

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

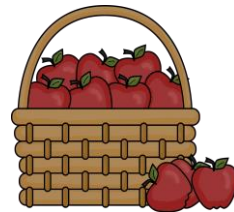


Hudson Senior Center

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



2019



Hudson Council on Aging
A Multi-Service Center

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

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

Social Services:

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

Senior Center Staff:

- Janice Long, Director
- Virginia Figueiredo, Administrative Secretary
- Holly Richardson, Social Service Advocate
- Ana Terra-Salomão, Bilingual Social Service Advocate
- Jim Klotz, Full Time Bus Driver
- Walter Correia & Jack Veo, Part-time Bus Drivers

Social Activities:

Line Dancing, AM Fitness, PM Fitness, Yoga, Tai Chi, 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:

- John Gill- Chair - 978-568-1107
- Trisha Desmond - Vice Chair 978-562-2492
- Melissa Esteves - Secretary - 978-568-1791
- Nina Smith - Treasurer - 978-562-3077
- Vinny Giombetti - 978- 562-6343
- Tony Monteiro - 978-562-6185
- Edward Silveira - 978-568-3438
- Charles Corley - 978-568-8840
- Diane M. Durand - 978-621-9665

Meetings:

The Council on Aging Board –1st Wednesday of each month at 1:00pm (No meetings in July & Aug)

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.



September 2019

REP. KATE HOGAN'S SENIOR NEWS

Helping Hudson seniors get around town

If you are like me, the sight of the yellow school buses returning to their familiar routes in Hudson hits home the central role transportation plays in all of our lives – whether you are a student at Mulready or continuing on your journey of lifelong learning. I hear you when you share that access to safe and reliable transportation is of critical importance to your quality of life. That is why I continue to champion state and local investment in comprehensive transportation solutions for Hudson seniors. I want to highlight some of these collaborative efforts helping you get around town and access the best our area has to offer.

Hudson Route 15: Last August, the Hudson Shuttle officially became the permanent MetroWest Regional Transportation Authority (MWRTA) Route 15. I am proud to have been a leader on the ground floor of this fixed route, securing funding for its pilot in 2016 and subsequent fiscal years and working in continued partnership with the MWRTA and Town Hall to build a culture of support in Hudson for public transportation.

With stops throughout town including the Hudson Senior Center, local shopping centers, and area hospitals, as well as discounted fares for residents 65 and over, the Hudson Shuttle is an affordable transportation option if you like to zip around town independently. You can now use your Senior CharlieCard on all MWRTA routes. For more information on obtaining a Senior CharlieCard, contact the Massachusetts Bay Transportation Authority Call Center at (617) 222-3200.

This summer, the Council on Aging (COA) hosted a Hudson Route 15 field trip to help seniors explore if the shuttle is a good fit for their mobility needs. Residents were able to chat with an MWRTA official as they rode the full shuttle loop. If you are interested in field trip resources or future Route 15 senior programming, contact the COA at (978) 568-9639.

Preview the Hudson Route 15 schedule on the MWRTA website: <http://www.mwrt.com/routes/fixed-routes/route15>.

Hudson Senior Center Bus: I imagine you already have first-hand experience of taking the Senior Center Bus, which helps residents get to appointments and increases access to the senior center's programs. The Senior Center Bus runs from 8 a.m. to 3:30 p.m. Monday through Friday; on Tuesdays and Thursdays, you can also join food-shopping trips to area grocery stores. In Fiscal Year 2019, the transportation program provided 6,580 trips for 199 residents. To schedule a ride or learn more, call (978) 568-9638.

PFAS Update: Following the successful installation of temporary filtration systems at the Cranberry Bog Well and the Chestnut Street Water Treatment Plant, the town of Hudson reports that there is no perfluoroalkyls (PFAS) contamination in the public water supply. I post all municipal updates on my website: www.katehogan.net.

Rep. Hogan's Office Hours

- **Bolton Office Hours** will be held on Thursday, September 19th from 6 to 7 p.m. at the Bolton Public Library, 738 Main Street, Bolton
- **Maynard Office Hours** will be held on Thursday, October 10th from 6 to 7 p.m. at the Maynard Public Library, 77 Nason Street, Maynard

If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, her staff is available in the District Office at Maynard Town Hall, 195 Main Street, on Mondays from 10 a.m. to 3 p.m. (*Closed Holiday Mondays*)

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 163, Boston, MA, 02133 / Phone: 617-722-2199 / Kate.Hogan@mahouse.gov
District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: 978-897-1333

Hudson Senior Center News.....from Janice Long

The Diversity through Collaboration will host a **FREE** screening of the documentary
"The Lavender Scare"



Monday, September 16th at the Strand Theater

58 High Street in Clinton MA. Doors open at 6pm screening starts at 7pm

Learn about the untold story of how tens of thousands of homosexual federal workers were either fired or denied employment in the 1950's, stirring outrage in the gay community and starting an LGBTQ rights movement with an unlikely hero at the forefront. Guided questions and answers to follow!

(For LGBTQ 55 +, their allies and anyone interested in learning more about this episode in history. This program is made possible, in part, by funding from the Older Americans Act, as granted by BayPath Elder services, Inc.) Transportation will be provided by the Hudson Senior Center for Hudson residents only. **Please call 978-568-9638 if you need a ride.**

Something new: Coffee & Conversation with Lauri Ryding, Assistant Program Director - Inclusion & Diversity

How did and do you celebrate PRIDE! You will love Lauri she is approachable, fun and informative. Please join her on any or all of the following days and locations. Members of the LGBTQ community, friends and allies are welcome.

- Thursdays with Lauri - Natick - 2nd Thursday of the month from 7PM - 8:30PM
- **Thursdays with Lauri - Hudson - 3rd Thursday of the month from 10AM -11:30AM**
- Tuesdays with Lauri - Northborough - 4th Tuesday of the month 11:30AM- 1PM
- Lunch with Lauri - Marlborough - 2nd Wednesday of the Month 11:30AM - 1PM Beginning October 9



ALSO SAVE THE DATE: Sat, Oct. 5th FREE Concert 4pm – 6pm by Lucie Blue Tremblay at the Natick Community-Senior Center

Standard ID or Real ID What do you really need?

The Registry of Motor Vehicles will offer a free workshop on license renewal and **REAL ID** for residents on:

Wednesday, September 18th at 9:45am at the Hudson Senior Center



Topics include:

- What is the difference between "Standard ID" and "Real ID" driver's licenses and ID cards;
- How to renew a Massachusetts Driver's License or Massachusetts Identification (ID) Card;
- What are the new federal and state requirements for renewing a Driver's License or ID card

Please call 978-568-9638 to sign up for this! Thank you

Early Dinner and Wheel of Fortune

Wednesday, September 25th at 4:30pm. Cost is \$5.00pp



Hand breaded chicken cutlets with Mozzarella cheese & Tomato Sauce & served with a side of Ziti in Tomato Sauce, bread and dessert. Limit of 40 people.

*****Tickets on sale beginning Thursday, Sept 5th*****

Veterans Acupuncturists Clinic MetroWest

Acupuncturists without Borders (AWB) have a **FREE** clinic for all Veterans, First Responders and their families every Saturday at: St. Andrew's Church, 3 Maple Street Framingham, MA 01701 10:00 am to 12:00 pm For more information please call 508-626-0896 This is a wonderful service for people who do not have access to the benefits of acupuncture due to limitations in health insurance coverage! Medicare does not cover acupuncture.

Learn about “HeatSmart Hudson-Stow and how you can save money on heat bills using electric heat pumps for heating and cooling.



**Tuesday, September 24th 10am to 11:00am
At the Hudson Senior Center**

(Please call 978-568-9638 to sign up for this informative presentation)
The Hudson-Stow HeatSmart program is encouraging residents to install electric heat pumps for home heating and cooling, working with MA Clean Energy Center and with Hudson Light & Power Department's support.

Upgrading to more energy-efficient technology is important for all of us—but it can involve some upfront investment to reap savings and reduce pollution later on. Sometimes those upfront costs can put "green" improvements out of reach of low and moderate-income individuals and families. We want to help address this. See the available rebates and incentives in the call-out box on this page.

If you are already receiving fuel assistance, or are eligible, you qualify for a range of things to make your home more comfortable and energy efficient (appliances and insulation, for example). It is possible you can get a free heat pump. Please contact us for more information.

Please visit our website for further information about all of these incentives, and if you qualify, take advantage of the local grant. Application is simple and requires no documentation beyond a short form. That form and more information are available at:

<http://wepowr.com/heatsmarths/lmi> . Please call to sign up!

**HeatSmart Hudson-Stow
has a number of incentives
for everyone:**

Hudson Light & Power has *doubled* the rebate for those participating in the HeatSmart program, so it is now a \$1,000 credit on your account.

Our selected installers (Boucher Energy Systems and Wenzel Heating and Air Conditioning) will facilitate added incentives through the state's Home MVP program. They will provide you with more information, and you can visit our website for Frequently Asked Questions: HeatSmartHS.org.

0% financing (a 7-year loan with no interest) is also available through our installers.

The local Hudson-Stow HeatSmart program has set up a special grant for residents who can benefit from an additional \$300. We will offer this cash bonus to the first ten families who sign a contract for a heat pump and qualify under state guidelines. Details are on our website – take a look. Many more people qualify than you might think (for example, a family of four with a household income of less than \$132,000 qualifies).

**Parkinson's Network Instructor Certification Class
Saturday, Oct 26th 9am-3pm at the Hudson Senior Center**

Mike Bleecker, our outstanding Parkinson's exercise instructor, is offering a Parkinson's Instructor Certification Class. Mike introduced this wonderful program to us in April of 2017 and now we offer this beneficial class for movement disorders twice a week and have upwards of 30 people attending. Mike along with the Parkinson's Network is now offering a certification program that will allow YOU to lead or instruct this class for movement disorders. If you are interested in becoming certified to teach this class and make a difference in people's lives, as Mike has, please call the Hudson Senior Center at 978-568-9638 and ask for Janice or Virginia or you can call Mike at 904-502-5055. This training is FREE.

SPECIAL TRIPS IN SEPTEMBER

In September, we are offering two special trips.

Friday , Sept 20th at 10am the bus will go to your choice of Target or the Solomon Pond Mall

Friday, Sept. 27th at 9am we are offering a special trip to the Wrentham Outlets. For the Wrentham Outlet trip we must have at least 8 people signed up in order to go. Please note in order to go to the Wrentham Outlets you must be able to walk long distances. We can only take 14 people to either trip. Please call 978-568-9638 to reserve your seat!

Thank you.

Important Reminder: The Center will be closed on Monday, September 2nd for Labor Day

Bye for now.....*Janice* ☺

Living on a limited income can sometimes be very stressful at times; trying to pay routine bills and not even considering major expenses that could come up unexpectedly. Did you know that there are assistance programs out there that can help you with some of your expenses? I know most of you who read the newsletter see how we speak of SMOC fuel assistance, but we also know that not everyone who is eligible actually applies for this program. As a reminder, this program is for anyone, NOT just Seniors.

SMOC fuel assistance is a great resource for those who are eligible. There are income guidelines, so if you are interested in this program, don't hesitate to contact the Hudson Senior Center about your eligibility. SMOC fuel provides financial assistance to put towards your heating source during the heating season. This can be any source of heat, whether gas, electric, oil, etc. It may not pay for your whole heating season, but any bit counts, right? The money that you save from not having to pay your heating bill can be put towards another bill, or can be saved for something else! Reminder that people who are reapplying for this season are already getting their recertification paperwork, **all NEW applicants cannot apply until November 1, 2019.**

The 2020 Medicare Open Enrollment Period is October 15th 2019 – December 7th 2019 for a January 1st 2020 effective date. This is an important time to review your health and prescription drug plans for 2020. Medicare health and drug plans can make changes each year – things like cost, coverage, and what providers and pharmacies are in their networks. October 15th to December 7th is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. There will be more information in the October newsletter regarding the scheduling of SHINE appointments.

In addition to providing assistance with applications, we can assist with general information and referral. Are you interested in learning more about housing options? Insurance issues? Homecare services? SNAP benefits? Call the Hudson Senior Center and we will be happy to schedule an appointment with you to discuss your needs.

****I will be returning to the office on Monday, September 9th ****

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDAS ÀS SEXTAS DAS 9:00 ÀS 3:00 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 16.

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 2019, para ser efectivo no dia 1 de Janeiro de 2020. Se precisar de ajuda, telefone para marcar um apontamento com Ana Terra-Salomão.

PROGRAMA DE TRANSPORTE DO SENIOR CENTER

O nosso programa de transporte funciona de segunda-feira à sexta-feira das 8:30 da manhã às 3:00 da tarde.

As prioridades das viagens são de consultas e tratamentos médicos em Hudson e Marlborough (escritórios de médicos e o Hospital de Marlborough), transporte para o Senior Center, ida ao banco, barbeiro, cabeleireiro, farmácia, etc. Para reservas, telefone para o nosso escritório um dia antes da consulta. O nosso autocarro tem que estar no Senior Center às 3:30 da tarde por isso todos os apontamentos devem estar concluídos às 3:00 da tarde. Este serviço é gratuito.

DATAS IMPORTANTES

Dia 2 de Setembro – O Senior Center estará fechado devido ao feriado de “Labor Day”.

Dias 9, 16, e 23 de Setembro – Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

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

Dia 11 de Setembro – Consultas grátis com o Advogado Bergeron da 1:00 às 3:00 da tarde. Telefone 978-568-9638 para marcar um apontamento.

Dia 20 de Setembro - Passeio ao Target ou Salomon Pond Mall às 10:00 da manhã. Telefone para o Senior Center para reservar o seu lugar no autocarro. **Limitado a 14 pessoas.**

Dia 25 de Setembro – Jantar no Senior Center às 4:30 da tarde. O menu é galinha com massa (ziti), pão com manteiga e sobre mesa. O custo é \$5.00. **Limitado à 40 pessoas. Bilhetes a venda no Senior Center a partir do dia 5 de Setembro.**

Dia 27 de Setembro – Passeio ao “Wrentham Outlets” em Wrentham às 9:00 da manhã. Telefone para o Senior Center para reservar o seu lugar no autocarro. **Limitado a 14 pessoas.**

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

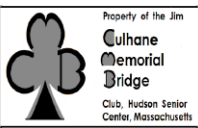
Due to the widespread number of people in the U.S. diagnosed with Pre-Diabetes, we are offering another informative presentation that will include valuable information and FREE SCREENING for Pre-Diabetes sponsored by the new Artisan at Hudson Senior Living.

Prediabetes...Epidemic

Screening and Proven Prevention Education Everyone MUST know!

Tuesday, September 10th from 10:30-11:30 a.m.

Certified Diabetes Educator and National Prevention Program Lifestyle Coach states "that according to the CDC, there are 84.1 MILLION adults living in the U.S. with prediabetes and 9 out of 10 don't know it. Could you, your family member or someone you are caring for be one of them"? Attend this life changing class on prediabetes and its potential serious health risks. Complete the prediabetes FREE risk screening questionnaire then learn two simple, proven ways to decrease the risk of developing Type 2 Diabetes by 58-71%. Diabetes Prevention is within reach. Start today to change your tomorrow! Scherrie Keating founded Diabetes Kare Consulting to help people prevent and manage diabetes. Scherrie offers risk screening and educational programs on proven lifestyle changes that help people prevent and manage insulin resistance diseases to include prediabetes, Type 2 Diabetes and Type 3 Diabetes. Please sign up for this by calling the center at 978-568-9638!



Please join the Jim Culhane Memorial Bridge group at the Hudson Senior Center

September 9th & 23rd, 2019 from 6:00 PM to 8:45 PM.

We will have a power-point session by Edward Jeffrey Newcombe, then 2+ hours of bidding and playing. It is organized in "duplicate" style, in a relaxed, friendly and informal setting. The card fee is \$5/ person for players; but, visitors are very welcome to observe at no charge. There are plenty of seats. For more information or questions please contact Edward at EJNewcombe@msn.com

"Mobile Library" at the Center

Monday, September 9th at 10am



Look for our "Mobile Library" every second Monday of the month our traveling library will head to the Hudson Senior Center for people to check out books, DVDs, Books on CD, Playaways, and more. You can also bring in your books that you would like to return!



"VETS TALK"

A program for Veterans

Please join us at the Senior Center for talk, coffee and pastries on...

Thursday, September 12th & 26th 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 over coffee. 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.

Volunteers Needed for Tax Preparation

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available.

Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3 million taxpayers avail themselves of Tax-Aide services.

Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season – Feb 1st to Apr 15th. Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information, go to < <https://aarp.org/taxaide> >.



Assabet Valley Camera Club Starts New Season

Assabet Valley Camera Club, now going into its thirty-fourth year as a Hudson-based photography organization, meets the 1st. and 3rd. Wednesday of the month from September through early June. In 1985 a small group of people, who took an evening photography course at Assabet Valley Regional Vocational High School, decided to form the camera club. Currently AVCC has over 50 members of all ages, with both amateur and professional experience, from 15 different communities in the greater Metro West area.

Anyone interested in photography and expanding their pictorial skills is welcome to attend the next meeting on **Wednesday, September 4th**. Following a short business meeting, the evening's program will feature a "Members' Showcase", where individuals will briefly present their photographic images based on a theme or highlights of their summer experiences.

AVCC meetings are held in the Great Room at the Hudson Senior Center, 29 Church Street, Hudson, and officially begin at 7:30 PM. The first meeting of the month generally features a program designed to instruct and/or to entertain camera enthusiasts. During the second monthly meeting, member competitions of both print and digital images are judged and critiqued by qualified individuals. Assabet Valley Camera Club, a member of both the New England Camera Club Council and the Photographic Society of America, also participates in interclub competitions on regional, national and international levels.

The presentation is free and open to the general public. AVCC welcomes anyone interested in learning more about photography as a visual art and its practical application as a science. Members benefit from the hands-on experiences, from the knowledge presented in programs, and from having their work critiqued. For more information check out the AVCC website at assabetvalleycc.com or contact John Gill, club president, at 978-293-5192.

**Coming soon.... Hudson's Community Development Department is presenting
An Over 55 Forum at the COA in October
(date to be determined)**

The 55+ Housing Forum discusses:

- Aging in Place; Downsizing and Decluttering
- Finances; Current Housing Costs and Targeted Housing Costs
- Affordable Housing and the Application Process
- 55+ Communities and Supportive services



Some interesting happenings at the Hudson Public Library!

- **Monday, September 23rd at 6:30pm: Simple Steps to Organizing with Jenna Elliott**
A Workshop designed to increase efficiency, reduce clutter and provide critical tools to help you become more organized.
- **Thursday, September 26th at 7pm: Richard Howe Jr. presents 'The Civil War in a Local Context'**
The Civil War was fought between the North and South from 1861 to 1865. Richard will speak about the Civil War and the effect it had on Massachusetts.
- **Saturday, September 28th 12-2pm : Lt. Benny White and Mr. Reynold Bartlett of the 54th Massachusetts Volunteer Infantry Regiment Company B**
Lt. White and Mr. Bartlett will speak about the history of the regiment, where they trained and fought. They will bring Civil War artifacts and be available for questions.



Legal Clinics with Arthur Bergeron

Tuesday, October 15th at 1pm

Getting the Help You Need to Stay Independent: What will it take to keep your independence in your community? Perhaps, a little help from your kids? Maybe a lot of help from a local agency? A few home modifications? Will you need to move to a new “home” where more services are available? Join elder law attorney Arthur Bergeron and his guests, a local geriatric care manager and a representative from your regional elder services agency, as they explain the options available within your community.

Tuesday, November 19th at 1pm

Making the Last Year of Your Life as Good as it Can Be: Oftentimes, prior to death, seniors start to decline in the last year or so of their lives. The good news is that with modern medical technology, doctors are now able to detect a decline in health well in advance. How do we plan to make this remaining time as good as it can be? Join elder law attorney Arthur Bergeron and his guests, including a geriatric care manager and other professionals in your area, as they discuss the options available within your community.

You must sign up for these clinics by the week before



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.*

GETTING READY FOR THE REST OF YOUR LIFE

I will turn 70 in January. I have been blessed with good health, a wife I adore, three great kids, good friends in a great community. Both my parents died in their early 80's. Despite all the great advances in medicine since then, I figure that any healthy years I get after 80 will be “extra innings.” It's always great to reminisce about yesterday, but I much rather focus on what lies ahead. Does any of this sound like you?

This fall, I will be focusing on dealing with the rest of your life, both in these columns and in my fall seminars. For those of us who are still healthy, that means doing several things:

- Make sure you have a (relatively new) Health Care Proxy and Durable Power of Attorney. Let people know how you want to be treated should you become sick. As we get older, the chances of becoming incapacitated, whether for a time or forever, just keep going up. You need to make sure that if you have what is euphemistically called a medical “incident,” someone can take charge and make sure things are handled according to your wishes. While that may be your spouse, the older you (and he or she) get, the more you may want to consider having one of your children or another younger person handle those roles. You should also write down how you want to be treated and get that information added to your medical record by giving it to your doctor along with your health care proxy. Fill out the Massachusetts Medical Orders for Life-Sustaining Treatment (MOLST) form with your doctor.
- Be proactive. The older you are, the worse things will end up if you fall or have another serious medical emergency. So take some precautions. Have someone look at your house and suggest modifications (grab bars, stair lights, appliances that are easier to access, stoves that automatically shut off) that can reduce the chance of an accident in the home. Contact me if you need a recommendation for any of this. If you own a home, there is a great state program that can provide you with a no-interest or low-interest loan to pay for all this.
- Live a little, but make sure you don't go broke. Have you been putting off that dream vacation or trip to see the grandchildren in California? It's time, while you're healthy. On the other hand, your money needs to last the rest of your life. If you're losing sleep over this, talk to a financial planner and map out how to pay for the rest of your life on the remainder of your money.

In my up-coming columns this fall, I'll talk about dealing with life when you don't feel so great. In the meantime, though, enjoy today! If you need more information on this, you can contact me at (508) 860-1470 or abergeron@mirickoconnell.com. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube Channel, www.youtube.com/elderlawfrankmary and find more in-depth commentary on legal issues on Mirick O'Connell's Trusts and Estates blog, “Getting All Your ‘Docs’ in a Row.”

DayBreak Now 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.



**** Days/Hours Changes ****

Hudson Senior Center Gift Shoppe **Hours**

Wednesdays 9:30am until 12:30pm

Thursdays 9:30am until 12:30pm

Friday 9:30am -12:00pm

****SEPTEMBER HALF PRICE SALE
ON ALL ALL ITEMS EXCEPT
GREETING CARDS!!!****



**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!

Come join us on

Games start at 12:30pm

Mondays and Wednesdays!



Genealogy Family Research with Charles Corley

Wednesday, September 18th at 10:30am

Genealogy class is open to everyone who is interested in researching their ancestry. Beginners welcome!

Painting Classes

Open Painting Studio:

Tuesdays at 10am -1pm in the craft room.



Joy of Oil Painting: Tuesdays at 1:00pm - 2:30pm



**Water Color Class will resume
September 4th**

Wednesdays 10 am to 12 noon on the 2nd floor in the Craft Room. Cost: \$6.00 per class paid directly to the instructor. Class on the 2nd floor in the Craft Room.



Hudson Farmers' Market

Dates: June 18- September 24

When: Tuesdays 3:30- 6:30pm

Where: Where: Town Hall & Unitarian Church, 80 Main Street

**FRESH PRODUCE, SPECIALTY PRODUCTS, AND
LOCALLY PREPARED FOODS**



Assabet Valley Camera Club

Please visit their website www.assabetvalleycc.com

1st & 3rd Wednesday

Stress Reduction with Qigong Class

Classes meet on Tuesdays
from 9:30am to 10:30am

Sign up at the front desk

FRIENDS MEETING ~ Tuesday, September 10th at 9:30am

Tuesday is "Movie Day" at the Center

Here is the listing of movies for September.
Come and join us at 12:30pm for the
following movies:



September 10th – Rocketman



An epic musical fantasy about the incredible human story of Elton John's breakthrough years. The film follows the fantastical journey of transformation from shy piano prodigy Reginald Dwight into international superstar Elton John. This inspirational story -set to Elton John's most beloved songs and performed by star Taron Egerton - tells the universally relatable story of how a small-town boy became one of the most iconic figures in pop culture.

Rating: R Runtime: 2hrs 1 min

September 17th – The Founder



The story of Ray Kroc, a salesman who turned two brothers' innovative fast food eatery, McDonald's, into the biggest restaurant business in the world, with a combination of ambition, persistence, and ruthlessness.

Rating: PG-13 Runtime: 1 hr 55min

Pool Room

Come play on our 2 beautiful pool tables
Monday-Friday.

Open play except on Monday & Wednesday
from 10am-12pm for the Senior Pool League.

Knit and Crochet

Mondays at 9:30am

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

Experienced Line Dancing

Every Monday at 10am.

Cost is \$3.00 paid to the instructor.
Please call 978-568-9638 to enroll

Blood Pressure

Come in every Thursday from 9:30-11am
and have your blood pressure checked at
our Senior Center.

No appointment necessary ☺ ☺

The Podiatrist

Monday, October 21, 2019

Starting at 9am.

Please call for an appointment at
978-568-9638



The Senior Center Lending Library

appreciates all of the donations made to our Library. However, at this time, we NO longer are accepting books with a **Copyright date before 2009.**

A special thank you to all of the volunteers
Check out our new Large Print section!

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

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

Fiscal year 2019 Fitness Programs

****No Fitness classes on Thursday, Sept 12th****

AM Fitness 3 Mornings a week Cost: \$12/month for all 3 classes

- Monday mornings 8:30am Cardio and Weights
- Tuesday mornings 8:30am Cardio
- Thursday mornings 8:30am Cardio and Weights

PM Fitness 3 Evenings a week Cost: \$12/month for all 3 classes

- Mon evenings 4:30pm Cardio and Weights
- Tues evenings 4:30pm stretch
- Thurs evenings 4:30pm-Cardio and Weights

****Yoga classes will begin again starting on September 4th ****

AM Yoga: Wednesday mornings 8:30am. Cost: \$10.00 per month

This gentle yoga class includes breath work, grounding seated stretches, key standing poses and guided meditation using essential oils.

PM Yoga: Wednesday evenings 5:30pm. Cost: \$10.00 per month

Flex and Tone: Wednesdays at 9:30am Cost: \$5.00 per month This class will use props- blocks and straps - along with a variety of stretching methods to improve flexibility, range of motion, promote circulation and improve strength and flexibility.

Stretch Break : Fridays at 9am : Cost is \$5.00/month or Free if you are taking 3 or more fitness classes

This 45 minute class will consist of mat-based stretches for the entire body. If you find yourself sitting a lot during the day, weak lower back, tight chest and neck soreness, this is the class for you. This class will help you to become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain. ****No Stretch on September 13th****

Stress Reduction With Qigong Class: Tuesdays at 9:30am. Cost is \$3.00 per class, payable to the instructor. Are you interested in reducing the stress in your life and in better coping with the day-to-day activities making demands on your time? This class may be right for you. The class utilizes both a western approach based on the work of Dr. Herbert Benson, of Harvard University, and Dr. Jon Kabat-Zinn, of UMass, in combination with simple, easy to learn Chinese Qigong exercises.

Zumba : Thursday at 11:00am Cost is \$10.00 per month.

Zumba Your Way: Zumba dance to a little Latin, a bit of Big Band, some Broadway Show Tunes and get in shape the fun way! ****No Class Sept 5th & 12th ****

Chair Pilates: Mondays at 9:30am & Fridays 11:15am Cost: \$12.00 per month

Chair Pilates takes the benefits of pilates with the help of a chair for those who have trouble getting on and off the floor. The class is designed to restore strength and balance in the core retraining the body to function more effectively. Give this a try and meet Jennifer Davidson certified yoga / pilates instructor and massage therapist.

Fitness program designed for Parkinson's but works for everyone:

Tuesdays at 10:40am and Thursdays at 1pm

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

Chair Yoga : Wednesdays at 2pm Cost is \$10 per month

Classic Yoga poses and postures both seated and standing to increase strength and flexibility, improving overall well-being. First half seated stretching and warm-ups, second half standing and balancing poses and flows along with a modified sun salutation using the chair for support. This Yoga class offers mindful movements coordinated to your breath. Adaptations are offered so that students with varying levels of abilities and physical limitations may participate to the best of their ability. ****No Class Sept 4th ****



Hudson Senior Center Trips 2019

****Attention Travelers going on the America's Music Cities trip leaving on October 6 -13, 2019...**

Travel Document Party: Wednesday, September 11th at 12:30pm

The trip is almost here! Please join Vinny from Collette Travel to receive your documents and itinerary. Also feel free to ask any last minute questions!

Tuesday, September 10th Granite State Spectacular – Pickity Place

Enjoy the home of Pickity Place a hilltop hideaway featuring fine dining, themed gardens, and a unique gift shop. Lunch includes Vegetable Dip, Soup, Salad, Rolls, Choice of Beef Wellington or Vegetable Lasagna and Blueberry Crumble Pie a la mode. After your meal, explore the themed gardens and cobblestone paths of Pickity Place and then travel to nearby Averill House Vineyard for a tour and wine tasting. **Price includes luncheon, transportation and driver gratuity!** **Price: \$90.00pp**

****New Date** September 23rd & 24th The Common Man – New Hampshire 1 night Getaway**

Roundtrip transportation, 1 night lodging at the Common Man Inn & Spa in Plymouth, NH, 3 meals (1 lunch, 1 dinner & 1 breakfast), Vineyard tour and wine tasting, tour of Canterbury Shaker Village, Train Ride on the Hobo Railroad, Gondola ride to the top of Loon Mountain and a tour director!

Price: \$349pp double \$449 pp for single

Wednesday, December 4th Salem Cross Inn w/ Yankee Candle and Bright Lights (Wait list only)

Enjoy a luncheon at the Salem Cross Inn, a restored 18th century farmhouse nestled in 600 acres of New England countryside. Entrée choices of Roast Pork Loin w/ pan gravy or Classic Yankee Pot Roast and includes soup du jour, rolls, bread, vegetable, potato, dessert and coffee/tea. Then it's on to one of New England's most popular attractions, Yankee Candle where you can visit the Bavarian Village, Alpine Holiday town, the Waterfall Courtyard and Nutcracker Castle. Finish your day with a riding tour of Bright Nights in Springfield, MA and enjoy the spectacular holiday light display. **Price includes luncheon, transportation and driver gratuity!** **Price: \$99.00 pp**

Tuesday, December 31st An American Bandstand New Year's Eve Day

Enjoy the repertoire of the Tom LaMark Orchestra that cover over 60 years of great line dances, to the best of American bandstand from the 50's, 60's, 70's and 80's. Trip includes transportation to Lake Pearl in Wrentham, Ma, luncheon, gratuity, entertainment, party favors and a champagne toast. Luncheon will include your choice of Sliced Steak or Baked Stuffed Chicken Breast or Baked Scrod accompanied by salad, roasted red bliss potato, vegetable, NY style cheesecake, rolls and coffee or tea. **Price: \$89.00pp**

***Informational Presentation on Sept 11th at 1:30pm for the Costa Rica Trip**

Tropical Costa Rica: April 25- May 3 2020



Book Now & Save \$100 Per Person: Double \$2,499* Single \$2,999; Triple \$2,469 for bookings before 10/25/19. For bookings made after Oct 25, 2019 call for rates. (price reflects the \$100 savings)
Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$315 per person

Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Choice on Tour, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero

Rome & the Amalfi Coast : October 29 – November 7, 2020



Book Now & Save \$200 Per Person: Double \$3,599* Single \$3,899 Triple \$3,549. For bookings made after Apr 30, 2020 call for rates. (prices reflect \$200 savings)

Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$315 per person.

Informational Flyers available at the front desk

Transportation News...

Do not forget about Food Shopping days!

Food shopping days are Tuesdays and Thursdays for all Hudson seniors regardless of where you live. Pick-ups begin at 10am.



Tuesdays choose from the following grocery stores: Stop and Shop, Shaws or WalMart.

Thursdays is Market Basket.

To sign up, please call 978-568-9638 the day before. Limited to 13 people.

****Special Trips**** Call anytime to sign up

- **Friday, September 20th at 10am Solomon Pond Mall and Target**
- **Friday, September 27th at 9am Wrentham Village Outlets (must have at least 8 people)**

Another cold lunch option at our center...just for you!

BayPath is now offering cold lunches every day at our center. In order to participate you need to sign up at least the day before (before 12:30pm) at the center with the kitchen staff or call the center 978-568-9638 and ask for the kitchen ext. 14 and leave a message Cost is a \$3.00 donation. If you are busy at the center with activities and its lunch time, this is a great option to pick up a quick meal with your friends!

Cold Menu September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep	7-Sep	8-Sep
Holiday No Meals	Ranch Chicken Chick Pea & Cilantro Salad Roman Blend Veg Salad	Egg Salad Potato Salad Tropical Fruit	Tuna Salad New Pasta Salad Cole Slaw	Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Turkey Cranberry Salad Orzo & Spinach Salad Broccoli Salad	Chicken Breast/Red Pepper Pesto Wild Rice Salad Pineapple
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep	14-Sep	15-Sep
Tortellini & Turkey Salad Chick Pea & Cilantro Salad Broccoli Salad	Cheese Omelet Hash Browns Pineapple	Chicken Caesar Salad Potato Salad Mixed Fruit	Turkey Cranberry Salad New Pasta Salad Carrot & Raisin Salad	Chef's Salad Roasted Potato Salad Beet & Onion Salad	Bourbon Chicken Salad Wild Rice Salad Roasted Vegetables	Sliced Turkey Breast Quinoa w/Roasted Veggies Mandarin Oranges
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep	21-Sep	22-Sep
Ranch Chicken Salad Orzo & Spinach Salad Carrot & Pineapple Salad	Ham Salad Pasta Salad Roman Blend Veg Salad	Tuna Salad Israeli Cous Cous Salad Cole Slaw	Egg Salad Chick Pea & Cilantro Salad Roasted Vegetables	Sliced Turkey Breast Quinoa w/Roasted Veggies Mandarin Oranges	Chicken w/peach Salsa Pasta Salad Sesame Cucumber Salad	Cheese Omelette Hash Browns Tropical Fruit
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep	28-Sep	29-Sep
Roast Beef Roasted Potato Salad Chick Pea & Cilantro Salad	Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Mixed Greens w/Salmon Tangy 4 Bean Salad Roasted Vegetables	Chicken Breast/Red Pepper Pesto Italian Pasta Salad Pineapple	Chicken Caesar Salad Mediterranean Rice Salad Peaches	Sliced Ham Potato Salad Broccoli Salad	Chicken Salad w/Cranberries Orzo & Spinach Salad Carrot & Raisin Salad
30-Sep	1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
Tuna Salad Israeli Cous Cous Salad Cole Slaw	Sliced Turkey Breast Quinoa w/Roasted Veggies,Sesame Cucumber Salad	Chef's Salad Roasted Potato Salad Mixed Fruit	Tortellini & Turkey Salad Beet & Onion Salad Broccoli Salad	Bourbon Chicken Salad, Chick Pea & Cilantro Salad Roman Blend Veg Salad	Cheese Omelet Hash Browns Mandarin Oranges	Turkey Cranberry Salad New Pasta Salad Carrot & Pineapple Salad

What's Going on...

- **Senior Center Closed:** Monday, Sept 2nd
- **Beg. Duplicate Bridge:** Mon, September 9th & 23rd at 6pm
- **Hudson Mobile Library:** Mon, Sept 9th at 10am
- **Friends Meeting:** Tuesday, Sept 10th at 9:30am
- **Hearing Clinic:** Tues. Sept 10th at 9:30am by appt only
- **Pre-Diabetes:** Tues. Sept 10th at 10:30am
- **Movie Day:** Tuesday, Sept 10th & 17th at 12:30pm
- **Atty Bergeron Advice:** Wed Sept 11th by 1pm-3pm appt only
- **Vets Talk:** Thursday, Sept 12th & 26th at 9am
- **"The Lavender Scare" at the Strand:** Mon. Sept 16th at 7pm
- **RMV Information:** Wed Sept 18th at 9:45pm
- **Target/Solomon Pond Mall:** Fri, Sept 20th starting at 10am
- **HeatSmart Hudson-Stow:** Tuesday, Sept 24th 10am
- **Early Dinner w/ Wheel of Fortune:** Wed. Sept 25th at 4:30
- **Wrentham Outlets:** Friday, Sept 27th starting at 9am
- **Podiatrist:** Monday, Oct 21st by appt only
- **Cribbage:** Every Day except Thursday
- **Food Shopping Days:** Tuesdays and Thursdays 10:00 am
- **AM Fitness:** Mon. Tues & Thur. mornings 8:30 AM
- **Chair Pilates:** Monday at 9:30am & Friday at 11:15am
- **Knit and Crochet:** Mon. at 9:30 am
- **Line Dancing:** Mondays at 10am. Cost \$3.00 per person.
- **Bingo:** Monday and Wed 12:30 pm. See you there!!!
- **Mah Jong:** Mondays and Thurs. at the center 12pm to 3:15pm
- **Bridge:** Every Tues. 9:30am and Friday at 12:30pm
- **PM Fitness Classes:** Mon. Tues & Thurs. 4:30 pm
- **Stress Reduction with Qigong:** Tues. at 9:30 to 10:30
- **Open Studio for Painting:** Tuesdays at 10am
- **Gift Shoppe:** OPEN Wednesdays 9:30am -12:30pm and Thursdays 9:30 am – 12:30pm and Fridays 9:30-12:00pm
- **Chess Club:** meeting every Tues at 1pm
- **Parkinson's Exercise:** Tues. 10:40am & Thurs. 1pm
- **AM Yoga:** every Wednesday 8:00am
- **Walking Club:** Every Wednesday meet at 9:00am
- **Flex and Tone:** Wednesdays at 9:30am
- **Water Color Class:** Wed. 10a –12 noon till Sept.
- **Chair Yoga:** Wednesdays at 2pm
- **Blood Pressure:** Thursdays 9:30am – 11:00am
- **Zumba:** Thursdays at 11am
- **DayBreak** every Thursday 11:30am - 2:30pm
- **Stretch Break:** Fridays at 9am
- **Music Jam:** Fridays at 11:30 am
- **Scrabble:** Fridays at 12:15pm
- **Camera Club:** 1st & 3rd Wednesday of the month



The Hudson Senior Center Bus begins running at 8am and ends at 3:30pm between Hudson and Marlborough Mon –Fri. **Call 978-568-9638 the day before** your schedule appointments and call 2 days before appointments if you need **the wheel chair lift**. This is a **FREE** service but donations are greatly appreciated! Give us a call ☺

Come play chess at The Hudson Senior Center
Chess Tuesdays are at 1 pm at the Hudson Senior Center. All levels are welcome. *Come on down!*

Free Legal Advice with Attorney Bergeron
15 minutes of Free Advice

Wednesday, September 11th
1pm-3pm~by appointment only



All musicians wanted
If you play an instrument come to the Senior Center on Fridays and join our Music Jam Session at 11:30am! It is very entertaining! All are welcome. **PLEASE COME AND SHARE YOUR TALENT.**

Hearing Clinic
Tuesday, Sept 10th

Starting at 9:30am
With Michael Drennan from
Rogers Hearing Solutions
Call 978-568-9638 for an appointment

To cancel please call: 508-573-7246

Holliston, Sherborn, Dover, Natick September 2019 Hudson, Sudbury, Wayland, Hopkinton, Ashland

Menu Subject to

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
2	Labor Day	Na+	3		Na+	4		Na+	5	Special/High Sodium	Na+	6		Na+
	HAPPY LABOR DAY			Chunky Tomato Soup	177		*Honey Mustard Chicken	533		*Veal Parmesan	853		Cran-Orange Roast Pork	91
				Macaroni and Cheese	488		Cous Cous w/Carrots	24		Garlic Mashed Potatoes	66		Mashed Sweet Potatoes	31
				Italian Bread	230		Mixed Vegetables	88		Italian Green Beans	3		Cauliflower	14
				Peaches	5		Wheat Bread	170		Dinner Roll	132		Multigrain Bread	164
							Fresh Fruit	1		Cherry Apple Crisp	56		Fruit Crunch Bar	80
	No Meal Delivery									D: Cinnamon Apples	10		D: Loma Doones	100
				Total Sodium(mg):	###		Total Sodium (mg):	941		Total Sodium(mg):	1235		Total Sodium(mg):	505
				Calories	725		Calories:	652		Calories:	1003		Calories:	813
9		Na+	10		Na+	11		Na+	12	Cold Plate	Na+	13		Na+
	Lemon Dill Haddock	362		Shepherd's Pie w/Gravy	276		Glazed Chicken Drumstick	450		Bok Choy Soup	99		Meatloaf w/Onion Gravy	242
	O'Brien Potatoes	34		Spinach	65		Baked Beans	152		Asian Chicken Salad	277		Mashed Potatoes	92
	California Blend Vegetables	22		Wheat Dinner Roll	170		Brussels Sprouts	12		Pasta & Cucumber Salad	69		Peas & Carrots	72
	Pumpnickel Bread	155		Diced Pears	5		Multigrain Bread	164		Dinner Roll	132		Wheat Bread	170
	Lemon Pudding	200					Fig Bar	65		Pineapple Whip	87		Fresh Fruit	1
	D: SF Lemon Pudding	150					D: Grahams	95						
	Total Sodium (mg):	898		Total Sodium(mg):	641		Total Sodium(mg):	968		Total Sodium(mg):	789		Total Sodium (mg):	702
	Calories:	684		Calories:	565		Calories:	658		Calories:	621		Calories:	745
16		Na+	17		Na+	18	Cold Plate/High Na+	Na+	19		Na+	20		Na+
	Steak Fajita	217		Pesto Grilled Chicken	390		Three C's Soup	299		BBQ Pulled Pork	389		Tomato Basil Meatballs	352
	Red & Green Peppers	27		Tricolor Rotini	1		Turkey Cranberry Salad	468		Mashed Potatoes	66		Cavatappi Pasta	1
	Red Bliss Potatoes	5		Genoa Blend Vegetables	45		Tangy 4-bean salad	225		Green Beans	3		Italian Blend Vegetables	41
	Tortilla	220		Multigrain Bread	164		Wheat Dinner Roll	132		Hamburger Roll	230		Italian Bread	230
	Mixed Fruit	10		Oatmeal Cookie	97		Fresh Fruit	1		Diced Peaches	5		Fruit Yogurt	75
				D: Raisins	4									
	Total Sodium (mg):	604		Total Sodium (mg):	826		Total Sodium(mg):	1250		Total Sodium (mg):	818		Total Sodium(mg):	824
	Calories:	522		Calories:	726		Calories:	750		Calories:	691		Calories:	669
23		Na+	24		Na+	25		Na+	26		Na+	27		Na+
	Vegetable Soup	115		Potato Pollock	273		Chicken & Rice Casserole	429		Beef Stew	200		Broccoli Bake	482
	Teriyaki Grilled Chicken	362		Tartar Sauce	100		Spinach	65		Brussels Sprouts	12		Baked Home Fries	5
	Vegetable Fried Rice	98		Butternut Squash	0		Marble Rye Bread	127		Dinner Roll	132		Stewed Tomatoes	150
	Multigrain Bread	164		Green Beans	3		Snack n Loaf	115		Blueberry Buckle	360		Wheat Bread	170
	Pineapple	1		Wheat Bread	170		D: Loma Doones	100		D: 1/2 portion cake	180		Fresh Fruit	1
	Fortune Cookie	6		Applesauce	0									
	Total Sodium(mg):	871		Total Sodium(mg):	671		Total Sodium(mg):	861		Total Sodium(mg):	829		Total Sodium(mg):	933
	Calories:	688		Calories:	618		Calories:	628		Calories:	842		Calories:	708
30		Na+												
	Beef & Lentil Chili	260					Sodium (Na+) is listed in						This program has been	
	Brown Rice	5					milligrams next to each			Higher Sodium Items are			possible in part by funding	
	Genoa Blend Vegetables	45					menu item.			marked with an asterisk *			from the Older Americans	
	Dinner Roll	132					All Meals include 1%			(>500mg sodium)			Act as granted by BayPath	
	Diced Pears	5					10 Calories, 125mg Sodium						Elder Services, Inc.	
	Total Sodium(mg):	572												
	Calories:	662												

