

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

November

2021

Hudson Council on Aging *A Multi-Service Center*

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

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

Social Services:

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

Senior Center Staff:

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

Social Activities:

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

Members of the Council on Aging Board:

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

Meetings:

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

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

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



November 2021

REP. KATE HOGAN'S SENIOR NEWS

A Tribute to Our Veterans

November is a time to reflect on the sacrifice our Veterans have made to protect our freedom and uphold the values of an ever-unfolding American dream.

Hudson will once again have a short parade on Thursday, November 11, beginning at AMVETS at 10 am and concluding at Town Hall for ceremonies. The Hudson Senior Center is also sponsoring a free Veterans Breakfast on Wednesday, November 10, at 9 am at the Epicurean Room at Assabet Technical High School. The breakfast is limited to 50 veterans; please call 978-568-9638 to reserve a spot.

This November I am also reflecting on the hard work our local Veterans Service Officers do. Our VSOs didn't shut down during the COVID-19 pandemic - they continued to work tirelessly to ensure that vulnerable populations of veterans, families, widows and Gold Star Families were able to access essential benefits and services.

Hudson's VSO is Brian Stearns and he is available daily from 7 am – 3 pm at 978-568-9635 and bstearns@townofhudson.org. Brian can assist with any of the benefits listed below, as well as other services available to Veterans such as assistance with VA compensation claims, Veterans job programs, RMV benefits, tax exemptions for disabled veterans, and other programs.

State Benefits Available to Veterans

Chapter 115, General Financial Assistance

- The Commonwealth provides a program of financial and medical assistance for qualifying Veterans and their dependents, including assistance for daily living expenses, medical costs, rent assistance, support of dependents and prevention of veteran homelessness. During the COVID-19 pandemic, the Department of Veterans' Services has directed Veteran Service Officers to relax the application process and lessen the veterans burden in order to expedite the approval process. To apply visit www.mass.gov/veterans or contact the Hudson Veterans' Service Officer at 978-568-9635.

Burial Benefits

- Any Veteran who was discharged under honorable conditions and was a Massachusetts resident prior to or following military service is eligible for burial, free of cost, at one of the two State Veterans' Memorial Cemeteries in Agawam and Winchendon. Spouses of Veterans and qualified dependents are also eligible for burial at a nominal fee. For more information contact the Hudson Veterans' Service Officer at 978-568-9635.

Statewide Advocacy for Veterans' Empowerment (SAVE)

- The SAVE program advocates for veterans who are not able to obtain the benefits they have earned due to institutional or personal barriers. The program's primary mission is prevention of suicide and mental health distress through the identification of issues facing veterans when they return from service and proactively providing them with access to benefits and services that may address these issues and result in positive transitions back to civilian life.

Information about state and federal resources is available on the official website of the Department of Veteran's Services, Mass.gov/veterans. In addition, MassVetsAdvisor is an easy-to-use online resource created by the Commonwealth of Massachusetts that combines state and federal benefits, as well as non-profit resources, into one tailored online search to give Veterans and their families access to one-stop shopping for all of their needs. Visit MassVetsAdvisor.org to learn more.

The Hudson Council on Aging hosts a "VETS TALK" program for veterans every Thursday at 9 am (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 will understand.

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

Contact Rep. Hogan:

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

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

Facebook: www.facebook.com/RepKateHogan

Hello to Everyone,

A Thanksgiving meal... *Grab and Go style*

For the 11th year, our friends
George E. Danis and *Plastic Molding Manufacturing*
are providing another **FREE** Thanksgiving Meal for Hudson Seniors
catered by Buffet Way



This will be a Grab and Go on **Friday, Nov. 19th between 2:30-3pm**. Each Individual dinner includes: White & dark turkey, stuffing, squash, mashed potato, gravy and 8oz apple crisp for dessert. (125 person maximum)

Buffet Way will provide your hot meal in a microwave container that allows you to put the container in your refrigerator and reheat later on.

You must call 978-568-9638 to sign up no later than Friday Nov. 12th 3:00pm.

Sign up beginning Wednesday, November 3rd

Special Holiday Centerpiece you can make for just \$10.00 (In person)



Please join our friends from Bemis Farms Nursery on Thursday, **December 2nd at 10am** at the Senior Center to make a mini tree from boxwood clippings then decorate it in your own style to match your décor. This could be a great holiday centerpiece.

Your cost is \$10.00; the Hudson Senior center is subsidizing another \$10.00.

Have fun and be creative for the holidays with Tina from Bemis Farms. You must sign up for this by November 22nd. Limited to 20 people.

From: Alexandria O'Hare
Community Social Worker
Town of Hudson MA

Hello, my name is Alex O'Hare and I am the new community social worker for the Town of Hudson. I will be at the senior center on Thursdays from 8am to 3:30pm. Starting in November, I will be offering free in person office appointments or phone appointments for senior citizens. If you are interested in having an appointment with me regarding mental health, family challenges, grief and loss, or resources/services pertaining to those issues please call me at 978-568-9638. Thank you, I look forward to hearing from you.

HOLIDAY BLUES SUPPORT GROUP with Alex



Thursday, December 9th and Thursday, January 13th at 10am

The holiday season is here and for many it is fun to see family and friends. However, the holidays can be difficult for others. If you find this time of year stressful, or do not have family or friends close by, I will be offering a Holiday Blues Support Group at the Senior Center. This will be a great opportunity to share your holiday experiences with others and receive emotional support. Call 978-568-9638 to sign up for this program. Thank you, look forward to seeing you.

Transportation News...



Food Shopping day is Back!



Tuesdays:

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

****Special Trip:** Choose Solomon Pond Mall or Target **

Wednesday, November 17th pick-ups beginning at 10am

The 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!**

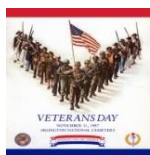


“VETS TALK” A program for Veterans

Thursday, November 4th & 18th 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.



The Hudson Senior Center is happy to sponsor a FREE Veterans Breakfast Wednesday, November 10th at 9am (*Veterans only*) At the Epicurean Room at Assabet Technical High School

Breakfast includes: omelet station, waffle station made to order eggs, home fries, bacon and sausage and fruit. **(Limited to 50 Veterans)**

You must sign up for this please call 978-568-9638 for your reservation.

NOVEMBER 11
FOR VETERAN'S DAY.



From our Veteran's Agent, Brian Stearns Veterans Day 2021

The Veterans Council is requesting all veterans who are able to march and anyone who wants to march on behalf of a Veteran, be it family member or friend, to join us. Non-veterans who wish to march in the parade can make a poster with the name, branch of service and war service (if applicable) of the Veteran they are representing (living or deceased). You may call Brian Stearns at 978-558-9635 if you are interested in attending.

Date: Thursday November 11, 2021

Assembly: AMVETS – 5 South Street

Start: 10:00AM End: 11:00AM

Parade route: 5 South Street to Houghton Street to 78 Main Street (Town Hall)

**REMINDER: Center is closed on Thursday, November 11th for Veterans Day &
Thursday, November 25th & 26th for Thanksgiving**



How to be SCAM SMART

Friday, November 12th at 10 am

The Hudson Police Department will be at our Center to inform us on the latest SCAMS and how to avoid being SCAMMED

Please call 978-568-9638 to sign up.



Assabet Technical High School's Tech Savvy students are back again to

answer your technology questions

Tuesday, November 30th 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.**

Stress Reduction with Qigong

Instructor: Lou Tagliani

Tuesdays at 9:30am

Are you feeling stressed or having difficulty relaxing? Perhaps this class might help. The class, which lasts about an hour and in a seated position, consists of a combination of both a western and eastern approach to stress reduction. We will utilize techniques developed by Dr. Herbert Benson of Harvard University and Dr. Jon Kabat-Zinn of U-Mass Medical School along with an Eastern approach using simple Chinese Qigong meditative exercises.

The class will be limited to 12 people and masks are required. You must sign up for this class by calling the center at 978-568-9638.

Parkinson's afternoon class returns to Hudson Senior Center on:

Thursdays in November at 1pm

The first half of the class is conducted with participants in the seated position and work on optimizing, flexibility, range of motion and balance. The second half of the class is done standing up and emphasizes correct posture, balance, dexterity, flexibility and walking techniques.

Space is limited to 20

Our Zoom fitness classes

Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.

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

“Movie Day” at the Center



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

Monday, November 15th & Tuesday, November 16th – *Respect*



Following the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom, "Respect" is the remarkable true story of the music icon's journey to find her voice and become the Queen of Soul.

Rating: PG-13 Runtime: 2hr 25min

Monday, November 29th & Tuesday, November 30th – 12 Mighty Orphans



Haunted by his mysterious past, Rusty Russell, a devoted high school football coach, leads a scrawny football team of orphans, The Mighty Mites, to the state championship during the Great Depression and inspires a broken nation along the way. Based on a true story, starring Luke Wilson, Robert Duvall and Martin Sheen.

Rating: PG-13 Runtime: 1hr 58min

Something from Emerson Hospital

**Balanced and Bright
Healthy and Light**

Learn how to keep both your mood and recipes light during this holiday season

Thursday, November 18, 2021 7:00 PM

Join us for another virtual event in our wellness series as panelists discuss preparing healthy holiday meals and managing holiday stress. Learn how to recreate traditional holiday foods using healthy alternatives. We will focus on self-care for the holidays, stress management, and strategies to address acute and chronic stress.

Registration is required for this free event. Zoom conference details will be sent to registrants. To register: <https://bit.ly/Nov2021Wellness>

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

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

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

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

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

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

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

Please contact Lisa Bazarian Gardner, CDP or Christine D'Angelo, CDP at 978-568-9638

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



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.*

WHAT'S YOUR HEALTHCARE PLAN FOR 2022?

The Medicare Open Enrollment period began on October 15 and runs until December 7. It's time to assess your health and plan your healthcare budget accordingly. Maybe nothing has changed. As you age, the likelihood of an annual change in your health is much greater. Health changes can cost money, so you should plan for them to the extent that you can.

First, of course, you need to look at your prescription plan, Medicare Part D. As you know, these plans can change even if your health does not. Every year, each plan lists which drugs they cover, the amount of your deductible, and the cost of your co-pay every time you get a refill. Prices may vary from drugstore to drugstore too. It is important that you take the necessary time to figure all this out ahead of time as it may reduce your costs in 2022.

Next, figure out how much you want to risk in other healthcare costs next year and plan accordingly. Your Medicare Part A and B co-pays and deductibles, all based on the services you get, are predictable and do not change from year to year. Do you know what a day in the hospital would cost you? How about an MRI? If you have a sense of those costs, you'll have a better sense of how much you want to spend next year to have them covered. Each provider of Medicare supplemental insurance policies will give you a variety of plans at a variety of premiums, all depending on how much risk you want to take.

Finally, you can shop around to see if there is a Medicare Part C plan (referred to as Medicare Advantage) that will allow you to bundle all medical pieces together in one plan, often for less cost. These plans typically offer additional benefits, like subsidized health club and other fitness and health maintenance programs, payments for eyeglasses, and more. Before you make your healthcare investments for 2022, you owe it to yourself to check these out.

If you think this is confusing, you're not alone. The senior center can connect you with the volunteer SHINE counselors and private consultants to help you wade through all this. If you want to learn more about this topic, check out my November seminar on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary, and on your local Hudson cable access station, HUD-TV (Comcast Channel 8; Verizon Channel 47), along with Frank and Mary in Hudson, where my co-host, John Parent and I address many common issues facing seniors and the resources available during the pandemic. As always, if you have any questions or would like additional information, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com



Legal Advice with Attorney Arthur Bergeron Wednesday, November 10, 2021 from 1pm to 3pm

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

Message from the Friends...

Next Friends Meeting: Tuesday, November 9th 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.

The Council on Aging Board – November 3rd
1st Wednesday of each month at 1:00pm



Genealogy Family Research with Charles Corley at the Senior Center
Wednesday, 17th 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!



Calling all artists and latent artists

Come join us on September 7th from 10am-12pm in the Craft Room for the **Tuesday Open Painting Studio**

There are many donated and left-behind supplies...canvases, paper, brushes and paints to help you get re-started. There is also a nice supply of art books to help with inspiration and instruction. No teacher, just a group of friendly faces that share the love of art!

Hudson Senior Center

Gift Shoppe



Thursdays 9:30am -12:30pm

PM CARDS

Canasta (Hand & Foot)
Wednesdays at 12:00pm.

Looking for 4 players.

Please call the front desk to sign up



Scrabble on Fridays at 12:15pm

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



Calling all Bingo players!

Games start at 1pm on Wednesdays!



Bridge is Back on:

Tuesday 1pm

Fridays 1pm





The time has finally come to update and review your insurance for the year 2022.

Things will be looking a bit differently again this year. This year, we will be meeting with clients both in person as well as over the phone. For most appointments it will be done by PHONE, however, there are some cases where we will have clients come in for more complex appointments. We understand that this is not ideal, however, given the circumstances, we are still able to provide this great service! PLEASE be as accurate as possible when creating your medication list and make sure that it is complete.

As many of you know, your medical and prescription drug plans can change from year to year. It is very important to have your health insurance plan reviewed for next year, regardless of how well you think it has been for you for this past year. Premiums can change, copayments can change, and even the list of medications a plan will cover next year, can change. It is essential to have your coverage reviewed by a SHINE counselor every year. The Open Enrollment Period is from October 15th through December 7th each year. This is the time that you can make any changes to your plan for the following year in 2022.

If you are interested in having your insurance reviewed for next year, please contact your local SHINE department. The Hudson SHINE counselors can be reached at 978-568-9638. Please call or mail in the pre-enrollment form for us so we can call you back to schedule an appointment. This is going to be a new process for us as well, so please be patient as we navigate this new “normal”. If you are mailing in the pre-enrollment forms, please give counselors a few days to call you back to schedule a telephonic assessment or in office appointment.

Enclosed in this newsletter is the Pre-Enrollment form, which we will include in the newsletter for October, November and December as well. By using this form, it gives us your contact information, and allows you to write your list of medications, the appropriate dosage and doctors before we meet with you in person. This allows us to get accurate information from you beforehand, but also allows us to prepare for our meeting with you. It would be greatly appreciated if you could submit these prior to our appointment.

FUEL ASSISTANCE UPDATE: SMOC has changed the dates of when a person can apply for fuel assistance. NEW applicants are now able to apply TODAY instead of having to wait until November 1 to get this application. If you or someone you know is interested, you can now contact us earlier in the heating season to apply for assistance. Call 978-568-9638 to see if you are eligible for this benefit.

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

MUDANÇAS NOS SEGUROS DE SAÚDE DO “MEDICARE”

Durante os meses de Outubro até Dezembro é tempo de rever os vossos seguros de saúde e ver se ainda é o seguro melhor para a sua situação. Pode mudar o seu plano de seguro do Medicare entre o dia 15 de Outubro até o dia 7 de Dezembro de 2021, para ser efectivo no dia 1 de Janeiro de 2022. Se precisar de ajuda, telefone para marcar um apontamento com Ana Terra-Salomão.

PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as depressas de aquecimento? O programa do “Smoc” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2021 até o dia 30 de Abril de 2022. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$39,105
2	\$51,137
3	\$63,169

INFORMAÇÃO IMPORTANTE

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

DATAS IMPORTANTES

Dia 9 de Novembro – Renuião dos Amigos do Senior Center às 9:30 da manhã.

Dia 10 de Novembro – Pequeno Almoço grátis para Veteranos às 9:00 da manhã no Assabet Valley High School. Este almoço é so para Veteranos. Limitado a 50 pessoas. Telefone para reservar o seu lugar.

Dia 10 de Novembro – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Para marcar um apontamento, telefone para o Senior Center.

Dia 11 de Novembro – O Senior Center está fechado devido ao feriado do “Veteran’s Day”.

Dia 17 de Novembro – Passeio ao “Salomon Pond Mall” ou “Target”. O autocarro vai buscar as pessoas a partir das 10:00 da manhã. Telefone para 978-568-9638 para reservar o seu lugar.

Dia 19 de Novembro – Jantar “Grab and Go” grátis de “Thanksgiving” as 2:30 da tarde. Este jantar é patrocinado pelo “Plastic Molding Manufacturing”. Telefone para 978-568-9638 entre o dia 3 de Novembro até o dia 12 de Novembro até as 3:00 da tarde para reservar o seu jantar. Limitado a 100 pessoas.

Dias 25 e 26 de Novembro – O Senior Center estará fechado devido ao feriado do “Thanksgiving”.

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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THANKSGIVING



WORD SEARCH

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Blessings
 Corn
 Cornucopia
 Cranberry

Family
 Feast
 Gather
 Gratitude

Harvest
 Indians
 November
 Pilgrims

Pumpkin Pie
 Stuffing
 Sweet Potatoes
 Thanksgiving

Tradition
 Turkey

Monday	Tuesday	Wednesday	Thursday	Friday
1 08:30a Billiards 08:30a Cribbage 08:30a Library 09:30a Knit and crochet 12:00p Mah Jong	2 08:30a Billiards 08:30a Cribbage 08:30a Library 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Chess 01:00p PM Bridge	3 08:30a Billiards 08:30a Cribbage 08:30a Library 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 01:00p Bingo 01:00p COA Brd Mting	4 08:30a Billiards 08:30a Library 09:00a Mindful Living 09:00a Quilting 9-11am 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	5 08:30a Billiards 08:30a Cribbage 08:30a Library 09:00a Quilting 9-11am 12:15p Scrabble 01:00p PM Bridge
8 08:30a Billiards 08:30a Cribbage 08:30a Library 09:30a Knit and crochet 12:00p Mah Jong	9 08:30a Billiards 08:30a Cribbage 08:30a Library 09:30a Friends Meeting 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Chess 01:00p PM Bridge	10 08:30a Billiards 08:30a Cribbage 08:30a Library 09:00a Stretch Yoga Chair Zoom 09:00a Vets Breakfast 09:00a Walking Club 01:00p Bingo 01:30p Bergeron Advice	11 08:00a CENTER CLOSED	12 08:30a Billiards 08:30a Cribbage 08:30a Library 09:00a Quilting 9-11am 10:00a Scam Smart 12:15p Scrabble 01:00p PM Bridge
15 08:30a Billiards 08:30a Cribbage 08:30a Library 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	16 08:30a Billiards 08:30a Cribbage 08:30a Library 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 12:30p Movie Day 01:00p Chess 01:00p PM Bridge	17 08:30a Billiards 08:30a Cribbage 08:30a Library 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 10:00a Target/Mall 10:30a Genealogy 01:00p Bingo	18 08:30a Billiards 08:30a Library 09:00a Quilting 9-11am 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Stretch Break Zoom 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	19 08:30a Billiards 08:30a Cribbage 08:30a Library 09:00a Quilting 9-11am 12:15p Scrabble 01:00p PM Bridge 02:30p Thanksgiving Dinner
22 08:30a Billiards 08:30a Cribbage 08:30a Library 09:30a Knit and crochet 12:00p Mah Jong	23 08:30a Billiards 08:30a Cribbage 08:30a Library 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Chess 01:00p PM Bridge	24 08:30a Billiards 08:30a Cribbage 08:30a Library 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 01:00p Bingo	25 08:00a CENTER CLOSED	26 08:00a CENTER CLOSED
29 08:30a Billiards 08:30a Cribbage 08:30a Library 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	30 08:30a Billiards 08:30a Cribbage 08:30a Library 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Tech Support 10:30a zoom Parkinsons class 12:30p Movie Day 01:00p Chess 01:00p PM Bridge			

2022 SHINE Pre-Enrollment Information Sheet

Please print

Name: _____ Date: _____

Address: _____ Zip code: _____

Phone: _____

Date of Birth: _____

Your current medical insurance coverage:

Coverage	Name of plan/effective date	Monthly or quarterly cost
Medicare Part A	Effective:	
Medicare Part B	Effective:	
Medicare Advantage Plan	Name:	
Medigap or Supplement	Name:	
Medicare Part D	Name:	
Retiree or union coverage Is prescription coverage included? Y/N Has it been determined as good as Part D (creditable)? Y/N	Name:	

Are you a member of Prescription Advantage (Massachusetts' state pharmacy assistance program?)

Yes No

Do you receive "Extra Help" for your prescriptions (LIS)? **Yes No**

Are you enrolled in Mass Health? **Yes No**

Do you wish to use mail order service for prescriptions? **Yes No**

If you use a particular pharmacy, please provide the pharmacy's name and address:

Name of Primary Care Physician: _____

Name of Specialists: _____

Please list your current medications below
Use additional paper if necessary
Do not list over-the-counter drugs (e.g., vitamins)
Print clearly

Drug Name (as written on bottle)	Drug Strength/Dose per Day Example: 50 mg/1x a day

To have SHINE assist you in finding the most affordable plan for you, complete and return to: Hudson Senior Center 29 Church St. Hudson MA 01749