas.**

Dia 19 de Março – Palestra grátis com Kevin Flaherty de Flaherty Physical Therapy sobre dores pescoço e ombros no Hudson Senior Center a 1:00 da tarde. Telefone para 978-568-9638 para reservar o seu lugar.

Dia 22 de Março – Almoço “Grab and Go” a 1:00 da tarde no Senior Center. Telefone para 978-568-9638 a partir do dia **8 de Março** para reservar o seu lugar. O custo é \$5.00 por pessoa. **Limitado a 80 pessoas.**

Dia 12 de Abril – Passeio ao “Encore Casino” em Everett. O passeio é das 9:00 da manhã as 4:00 da tarde.

O custo é \$35.00 por pessoa. Telefone para o Senior Center 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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DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

ACCORDION

BALLAD

BANJO

BODHRÁN

BOUZOUKI

CELTIC

CLANCY BROTHERS

CONCERTINA

FIDDLE

Traditional Irish Folk Music

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

FOLK

GAELIC

HARP

IRELAND

IRISH

ISOMETRIC

JIG

LAMENT

LILTING

LOW WHISTLE

MUSIC

ORNAMENTATION

THE CHIEFTAINS

THE DUBLINERS

TIN WHISTLE

TRADITIONAL

UILLEANN PIPES



Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 10:00a Beginners Line Dancing 10:00a Tech Support 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 01:00p Memoir Workshop</p>
<p>4</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Chair Pilates 09:30a Gift Shop 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group</p>	<p>5</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Billiards League 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess</p>	<p>6</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mting 02:30p PM Yoga</p>	<p>7</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>8</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge</p>
<p>11</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Chair Pilates 09:30a Gift Shop 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day</p>	<p>12</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 09:30a Bergeron Advice 09:30a Friends Meeting 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess 02:00p Library Presentation</p>	<p>13</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>14</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a Blood Pressure 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support</p>	<p>15</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge</p>
<p>18</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Chair Pilates 09:30a Gift Shop 09:30a Zoom Chair Pilates 10:00a Mindful Living 11:00a Self Empowered Living 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group</p>	<p>19</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 11:30a St Patricks Lunch 01:00p Chess 01:00p Neck and Shoulder Pain</p>	<p>20</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>21</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong</p>	<p>22</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 01:00p Grab and Go Meal</p>
<p>25</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Chair Pilates 09:30a Gift Shop 09:30a Zoom Chair Pilates 10:00a Hiking Trip 10:00a Mindful Living 11:00a Self Empowered Living 11:30a Museum Theft 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day</p>	<p>26</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess</p>	<p>27</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>28</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</p>	<p>29</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge</p>