

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.



Walks in the District

It cannot be overstated how beautiful our area of the state is, especially at this time of year. Indeed, the leafy orchards, tree-filled hills, running rivers, and gorgeous vistas can be spectacular.

Fortunately, we also have many recreational options for enjoying the outdoors, including several well-maintained and senior-friendly walks.

I heard from Hudson's Conservation Director Pam Helinek and Recreation Director Steven Santos, who especially recommend these walks for seniors:

South Street Riverwalk – This short, ADA-compliant, pedestrian-only walk is not far from the Senior Center. Although it's only a couple of blocks long, it is a pretty, shaded walk along the river with a few look-out spots. The South Street Riverwalk is accessible via Houghton Street, near Fuji Park, or via the South Street parking lot, near the Horseshoe Pub.

Assabet River Rail Trail – This is a longer walk (3 – 3.5 miles) that begins off South Street at the bridge behind the mill landing and runs from South Street to Route 85. Motivated strollers can take it even further, of course!

Not too far away, there is also the **Assabet River National Wildlife Refuge** – Reached from the Visitor Center off Hudson Road in Sudbury, the refuge offers 12 miles of trails for visitors. The easiest walking is available parallel to Winterberry Way on a paved, accessible trail that offers views of Puffer Pond or a section of Harry's Way that provides an accessible route from the Visitor Center to one of the old ammunition bunkers.

We are grateful to the conservation commissions, recreation departments, and state agencies that maintain sites like these around the Commonwealth. I hope you able to enjoy them this season!

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 Office Hours: October 19, 6-7 pm at the Bolton Public Library

Hello to Everyone,



I hope you are all doing well. We have a lot going on this month.

- First, October 15th starts Medicare Open Enrollment. This is an important time of year for Medicare beneficiaries to review their health and prescription drug plans for next year. Please see Holly Richardson's page, in this newsletter, for more specifics regarding appointments for your Medicare reviews. The Hudson Senior Center has 3 SHINE Counselors, Holly, Ana and Janice. Please fill out the SHINE form in this newsletter and we will call you for your appointment. REMINDER: At your appointment, please have your Medicare card, your health and prescription drug cards and your drug list including the dosage of your medication and monthly quantities. If you have created a secure Medicare Account, please bring in your Medicare account username and password. If you do not have a Medicare account, you can go to [medicare.gov](https://www.medicare.gov) to create one.
- We have a new mat-based yoga class with Sharon Gallant starting Wednesday, Oct 4th from 2:30pm -3:15pm. This class will meet every Wednesday at 2:30pm. Cost is \$10.00 for the month.
- We also have our Friends' Annual Fair Saturday, November 4th from 9am-2pm. Please notice the section in our newsletter regarding our Annual Fair and how you can help.

~Janice

Reminder: The Senior Center is CLOSED on Monday, October 9th for the Holiday

**Learn How to utilize some great services from the Hudson Public Library
Tuesday, October 3rd 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 on Tuesday, Oct 3rd at 2 pm 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. (I just signed up for Libby and it is great for me and my grandchildren)

Please call 978-568-9638 to sign up for this.



Grab and Go Meals

Friday, October 13th

Meat Lasagna Roll Up with garlic knot roll and yummy chocolate Mousse for dessert. Pick up time at the senior center is between 11:30 and 12 noon. This meal will be packaged cold with reheating instructions. Cost to you is \$5.00

Tuesday, November 7th

Hearty Beef Stew with cheddar biscuit and individual pumpkin pie. This meal will be packaged cold with reheating instructions. Cost to you is \$5.00

**Please call to sign up beginning on Wednesday, October 4th
Limited to 75 people**



Breakfast with our friends from the Hudson Rotary Club

Friday, October 20th at the Hudson Senior Center 7:30 am- 8:30am

The Hudson Rotary Club has decided to hold a **FREE** breakfast for Hudson Seniors from 7:30am-8:30am. The menu will include eggs, bacon, toast, fruit cup, coffee/tea, and juice. You must call 978-568-9638 to sign up! Thank you to our local Rotarians!

Please call to sign up beginning on Wednesday, October 4th

Limited to 50 people



Luncheon at Assabet Technical School

Tuesday Oct. 31st. Meal will be served at 12:00 pm

Join us for a delicious buffet with bread, salad, Chicken Francese, Haddock Florentine, roasted vegetables, roasted potatoes and dessert buffet. **Cost to you is \$10.00**

(Please bring an extra dollar for the student's tip).

Please come in to purchase your tickets beginning on Wednesday, October 11th

Limited to 75 people



Veterans Day Breakfast

Wednesday, November 8th at 9:30am (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.



Hiking Day at Delaney Pond

Monday, October 16th at 9:30am

Meet at the Senior Center and follow to Delaney Pond in Stow

Bring walking sticks and appropriate attire.

Call to sign up!

Workshop at the Hudson Senior Center

With Kevin Flaherty

Physical Therapist and owner of Flaherty Physical Therapy

Balance and Fall Prevention

Tuesday, October 17th at 1pm

This will be an interactive workshop where attendees will learn more about balance, dizziness, and vertigo. They will learn how those symptoms are caused, what can you do about it at home and whether physical therapy will be a good fit. Kevin Flaherty, PT will present on the topics noted. Each participant will leave with 3 easy exercises to start at home that day!

You must call to sign up

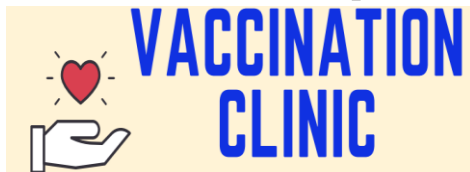


Hudson Library's Children's Trick or Treat Costume Parade

Tuesday, October 31st at around 10:30am

Please come by the Senior Center and bring some treats for the kids from the Library's story hour group.

The Hudson Health Department is sponsoring a



Flu & RSV Clinic for Hudson Seniors

Tuesday, October 24th 9am – 11am

At the Hudson Senior Center

REGISTRATION REQUIRED



Please call the front desk at 978-568-9638 to register.

- Bring your Medicare and Insurance cards with you on the day of the clinic.
Note: You will not be denied a vaccine if you do not have insurance.
- Please wear clothing that can easily be rolled up for the vaccine.

“Movie Day” at the Center

Here is the listing for the movies in 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:



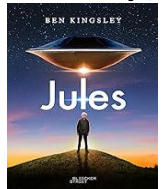
Monday, October 16th & Tuesday 17th – Air



Air follows the history of sports marketing executive Sonny Vaccaro, and how he led Nike in its pursuit of the greatest athlete in the history of basketball, Michael Jordan. Starring Matt Damon, Ben Affleck and Viola Davis.

Rating: R Runtime: 1hr 52min

Monday, October 23rd & Tuesday 24th – Jules



Jules follows Milton (Ben Kingsley) who lives a quiet life of routine in a small western Pennsylvania town, but finds his day upended when a UFO and its extra-terrestrial passenger crash land in his backyard. Before long, Milton develops a close relationship with the extra-terrestrial he calls "Jules." Things become complicated when two neighbors (Harris and Curtin) discover Jules and the government quickly closes in. What follows is a funny, wildly inventive ride as the three neighbors find meaning and connection later in life - thanks to this unlikely stranger.

Rating: PG-13 Runtime: 1hr 27min

Monthly Support Groups at the Senior Center

led by Alex O'Hare, the community social worker for the Town of Hudson

Call the senior center today to reserve a spot with these groups.

Bereavement Group

Monday, October 2nd & 16th at 1pm

Caregivers Support Group

Thursday, October 12th & 26th at 1pm



“VETS TALK” A program for Veterans

Thursday, October 5th, 12th & 19th at 9am

Every Thursday except the 4th Thursday of the month

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

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



Blood Pressure Clinic on Thursdays...

- ❖ 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

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, October 4th

Cold Menu: Chicken salad, Italian pasta salad and coleslaw

Hot Menu: Beef chili, brown rice and spinach

Thursday, October 5th

Cold Menu: Roast beef, swiss cheese, quinoa tabbouleh salad and broccoli slaw

Hot Menu: Roast turkey w/ gravy, whipped potatoes and green beans

Wednesday, October 11th

Cold Menu: Roast beef, provolone, potato salad and spinach mandarin orange

Hot Menu: Lasagna w/ tomato sauce, chicken meatball, zucchini & cauliflower

Thursday, October 12th

Cold Menu: Egg salad over tossed garden salad and garden shell pasta salad

Hot Menu: Salmon loin with honey mustard sauce, herbed rice and broccoli

Wednesday, October 18th

Cold Menu: Tuna salad, sweet potato salad and zucchini salad

Hot Menu: Chicken cordon bleu, mashed potatoes and vegetables

Thursday, October 19th

Cold Menu: Turkey, swiss cheese, Greek pasta salad and coleslaw

Hot Menu: Ravioli w/ tomato sauce and brussel sprouts

Wednesday, October 25th

Cold Menu: Tuna salad, summer potato salad & summer squash salad

Hot Menu: Hot dog, coleslaw and baked beans

Thursday, October 26th

Cold Menu: Roast beef, provolone, beet salad and potato salad

Hot Menu: Roast turkey w/ gravy, 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.*

GIVING IT AWAY BEFORE AND AFTER YOU DIE

One of the greatest gifts you can give your family is the gift of not making them have to decide what to do with all your “stuff” when you pass away. While it would be trite to say each situation, and each thing you own, is unique, here are a few tips for dealing with this issue:

- There may be things you own that someone in your family would find especially important to inherit. Have you ever asked your kids and grandkids what that might be? This usually has nothing to do with the item's value, so don't think about having to divide up these items “equally.” If there are things you want to leave to particular people at death, make a list, sign it, and keep it in a safe place (like your lawyer's office). If you want it to be legally binding, refer to the list in your Will.
- Even better, give it away now. Do you still really need that item of jewelry, piece of china, tool, or other thing that your child or grandchild might really cherish? Give it to them now, so they can thank you in person.
- Speaking of giving, the people I talk to continue to be obsessed with the false notion that they will owe a gift tax if they give anyone more than a particular amount (which is now \$17,000, by the way) in a year. Unless you plan on giving away more than the federal estate tax threshold (now over \$12 Million each) during your lifetime, there is no limit to the amounts you can give now. So why wait to give each grandchild that small (or large) bequest through your Will? Give it to them now. You'll actually get to see the smiles.
- Your car is an ideal thing to give away before you die, especially if you're not driving anymore, if you still own it at death, there will need to be a probate filing to give someone the ability to transfer the title after you die.
- Another source of inadvertent and otherwise unnecessary probates is the ownership of U.S. Savings Bonds. Old ones that have matured and on which interest is no longer accruing are really the worst. Either name someone as a death beneficiary on the bonds or own them in joint name or cash them in today. And, if you want, give people the money now that they were going to get from the sale of the bonds after you die.
- Talk to your estate planning lawyer if you have questions about any of this. It may save your children thousands of dollars in unnecessary legal fees after you die.

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)

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, October 18th 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

We have a writing group that meets at our center every Friday afternoon from 1-3pm. 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

Mon. Tues. Wed. & Fri. 8:30-11:30am

Mah Jong

Mondays & Thursdays 12:00pm-3pm

Pool 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

Volunteer Opportunities

- Handmade items for the Shoppe appreciated.
- Volunteers to work a 3-hour shift on Mondays or Wednesday 9:30-12:30pm

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

Thank you for your support.



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 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

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



Raffle tickets are available at the Senior Center on **Wednesdays and Thursdays**
11am - 2:30pm

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.



Hudson Senior Center Trips 2023

Wednesday, November 15th **Mama Mia...Ultimate Tribute to ABBA**

Lake Pearl in Wrentham, MA with your choice of Plated Luncheon of Thanksgiving Dinner with the Fixings and Sides or Vegetarian Lasagna. **PAYMENT DUE NOW** Price: \$115.00pp

HALLOWEEN WORD SEARCH

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



Bat
Pumpkin
Halloween
Mummy
Vampire
Witch
Spooky
Trick or Treat

Fun
Ghost
Costume
Skeleton
Candy
Scary
Monster
Haunted House



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 SERÁ DE SEGUNDAS ÀS SEXTAS DAS 9:30 DA MANHÃ 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.

Número de Pessoas na Família

Rendimento

1

\$45,392

2

\$59,359

Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

DATAS IMPORTANTES

Dia 3 de Outubro – Palestra grátis sobre os serviços da Bibliotecade Hudson às 2:00 da tarde. Telefone para 978-568-9638 para reservar o seu lugar.

Dia 9 de Outubro – O Senior Center está fechado devido ao feriado do “Columbus Day.”

Dia 13 de Outubro – “Grab and Go” Almoço às 11:30 da manhã no Hudson Senior Center. O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 para reservar o seu almoço a partir do dia 4 de Outubro. Limitado a 75 pessoas.

Dia 20 de Outubro – Pequeno Almoço grátis patricionado pelo “Hudson Rotary Club” das 7:15 às 8:45 da manhã no Hudson Senior Center. **Venha buscar o seu bilhete grátis a partir do dia 4 de Outubro. Limitado a 75 pessoas.**

Dia 24 de Outubro – Clinica grátis de vacinação para a vacina de gripe e “rsv” para os idosos de Hudson das 9:00 às 11:00 da manhã no Hudson Senior Center. **Precisa de registar. Telefone para 978-568-9638.**

Dia 31 de Outubro – Almoço do “Halloween” no Liceu do Assabet Valley em Marlboro ao meio-dia. O custo é \$10.00 por pessoa. Traga \$1.00 para gorjeta. **Bilhetes a venda no Senior Center a partir do dia 11 de Outubro. Limitado a 75 pessoas.**

Dia 4 de Novembro – Feira Anual das 9:00 da manhã às 2:00 da tarde no Senior Center em Hudson. Tartes de maça podem ser encomendas até o dia 1 de Novembro e o custo é \$10.00 por tarte. Telefone para o Senior Center – 978-568-9638 para encomendar a sua tarte de maça.

Dia 7 de Novembro – “Grab and Go” Almoço às 11:30 da manhã no Hudson Senior Center. O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 para reservar o seu almoço a partir do dia 4 de Outubro. Limitado a 75 pessoas.

Dia 8 de Novembro – Pequeno Almoço grátis para Veteranos às 7:30 da manhã no Assabet Valley High School. **Este almoço é so para Veteranos. Limitado a 50 pessoas.** Telefone para 978-568-9638 para reservar o seu lugar.

October

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 Mah Jong 01:00p Bereavement Group	3 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 Library Presentation	4 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 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	5 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 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	6 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
9 08:00a CENTER CLOSED	10 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 01:00p Chess	11 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p Atty Bergeron 01:00p Bergeron Advice 02:30p PM Yoga	12 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 10:00a Quilting 10:15a Stretch break 10:15a Zoom 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	13 08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Beginners Line Dancing 10:00a Quilting 11:00a Beginner Plus Line Dance 11:30a Grab and Go Meal 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop
16 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 Mah Jong 12:30p Movie Day 01:00p Bereavement Group	17 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 12:30p Movie Day 01:00p Balance and Fall Prevention 01:00p Chess	18 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:30a Knit and crochet 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga	19 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 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	20 08:00a Library 08:00a Rotary Breakfast 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
23 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 Mah Jong 12:30p Movie Day	24 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a VACCINE CLINIC 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess	25 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga	26 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:30a Blood Pressure 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	27 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
30 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 Mah Jong	31 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 12:00p Halloween Lunch 01:00p Chess			

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**