

**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

May

2022

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

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

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

Social Services:

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

Senior Center Staff:

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

Social Activities:

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

Members of the Council on Aging Board:

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

Meetings:

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

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

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

STATE REP. KATE HOGAN'S SENIOR NEWS



Local Elections Update

The pandemic provided the impetus to enact election reforms in time for the 2020 presidential election, including no-excuse mail-in voting and extending early voting for primary elections. These temporary reforms had a tremendous effect on turnout. Nearly half of all voters cast mail-in ballots for the primary, 42 percent voted by mail in the general election, and 23 percent cast early in-person votes.

This year, our elections will look more like elections in 2019. In Hudson, the Annual Town Election will take place on May 9 from 7 am – 8 pm at four polling locations: Town Hall, 78 Main Street; Glen Road Community Center, 4 Glen Road; David Quinn Middle School, 201 Manning Street and Hudson High School, 69 Brigham Street. The only way to vote by mail is by absentee ballot and the voter must meet one of the three requirements for an absentee ballot.

However, turning out to vote for a town election is just as important as voting in the presidential election, if not more so. Most decisions related to education, policing, public works, and other issues that directly affect residents' daily lives have always been made at the municipal level.

This year in Hudson, voters will face choices for positions on the Municipal Light Board and Board of Health.

The Massachusetts Legislature continues to work to make the emergency voting accommodations that were enacted during the pandemic permanent for future elections. The VOTES Act, which includes critical voting reforms, is in Conference Committee at the time this was written.

Please...VOTE! And if you have questions or concerns, or need assistance, please do not hesitate to 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. Rep. Hogan can be reached by phone at 617-722-2600 or by email at Kate.Hogan@MAhouse.gov. You can also connect with Rep. Hogan on Facebook (facebook.com/RepKateHogan) or Twitter ([@repkatehogan](https://twitter.com/repkatehogan)).

Contact Rep. Hogan's District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333

Office hours for constituents will be held in person at the Bolton Public Library on Thursday, May 12th at 6 pm. Rep. Hogan will also hold virtual office hours on Friday, May 13 at 1pm. To schedule an appointment with Rep. Hogan during virtual office hours, please call (617) 722-2600 (option #2) or send email to Kate.Hogan@mahouse.gov. Please register for a virtual appointment by 5 pm on Wednesday, May 11th.

Hello to Everyone,

Happy May, hopefully we will start to get warmer weather. It has been great seeing more people coming back to the senior center. Make sure you read this newsletter to see what is new. This month we are bringing back Zumba with Linda Corbin starting Wednesday, May 18th at 11:30am and starting our new monthly Caregivers support group, Thursday, May 12th at 1pm at the center. We also have information regarding the Hudson Marlborough Household Hazardous Waste Collection Day on Saturday, May 14th. In this newsletter, we have the flyer stating what you can and cannot bring. This is a great program, I make use of it every year! We are also looking at bringing back the senior center lunch program 2 days a week at the center in June and blood pressure checks. More information on these programs will be in the June newsletter.

As I write this, I was informed that from April 1st through April 27th the Town of Hudson had 111 Covid cases. If anyone needs assistance with scheduling a vaccine or booster shot please call the senior center. The following staff members are happy to assist you with that, Virginia, Holly, Ana and Janice. Also, the Friends of Hudson Seniors have scheduled their summer cook out for Friday, July 15th at the Marlborough Fish and Game. Cost to you is \$3.00.



**Join us for a Mother's Day Brunch
at the Epicurean Room at Assabet Technical High School
on Monday, May 16th at 10 am.**

Brunch will include an omelet and waffle station, bacon, sausage, fresh fruit, pastry, two hot Chef's choice lunch entrees, coffee, tea and of course dessert. Cost to you is \$5.00, the senior center will sponsor the balance. We look forward to seeing you there.

Tickets available at the senior center beginning on Wednesday, May 4th.



**Bemis Farms'
Culinary Herb Garden at the Hudson Senior Center
Friday, May 20th at 10am**
Cost to you is \$15.00 the senior center will sponsor the balance.
Limit of 25 people.

**A new monthly Caregivers Support Group at the Hudson Senior Center
Beginning Thursday, May 12th at 1pm-2pm**

Hi, my name is Alex O'Hare and I am the community social worker for the Town of Hudson. Having a role as a caregiver to someone you love can be a rewarding and a stressful experience. I will be starting a monthly Caregivers Support Group at the senior center on **Thursday, May 12th at 1pm-2pm and the second Thursday every month afterwards.** This support group can be a safe place to share with other caregivers the stresses, challenges, and rewards of providing care to our loved ones. Call the senior center today to reserve a spot with this group. Thank you, I look forward to hearing from you.

Reminder: Senior Center Closed on Monday, May 30th for Memorial Day



**The Hudson Police Departments' new
Community Action Team will visit the Hudson Senior Center
Thursday, May 5th at 11:30am**

The new Community Action Team will provide information and advice on how to deal with current scams facing seniors today served with a Boxed Lunch. This program is limited to 20 people and you must call 978-568-9638 to sign up. Thank you to our Hudson Police Department.



**A Musical Baseball Show with Howie Newman
At the Hudson Senior Center on**

Monday, May 9th at 11:30am

Howie Newman a local singer-songwriter will perform a unique, interactive and highly entertaining program including singing baseball songs, baseball trivia and telling stories about his days as a sportswriter on the Red Sox beat. Howie covered baseball for the Patriot Ledger, Lowell Sun, Boston Globe and Lynn Item as well as several other newspapers and magazines.

The show also includes a free raffle for his two baseball CDs and a display of his personal baseball memorabilia.

A boxed lunch from Assabet will include turkey and cheese sandwich on a soft roll, potato chips, cookie and water for \$5.00

This program is supported in part by a grant from the Hudson Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

Hiking Club with Gary & Rocky



Bolton Bowers Springs Wednesday, May 18th at 9:30am

Take RT 117 towards Bolton Main Street to Harvard Road just past center of Bolton on right. Follow Harvard road for about 3.3 miles to 44 Flanagan Rd on left to Bowers Springs parking lot. (Flanagan road leads to a dead-end parking lot on left.) Will send map of Bowers Springs. Bring water, wear layers and appropriate waterproof footwear, and hiking stick or ski pole if possible. Call to sign up!



Well Being Series Continues in May

Our new Well Being Series, Self-Empowered Living and Mindful Living from Synergy will return in May 2022. Both classes provide self-help techniques that will relax and calm our minds. **Each class will be offered once a week for 4 weeks.** Janice, Ana and Holly attended both these classes and found them to be extremely helpful dealing with the stress of the pandemic and stressors of life in general. We are signing up for this session as well so please join us!

These FREE classes were designed to build resilience; helping us adapt to life's challenges.

- **Self-Empowered Living** will teach strategies to work through anxiety that many of us have experienced through the pandemic, stress and winter blues. This class will start **Wednesday May 11th, from 10am to 11:00am and end on Wednesday, June 1st from 10am to 11am.**
- **Mindful Living** will focus on medication and relaxing the mind. This class will be every Thursday starting **Thursday, May 5th at 9am–10am and end Thursday, May 26th 9am 10am.** Please call the center to sign up for these great classes funded by ARPA(American Rescue Plan Act).



SUMMER HERE WE COME - SOCIAL PARTY at the Artisan in Hudson

Come welcome in the arrival of summer and celebrate with other area seniors.

Sponsored by a group of local health-care professionals called ECC.

Ice Cream, Live Entertainment and Raffles

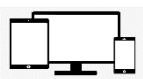
Wednesday, June 15th Rain date Thursday June 16th

1:00 PM to 3:00 PM

Artisan at Hudson

235 Washington St.

Call Lisa at the Artisan at Hudson – 978-763-7111



Assabet Technical High School's Tech Savvy students are back again to answer your technology questions

Friday, May 27th at 10:30am

Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your **Ipads, Cell phones and Tablets**. Please bring in your devices and learn from the experts how to use and manage apps, emails and Facebook and much more. You must sign up for this. **Call the Center at 978-568-9638 to reserve your seat.**



“VETS TALK” A program for Veterans

Thursday, May 5th, 12th, 19th at 9am

Every Thursday except the 4th Thursday of the month

Vets Talk is a chance for only veterans to get together to talk about what's going on in the world or anything else that comes to mind. There's no agenda or structure, just the opportunity to shoot the breeze in a way only those who have served can do and understand.

Town of Hudson Memorial Day Parade and Ceremonies

The Town of Hudson Department of Veteran Services will be sponsoring the traditional Memorial Day Parade and Ceremonies on May 30, 2022 at 10:00 am. Our parade route will take us from South Street to Houghton Street to Main Street to Wood Square to the Gold Star Monument and back to Liberty Park for a ceremony with guest speakers, music and rendering of honors.

HCC Community Survey

The Hudson Cultural Council needs your help! We need the people who live and work here to help advise us about how best to allocate public dollars for programs and activities in the arts, humanities and interpretive sciences. Please take our online community input survey by June 30th. The link is <https://www.hudsonculturalcouncil.org/2022-community-input-survey> or use the QR code to access the survey.

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

Since the council distributes public dollars, it is essential that we gather local public opinion and learn more about what is happening in our community and what the community needs. The data from the survey will help us develop useful criteria and funding priorities to guide our future grant-making decisions.



Fitness Classes



In-person fitness classes:

You must call the senior center to sign up.

- **AM Cardio & Weights- Select Mondays & Wednesdays 8:30-9:15am in April**
(The class will be limited to 20 people)
- **PM Cardio & Weights- Select Mondays & Wednesdays 3-3:45pm in April**
(The class will be limited to 20 people)
- **Stress Reduction with Qigong Tuesdays from 9:30 to 10:30am**

Are you feeling stressed or having difficulty relaxing? Perhaps this class might help. This class lasts about an hour, consists of a combination of both a western and eastern approach to stress reduction. The class will be limited to 15 people

- **Walking Club: every Wednesday leaving the Center for 9:00am**
- *****Zumba with Linda: Wednesdays at 11:30am beginning May 18th**
- **Stretch class with Sharon -Select Thursdays 10:15 -11:00am in April**
(The class will be limited to 20 people)
- **Afternoon Parkinson's Exercise class 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.

(The class will be limited to 20 people)

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**
- **Zoom PM Cardio & Weights- Mondays & Wednesdays 3-3:45pm**

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.

- **Zoom Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.**
- **Zoom Flex and Tone/ Chair Yoga with Rebecca Reber - Wednesdays at 9:00am.**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am.**
- **Zoom Back to Basics Chair Pilates with Jennifer Davidson- Thursday at 9:30am**

This class will review the basics of chair pilates for new and regular class participants.

- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am.**
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am**

Reminder: No Class on Monday, May 30th due to the Holiday.



The City of Marlborough and the Town of Hudson are proud to bring you...

LOCATION:

BOSTON POST ROAD EAST PAST HOME DEPOT AND STAPLES. AFTER SUBWAY AND BEFORE HALFWAY CAFÉ TAKE A LEFT AT THE EASTERLY TREATMENT PLANT/ RESIDENT DROP-OFF FACILITY SIGN. THEN FOLLOW ROAD AND LOOK FOR EVENT SIGNS.

Household Hazardous Waste Collection Day
SATURDAY, May 14, 2022
9am – 12pm
860 Boston Post Rd East
MARLBOROUGH, MA
Easterly Wastewater Treatment Facility

MEDICATION WILL NOT BE COLLECTED!!
 Please bring unwanted or expired medication to your local Police Station or CVS on East Main St Marlboro or Washington St in Hudson

Bring These Items:

Acids/Bases, Furniture Stains, Pesticides
 Aerosols, Household Cleaners, Photo Chemical
 Antifreeze, Household Polishes, Poisons
 Auto Batteries, Household Batteries, Pool Chemicals,
 Brake Fluid, Kerosene Thinners
 Corrosives, Lighter Fluid, Used Motor oil,
 Drain Openers, Paints (Oil based), Weed Killers
 Flammables, Propane Tanks, Wood Preservative

Do Not Bring These Items:

Computers, Monitors, TVs/VCRs
 Asbestos, Polychlorinated Biphenyl's (PCB's)
 Explosives, Radioactive Materials
 Drums, Reactive or Unstable Materials
 Latex Paint, Tires
 Medical Waste, Unknown or Unlabeled Materials,
 NO Large Appliances

Marlborough and Hudson Residents Only - Please be Prepared to show proof of residency.

For More information please call (508) 624-6910 Ext: 33300

Hudson Senior Center Trips 2022

Wednesday, June 15th The McCartney Years *Payment due*****

Danversport Yacht – Danvers, MA Over 30 top hits spanning more than twenty albums, from the Beatles to Wings. Live in concert, The McCartney Years is the world's number one tribute to Paul McCarthney. Includes Transportation, the show and your choice of stuffed breast of chicken or baked schrod. *No Refunds for cancellations after 6/3/22*

Price: \$99.00pp



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

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

Price: \$99.00pp

Tuesday, October 25th The British Invasion Years

Danversport Yacht – Danvers, MA More than just the Beatles, this nostalgic musical retrospective spans the entire first wave of the British Invasion era. The first half of the show is the British Invasion featuring chart toppers by the iconic British groups such as The Zombies, Dave Clark Five, The Rolling Stones, The Hollies, Herman's Hermits, and many others. The second half of the show features the American Response, with the biggest hits by legendary artists like The Monkees, Simon & Garfunkel, The Beach Boys, The Mamas and The Papas, to name just a few. Includes Transportation, the show and your choice of stuffed breast of chicken or baked schrod.

No Refunds for cancellations after 10/13/22

Price: \$99.00pp

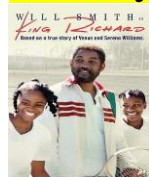
Informational Flyers available at the front desk

“Movie Day” at the Center

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



Tuesday, May 10th & Friday, May 13th – *King Richard*



Based on the true story that will inspire the world, *King Richard* follows the journey of Richard Williams, an undeterred father instrumental in raising two of the most extraordinarily gifted athletes of all time, who will end up changing the sport of tennis forever. Driven by a clear vision of their future and using unconventional methods, Richard has a plan that will take Venus and Serena Williams from the streets of Compton, California to the global stage as legendary icons. *King Richard* is a profoundly moving film that shows the power of family, perseverance and unwavering belief as a means to achieve the impossible and impact the world.

Rating: PG-13 Runtime: 2hr 25min

Monday, May 23rd & Tuesday, May 24th – *Death on the Nile*



Belgian sleuth Hercule Poirot's (Kenneth Branagh) spectacular Egyptian vacation aboard a river boat becomes a terrifying search for a murderer after a picture-perfect couple's honeymoon is cut tragically short. Based on Agatha Christie's novel, this tale of passion and jealousy is filled with wicked twists and turns until its shocking finale.

Rating: PG-13 Runtime: 2hr 7min



Medicare Wellness Webinars

Blue Cross Blue Shield of MA presents Medicare Wellness Webinars:

Grub and Guts: Eating well for a Healthier Microbiome Wednesday, May 11, 2022 10:00 a.m. – 10:30 a.m. ET

Learn about eating well for optimal intestinal health, and a happier healthier microbiome. Discover what the microbiome is and how a nutritious way of eating can support it, and certain foods may make it more toxic. Hear about the link between fiber and colorectal health and walk away with strategies that can enhance your digestive health. Presenters, William Rowbottom & Tricia Silverman

Register Now at: www.bcbsma.info/May11

Meditation for Busy Minds

Thursday, May 26, 2022 2:00 p.m. – 2:30 p.m. ET

Have you wondered about meditation and if it's for you? Join us to learn what meditation is and how it works to quiet the mind. Practice simple meditation techniques during the webinar and discover free apps for creating an at-home practice. New and experienced meditators welcome. Presented by Janet Fontana, RN, Certified Health Coach

Register Now at: www.bcbsma.info/May26

ALZ Talks Webinars | Alzheimer's Association

ALZ Talks: Caregiver Perspectives on Managing Money

Listen as dementia caregivers discuss their approach to managing finances, how to prepare for future care costs, and the benefits of early planning. **May 26, 2022 12:00 pm central time or 1:00 pm in MA. Register at:** www.alz.org/help-support/resources/alz-talks-virtual-events

Message from the Friends...

Next Friends Meeting: Tuesday, May 10th at 9:30am

The FRIENDS is a nonprofit organization that raises funds to provide items for the Senior Center and Hudson seniors that are not provided by the Town of Hudson.

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

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

Transportation News...



Food Shopping Day : Tuesdays



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

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

Mental Health Resources provided by the Town Social Worker, Alex O'Hare

Helpline Services:

- **National Suicide Prevention Lifeline**
 - Crisis hotline that can help with any mental health crisis
 - Can assist with mental health treatment referrals
 - Toll-free lifeline, 24/7
 - Call 1-800-273-8255
- **The Trevor Project**
 - Trained counselors available 24/7 to support youth in crisis
 - Specializes in supporting the LGBTQ+ community
 - Call 866-488-7386 or text "START" to 678678
- **Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline**
 - Provides 24/7 to support people with emotional distress related to natural or human-caused disasters
 - Call 1-800-985-5990 or text "TalkWithUs" to 66746
- **Psychiatric Emergency Services**
 - Advocates provides assessments for mental health crisis and implements interventions for a safe environment for the individual
 - Available to call 24/7 at 800-640-5432
 - For more information visit <http://www.advocates.org/services/psychiatric-emergency-services>
- **The Living Room**
 - Alternative crisis intervention through Advocates to avoid hospitalization that is run by peer specialists
 - Located in Framingham
 - For more information visit <https://advocates.org/services/livingroom>
 - Call 508-661-333 to speak with a peer specialist



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.*

PLANNING TO PROTECT EACH OTHER

There are two important estate planning strategies that you may want to consider if you are married. However, both are only available if done while both of you are still alive.

ASSET PROTECTION IF YOU NEED A NURSING HOME

While you are both alive, if you need nursing home care and want to qualify for MassHealth, you can do so in most cases by shifting all your assets to your spouse, even at the last minute. The option to shift assets to your spouse ends, though, the moment one of you dies. If the surviving spouse owns all the assets and then needs to go into a nursing home, everything but the home will need to be spent down to less than \$2,000 before the surviving spouse can qualify for MassHealth. Your spouse and you can protect your assets by setting up a trust for the benefit of the surviving spouse through the will of the spouse who dies first. So, if you each want to protect the other after one of you has died, you need to plan ahead. Create a will now that will provide a trust for your spouse if you die first.

ESTATE TAX AVOIDANCE

Due to escalating real estate values and large IRAs, most of my clients pass away with assets that exceed a million dollars. That's when the Massachusetts estate tax kicks in. And remember, the initial tax rate on every dollar over \$1M is 40%. That tax will basically redirect assets to the Mass Department of Revenue rather than to your children or other loved ones. Oftentimes, you can eliminate that tax by directing up to \$1M to a trust for the benefit of the surviving spouse. The surviving spouse can be the trustee of that trust and can have access to those assets, but those assets in this trust will not be taxed when the second spouse dies, thus avoiding the estate tax on these assets. In order to take advantage of this asset protection strategy, you must have your estate plan structured properly prior to the death of the first spouse.

When you're talking about nursing home costs and estate taxes, you're talking about money. If you want to save that money, you need to plan ahead while the two of you are alive, and ideally while you are both healthy enough to execute documents. So if you're married and you worry about any of this, talk with an elder law attorney.

For more information, visit Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. These programs also air on HUD-TV (Comcast Channel 8; Verizon Channel 47), along with "Frank and Mary in Hudson," where I address common issues facing seniors and available resources. If you have any questions, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.



15-minute Legal Advice with Attorney Arthur Bergeron

Wednesday, May 11th from 1pm to 3pm by appointment only

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

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

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

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

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

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

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

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

Please contact Lisa Bazarian Gardner at 978-568-9638
Or email at lbbazarian@gmail.com for more information.



Genealogy Family Research with Charles Corley at the Senior Center Wednesday, May 18th at 10:30am

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

Knit and Crochet Wednesdays at 9:30am

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

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

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

BRIDGE

Tuesday & Friday 1pm-3pm



PM CARDS

Canasta Wednesdays at 12:00pm. Looking for 4 players. Please call the front desk to sign up

Open Painting Studio



Calling all artists and latent artists
Come join us Tuesdays from 10am-12pm in the Craft Room

Calling all Bingo Players!



Wednesdays at 12:30pm

Scrabble on Fridays at 12:15pm

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



Pool Room

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

Hudson Senior Center Gift Shoppe



Thursdays 9:30am -12:30pm

Senior Center Lending Library

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



Check out our new Large Print section

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



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	\$1,529	por mês	\$ 9,900	\$2,060	por mês \$15,600
150% FPL	\$2,289	por mês	\$15,510	\$2,114	por mês \$30,950

Para obter mais informações sobre este programa telefone para o Senior Center e fale com Ana Terra-Salomão - 978-568-9638 x 476.

DATAS IMPORTANTES

Dias 4, 11, 18 e 25 de Maio – Grupo de croché às 9:30 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

Dia 9 de Maio – Show musical de baseball de “Howie Newman” com almoço às 11:30 da manhã. O custo do almoço é \$5.00 por pessoa. Telefone para o Senior Center para reservar o seu lugar.

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

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

Dia 16 de Maio – Pequeno Almoço do Dia das Mães no “Assabet Valley Technical High School” em Marlboro às 10:00 da manhã. O custo é \$5.00 por pessoa. **Os bilhetes a venda no Hudson Senior Center a partir do dia 4 de Maio. Limitado a 50 pessoas.**

18 de Maio – Aula de Zumba com a Linda às 11:30 da manhã. Telefone para o Senior Center para reservar o seu lugar.

Dia 20 de Maio – “Kit de Herbs” – do “Bemis Farms” às 10:00 da manhã no Hudson Senior Center. Telefone para o Senior Center – 978-568-9638 para reservar o seu Kit. O custo é \$15.00. **Limitado a 20 pessoas.**

Dia 30 de Maio – O Senior Center estará fechado devido ao feriado de “Memorial Day”.

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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Memorial Day

Last Monday in May

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

AMERICAN
ANTHEM
CEMETERY
CEREMONY
COMMEMORATE
DECORATION
FALLEN
FLAGS
FLOWERS

FREEDOM
GRAVE
HALF MAST
HEROES
HOLIDAY
HONOR
MAY
MEMORIAL
OBSERVANCE

PATRIOTIC
REMEMBRANCE
SACRIFICE
SALUTE
SERVICE
SOLDIERS
TAPS
VETERANS
WAR



Monday	Tuesday	Wednesday	Thursday	Friday
2 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 12:00p Mah Jong 03:00p PM Cardio/Weights	3 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 01:00p Bridge 01:00p Chess	4 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 12:00p PM Cards 12:30p Bingo 03:00p PM Cardio/Weights	5 08:30a Billiards 09:00a Mindful Living 09:00a Stretch break 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:00a Stretch Break Zoom 11:30a Community Action Team 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	6 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge
9 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 11:30a Musical Baseball Show 12:00p Mah Jong 03:00p PM Cardio/Weights	10 08:30a Billiards 08:30a Cribbage 09:30a Friends Meeting 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 12:30p Movie Day 01:00p Bridge 01:00p Chess	11 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 10:00a Self Empowered Living 12:00p PM Cards 12:30p Bingo 01:00p Bergeron Advice 01:00p COA Brd Mting 03:00p PM Cardio/Weights	12 08:30a Billiards 09:00a Mindful Living 09:00a Stretch break 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:00a Stretch Break Zoom 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	13 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 12:30p Movie Day 01:00p Bridge
16 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 10:00a Mothers Day 12:00p Mah Jong 03:00p PM Cardio/Weights	17 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 01:00p Bridge 01:00p Chess	18 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Hiking Trip 09:30a Knit and crochet 10:00a Self Empowered Living 10:30a Genealogy 11:30a AM Zumba 12:00p PM Cards 12:30p Bingo 03:00p PM Cardio/Weights	19 08:30a Billiards 09:00a Mindful Living 09:00a Stretch break 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	20 08:30a Billiards 08:30a Cribbage 10:00a Bemis Farms 10:00a Quilting 12:15p Scrabble 01:00p Bridge
23 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 12:00p Mah Jong 12:30p Movie Day 03:00p PM Cardio/Weights	24 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 12:30p Movie Day 01:00p Bridge 01:00p Chess	25 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:30a Knit and crochet 10:00a Self Empowered Living 11:00a AM Zumba 12:00p PM Cards 12:30p Bingo 03:00p PM Cardio/Weights	26 08:30a Billiards 09:00a Mindful Living 09:00a Stretch break 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	27 08:30a Billiards 08:30a Cribbage 10:00a Quilting 10:00a Tech Support 12:15p Scrabble 01:00p Bridge
30	31 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Food Shopping 10:00a Open Paint Studio 01:00p Bridge 01:00p Chess 03:00p PM Cardio/Weights			