

**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



2023

Hudson Council on Aging
A Multi-Service Center

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

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

Social Services:

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

Senior Center Staff:

- Janice Long, Director
- 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
- John Wesinger, Part-time Bus Driver

Social Activities:

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

Members of the Council on Aging Board:

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

Meetings:

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

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

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

Legislature Passes Comprehensive Tax Relief



With the goal of providing financial relief to families across the Commonwealth and making Massachusetts more competitive with other states, the Massachusetts Legislature passed a bipartisan tax relief package that supports residents across all income levels this fall.

Here are some of the ways it will impact seniors in our Commonwealth:

Senior Circuit Breaker Tax Credit: Massachusetts residents aged 65 who qualify for the senior circuit breaker tax credit will see this benefit double from \$1,200 to up to \$2,400 per year. This change is expected to impact over 100,000 seniors across Massachusetts.

Estate Tax: The estate tax is eliminated for all estates under \$2 million. The estate tax is lowered for estates valued at more than \$2 million with a uniform credit of \$99,600. The changes made in this bill update the tax to bring it more in line with other states and eliminate punitive elements of the tax for those with incomes just high enough to trigger it.

Title V Cesspool and Septic System Tax Credit: The maximum tax credit for Title V cesspool or septic system users will triple to \$18,000 and the amount claimable will increase to \$4,000 per year, easing the burden on homeowners facing the high cost of septic tank replacement or repair. About one third of homes in Massachusetts use a septic system.

Earned Income Tax Credit: an increase in MA's earned income tax credit could mean an additional savings of \$56 - \$600+ per year for 400,000 taxpayers in the state who earn less than \$57,000 per year.

Low-Income Housing Tax Credit: The annual authorization cap for building affordable housing in the Commonwealth is increased from \$40 million to \$60 million, providing enough funding to spur the creation of thousands of new units of affordable housing annually while also bolstering economic development.

Rental Deduction Cap: Massachusetts renters can now deduct up to \$4,000 of their rent from taxes each year – an increase of \$1,000 from the previous cap. This is expected to impact about 800,000 Massachusetts taxpayers.

Senior Property Tax Volunteer Program: Municipalities that have volunteer work programs for seniors to reduce their property tax can now offer write-offs of up to \$500 more.

I'm proud of this significant effort in tax reform that will offer relief to folks who are struggling with rising costs. If you have any questions or would like more information, please contact my office.

I also want to offer a sincere Thank You to all of our Veterans this Veterans Day and every day. We are grateful for your service!

Contact Rep. Hogan: State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Reach Rep. Hogan by phone at (617) 722-2600 or email at Kate.Hogan@MAhouse.gov. Find her online at www.repkatehogan.com and @RepKateHogan on Facebook and Twitter.

Upcoming (Virtual) Office Hours: November 9, 6-7 pm. Please call or email my office by 5 pm on Nov. 8 to reserve a time slot

Hello to Everyone,



I cannot believe it is already November, and it will be a very busy month. This is a special time of year that we show our gratitude for the service of many Veterans. We appreciate what they have done for us and our country. The Hudson Senior Center is offering, for Veterans only, a FREE Breakfast Buffet at the Assabet Technical High School Epicurean Room on Wednesday Nov. 8th from 9:00am until 11:00am. We still have openings so please call 978- 568-9638 to make your reservation.

We also celebrate the National Holiday of Thanksgiving. Thanksgiving is a time to be thankful for all that we have. It is a time for families and friends to meet, socialize and enjoy each other's company. Mr. George Danis from Plastic Molding Manufacturing, in Hudson, has a special place in his heart for Hudson seniors and is offering them another Thanksgiving meal. This marks his 13th year in a row providing this delicious meal. We are grateful for his generosity and kindness. Please read the special write up about this event in our newsletter.

November is also the time of year our wonderful Friend's Organization has its Annual Fall Fair. This year it is on Saturday, November 4th from 9am until 2pm. Please stop by and see all the beautiful crafts, quilts, knitted items, baked goods and raffles for a quilt, afghan, and a \$500.00 gift card! Beautiful baskets and handmade crafts to brighten any home and more. We will also have 2 tarot card readers on hand. Our Friends will have sandwiches, chips, soups and drinks at lunchtime. I am sure you will find some great holiday gifts!

Lastly, let's not forget this is Medicare Open Enrollment Period. Our Senior Center is fortunate to have 3 full time SHINE Counselors to help Medicare beneficiaries review their health and prescription drug plans for next year.

Happy Thanksgiving, Janice

Reminder: The Senior Center is CLOSED on Friday, November 10th and Thursday, November 23rd & Friday November 24th for Thanksgiving



Veterans Day Breakfast

Wednesday, November 8th at 9:00am (Veterans only)

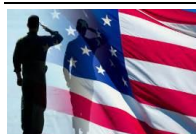
In honor of Veterans Day, the Hudson Senior Center will sponsor a FREE Veterans Breakfast at the Epicurean Room at Assabet Technical High School. **Breakfast includes:** omelet station, waffle station made to order eggs, home fries, bacon and sausage and fruit. **(Limited to 40 Veterans).**

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

FROM OUR VETERANS AGENT BRIAN STEARNS...

Hudson's Annual Veterans Day Parade

Please join us on Saturday, November 11, 2023 at 09:30 as we assemble at AMVETS Post 208 and march in Hudson's Annual Veterans Day Parade. The parade takes us from AMVETS at 5 South Street to Town Hall at 78 Main Street. The ceremonies will follow at Town Hall.



"VETS TALK" A program for Veterans

Thursday, November 2nd, 9th, 16th & 30th at 9am

Every Thursday except the 4th Thursday of the

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



Hiking Day at Gates Pond
Monday, November 6th at 10:00am
Meet at Gates Pond. Bring walking sticks and appropriate attire.
Call to sign up!



Join our popular 4-week Well Being Series

❖ Mindfulness Series, 4 weeks with Lisa Campbell

Wednesdays 9am – 10am on November 15, 22, 29 and December 6th

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

❖ Self-Empowerment Discussion Group

Tuesdays 11am-12pm on November 14th, 21st, 28th and December 5th

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

Please call the center to sign up for these great classes

Funded by ARPA (American Rescue Plan Act).



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

For the 13th year, our friends George E. Danis and Plastic Molding Manufacturing are providing another Thanksgiving Meal for Hudson Seniors catered by Buffet Way.

This will be a Grab and Go Meal on Friday, Nov. 17th between 2:00-2:30pm.

Each individual dinner includes: White & dark turkey, stuffing, squash, mashed potato, gravy, and 8oz apple crisp for dessert. (150person maximum)

Sign up beginning Wednesday, November 8th



Worcester Men of Song; a Holiday Performance at the Hudson Senior Center Wednesday, December 13th at 7pm Cost \$5.00

Join us for a wonderful Holiday performance by the Worcester Men of Song as they sing our favorite holiday songs in perfect harmony. They sing as a group of over 20 men and in individual quartets. This will get you in the holiday spirit.

Sign up starts: Tuesday, November 21st. Light refreshments will be served.



Back by popular demand...

**Learn How to utilize some great services from the Hudson Public Library
Tuesday, December 5th at 2pm at the Hudson Senior Center**

Please attend this informative presentation regarding free books without having to come to the library. Would you benefit from being able to change a book's print size or the speed at which an audiobook is read? Have you wondered about people enjoying books via their phones or tablets? Digital books are available to you for free through the Hudson Public Library. Library staff will visit the Senior Center to show us how to use OverDrive/Libby. Bringing your library card to the presentation will be helpful in setting up your OverDrive/Libby account. Libby app is the easiest way to get started with digital books, audiobooks and magazines. ***Please call to sign up.***

Workshop at the Hudson Senior Center With Kevin Flaherty

Physical Therapist and owner of Flaherty Physical Therapy

"Lower Back Pain. Why live with it? It's all about the Core!!!"

Wednesday, December 6th at 10:30am

Lower Back Pain, why live with it, it's about the core! is a 45-minute presentation with Q and A of how lower back pain can be treated through a wide variety of treatments WITHOUT medication!!! The opioid crisis is well known. Physical Therapists treat lower back pain every day and have excellent outcomes leading to improved quality of life without medications! The presentation will cover different types of back issues along with a variety of ways physical therapists treat it through exercise, posture improvements and lifestyle changes. You will leave with information on why is your back painful and more importantly, what to do about it without medication! ***You must call to sign up***



Holiday luncheon at Assabet's Epicurean Room



Tuesday, December 12th at 12pm

Menu is: Bread, Salad, and Stuffed Chicken w/ supreme sauce, Vegetable Pasta Primavera, Roasted Butternut Squash, Mashed Potatoes and Dessert Buffet. **Cost to you is \$10.00**

**Please come in to purchase your tickets beginning on Tuesday, November 21st
Limited to 75 people**

Volunteer Opportunity with AARP TaxAide

Are you interested helping others? In meeting new people? In learning a new skill? The AARP TaxAide program is looking for volunteers to prepare tax returns or to greet individuals coming to have their taxes done at the Senior Center. Volunteers get the training needed to be successful. The training for a greeter is one three-hour session. The training for a counselor is eleven two-hour sessions starting in early December. In addition, a counselor must pass an open book IRS certification exam. Volunteers typically work two mornings a week for the ten-week tax season. This is a significant commitment, but the rewards of helping people in a trying experience makes it worth the time investment. If you are interested, please call Frank, the Hudson site coordinator at 585-20-4303. Thank you!

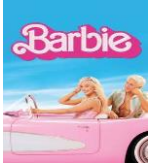
Thank you to our Hudson Rotary Club and Rail Trail for the delicious breakfast they cooked for us at the Senior Center on Friday, October 20, 2023! Rail Trail provided all the food, pancakes, bacon and eggs and fresh fruit cups. The Rotary members provided all the table cloths and place settings, set up the room, cooked all the food and it was delicious. Thank you so much Hudson Rotarians and our friends at the Rail Trail restaurant.

“Movie Day” at the Center



Here is the listing for the movies in 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 13th & Tuesday, November 14th – Barbie



Based on the eponymous fashion dolls by Mattel, it is the first live-action Barbie film after numerous computer-animated films and specials. The film stars Margot Robbie as the title character and Ryan Gosling as Ken, and follows the pair on a journey of self-discovery following an existential crisis. *Rating: PG-13 Runtime: 1hr 54min*

Monday, November 27th & Tuesday, November 28th – The Hill



The Hill is an inspiring, true story of baseball phenomenon Rickey Hill. The son of a small-town traveling pastor (Dennis Quaid), Rickey shows an extraordinary talent for baseball despite being burdened by leg braces from a degenerative spinal disease. Driven by his faith and love of the sport, he continues to play against his father's wishes. But when a scout for the major league (Scott Glenn) arrives, he must overcome his worsening condition and the division it causes in his family in order to fulfill his dream of playing professional baseball. *Rating: PG Runtime: 2hr 7min*

Blood Pressure Clinic on Thursdays...Next month will be called Nurses Clinic



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

Monthly Support Groups at the Senior Center



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

❖ Bereavement Group

Monday, November 6th & 20th at 1pm

❖ Caregivers Support Group

Thursday, November 9th & 30th at 1pm

Holiday Craft with Carolyn

Tuesday, December 5th at 10:30 am at the Senior Center; Cost \$10.00



Some of the greatest joys of the holiday season are the opportunities to gather. We can do this while at a fresh Green Centerpiece Workshop hosted by Carolyn. No skills are required as you will be guided every step of the way while still being able to add your own personal touch. Please join us as we have fun listening to holiday music, enjoying the company of others and leave feeling proud with a beautiful centerpiece you created. **Limited to 20. Call to sign up!**

Fitness Classes



In-person fitness classes:

You must call the senior center to sign up.

- **AM Cardio & Weights w/ Sharon- Mondays & Wednesdays 8:30-9:15am**
(The class will be limited to 20 people) *Cost: \$12/month*
- **Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am**

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 *Cost: no charge*

- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am – Cost: \$10/month**

New

- **Yoga w/ Sharon: Wednesdays at 2:30pm – Cost: \$10/month**
- **Mat Pilates with Jennifer: Thursdays at 9:00am - Cost: \$10/month**

This is a basic Mat Pilates class for those who are looking for a good workout to build overall muscle strength starting with the core using your own body weight. It will improve posture, flexibility and balance

- **Stretch class with Sharon - Thursdays 10:15 -11:00am**
(The class will be limited to 20 people)

- **Afternoon Parkinson's Exercise class Thursdays at 1pm - Cost: no charge**

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

- **Beginners Line Dancing Class - Fridays 10:00am** Cost is \$10.00 a month
- **Beginner Plus: Beyond Beginner Line Dancing - Fridays 11:00am** Cost is \$10.00 a month



Online Zoom fitness classes:

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

- **Zoom Cardio & Weights Class with Sharon -Mondays and Wednesdays 8:30-9:15am**

This class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. * There will be modifications for each exercise for those with orthopedic issue. *Cost: \$12/month*

- **Zoom Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/mo**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am - No charge**
- **Zoom Parkinson's Class with Mike Bleecker- Tues. at 10:30-11:30am- No charge**

Transportation News...

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



Tuesdays & Thursdays

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



Please call at least a day ahead before 3:30pm for Shopping as well as all Medical Appointments
Seatbelts must also be worn

Lunches at the Center on Wednesday & Thursday at 11:30am

You must call at least the day before (before 11am) to order

Call Kitchen to sign up at 978-568-9638 option #3 (meal on wheels)

Wednesday, November 1st

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

Hot Menu: Black bean & barley Chili, brown rice and green beans

Thursday, November 2nd

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

Hot Menu: Sweet & sour chicken meatballs, white rice and oriental blend vegetables

Wednesday, November 8th

Cold Menu: Egg salad, garden shell pasta salad and broccoli slaw

Hot Menu: Hot dog, coleslaw and baked beans

Thursday, November 9th

Cold Menu: Tuna salad, coleslaw and barley raisin salad

Hot Menu: Chicken cacciatore, seasoned orzo and Scandinavian vegetables

Wednesday, November 15th

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

Hot Menu: Chicken scaloppini, buttered noodles, zucchini & cauliflower

Thursday, November 16th

Cold Menu: Chicken salad, orzo vegetable salad and coleslaw

Hot Menu: Turkey w/ gravy, stuffing, mashed potatoes and vegetables

Wednesday, November 22nd

Cold Menu: Roast beef, provolone, macaroni salad and broccoli slaw

Hot Menu: Alaskan breaded pollock, rice pilaf, green beans and red peppers

Thursday, November 23rd -NO Meal (Thanksgiving)

Wednesday, November 29th

Cold Menu: Egg salad, beef salad and English pea salad

Hot Menu: Lasagna w/ tomato sauce, chicken meatball and broccoli

Thursday, November 30th

Cold Menu: Roast beef, provolone, macaroni salad, squash, zucchini and red onion salad

Hot Menu: Beef pot roast w/ gravy, garlic mashed potatoes and butternut squash

Suggested Voluntary Donation of \$3

Menu is subject to change



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.*

TIME FOR YOUR ANNUAL INSURANCE CHECK-UP!

As every senior knows, it's Medicare renewal time. So, this is my annual reminder: First, think about your health, has it changed (different meds?) or might it change next year (medical procedures)? Before you try to figure this out yourself or just tune out and simply renew what you already have, talk with someone who does this all the time. You may be able to save money by rearranging some things.

The obvious and most common change will be to your Medicare Part D plan. Remember that if you simply renew your current plan, that does not mean your current plan is the same as it was last year. The kinds of drugs the plan covers, your co-pays, basically everything about your plan may be different on January 1st. You don't want to find out about that on January 2nd, when it turns out one of your medications is not covered or the co-pay has doubled. You also want to figure out if your medications or co-pays will change if you change pharmacies.

The second part of your medical insurance that you want to check on, if you are on "traditional" Medicare (Part A and B), is your supplemental insurance package. No surprise that the healthier you are, the more you may be comfortable with a supplemental plan that is less expensive but increases your costs in the case of a serious event. The sicker you are or expect to be, the more you benefit from a supplemental plan that is more all-inclusive. The point is that, at our age (I turned 73 this year, so I get it), there's more likelihood that your health will change from year-to-year. You have the luxury of tailoring your insurance to adjust for that, but only at this time of year, and only until December 7th.

Finally, except on Martha's Vineyard or Nantucket, you want to compare your plan to one of the several so-called Medicare Advantage plans (technically, Medicare C plans) that are required to provide at least what Medicare A and B provide, but also include drug coverage and often include much more, like vision appointments and eyeglasses, hearing appointments and hearing aids, reimbursements for trips to the gym and any number of other "goodies" meant to make you want to be a member. The percentage of seniors using Medicare C plans now grows every year and now accounts for nearly half of all senior coverage in other parts of the country. Especially if you are interested in having someone pay you to stay healthy in addition to paying you if you get sick, you should check out the Medicare Advantage plans.

If you want to learn more about these issues, you can watch this month's episode of Elder Law 101. You can find it on HUD-TV (Comcast 8; Verizon 47) or on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. 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, November 8th from 1:30pm to 3pm (appointment only)
(Full-Waitlist only)

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



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, November 15th at 10:30am

Genealogy group is open to everyone who is interested in researching their ancestry.
Beginners welcome. See you there!

Creative Groups

Craft Group

Mondays 12:00-3:00pm

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

2nd Floor - Craft Room

Knit & Crochet Group

Wednesdays 9:30am

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

2nd Floor - Craft Room

Memoir Group

Friday afternoon from 1-3pm

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

Open Painting Studio

Tuesdays 10:00-12:00pm

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

2nd Floor - Craft Room

Silver Threads Quilting Group

Thursdays and Fridays 10:00am

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

2nd Floor - Craft Room

Senior Center Lending Library

Donations made to our Library are appreciated with Copyright date no earlier than 2013.

*Check out our new Large Print section.

Group Activities

Bingo



Wednesdays 12:30pm

Bridge

Fridays 12:30- 3pm

Chess

Tuesdays 1:00pm

Cribbage

Monday – Friday 8:30-11:30am

Mah Jong

Mondays & Thursdays 12:00pm-3pm

Billiard Room



Mon. – Fri. 8:30-3:30pm

Game of Pool anyone?

2 tables available.

Scrabble

Fridays 12:15pm



Gift Shoppe

Open: Thursdays 9:30-12:30pm

- Handmade items for the Shoppe appreciated.



**Volunteers needed to work a 3-hour shift on
Mondays or Wednesday 9:30-12:30pm in the
Gift Shoppe**

Please leave your contact information with the front desk and someone will be in touch.



Fall Fair will be Saturday, Nov 4th, 9am – 2pm at the Hudson Senior Center



Crafts, baked goods, quilts made by our talented quilters, beautifully knitted and crocheted items, Holiday items, raffle baskets, Raffles, tarot card readers and much more!

Donated items and Baked Goods are needed for our Annual Fair

If you would like to bake something we ask that you bring your baked goods in by Friday, Nov. 3rd. If you need to bring baked goods in earlier, we can put them in our freezer. Breads, cookies, coffee cakes, Irish breads etc. are all welcome at our fair. Everyone loves the Baked Goods Table! *Let's work together and make this a successful event. We appreciate your time and talents!*



News about our Annual Apple Pie make and bake Day

We are looking for volunteers to help make our delicious apple pies to sell at our Annual Fall Fair! **The pies will be made on Thursday Nov. 2nd at 12 noon!**

Please call to sign up; and bring your paring knives, apple peelers and rolling pins. It is always a fun day and the center smells so good. We look forward to seeing you!



Apple Pies

Deep dish baked and frozen pies will be offered this year. Baking directions will be included with each frozen pie. Cost for each pie is \$10.00. **All PIES (FROZEN OR BAKED) MUST BE RESERVED BY 11/1/23.** Order your pies at the Senior Center desk or call 978-568-9638

Fall Fair Raffles

- This year our Friends are offering a **\$500.00 GIFT CARD as a top raffle.** We will have the \$500.00 Gift Card raffle in our newsletter. simply fill out the raffle tickets and mail them to the Senior Center, 29 Church St. Hudson MA 01749 with your check made out to the Friends of Hudson Seniors.



- Quilt (71"x 80") Raffle,
- Afghan Raffle
- 2 Dooney and Bourke pocket books

Hudson Senior Center Friends' Fall Fair \$500 Visa Gift Card Drawing Date: Nov. 4, 2023

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

Tickets: Tickets: 1 for \$5 or 3 for \$10

Hudson Senior Center Friends' Fall Fair \$500 Visa Gift Card Drawing Date: Nov. 4, 2023

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

Tickets: Tickets: 1 for \$5 or 3 for \$10

Hudson Senior Center Friends' Fall Fair \$500 Visa Gift Card Drawing Date: Nov. 4, 2023

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

Tickets: Tickets: 1 for \$5 or 3 for \$10

DayBreak at the Hudson, Northborough and Marlborough Senior Centers

A Social Day Program Providing Respite for Caregivers

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

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

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

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

Support for this project provided in part by Springwell Elder Services.

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

Please contact Lisa Bazarian Gardner at 978-568-9638

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

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

COLONY
CORNUCOPIA
CRANBERRIES
FALL
FAMILY
FEAST
GOBBLE
GRATITUDE
GRAVY
HARVEST
HOLIDAY
MAIZE
MAYFLOWER
MILES STANDISH
NEW WORLD
NOVEMBER
PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
THURSDAY
TURKEY
WAMPANOAG
YAMS

Thanksgiving Day Word Search



OUTREACH

HOLLY RICHARDSON



Calling all Medicare Beneficiaries!!

Yes, it is that time of year again where you will start receiving information in the mail about your current health insurance plan or Medicare prescription drug plans. Enclosed in this newsletter is our pre-enrollment form that should be filled out by you to give us, as SHINE counselors, with your updated insurance information. We would appreciate you filling this out as best you can to make sure we have your updated list of doctors, medications, and any other pertinent information. 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. You can have this reviewed and can change your plan for 2024 during the Open Enrollment Period, which is October 15 until December 7, 2023. During this time, we not only review your plan changes and options, but we also use this time to re-screen you for any assistance programs you may be eligible for. If you would like to sign up to meet with a SHINE counselor during the Open Enrollment period, contact the Hudson Senior Center at 978-568-9638 for an appointment. You can also complete the Pre-Enrollment form and bring it to the Senior Center, and a SHINE counselor will be in contact with you to schedule an appointment.

Fuel Assistance Update:

We have not yet been informed if the SMOC applications have been mailed out yet. They were hoping to **start** this process mid-September. Once received, call the Hudson Senior Center, and we can schedule an appointment to help you apply again for this heating season. Please keep in mind that, yes, although we submitted your application with the documentation last year, updated documentation is required each year when we re-apply. The season does not officially begin until November 1, however, the sooner you get the application in, it allows for more time to be processed once the heating season officially starts. Please be advised that they are still working on processing denials and incomplete applications from last heating season as well, if you are still waiting on approval from this last heating season you may have applied for.

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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 2023, para ser efectivo no dia 1 de Janeiro de 2024. 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 2023 até o dia 30 de Abril de 2024. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

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

DATAS IMPORTANTES

Dia 4 de Novembro – Feira Anual das 9:00 da manhã às 2:00 da tarde no Senior Center em Hudson. Tartes de maçã podem ser encomendas até o dia 3 de Novembro e o custo é \$10.00 por tarte. Telefone para o Senior Center – 978-568-9638 para encomendar a sua tarte de maçã.

Dia 8 de Novembro – Pequeno Almoço grátis para Veteranos às 9:30 da manhã no Assabet Valley High School. Este pequeno almoço é so para Veteranos. Limitado a 40 pessoas. Telefone para 978-568-9638 para reservar o seu lugar

Dia 8 de Novembro – Renuião dos Amigos do Senior Center às 9:30 da manhã.

Dia 9 de Novembro – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Para marcar um apontamento, telefone para o Senior Center.

Dia 10 de Novembro – O Senior Center está fechado devido ao feriado do “Veteran’s Day”.


Dia 17 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 a partir do dia 3 de Novembro para reservar o seu jantar. Limitado a 150 pessoas.

Dias 23 e 24 de Novembro – O Senior Center estará fechado devido ao feriado do “Thanksgiving”.

Dia 5 de Dezembro- Aula com Carolyn da época de Natal – Venha fazer um centre de mesa para as festas de Natal no Senior Center. O custo é \$10.00 pro pessoa. Limitado a 20 pessoas. Telefone para marcar o seu lugar.

Dia 13 de Dezembro – Espectáculo de música com “Worcester Men of Song” no Hudson Senior Center às 7:00 da noite. O custo é \$5.00 por pessoa. Os bilhetes estarão a venha a partir do dia 21 de Novembro.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<div>November</div> 		<div>1</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mting 02:30p PM Yoga</div>	<div>2</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 12:00p Pie Volunteers 01:00p Parkinsons Exer. pm</div>	<div>3</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 01:00p Memoir Workshop</div>
<div>6</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Hiking Trip 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group</div>	<div>7</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess 02:00p Grab and Go Meal</div>	<div>8</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Vets Breakfast 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p Bergeron Advice 02:30p PM Yoga</div>	<div>9</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 11:30a Blood Pressure 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</div>	<div>10</div> <div>08:00a CENTER CLOSED</div>
<div>13</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day</div>	<div>14</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 11:00a Self Empowered Living 12:30p Movie Day 01:00p Chess</div>	<div>15</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Mindful Living 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</div>	<div>16</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</div>	<div>17</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop 02:00p Thanksgiving Dinner</div>
<div>20</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group</div>	<div>21</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 11:00a Self Empowered Living 01:00p Chess</div>	<div>22</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Mindful Living 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</div>	<div>23</div> <div>08:00a CENTER CLOSED</div>	<div>24</div> <div>08:00a CENTER CLOSED</div>
<div>27</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day</div>	<div>28</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 11:00a Self Empowered Living 12:30p Movie Day 01:00p Chess</div>	<div>29</div> <div>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Mindful Living 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</div>	<div>30</div> <div>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</div>	

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 Specialist: _____

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