

**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



2019



**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** and **SNAP** (Supplemental Nutritional Assistance Program).
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** For BayPath Elder Services (Hudson's Aging Service Access Point) and for private homecare agencies
- **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, Bus Driver
- Walter Correia, Part-time Bus Driver

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 Center.

Social Activities

Line Dancing, AM Fitness, PM Fitness, Yoga, Tai Chi, Stress Reduction Class, Parkinson's Exercise, Chair Pilates, Walking Club, Bingo, Quilting, Knit and Crochet, Painting class, Bridge, Billiards, Mahjong, Specialty luncheons, Educational programs, Lending Library, Cribbage, Chess, Day and Overnight Trips, Gift Shop, Friday's Music Jam, and Morning coffee.

Members of the Council on Aging Board

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

Meetings:

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

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

*Partial Funding from Executive Office of Elder Affairs
Postage Paid by the "Friends of the Hudson Senior Center, Inc."*



The big picture of senior health in Hudson

The snow has finally melted, leaves are on the trees and soon, the apple blossoms will be blooming. Spring is here! If you are like me, the arrival of spring can also mean a renewed commitment to healthier living. There is something about the warmer weather and longer days that makes me revisit the resolutions I set for myself back in January.

That is why this month's focus is your health – and how the big picture of where you live and work might impact it. When you think of your health, I doubt your first thought is affordable housing or transportation; you might think of these as infrastructure priorities for our towns and state rather than factors influencing your well-being.

However, more and more research suggests just that: societal factors have a significant impact on your health. Factors like whether or not you can count on the transportation that takes you to the grocery store or have access to a support system. The Massachusetts Department of Public Health and other senior health stakeholders refer to these factors as “social determinants of health” – and they stress just how critical they are to senior health and wellness.

Even if you have not heard of this idea before, I bet it resonates with you. Our health improves when we are connected to transit and community, when we feel safe in our housing, and know where our next nutritious meal is coming from. To me, this essential shift in thinking is about how our environments make it easier, or harder, for us to live our healthiest lives. It is about making equity a part of the conversation on senior health.

As a town, region, and state, we have already made big strides in thinking about senior health from a preventative lens and promoting communities in which residents of all ages can thrive. Thanks to the tremendous outreach of the Hudson Council on Aging and BayPath Elder Services, Hudson is already a leader in advocating for this more comprehensive vision of senior health. I will be highlighting some of their programs below.

With the current legislative session underway, I want to stress just how vital this conversation is to my leadership. Every resident deserves an equal opportunity for health. Our work together as allies for equity, opportunity, and community matters to the big picture of senior health in Hudson.

Resources for healthier living in Hudson:

- **Stress Reduction:** Tap into your community, learn key stress-management skills, and have some fun by attending a Stress Reduction class at the Hudson Senior Center. The classes take place every Tuesday morning at 9:30. To learn more, call the Senior Center at (978) 568-9638.
- **Hudson Senior Center Bus:** The Senior Center provides transportation to Hudson senior residents between Hudson and Marlboro. To schedule a ride, call (978) 568-9638 at least twenty-four hours in advance.

Rep. Hogan's Office Hours

- **Bolton Office Hours** will be held on Thursday, May 16th from 6 to 7 p.m. at the Bolton Public Library, 738 Main Street, Bolton
- **Stow Office Hours** will be held on Thursday, June 6th from 6 to 7 p.m. at the Randall Public Library, 19 Crescent Street, Stow

If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, her staff is available in the District Office at Maynard Town Hall, 195 Main Street, on Mondays from 10 a.m. to 3 p.m. (*Closed Holiday Mondays*)

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



Early Dinner on Thursday May 16th at 4:30 pm

Dinner will be: rolls and butter, Caesar salad, Shepard's pie and chocolate mousse cups for dessert. Cost is \$5.00

We will also introduce our newly purchased Word Play Wheel of Fortune Parody game from Game Show Mania. The game will be projected on our 80" screen as well as our 2 flat screen TV's in the Great Room. Diane Durand will be our game show hostess and I guarantee this will be fun. So if you like Wheel of Fortune, you won't want to miss this! You must sign up for this! ***Signups start Friday, May 3rd***



Feeling Dizzy? Experiencing Vertigo?

Join us on Tuesday, June 18th; 10:30am-11:30am for a special Vestibular Presentation



Jenna Enrico, PT with Nashoba Nursing Service and Hospice will come to the Hudson Senior Center to present on the vestibular system. The program will include what and where the Vestibular System is (anatomy and physiology), why it's important, possible problems that may occur (diagnoses), potential treatments and who to seek out for care and/or treatment. The presentation will also include why the Vestibular System isn't always to blame if you're dizzy. Handouts and light refreshments provided. **You must sign up for this FREE presentation!**

Father's Day Luncheon at the Hudson Senior Center

Tuesday, June 4th at 11:30am cost is \$10.00



Tossed salad, potato salad, steak tips, grilled marinated chicken, assorted roasted/grilled vegetables and chocolate mousse cups.

Tickets on sale beginning Wednesday, May 8th



**Join us on Wed. May 15th 10am -11am
For the First Annual Massachusetts
Malnutrition Awareness Presentation**

Good nutrition helps support a healthy & active lifestyle, improves health outcomes and quality of life, as well as reduces healthcare costs. In stark contrast, malnutrition is associated with poor health outcomes, frailty and disability. Malnutrition is pervasive in hospitalized patients and older adults; **nearly 50% of older adults are at risk for malnutrition!**

During the information session we will discuss what malnutrition is and how you can help prevent it. Afterwards there will be an opportunity for you to be screened for malnutrition (brief questionnaire) as well as grab some additional handouts, snacks, and coupons. **Please sign up for this FREE and informative presentation.**



**Coming in June.... A presentation on "What is CBD OIL"
date and time to be announced in June's newsletter!**

A Special Thank You....



I would like to thank Assabet Vocational Technical High School for another year of outstanding support. The Culinary Arts Department has provided many special event meals throughout the year for our center. This is a wonderful program. Students learn how to prepare meals for large groups, set up and serve. We all enjoy the students and appreciate their hard work and professionalism.

We also would like to thank the Computer Programming & Web Development Department at Assabet for helping seniors better utilize their cell phones, laptops and tablets. Students helped seniors transition from iphones to androids and vice/versa, use and manage apps, emails and Facebook. The students arrive with shirts and ties and are very helpful and respectful to all seniors. We are very grateful for their knowledge and expertise. This has been a great program for seniors and students.



Sign up for your Senior Charlie Card with the MWRTA

Tuesday, June 11th at 10:00 a.m.-12:00 p.m.



Seniors (65+) receive a significant fare discount with a Senior Charlie Card. Representatives from the MetroWest Regional Transit Authority (MWRTA) will be issuing Senior Charlie cards as well as providing a short presentation on the MWRTA fixed route bus system, specifically the Hudson Route 15.

IMPORTANT: Please pre-register for this event by calling 978-568-9638.

To expedite your Charlie Card, Representatives from the MWRTA are requesting that you complete a simple form that we will have at the Senior Center front desk by Friday, May 31st. Then when you attend the program on June 11th you will just need your photo taken and sign for your new Charlie Card. Please be sure to bring proof of age such as a Driver's License, State I.D., or Passport to the event. Walk-ins are also welcome.

Joy of Oil painting with Jane

Starting Tuesday May 7th 1:00pm – 2:30pm



Classes start Tuesday, May 7th at 1:00-2:30 and continues every Tuesday throughout May and June. We will explore nature through projects and photos- yours or mine, and go outside "en plain air" when it's warm. Bring your supplies and join the group in the Hudson Senior Center art room. Cost \$10.00 per class direct to Jane Harrington (508)624-4980

Celebrate *Mother's Day*

By joining us for a special luncheon at the
Hudson Portuguese Club

Thursday, May 9th at 12:00pm

Cost is \$10.00 pp



Lunch will be Chicken Parmigiana with pasta, salad, garlic bread, coffee and a surprise dessert from Christopher Heights Assisted Living in Marlborough.

Adventure Club

In an effort to provide more activities for our active seniors we are looking into starting an Adventure Club that could include hiking at various locations such as Quaubin Reservoir, state parks, etc.. or rafting, sailing and more. Enjoy your retirement with activity and socialization. Please sign up for a meeting with Janice Long on **Tuesday, May 28th at 10:00am** to discuss Adventure Club options and program ideas over coffee, bagels, pastry and fruit! Hope to see you!



Bye for now.....Janice ☺



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.

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 ÀS SEXTAS DAS 9:00 ÀS 3:00 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 19

WORKSHOP GRÁTIS COM REFRESCOS EM PORTUGUÊS COM DR. PELTO SOBRE QUAL SAPATO É MELHOR PARA VOCÊ DIA 13 de MAIO às 11:00 da manhã

Você tem diabetes? Você tem pé chato ou largo? Qual sapato é melhor para você? Venha participar neste workshop grátis em Português com Dr. Peltó no dia 13 de Maio às 11:00 da manhã no Senior Center. O Dr. Peltó vai dar dicas sobre como comprar sapatos certos para vossa situação. Telefone para Ana Terra-Salomão – 978-568-9638 x 19- antes do dia 10 de Maio para reservar o seu lugar.

PROGRAMA DA SEGURANÇA SOCIAL PARA AJUDAR COM O CUSTO DE MEDICAMENTOS DE RECEITA MÉDICA CHAMADO “LOW INCOME SUBSIDY (LIS)”

O programa ajuda com os prémios mensais do seguro para medicamentos “Part D” e com os custos dos medicamentos. A ajuda é baseada rendimento e bens da pessoa. Os limites máximos são os seguintes:

| Pessoa Solteira | | Casal | |
|-----------------|--------------------------|-----------------|----------|
| Rendimento | Bens | Rendimentos | Bens |
| 135% FPL | \$1,405 por mês\$ 9,230 | \$1,902 por mês | \$14,600 |
| 150% FPL | \$1,561 por mês\$ 14,390 | \$2,114 por mês | \$28,720 |

Para obter mais informações sobre este programa telefone para o Senior Center e fale com Ana Terra-Salomão - 978-568-9638 x 19.

DATAS IMPORTANTES

Dias 6, 13 e 20 de Maio – Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

Dia 8 de Maio – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.

Dia 9 de Maio – Almoço do Dia da Mãe no Clube Português de Hudson às 12:00 da tarde. O custo é \$10.00 por pessoa. Os bilhetes estarão a venda no Senior Center.

Dia 14 de Maio – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 16 de Maio – Jantar no Senior Center às 4:30 da tarde. O menu é “Shepard’s Pie”, salada, pão e manteiga e sobremesa. O custo é \$5.00 por pessoa. **Limitado a 50 pessoas.** Bilhetes a venda no Senior Center a partir do dia 3 de Maio.

Dia 27 de Maio – **O Senior Center estará fechado devido ao feriado de “Memorial Day”.**

Dia 4 de Junho – Almoço do Dia dos Pais às 11:30 da manhã no Senior Center. O custo é \$10.00 por pessoa. Os bilhetes estarão a venda a partir do dia 8 de Maio. **Limitado a 70 pessoas.**

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



“Mobile Library” at the Center **Monday, May 13th at 10am**



Look for our “Mobile Library” every second Monday of the 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, May 9th & 23rd 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.



Assabet Technical High School's Tech Savvy students are back to answer your technology questions Wednesday, June 5th at 10am

Mr. Steven Pleau, Assabet's Computer Programming & Web Development Teacher and his top tech savvy students will help you with your **Ipads, Cell phones and Tablets**. Please bring your devices and learn from the experts how to transition from iPhones to Androids and vice/versa, use and manage apps, emails, Facebook and more. **Call 978-568-9638 to sign up**



Assabet Valley Camera Club

Creating Fine Art Photography from Historic Sights and Rusty Things



On Wednesday, May 1, the Assabet Valley Camera Club (AVCC) is pleased to host Lisa Cuchara who is well-known throughout the Greater New England area for her expertise in photography both behind the lens and in the digital darkroom. She will present a program that brings out the beauty and drama of rusty things and historic places. Equipment and techniques used to create fine art photographs of these subjects will be discussed.

Lisa with her husband Tom has authored several books on photography. They conduct on-location photo tours and workshops as well as in-camera classes and post-processing instruction. More information about them can be found at **www.lisaandtomphotography.com**.

"Creating Fine Art Photography from Historic Sights and Rusty Things" is supported in part by a grant from the Hudson Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

The presentation is free and open to the general public. AVCC welcomes anyone interested in learning more about photography as a visual art and its practical application as a science. Meetings are held at 7:30 PM on the first and third Wednesday of each month from now through early June in the Great Room at the Hudson Senior Center, 29 Church Street. For more information check out the AVCC website at **assabetvalleycc.com** or contact John Gill, club President, at 978-293-5192.



Legal Clinics with Arthur Bergeron

Tuesday, May 14th 1-2 pm

Topic 2: Elder Law for Singles - Estate planning is not just for couples! Everyone should have an estate plan in place to protect you and your assets should you become frail, incapable of caring for yourself, or to simplify things should you pass away. Elder Law Attorney Arthur Bergeron will discuss best estate planning practices for singles.

*****You must sign up for this clinic*****



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*

SICK? CALL YOUR DOCTOR – THEN CALL YOUR LAWYER

This past month two different people called (neither of them were an existing client) with the same story. Each one had a relative close to death and wanted to know if there was anything that should be done. In each case, it turned out there would need to be probate of the dying person's estate unless some immediate steps were taken. In one case, we had time to restructure things. In the other case, we did not. In both cases, the sick person died within days.

In both cases, the dying person owned real estate in his individual name and the property was ultimately going to his relatives.

"Alan" wished for his property to go to his children. In Alan's case, he had previously executed a Durable Power of Attorney giving someone he trusted the ability to handle his financial affairs. Therefore, we were able to have the person Alan had named in the Power of Attorney (referred to as the "agent") execute a deed on Alan's behalf, transferring a so-called "remainder interest" in the property to Alan's children, but retaining a "life estate" for Alan himself. As a result:

- Upon Alan's death two days later, his life estate ended, leaving his children as owners of the property without needing to go through the time and expense of the probate process.
- For capital gains tax purposes, because Alan had kept the life estate, he was still the owner of the property at death, so the tax "basis" of the property increased to the date-of-death value, effectively allowing the property to be sold after Alan's death free of capital gains tax, just as would have happened if he had not made the transfer.

"Bob" wished for his property to go to his parents. Bob had not executed a Power of Attorney. At this point, it was not even clear whether Bob would be lucid enough to sign one. Bob passed away before we got the chance to try. The property's tax basis will still receive a step up and his parents will still receive the real estate and the bank account that was in his sole name, but only after the family has hired a lawyer to go through the probate process, and pay legal fees and court costs, and only after waiting a year to see if any of the decedent's creditors file a claim against the probate estate.

There are two morals to this story. First, ALWAYS have a Durable Power of Attorney. Second, if someone gets sick (and before they get very sick), call your lawyer to see if you need to do anything. It's always too early, until it's too late. If you need more information on this, you can contact me at (508) 860-1470 or abergeron@mirickoconnell.com. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube Channel, www.youtube.com/elderlawfrankmary and find more in-depth commentary on legal issues on Mirick O'Connell's Trusts and Estates blog, "Getting All Your 'Docs' in a Row."

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

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

- Northboro Senior Center 119 Bearfoot Road **Tuesdays 11:30am-2:30pm.**
- Marlboro Senior Center 40 New Street **Wednesdays 11:30am-2:30pm.**
- Hudson Senior Center 29 Church Street **Thursdays 11:30am-2:30pm.**

Support for this project provided in part by the MetroWest Health Foundation.

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



Hudson Senior Center Gift Shoppe Hours

Tuesdays 9:30am until 11:30am
Wednesdays 9:30am until 12:30pm
Thursdays 9:30am until 12:30pm



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!

Come join us on
Mondays and Wednesdays!
Games start at 12:30pm



Genealogy Family Research with Charles Corley *Wednesday, May 15th 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 11:30am -1pm
in the craft room.



Joy of Oil Painting: Tuesdays at 1:00pm - 2:30pm

Water Color Class:

Wednesdays 10 am to 12 noon on the 2nd floor
in the Craft Room.

Cost: \$6.00 per class paid directly
to the instructor



In Memory Of...



The Hudson Senior Center is appreciative of Donations made on behalf of Owen Kilcommins, Margaret Sullivan Goodwin and Florence Crespi Shanley. Our thoughts and prayers are with their family and friends.



Assabet Valley Camera Club

Please visit their website

www.assabetvalleycc.com

1st & 3rd Wednesday of the Month

Stress Reduction with

Qigong Class

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

Sign up at the front desk

FRIENDS MEETING ~ Tuesday, May 7th at 9:30am

Tuesday is "Movie Day" at the Center

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



May 7th - On The Basis of Sex



Young wife, mother and lawyer Ruth Bader Ginsburg battles the U.S. Supreme Court for gender equality and women's rights. She works with the American Civil Liberties Union to argue cases on behalf of both men and women, demonstrating that discrimination "on the basis of sex" is unconstitutional. Her trailblazing work paved the way for her to become a beloved Supreme Court Justice.

Rating: PG Runtime: 2hrs

May 21st - The Favourite



The friendship between the failing Queen Anne and her close friend Lady Sarah Churchill is threatened by the arrival of ambitious servant Abigail Masham, who slowly endears herself to the Queen, at Sarah's expense. Bitter resentment ensues, culminating in a behind-the-scenes rivalry between Abigail and Sarah as to who will become the Queen's court favorite.

Rating: R Runtime: 2hr

May 28th - The Upside



Two mischievous New Yorkers from opposite backgrounds bond as an ex-con is hired to be the caretaker for an affluent quadriplegic. The pair form an unlikely friendship while they show each other how to live life to the fullest in this winning dramedy.

Rating: PG-13 Runtime: 2hr 6min



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 2009.**

A special thank you to all of the volunteers

Check out our new Large Print section!

Pool Room is Open!

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

Open play except on Monday & Wednesday
from 10am-12pm for the Senior Pool League.

****Looking for Pool players for the Team
Hudson~ please contact Janice ****

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, June 10th, 2018

starting at 9am.

Please call for an appointment at
978-568-9638

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

If you would like to learn how to quilt or if you are a seasoned quilter, join the Hudson Silver Threads. They are a wonderful group of women who are fun, warm and friendly.



Fiscal year 2019 Fitness Programs

AM Fitness 3 Mornings a week Cost: \$12/month for all 3 classes

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

PM Fitness 3 Evenings a week Cost: \$12/month for all 3 classes

- Mon evenings 4:30pm Cardio and Weights
- Tues evenings 4:30pm stretch
- Thurs evenings 4:30pm-Cardio and Weights

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 mornings 5pm. 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: 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. **No Zumba on May 16th & 23rd **

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 on May 2nd & 7th **

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 : 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 2019

Sunday, May 19th The Edwards Twins with a Sunday Brunch **wait list only**

Direct from Las Vegas spend an afternoon with world famous Impersonators, The Edwards Twins. All of your favorite legendary superstars come alive in this extraordinary show. Sonny & Cher, Billy Joel, Elton John, Celine Dion, Tom Jones, Neil Diamond and many many many more! You will also enjoy a Sunday Brunch and the show at Lake Pearl in Wrentham, MA.

Price: \$92.00pp

Tuesday, July 16th Newport Playhouse Lobsterfest: “Funny Money”

Enjoy a funny play, a fun-filled cabaret and a buffet including 1 1/4 lb. 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 also includes transportation and gratuity!**

Price: \$101.00pp

Tuesday, August 27th Diamond’s & Pearls Cash & Kings

The Ultimate tribute show from the renowned shipboard duo Jose and Patti, who have been wowing audiences worldwide with their vibrant performances. Jose and Patti’s show is a Neil Diamond tribute with some Janis Joplin, Carole King, and Johnny Cash mixed in. Choice of stuffed breast of chicken or baked schrod and also includes salad, potato, vegetables, breads, dessert, coffee/tea.

Price: \$92.00pp

October 3rd & 4th The Common Man – New Hampshire 1 night Getaway

Roundtrip transportation, 1 night lodging at the Common Man Inn & Spa in Plymouth, NH, 3 meals (1 lunch, 1 dinner & 1 breakfast), Vineyard tour and wine tasting, tour of Canterbury Shaker Village, Train Ride on the Hobo Railroad, Gondola ride to the top of Loon Mountain and a tour director!

Price: \$349pp double \$449 pp for single

Informational Flyers available at the front desk



America’s Music Cities featuring New Orleans, Memphis & Nashville October 6 -13, 2019

8 Days ~ 10 Meals: 7 Breakfasts and 3 Dinners

Trip Highlights: French Quarter, Choice of French Quarter walking Tour of Panoramic coach tour of New Orleans, Swamp tour, Mardi Gras world, Jazz Revue, Graceland, West Delta Heritage Center, grand Ole opry show, Ryman Auditorium, Country Music Hall of Fame, Historic RCA Studio B and Whiskey Distillery.

Transportation News...

Do not forget about 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!

Cold Menu May 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------|--------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------------------------------------------------|
| | | 1-May | 2-May | 3-May |
| | | Sliced Ham Wild Rice Salad Carrot & Raisin Salad | Roast Beef Roasted Potato Salad Chick Pea & Cilantro Salad | Chef's Salad Macaroni Salad Applesauce Cup |
| 6-May | 7-May | 8-May | 9-May | 10-May |
| Tortellini & Turkey Salad Beet & Onion Salad Roasted Vegetables | Ranch Chicken Pasta Salad Roman Blend Veg Salad | Sliced Turkey Breast Quinoa w/Roasted Veggies Mandarin Oranges | Tuna Salad Israeli Cous Cous Salad Cole Slaw | Turkey Apple Salad New Pasta Salad Roasted Vegetables |
| 13-May | 14-May | 15-May | 16-May | 17-May |
| Chef's Salad Mediterranean Rice Salad Beet Salad | Turkey Cranberry Salad Potato Salad Cucumber Salad | Mixed Greens w/Salmon Quinoa w/Roasted Veggies Pineapple | Cilantro Chicken Corn & Black Bean Salad Broccoli Salad | Ham Salad Orzo & Spinach Salad Roman Blend Veg Salad |
| 20-May | 21-May | 22-May | 23-May | 24-May |
| Egg Salad Orzo & Spinach Salad Beet Salad | Chicken Caesar Salad Pasta Salad Sesame Cucumber Salad | Roast Beef Roasted Potato Salad Chick Pea & Cilantro Salad | Chef's Salad Mediterranean Rice Salad Beet Salad | Chicken Breast/Red Pepper Pesto Macaroni Salad 3 Bean Salad |
| 27-May | 28-May | 29-May | 30-May | 31-May |
| Holiday No Meals | Sliced Turkey Breast Quinoa w/Roasted Veggies Cucumber Salad | Ranch Chicken Pasta Salad Roman Blend Veg Salad | Cheese Omelet Hash Brown Peaches | Tortellini & Turkey Salad Beet & Onion Salad Roasted Vegetables |

Message from the Friends...

Next Friends Meeting: Tuesday, May 7th at 9:30am

DINING FOR A CAUSE

The Ninety Nine Restaurants
Invites You to a
Fundraiser to Benefit:

Friends of Hudson Senior Center

| | |
|----------------------|-------------------------------------------------------------------|
| Date: | Wed, June 12 |
| Time: | 5:00pm - 9:00pm |
| Location: | Ninety Nine Restaurants 255 Washington St Hudson, MA, 01749 |
| Add custom text here | |

Present the voucher below at this fundraiser and the Ninety Nine Restaurants will donate 15%* of your Guest check to the organization.

clip this voucher

DINING FOR A CAUSE

BENEFITING: Friends of Hudson Senior Center

DATE: 6/12 Wed **TIME:** 5pm-9pm

LOCATION: Ninety Nine Restaurants
255 Washington St, Hudson, MA 01749



Coupons, discounts and promotions including "Kids Eat Free" will not be accepted during the fundraiser. Present this voucher to your server when seated as this is required for the organization to receive credit for the sale. *Donation is 15% of sales (excludes tax and gratuity). Only valid on date, time and location stated above.

FRIENDS NEED FRIENDS

The Friends of the Hudson Senior Center is a nonprofit organization that raises funds to provide items and activities for the Senior Center and Hudson Seniors beyond what is provided by the Town of Hudson. The Friends of the Hudson Senior Center is reaching out to Hudson and surrounding area residents to garner new participation and involvement at our monthly meetings. There is no age requirement to be a Friend of Hudson Seniors and the present Friends members are great! We are looking for new ideas to improve our annual fair, fundraisers and fun activities at our beautifully renovated center. Meetings last less than an hour and commitments are not time consuming on a long-term basis.

Please consider attending a meeting to see what we're all about. Meetings are held on the second Tuesday of the month at 9:30am at the Hudson Senior Center.

Jackie Kapopoulos
President
Friends of the Hudson Senior Center

Save the Date....

FRIEND'S ANNUAL COOKOUT

Friday, July 12th 11:00am till 2:00pm at the
Marlborough Fish and Game Club
1 Muddy Ln, Marlborough, MA 01752



The Fish and Game is a very nice facility with a beautiful pavilion. To help the Friends with the cost of food, tickets will be \$3.00 each. No limit on the number of tickets purchased! Hot dogs, hamburgers, potato salad, beans, ice cream and of course...entertainment.

What is REquipment?



REquipment is a statewide, medical equipment reuse program that collects gently used durable medical equipment, repairs and cleans it and reassigns it to people in need at no cost. An inventory of available items such as manual and power wheelchairs, scooters, shower chairs, tub seats, rollers and standers, rollator walkers, sling lifts and more is available at www.dmeREquipment.org or call 1-800-261-9841 (toll free). Please call the center before dropping off any equipment. Presently we are not accepting walkers as we have too many. We are accepting LIGHT WEIGHT wheelchairs, NOT heavy ones. If you have equipment we cannot accept try calling REquipment at the number above. Thank you!

What's Going on...

- **Movie Day:** Tuesday, May 7th, 21st & 28th at 12:30pm
- **Atty Bergeron Advice:** Wed. May 8th by appt. only
- **Mother's Day:** at the Portuguese Club Thurs, May 9th at Noon
- **Vets Talk:** Thursday, May 9th & 23rd at 9am
- **Hudson Mobile Library:** Mon, May 13th at 10am
- **Friends Meeting:** Tuesday, May 7th at 9:30am
- **Hearing Clinic:** Tues. May 14th at 9:30am by appt only
- **Elder Law for Singles:** Tuesday, May 14th at 1pm
- **Genealogy :** Wednesday, May 15th at 10:30am
- **Malnutrition Presentation:** Wednesday, May 16th at 10am
- **Early Dinner:** Thurs, May 16th at 4:30pm
- **Father's Day Luncheon:** Tuesday, June 4th at 11:30am
- **Tech Savvy:** Wednesday, June 5th at 10am
- **Podiatrist:** Monday, June 10th by appt only
- **Charlie Card Sign ups:** Tuesday, June 11th at 10am
- **Dining for a Cause Fundraiser at the 99:** Wed, June 12th
- **Vestibular Presentation:** Tuesday, June 18th at 10:30am
- **Cribbage:** Every Day except Thursday.
- **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:** Mondays and Thurs. at the center 12pm to 3:15pm
- **Bridge:** Every Tues. 9:30am and Friday at 12:30pm
- **PM Fitness Classes:** Mon. Tues & Thurs. 4:30 pm
- **Stress Reduction with Qigong:** Tues. at 9:30 to 10:30
- **Open Studio for Painting:** Tuesdays at 10am
- **Gift Shoppe:** OPEN Tues 9:30-11:30 and 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 8:00am
- **Walking Club:** Every Wednesday meet at 9:00am
- **Flex and Tone:** Wednesdays at 9:30am
- **Water Color Class:** Wednesdays at 10am
- **Chair Yoga:** Wednesdays at 2pm
- **Blood Pressure:** Thursdays 9:30am - 11:00am
- **Tai Chi:** Thursday at 9:30am
- **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:** First and third Wed. of every 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, May 8th
1pm-3pm~by appointment only



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, May 14th

starting at 9:30am
With Michael Drennan from Rogers
Hearing Solutions
Call 978-568-9638 for an appointment

Hudson Senior Center

May 2019

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| 28 | 29 | 30 | 1 | 2 | 3 | 4 |
| | | | 08:00a Billiards 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Yoga 09:00a Walking Club 09:30a Flex & Tone 09:30a Gift Shop 09:45a Billiards League 10:00a Water Color Class 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mting 02:00p Chair Yoga 05:30p PM Yoga 07:00p Camera Club | 08:00a Billiards 08:00a Bread and Pastry 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:30a Blood Pressure 09:30a Gift Shop 10:00a Food Shopping 10:00a Quilting 11:00a AM Zumba 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 04:30p PM Fitness | 08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a Stretch break 10:00a Quilting 11:15a Chair Pilates 11:30a Lunch at Center 11:30a Music Jam 12:15p Scrabble 12:30p PM Bridge | |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| | 08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:30a Knit and crochet 09:30a Mon. Chair Pilates 10:00a Line Dancing 11:30a Lunch at Center 12:00p Mah Jong 12:30p Bingo 04:30p PM Fitness 06:15p Beg. Dup. Bridge PM | 08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:30a Bridge 09:30a Friends Meeting 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Food Shopping 11:30a Lunch at Center 11:30a Open Paint Studio 12:30p Movie Day 01:00p Chess 01:00p Joy of Oil 04:30p PM Fitness | 08:00a Billiards 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Yoga 09:00a Walking Club 09:30a Flex & Tone 09:30a Gift Shop 09:45a Billiards League 10:00a Water Color Class 11:30a Lunch at Center 12:30p Bingo 01:30p Bergeron Advice 02:00p Chair Yoga 05:30p PM Yoga | 08:00a Billiards 08:00a Bread and Pastry 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:00a Food Shopping 10:00a Quilting 11:00a AM Zumba 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 12:00p Mothers Day 01:00p Parkinsons Exer. pm 04:30p PM Fitness | 08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 09:00a Stretch break 10:00a Quilting 11:15a Chair Pilates 11:30a Lunch at Center 11:30a Music Jam 12:15p Scrabble 12:30p PM Bridge | |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| | 08:00a Billiards 08:00a Bread and Pastry 08:00a Walk in 08:30a AM Fitness 09:30a Knit and crochet 09:30a Mon. Chair Pilates 10:00a Line Dancing 10:00a Mobile Library 10:00a Portuguese Health Presentation 11:30a Lunch at Center 12:00p Mah Jong 12:30p Bingo 04:30p PM Fitness 06:15p Beg. Dup. Bridge PM | 08:00a Billiards 08:00a Bread and Pastry 08:00a Walk in 08:30a AM Fitness 09:30a Bridge 09:30a Gift Shop 09:30a Hearing Eval 09:30a Stress Reduc. 10:00a Food Shopping 10:40a Parkinsons Exercise 11:30a Lunch at Center 11:30a Open Paint Studio 01:00p Atty Bergeron 01:00p Chess 01:00p Joy of Oil 04:30p PM Fitness | 08:00a Billiards 08:00a Cribbage 08:30a AM Yoga 09:00a Walking Club 09:30a Flex & Tone 09:30a Gift Shop 09:45a Billiards League 10:00a Malnutrition Awarness 10:00a Water Color Class 10:30a Genealogy 11:30a Lunch at Center 12:30p Bingo 02:00p Chair Yoga 05:30p PM Yoga 07:00p Camera Club | 08:00a Billiards 08:00a Bread and Pastry 08:30a AM Fitness 09:30a Blood Pressure 09:30a Gift Shop 10:00a Food Shopping 10:00a Quilting 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm 04:30p Early Dinner 04:30p PM Fitness | 08:00a Billiards 08:00a Bread and Pastry 08:00a Walk in 09:00a Stretch break 10:00a Quilting 11:15a Chair Pilates 11:30a Lunch at Center 11:30a Music Jam 12:15p Scrabble 12:30p PM Bridge | |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| | 08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:30a Knit and crochet 09:30a Mon. Chair Pilates 10:00a Line Dancing 11:30a Lunch at Center 12:00p Mah Jong 12:30p Bingo 04:30p PM Fitness | 08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:30a Bridge 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Food Shopping 10:40a Parkinsons Exercise 11:30a Lunch at Center 11:30a Open Paint Studio 12:30p Movie Day 01:00p Chess 01:00p Joy of Oil 04:30p PM Fitness | 08:00a Billiards 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Yoga 09:00a Walking Club 09:30a Flex & Tone 09:30a Gift Shop 09:45a Billiards League 10:00a Water Color Class 11:30a Lunch at Center 12:30p Bingo 02:00p Chair Yoga 05:30p PM Yoga | 08:00a Billiards 08:00a Bread and Pastry 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:00a Food Shopping 10:00a Quilting 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm 04:30p PM Fitness | 08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 09:00a Stretch break 10:00a Quilting 11:15a Chair Pilates 11:30a Lunch at Center 11:30a Music Jam 12:15p Scrabble 12:30p PM Bridge | |

26

08:00a CENTER CLOSED

27

08:00a Billiards

08:00a Bread and Pastry

08:00a Cribbage

08:00a Library

08:00a Walk in

08:30a AM Fitness

09:30a Bridge

28

08:00a Billiards

08:00a Cribbage

08:00a Library

08:00a Walk in

08:30a AM Yoga

09:00a Walking Club

09:30a Flex & Tone

29

08:00a Billiards

08:00a Bread and Pastry

08:00a Library

08:00a Walk in

08:30a AM Fitness

09:30a Blood Pressure

09:30a Gift Shop

30

08:00a Billiards

08:00a Bread and Pastry

08:00a Cribbage

08:00a Library

08:00a Walk in

09:00a Stretch break

10:00a Quilting

31

| | | | | | | | | | | | |
|-------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------|--|------------------------------|--|-----------------------------------|--|----------------------------------|--|--|--|
| To cancel please call: 508-573-7246 | | | | May 2019 | | | | Menu Subject to Change | | | |
| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | | |
| | | | | 1 | | 2 | | 3 | | | |
| Sodium (Na+) is listed in milligrams next to each menu item. | | This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc. | | Butternut Bisque 149 | | Chicken Breast Picatta 324 | | Roast Pork w/Apple Gravy 156 | | | |
| | | | | French Meat Pie w/ Gravy 297 | | Whipped Potato 66 | | Sweet Potatoes 31 | | | |
| | | | | Wheat Dinner Roll 105 | | Cauliflower Supreme 14 | | Green Beans 3 | | | |
| | | | | Clementine 1 | | Multigrain Bread 164 | | Marble Rye 127 | | | |
| | | | | Blueberry Buckle 360 | | D: Cinn Grahams 95 | | Applesauce Cup 0 | | | |
| All Meals include 1% Milk: 110 Calories, 125mg Sodium | | | | Total Sodium(mg): 677 | | Total Sodium(mg): 1053 | | Total Sodium(mg): 442 | | | |
| | | | | Calories: 755 | | Calories: 697 | | Calories: 535 | | | |
| 6 Na+ | | 7 Na+ | | 8 COLD PLATE Na+ | | 9 SPECIAL Na+ | | 10 Na+ | | | |
| Lemon Dill Baked Haddock 362 | | BBQ Beef Burger 139 | | * Chicken Caesar Salad 750 | | Breaded Chicken Francaise 592 | | Beef and Lentil Chili 260 | | | |
| Chantilly Potato 238 | | Tater Tots 29 | | Cous Cous w/Carrots 24 | | Garlic Mashed Potatoes 66 | | Brown Rice 5 | | | |
| Carrots 64 | | Mexicali Corn 6 | | Pumpnickel Bread 155 | | Broccoli Au Gratin 158 | | Genoa Blend Vegetables 45 | | | |
| Wheat Bread 160 | | Hamburger Bun 230 | | Strawberry Cup 0 | | Wheat Dinner Roll 105 | | Multigrain Bread 164 | | | |
| Lemon Pudding 200 | | Mandarin Oranges 7 | | D: Grahams 95 | | Strawberry Rhubarb Crisp 7 | | Raisins 4 | | | |
| D: SF Lemon Pudding 150 | | | | | | D: Strawberry Yogurt 75 | | | | | |
| | | | | | | | | | | | |
| Total Sodium (mg): ### | | Total Sodium(mg): 536 | | Total Sodium(mg): 1054 | | Total Sodium(mg): 1053 | | Total Sodium (mg): 603 | | | |
| Calories: 752 | | Calories: 738 | | Calories: 689 | | Calories: 683 | | Calories: 716 | | | |
| 13 Na+ | | 14 Na+ | | 15 Na+ | | 16 Na+ | | 17 Na+ | | | |
| BBQ Pulled Pork 389 | | Chicken Breast Supreme 366 | | Turkey & Corn Stew 464 | | Mulligatawny Soup 153 | | Meatballs w/Tomato Basil Sce 352 | | | |
| Macaroni & Cheese 195 | | Wild Rice Pilaf 140 | | Spinach 65 | | Salisbury Steak w/onion gravy 237 | | Tri-color Rotini 1 | | | |
| Summer Vegetable Blend 24 | | Broccoli 10 | | Biscuit 340 | | Mashed Potatoes 66 | | Broccoli 10 | | | |
| Hamburger Bun 230 | | Wheat Bread 160 | | Sugar Cookie 181 | | Multigrain Bread 164 | | Italian Bread 230 | | | |
| Cinnamon Sliced Apples 10 | | Diced Peaches 5 | | D: Grahams 95 | | Mixed Fruit 10 | | Snack n Loaf 115 | | | |
| | | | | | | | | D: Lorna Doones 100 | | | |
| | | | | | | | | | | | |
| Total Sodium (mg): 973 | | Total Sodium (mg): 806 | | Total Sodium(mg): 1175 | | Total Sodium (mg): 755 | | Total Sodium(mg): 833 | | | |
| Calories: 643 | | Calories: 674 | | Calories: 711 | | Calories: 764 | | Calories: 725 | | | |
| 20 Na+ | | 21 Na+ | | 22 Na+ | | 23 Na+ | | 24 Na+ | | | |
| *Honey Mustard Chicken Brst 533 | | Potato Pollock 273 | | Vegetable Soup 115 | | Beef Stew 200 | | Broccoli Bake 482 | | | |
| Sweet Potato Coins 190 | | Tartar Sauce 100 | | Diced Chicken Teryaki 242 | | Brussels Sprouts 12 | | Home Fries 5 | | | |
| Peas & Carrots 72 | | O'Brien Potatoes 34 | | Brown Rice 5 | | Pumpnickel Bread 155 | | Stewed Tomatoes 150 | | | |
| Multigrain Bread 164 | | Italian Green Beans 3 | | Wheat Bread 160 | | Diced Pears 5 | | Wheat Bread 170 | | | |
| Pineapple Chunks 1 | | Rye Bread 150 | | Fortune Cookie 6 | | | | Fruit Yogurt 75 | | | |
| | | Lemon Cake 215 | | Clementine 1 | | | | | | | |
| | | D: Lemon Grahams 95 | | | | | | | | | |
| Total Sodium(mg): ### | | Total Sodium(mg): 900 | | Total Sodium(mg): 654 | | Total Sodium(mg): 497 | | Total Sodium(mg): 1007 | | | |
| Calories: 619 | | Calories: 739 | | Calories: 601 | | Calories: 649 | | Calories: 721 | | | |
| 27 Na+ | | 28 Na+ | | 29 Na+ | | 30 COLD PLATE/High Na+ Na+ | | 31 Na+ | | | |
| Memorial Day Holiday | | Chicken Drumstick 450 | | Pork & Pepper Pasta 122 | | White Bean & Kale Soup 323 | | Sloppy Joe 259 | | | |
|  | | Baked Beans 152 | | Broccoli 10 | | Cranberry Chicken Salad 323 | | Potato Wedges 273 | | | |
| | | Summer Vegetable Blend 24 | | Multigrain Bread 164 | | New Macaroni Salad 206 | | Spinach 65 | | | |
| | | Wheat Bread 170 | | Fig Bar 100 | | Wheat Dinner Roll 105 | | Hamburger Bun 230 | | | |
| | | Strawberry Cup 0 | | D: Cinnamon Grahams 95 | | Chocolate Brownie 149 | | Fresh Apple 1 | | | |
| | | D: SF banana pudding 135 | | | | D: Vanilla Yogurt 75 | | | | | |
| No Meals Served | | | | | | | | | | | |
| | | Total Sodium(mg): 921 | | Total Sodium(mg): 616 | | Total Sodium(mg): 1231 | | Total Sodium(mg): 953 | | | |
| | | Calories: 648 | | Calories: 742 | | Calories: 788 | | Calories: 686 | | | |

