

**Town Of Hudson
Council on Aging**
Multi-Service Center
29 Church St.
Hudson, MA



Hudson Senior Center

Non-Profit Organization
U.S. Postage
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Hudson, MA 01749
Permit #55



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) 56-9647 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.



October 2021

REP. KATE HOGAN'S SENIOR NEWS

Seasonal Resources

Autumn is upon us, and with it some perennial truths: the cider will be delicious, the leaves along the Assabet beautiful, and winter is just around the corner.

This is also the time of year that many seniors start to think about the cost of heating their home over the winter. This year, the cost of other staples may be an issue too.

Following are some local, regional, and state resources that could be useful for seniors. The good people at our COA are always able to help when applying for assistance:

Low Income Home Energy Assistance Program (LIHEAP)

Residents who are experiencing a loss of income are urged to consult with their utility to see if they may qualify for the utility's low-income rate, arrearage management programs (AMP), or the federal Low-Income Home Energy Assistance Program (LIHEAP). Customers may qualify for low-income assistance, even if they haven't in the past, as eligibility is based on the last four weeks of gross household income. The AMP provides for an individualized payment plan that, if followed, allows the customer to have forgiven all or a portion of an outstanding unpaid balance. In order to qualify for LIHEAP, customers must have a household income that does not exceed 60 percent of the state median income.

Good Neighbor Energy Fund

If you don't qualify for federally funded assistance programs, you can apply for the Salvation Army's Good Neighbor Energy Fund. The Good Neighbor Energy Fund can help Massachusetts residents experiencing a temporary crisis which has left them without enough money to pay their utility bill, but do not qualify for federally funded assistance programs. To apply for assistance, contact your local Salvation Army Assistance Center.

To make a contribution to the Good Neighbor Energy Fund, please visit the Salvation Army's website. You can also mail a check payable to "Good Neighbor Energy Fund" directly to The Salvation Army at 25 Shawmut Road, Canton, MA 02021-1408.

SNAP Gap

There are 659,340 people in Massachusetts who are eligible for, but not enrolled in, the Supplemental Nutritional Assistance Program (SNAP), also known as food stamps. This might be you—if you're not sure where to start, call Project Bread's free, confidential, multilingual hotline and they will walk you through your application: 1-800-645-8333.

Mortgage and Rental Payment Assistance

If you're looking for help with housing costs, you're not alone. State and local organizations are distributing federal rental assistance in our communities. Many programs take applications from both landlords and renters who are struggling to keep up with rent and other bills. There is no fee to apply for Massachusetts' Emergency Rental Assistance Program (ERAP) and free help is available to complete applications. The South Middlesex Opportunity Council, Inc. (SMOC) can assist you in applying.

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,

I hope you are all well! We are still dealing with the pandemic and continue to take necessary precautions. Face masks are required at the Senior Center and other Town municipal buildings regardless of vaccination status.

Welcome Alex O'Hare

Please help us welcome Alex O'Hare who was recently hired as the Town of Hudson Licensed Community Social Worker. Although this is a new position, Alex is not new to the Hudson Senior Center. During her last year in undergraduate school she was an intern for us and worked on the Friendly Chat Program. She did an outstanding job getting this program off the ground. The following summer she went off to graduate school to become a Licensed Social Worker. We are so proud of her success and thrilled she was hired by the Hudson Health Department. The Health Department recognized the need for a Community Licensed Social Worker to help all ages in our community and offered Alex's expertise to our center every Thursday from 8 am till 3:30pm. We are grateful for this additional support and excited to be working with Alex again. She will be an asset to our department. Please feel free to call Alex on Thursdays at 978-568-9638. Congratulations Alex!

Our new Well Being Series still has openings

This month we are starting our Well Being Series and we still have openings. ☺ This class will provide self-help techniques that will relax and calm our minds. We will also learn strategies to work through anxiety and mild depression.

Did you know that during the past 18 months more than 40% of adults reported anxiety or depressive symptoms? This is 4 times the pre-pandemic rate.

This pandemic has impacted ALL of us in many ways. That is why we asked Synergy to develop a program that would provide strategies to help people cope with the uncertainty, loneliness and sadness many have experienced

Please join me and other staff members in this mindfulness series. (Yes, most of us are attending ☺)

Please sign up for **Self-Empowered Living 4 week class on Wednesdays starting Wednesday October 6th, 13, 20, and 27th at 10-11am** and **Mindful Living another 4 week class on Thursdays starting Oct. 14, 21, 28 and Nov. 4th at 9am-10am**

I think it will be helpful but also FUN! Call 978-568-9638 to sign up for this fun and informative class. I hope to see you there!



Bemis Farms Pumpkulent Grab and Go craft project

Wednesday, October 20th 1:00 pm pick up at the center

You will need a hot glue gun to glue down the live succulents, moss, dried flowers and pods right onto the real pumpkin. (No cutting of the pumpkin is required).

Enjoy outside or inside as a unique Thanksgiving centerpiece. After the holidays you can pull off the succulents and plant them in pots. If you want to see a better picture of the Pumpkulent, go to the Newsletter on the Senior center website. **Cost is \$10**



**Grab and Go Lunch from Assabet
Tuesday, October 19th between 12-12:30pm
pick up at the Senior Center**

Turkey and cheese sandwich with chips and apple crisp!
Cost to you is still \$5.00 which you bring when you pick up your meal.

****Call beginning Wednesday, October 6th to reserve your spot****

**Pick up and dine on your own time!
Early Dinner from Assabet on Thursday, October 28th
Pick up at the Senior Center at 3:00pm**

Lasagna roll ups with garlic bread, Caesar salad and chocolate mousse for dessert.

Cost to you is still \$5.00 which you bring when you pick up your meal.

****Call beginning Wednesday, October 6th to reserve your spot****



**Assabet Technical High School's Tech Savvy students are back again!
Presentation on how to use Zoom followed by your technology questions**

Tuesday, October 26th at 10am

Assabet's Computer Programming & Web Development Teacher will have their top tech savvy students come to the center to help you with how to use Zoom and then answer any tech questions. Please bring in your devices and learn from the experts. You must sign up for this. **Call the Center at 978-568-9638 to reserve your seat.**



Hiking Club with Gary

Bower Springs in Bolton Monday, October 25th at 9:30 am

1.5 mi hike with the option to go further if desired.

To get there: Take Lincoln St Hudson to 117 Bolton. Left onto 117 and follow approx.. 1 mile. After passing the Bolton library, take a Rt into Harvard Rd. Follow for approx .2 mi and take a left onto Flanagan Rd.

Bowers Springs parking lot will be on the left.

Please wear hiking boots or sneakers, comfortable clothing, hiking stick or ski pole if possible, water bottle and use insect repellant with DEET. Please call the senior center to sign up for this 978-568-9638.



High Dose Flu Shot

The Flu season will soon be here and it is recommended that people 65 and older should be getting the high dose flu shot. You can get the high dose flu shot from your doctor's office, CVS, Walgreens, Target and some grocery stores with pharmacies. At this time, you do not need an appointment at most pharmacies and grocery stores. Get your high dose flu shot now!!

REMINDER: Center is closed on Monday, October 11th for Columbus Day.

Stress Reduction with Qigong
Instructor: Lou Tagliani (Welcome back Lou)
Starting Tuesday, October 19th at 9:30

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 October 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.

You must call to sign up if you planning on attending this class each month. 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.

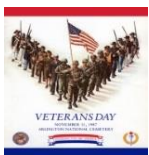
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am.**
- **Zoom Strength Training Class with Sharon -Mondays and Wednesdays 8:30-9:15am**
Strength Training class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have 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**



“VETS TALK” A program for Veterans

Every Thursday *except* the 4th Thursday of the month at 9am

Vets Talk is a chance for only veterans to get together to talk about what's going on in the world or anything else that comes to mind. 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.

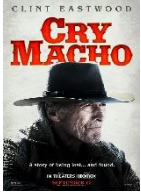
“Movie Days” at the Center

Here is the listing of movies for October. **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, October 12th & *Friday, October 15th – *Cry Macho*



From Warner Bros. Pictures comes director/producer Clint Eastwood's uplifting and poignant drama "Cry Macho." The film stars Eastwood as Mike Milo, a one-time rodeo star and washed-up horse breeder who, in 1979, takes a job from an ex-boss to bring the man's young son home from Mexico. Forced to take the backroads on their way to Texas, the unlikely pair faces an unexpectedly challenging journey, during which the world-weary horseman finds unexpected connections and his own sense of redemption.

Rating: PG-13 Runtime: 2hr 1min

Monday, October 25th & Tuesday, October 26th – *Cruella*



Estella has one dream: to be a fashion designer. Though she has the talent, discipline, and determination, luck isn't on her side: at age 12, she ends up an orphan and penniless in the streets of London. Years later, however, a lucky encounter allows her to fulfill her lifelong dream. This didn't satiate her thirst, unfortunately: she feels like she is destined for more. It is only when she was commissioned to design an upcoming rockstar's signature piece does she feel on the right track.

Rating: PG-13 Runtime: 2hr 14min



Genealogy Family Research with Charles Corley at the Senior Center Wednesday, October 20th 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!

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.*

KEEPING FAMILY FEUDS FROM BECOMING LEGAL FEUDS

Family feuds come in all shapes and sizes. There's the fight between the "special" niece, who was named a joint owner on her deceased aunt's bank account, and all the other nieces and nephews who were named in the aunt's Will. There's the fight between the child who was given the house "on certain conditions" by the parent in the Will, either because the child cared for the parent or because the child has a special need, and all the other children who want the house sold and the proceeds divided. There's the fight between the children over whether the child named in dad's Power of Attorney or as Trustee of dad's Trust is dealing appropriately with his money, or whether the child named in mom's Health Care Proxy is dealing appropriately with her care.

There are as many reasons for family feuds as there are families. Each one is unique. They are more predictable in families where there have been feuds before, but sometimes they come out of nowhere. In most cases, but certainly not all, they are about money. If the feud cannot be righted by the parties involved, the feud must be resolved by a judge.

By planning ahead, you can minimize the likelihood that the feud will end up going to court. For example:

- If you want to provide for that "special niece" but don't want to mention it to anyone else while you are alive, at least indicate in your Will that you intended to make a gift to any joint owner of any account on which the joint owner is named. Alternatively, if that's not your intention, say that in your will.
- If you intend that one of your children will continue to live in your house after you die, you may want to make sure that child signs a lease specifying that he or she will pay the taxes and insurance, and that otherwise there is some kind of eviction procedure.
- There should be a clear mechanism for removing and replacing a Trustee who may be abusing his or her power. Otherwise, it will take a judge to do the removing.
- In addition to your Health Care Proxy, you may want to write down the way in which you want to be treated if you are incapacitated so that both your health care agent and your medical providers will be comfortable that you are being treated according to your wishes.

If you are involved in a family feud, you want a lawyer who specializes in that. As I have learned over the past 44 years of legal practice, though, most of these feuds can be avoided. You just need to plan ahead.

If you want to learn more about family feuds and how to handle them, check out my October seminar, Family Feuds, How to Avoid Them, How to Win Them, 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, October 13, 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, October 5th at 9:30am

**** October meeting will be the 1st Tuesday of the month ****



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 – October 6th

1st Wednesday of each month at 1:00pm

Busing News:



The senior center bus is now running for all appointments. Please call at least a day ahead before 3:30pm. Grocery shopping can be any day of the week based on availability. **Masks MUST be worn while on the bus at all times regardless of vaccination status. Seatbelts must also be worn!**



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:

Fridays 12:30-3pm





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 ÀS 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.

O PROGRAMA SNAP

O Programa Complementar de Assistência Nutricional (SNAP) ajuda indivíduos e famílias de baixa renda a comprar alimentos saudáveis e nutritivos. Um benefício mensal do SNAP a um domicílio depende do tamanho, do rendimento e dos gastos deste domicílio. Se você ou alguém de seu domicílio é um cidadão americano ou um não cidadão legal e ganha menos do que um determinado rendimento, você talvez possa obter benefícios SNAP. Na maioria dos casos, um domicílio inclui todas as pessoas que compram, cozinham e comem refeições juntas. Se precisar mais informações ou precisar aplicar para o programa SNAP, telefone para Ana Terra-Salomao.

DATAS IMPORTANTES

Dia 5 de Outubro – Reunião do Amigos do Senior Center às 9:30 da manhã.

Dia 11 de Outubro – O Senior Center está fechado devido ao feriado do “Columbus Day.”

Dia 13 de Outubro – Consulta grátis sobre com o Advogado Bergeron às 1:00 da tarde. Telefone para marcar um apontamento.

Dia 19 de Outubro – “Grab and Go” Almoço ao meio-dia no Hudson Senior Center. No modelo “Grab and Go” a pessoa vem no seu carro e as funcionárias do Senior Center dão um saco com o almoço através da janela do carro. A pessoa não sei do seu carro. O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 6 de Outubro para reservar o seu almoço.

Dia 20 de Outubro – “Grab and Go Kit” – Pumpkulent do “Bemis Farms” a 1:00 da tarde no Hudson Senior Center. Telefone para o Senior Center – 978-568-9638 para reservar o seu Kit. O custo é \$10.00.

Dia 28 de Outubro – “Grab and Go” Jantar às 3:00 da tarde no Hudson Senior Center. O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 6 de Outubro para reservar o seu jantar.

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

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Fall Word Search

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 BONFIRE
 BOOTS
 OCTOBER
 RAKE

THANKSGIVING
 HARVEST
 LEAVES
 CARNIVAL
 APPLES
 APPLE CIDER

PUMPKIN
 FOOTBALL
 SWEATER
 NOVEMBER
 SEPTEMBER
 SUNFLOWER



Monday	Tuesday	Wednesday	Thursday	Friday
				1 08:00a Cribbage 08:00a Library 09:00a Quilting 9-11am 09:25a Billiards 9-3 12:15p Scrabble 12:30p PM Bridge
4 08:00a Cribbage 08:00a Library 09:25a Billiards 9-3 09:30a Knit and crochet 12:00p Mah Jong	5 08:00a Cribbage 08:00a Library 09:25a Billiards 9-3 09:30a Friends Meeting 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 01:00p Chess	6 08:00a Cribbage 08:00a Library 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:25a Billiards 9-3 10:00a Self Empowered Living 12:00p PM Cards 01:00p Bingo 01:00p COA Brd Mting	7 08:00a Library 09:00a Quilting 9-11am 09:00a Vets Talk 09:25a Billiards 9-3 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	8 08:00a Cribbage 08:00a Library 09:00a Quilting 9-11am 09:25a Billiards 9-3 10:00a Memory Training 12:15p Scrabble 12:30p PM Bridge
11 08:00a CENTER CLOSED	12 08:00a Cribbage 08:00a Library 09:25a Billiards 9-3 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 12:30p Movie Day 01:00p Chess	13 08:00a Cribbage 08:00a Library 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:25a Billiards 9-3 10:00a Self Empowered Living 12:00p PM Cards 01:00p Balance and Dizziness Workshop 01:00p Bingo 01:30p Bergeron Advice	14 08:00a Library 09:00a Mindful Living 09:00a Quilting 9-11am 09:00a Vets Talk 09:25a Billiards 9-3 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	15 08:00a Cribbage 08:00a Library 09:00a Quilting 9-11am 09:25a Billiards 9-3 10:00a Memory Training 12:15p Scrabble 12:30p Movie Day 12:30p PM Bridge
18 08:00a Cribbage 08:00a Library 09:25a Billiards 9-3 09:30a Knit and crochet 12:00p Mah Jong	19 08:00a Cribbage 08:00a Library 09:25a Billiards 9-3 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a zoom Parkinsons class 12:00p Grab and Go Lunch 01:00p Chess	20 08:00a Cribbage 08:00a Library 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:25a Billiards 9-3 10:00a Self Empowered Living 12:00p PM Cards 01:00p Bemis Farms 01:00p Bingo	21 08:00a Library 09:00a Mindful Living 09:00a Quilting 9-11am 09:00a Vets Talk 09:25a Billiards 9-3 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Stretch Break Zoom 12:00p Mah Jong 01:00p Parkinsons Exer. pm	22 08:00a Cribbage 08:00a Library 09:00a Quilting 9-11am 09:25a Billiards 9-3 10:00a Memory Training 12:15p Scrabble 12:30p PM Bridge
25 08:00a Cribbage 08:00a Library 09:25a Billiards 9-3 09:30a Hiking Trip 09:30a Knit and crochet 12:00p Mah Jong 12:30p Movie Day	26 08:00a Cribbage 08:00a Library 09:25a Billiards 9-3 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:00a Tech Support 10:30a zoom Parkinsons class 12:30p Movie Day 01:00p Chess	27 08:00a Cribbage 08:00a Library 09:00a Stretch Yoga Chair Zoom 09:00a Walking Club 09:25a Billiards 9-3 10:00a Self Empowered Living 12:00p PM Cards 01:00p Bingo	28 08:00a Library 09:00a Mindful Living 09:00a Quilting 9-11am 09:25a Billiards 9-3 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 03:00p Early Dinner	29 08:00a Cribbage 08:00a Library 09:00a Quilting 9-11am 09:25a Billiards 9-3 10:00a Memory Training 12:15p Scrabble 12:30p 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