

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

September

2022

Hudson Council on Aging
A Multi-Service Center

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

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

Social Services:

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

Senior Center Staff:

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

Social Activities:

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

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.



Get Ready to Vote

This year Massachusetts will hold its primary election on September 6 and its general election on November 8.

On the ballot are candidates for Representative in Congress, Governor, Lieutenant Governor, Attorney General, Secretary of State, State Treasurer, State Auditor, Governor's Council, State Senator, State Representative, District Attorney, Sheriff, and in some counties: County Commissioner.

These offices are important – the state government roles control much of the policy that affects our daily lives. In addition to law-making, the state controls education, employs law enforcement, builds highways and freeways, makes marriage laws, and controls elections. States also have the power to regulate business conducted within the state, issue licenses, and to establish banks and collect taxes.

State governments also play a prominent role in setting policies that affect the economy; they make key investment decisions – about infrastructure, education, and many other areas - that help determine the long-run capacity of the entire economy.

Polls will be open from 7 am to 8 pm on election days, and Hudson residents can vote at the following locations:

Precinct 1 & 5: Hudson High School 69 Brigham Street
Precinct 2: Glen Road Community Center, 4 Glen Road
Precinct 3 & 4: David J. Quinn Middle School, 201 Manning Street
Precinct 6: Town Hall, 78 Main Street

The Massachusetts Legislature recently passed the VOTES Act, which makes some voting accommodations that were enacted during the pandemic permanent for future elections, including no-excuse voting by mail, the use of ballot drop boxes and expanded Early Voting opportunities.

Early voting will take place during the week before the election. Details and sample ballots are available online at either the Secretary of State's or your town clerk's webpage. That's also where you can check your voter registration status or precinct and polling location; apply to vote by mail; and find information on accommodations and other voting resources.

At a time when some states in our nation are restricting access to voting, Massachusetts is committed to having a world class election system that provides the ability to participate in our elections on so many levels.

Please make sure to get out and vote.

Contact Rep. Hogan:

State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow.

Phone: (617) 722-2600

Facebook: facebook.com/RepKateHogan

Email: Kate.Hogan@MAhouse.gov

Twitter: [@repkatehogan](https://twitter.com/repkatehogan)

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

Upcoming Office Hours: September 15, 6-7 pm at Maynard Public Library



BEMIS FARMS FALL FLORAL CRAFTS

Friday, Sept. 23rd at 1:00 pm

Nothing says fall quite like chrysanthemums! Combined with mini peppers for interest and other seasonal plants and you get a masterpiece of color for your doorstep. **Cost to you is \$15.00 the Senior Center will pay the balance.**
Limited to 25 people

The Hudson Senior Center Presents The UCLA Longevity Center's Memory Training Program Created by Gary Small, M.D. and Linda Ercoli, Ph.D Presented by: Janice Long and Ana Terra-Salomao

Fridays September 16, 23, 30 and October 7th 10am to 12pm.



Please join us for this new memory training program. It will help you develop good memory habits and learn new techniques to improve memory. The course targets the four most common memory difficulties that people experience in daily life:

- Forgetting names and faces
- Forgetting to do things in the future
- Forgetting where you put things
- "Tip of the tongue" memory challenges-knowing something but not being able to recall it

This program is once a week for 4 weeks and each class is 2 hours long. Please call to sign up for this **FREE** training. **Space is limited to 15.** We ask if you sign up for this class that you commit to attend all 4 sessions. The program loses its effectiveness if you do not attend all 4 sessions.



Memoir Workshop Tiana Gorham is starting her 6-week Memoir Workshop on Fridays September 9, 16, 23, 30 and October 7th at 1:00pm to 3:00 pm

Everyone has a story to tell. What is yours?

A memoir is a story about your life, telling your experiences, hopes, failures, successes, and triumphs. It's also a way to share your wisdom and leave a legacy for your children and grandchildren. Or maybe you want to just tell a story.

You do not need to be a writer we will provide instruction on how to get started. Tiana Gorham, MA in teaching writing from UMass Boston will be our instructor. She has taught at several area colleges and has been working and writing in the business and pharmaceutical world for the past decade. This is a 6-week workshop, but Tiana will also help people who cannot attend the full 6 weeks.

Our Well Being Series Continues in September

Our Well Being Series, Self-Empowered Living will return in September 2022. This class will provide self-help techniques that will relax and calm our minds, and build resilience as we adapt to life's challenges.

Self-Empowered Living will teach strategies to work through anxiety that many of us experience. Kathy our instructor is great! It is not only helpful but fun. This is a class you will look forward to attending. This is a 4-week class that will be held on Wednesdays starting Wednesday, September 21, from 10am to 11:00am and end on Wednesday, October 12th 10 am to 11 am. You must call 978-568-9638 to sign up. This class is **FREE** thanks to ARPA Funding.



Shoulder pain, what the heck is a rotator cuff?

Tuesday, October 18th, 2022 at 1 pm at the Hudson Senior Center

Speaker: Kevin Flaherty, Physical Therapist and Owner of Flaherty Physical Therapy
Flaherty Physical Therapy will be offering a FREE Shoulder pain Workshop on October 18th at the Hudson Senior Center at 1pm. This will be an interactive workshop where attendees will learn more about shoulder pain, the rotator cuff and shoulder surgeries and how PT can help before and after surgery. 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.



“VETS TALK” A program for Veterans

Thursday, September 1st, 8th, 15th & 29th 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.

We are offering a special 4-week session of Mindful Living for our Veterans who attend the Hudson Senior Center “VETS TALK” Program. This program will be offered in September on Thursdays 9:00am to 10:00am beginning Sept 8th. **Mindful Living** will focus on meditation and relaxing the mind. After the Mindful Living session, Vets are welcome to stay for their regular meeting. The Mindful Living sessions are paid for with ARPA Funding. (American Rescue Plan Act)

Blood Pressure Clinic Returns 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
- ❖ 5th Thursday with Janet 9:30am- 11am

Early Dinner Grab and Go from Buffet Way



Tuesday, October 4th for a 3:00pm pick up

Old Fashioned meat loaf dinner with mashed potatoes, corn and gravy
with heating instructions.

Cost to you is \$5:00

Call 978-568-9638 to sign up starting Wednesday, September 7th

Our monthly Caregivers Support Group at the Hudson Senior Center

Thursday, September 8th at 1pm-2pm

Hi, my name is Alex O'Hare and I am the community social worker for the Town of Hudson. Having a role as a caregiver to someone you love can be a rewarding and a stressful experience. A monthly Caregivers Support Group will be at the senior center, **the second Thursday every month**. This support group can be a safe place to share with other caregivers the stresses, challenges, and rewards of providing care to our loved ones. **Call the senior center today to reserve a spot with this group.** Thank you, I look forward to hearing from you.



News from the Hudson Board of Health...

Save the date for Hazardous Waste Day and Annual Flu Clinic, both to be held on Oct. 1st. More information coming soon... Follow the Health Dept. on Facebook for updates or call our office. <https://www.facebook.com/HudsonBOH>

Hiking Club with Gary & Rocky

Gates Pond Reservoir Loop Wednesday, September 7th at 9:30 am.



Meet at Gates Pond Reservoir Loop also known as the “Best Scenic Pond in Massachusetts”. This will be a 2.4-mile easy hike. Bring water, wear layers and appropriate waterproof footwear, and hiking stick or ski pole if possible. Call to sign up!

Calling all Art Lovers, Quilter and Crafters!



Calling all art-lovers, sewists and crafters...
Wayside Quilters Guild 18th Quilt Show

The Art of the Quilt

Lincoln Sudbury Regional High School
October 1, 2022 10:00 AM - 5:00 PM
October 2, 2022 10:00 AM - 4:00 PM
\$7 admission / under 12 free

waysidequilters.org/quilt-show

You are invited to attend **The ART of the Quilt**, the Wayside Quilters Guild's 18th show being held on October 1 and 2 at the Lincoln-Sudbury Regional High School. We will be displaying over 100 quilts from abstract improvisational to geometric precision and everything in between. There will be lots of lovely handmade items for sale in the Boutique, as well as gorgeous quilting fabric and raffle tickets for a beautiful handmade quilt. Proceeds of the raffle support the guild's many charitable outreach efforts. The show runs 10-5 Saturday October 1, and 10-4 Sunday. Admission is \$7 / under 12 free. Free parking and wheelchair accessible.

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 start in November, most of the training will be online. Internet access and basic computer skills are necessary.

For an application and/or further information:

<https://www.aarp.org/volunteer/programs/tax-aide/>



For State Election Early Voting

You can In-person early vote from Saturday, October 22 to November 4, Monday through Friday 8AM- 4:30PM

****EXTENDED HOURS****

Saturday, October 22nd from 9 AM to 5 PM

Saturday, October 29th from 9 AM to 2 PM

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



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

Suggested Voluntary Donation of \$3

Thursday, Sept 1st

Cold Menu: chicken caesar salad, Italian pasta salad and pineapple

Hot Menu: Broccoli Bake, home fries, stewed tomatoes, wheat bread and assorted fruit cup.

Wednesday, Sept 7th

Cold Menu: sliced turkey breast, quinoa w/ roasted veggies, sesame cucumber salad

Hot Menu: chicken & rice bake, Scandinavian veggie blend, marble rye, fruit cup

Thursday, Sept 8th

Cold Menu: tortellini & turkey salad, beet and onion salad and broccoli salad

Hot Menu: roast pork w/ bbq sauce, baked beans, mixed vegetables, wheat sandwich bun, fruit cup

Wednesday, Sept 14th

Cold Menu: roast beef, orzo and spinach salad, broccoli salad

Hot Menu: chicken breast w/ Mediterranean sauce, orzo pilaf and spinach, capri veggie blend, multigrain bread, fresh fruit

Thursday, Sept 15th

Cold Menu: mixed greens with salmon, tangy 4 bean salad, peaches

Hot Menu: roast turkey with rosemary gravy, bread stuffing, glazed carrots, wheat dinner roll and flavored applesauce

Wednesday, Sept 21st

Cold Menu: chicken Caesar salad, potato salad and mixed fruit

Hot Menu: lasagna roll w/meat sauce, Italian vegetable blend, Italian bread, fudge cookie

Thursday, Sept 22nd

Cold Menu: cheese omelet, hash browns and sliced apples with cinnamon

Hot Menu: Breaded chicken drummer, Yukon gold potatoes, broccoli and cauliflower, wheat bread, fresh fruit

Wednesday, Sept 28th

Cold Menu: egg salad, quinoa w/roasted veggies and tropical fruit

Hot Menu: chicken breast with florentine sauce, wild rice pilaf, capri vegetable blend wheat bread, applesauce

Thursday, Sept 29th

Cold Menu: turkey cranberry salad, new pasta salad, carrot & raisin salad

Hot Menu: Swedish meatballs, egg noodles, spinach, marbled rye, oatmeal cream cookie

Transportation News...



Food Shopping Day : Tuesdays



Please note: Senior Center is Closed on Monday, Sept. 5th. Please call on Friday for Tuesday Appointments

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

The senior center bus is now running for all appointments. Please call at least a day ahead before 3:30pm.

Masks MUST be worn while on the bus at all times regardless of vaccination status.

Seatbelts must also be worn

Fitness Classes

Please note: Starting in September there will be a charge for some in person and zoom 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*

- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am**

Are you feeling stressed or having difficulty relaxing? Perhaps this class might help. 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**
- **Mat Pilates with Jennifer: starting on Thursday, September 8th 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) - *Cost: no charge*
- **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.

(The class will be limited to 20 people)

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

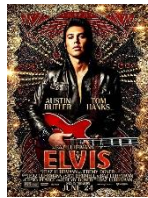
Movie Day" at the Center



Here is the listing for the movies in September. 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, September 19th & Tuesday, September 20th – *Elvis*



The film follows the life of rock and roll icon, singer, and actor Elvis Presley, told from the perspective of his manager, Colonel Tom Parker. It stars Austin Butler in the title role with Tom Hanks as Parker.

Rating: PG-13 Runtime: 2hr 39min

Monday, September 26th & Tuesday, September 27th – *Where the Crawdads Sing*



Abandoned by her family, Kya raises herself all alone in the marshes outside of her small town. When her former boyfriend is found dead, Kya is instantly branded by the local townspeople and law enforcement as the prime suspect for his murder.

Rating: PG-13 Runtime: 2hr 5min

Message from the Friends...

Next Friends Meeting: Tuesday, September 13th

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.

Save the Date...



Hudson Senior Center Fall Fair

Saturday, November 5th, 9am – 2pm

at the Hudson Senior Center



Crafts, quilts made by our talented quilters, crafty painted items by our talented painters, beautifully knitted and crocheted items, Holiday items, Raffles and much more.

The Friends would greatly appreciate donated items for the fall fair such as crafts, knitted or quilted items, holiday decorations such as wreaths, wall hangings or centerpieces and themed baskets for our basket raffles.



Quilt Raffle

Made by our talented Quilting club. (size 90"x 111")

Tickets 1 for \$2 or 3 for \$5 Drawing on November 5, 2022

Tickets available at the front desk

Reminder: Closed Monday, September 5th for Labor Day

Hudson Senior Center Trips 2022



Tuesday, September 20th Shades of Buble- A Three Man Tribute to Michael Buble!

A Three-Man Tribute to Michael Bublé brings the swinging standards and pop hits of Michael Bublé to the stage in an unforgettable high-energy concert event. This world-class tribute act honors the sophistication, retro style, and high-energy fun that Bublé himself brings to his concerts while engaging diehard fans with thrilling new three-part vocal arrangements. Enjoy the big-band standards from the jazz era, classic hits from the 50s/60s/70s, as well as Billboard chart toppers from today. Plated Luncheon Meal: Stuffed Breast of Chicken or Baked Schrod - Also Included: Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea at Danversport– Danvers, MA

Price: \$99.00pp

Tuesday, October 25th The British Invasion Years

Danversport– Danvers, MA. More than just the Beatles, this nostalgic musical retrospective spans the entire first wave of the British Invasion era. The first half of the show is the British Invasion featuring chart toppers by the iconic British groups such as The Zombies, Dave Clark Five, The Rolling Stones, The Hollies, Herman's Hermits, and many others. The second half of the show features the American Response, with the biggest hits by legendary artists like The Monkees, Simon & Garfunkel, The Beach Boys, The Mamas and The Papas, to name just a few. Includes Transportation, the show and your choice of stuffed breast of chicken or baked schrod.

No Refunds for cancellations after 10/13/22

Price: \$99.00pp

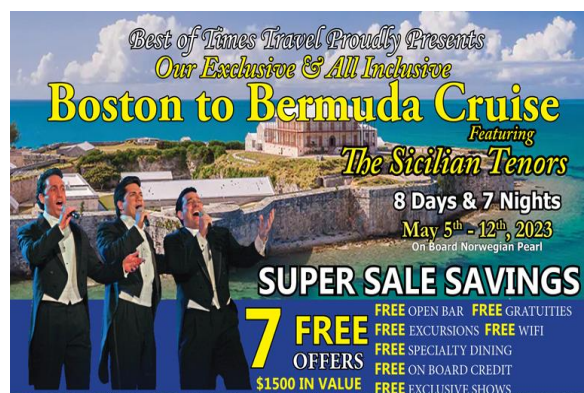
Wednesday, November 16th The Beat Goes On! ~Cher Tribute Show

The Number # 1 Cher Tribute Show in the world! We welcome to our stage Cher tribute artist /Cher impersonator (sing-alike, look-alike, walk-alike, talk-alike,) Lisa McClowry. Lisa is an accomplished singer and stage actor whose voice has appeared in major motion pictures, international commercials for radio and TV with numerous critically acclaimed original albums, as well as theatrical stage performances including dramatic, musical and comedic lead roles. Not only is Lisa a well-known singer, but respected as the most authentic and well-rounded CHER tribute artist capturing Cher's singing voice, look, walk, talk and mannerisms. Plated Luncheon Meal: Thanksgiving Dinner with the Fixings and Side or Vegetable Lasagna, Dessert, Coffee/Tea at Danversport– Danvers, MA

Price: \$99.00pp

****New** Special Presentation on Tuesday, October 18th at 1pm**

Sign up for this presentation and learn more about this upcoming cruise....



May 5th -12th, 2023

8 Day/7night Boston to Bermuda Cruise featuring the Sicilian Tenors on Board the Norwegian Pearl. Prices starting at \$1599pp with many extras included! (double occ. Cabin fare not including taxes, fees & transfers.



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.*

HAVE YOU PLANNED FOR YOUR LAST YEAR? ARE YOU LIVING IT RIGHT NOW?

As seniors, we understand that everyone eventually dies, and we know, for us, it may be sooner rather than later. Beyond that, it's all speculation. In the meantime, here are few tips to help you get some sleep rather than staying awake worrying about all this.

- **Make sure you have a health care proxy.** That's an easy one. If you end up losing the capacity to make medical decisions, you need someone you can trust to make them for you.
- **Talk to your health care proxy agent about what's important to you about living.** This one is harder, and most people don't have (or want to have) this conversation, which is fine until it isn't. Don't you want to know your agent will do what you want done if you can't communicate your wishes? Don't wait, communicate while you can still communicate.
- **Make sure you have a Power of Attorney agent.** While you (and your health care proxy agent) are dealing with your medical problems, the world will go on. Someone will need to pay your credit card bills, utility bills, and all other bills, renew the house insurance, take care of all the little and big things that you do now. Without a Power of Attorney agent to handle your financial affairs, things can go south in a hurry.
- **Talk to your Power of Attorney agent about gifting before you die.** One strategy to avoid probate and/or to avoid or reduce the Massachusetts estate tax is to give things away before you pass away. You will want to make sure your Power of Attorney agent understands your wishes so that your assets can be gifted to loved ones thereby reducing your taxable estate and maybe even allowing your children or other relatives to avoid the probate process entirely. That in itself would be a real gift.
- **Don't leave things undone.** If there are things that are important to you or that you might be able to resolve prior to passing away, do them now. Don't wait. Perhaps you want to write your own obituary or figure out where your remains should go. Maybe forgive some people or ask for their forgiveness. Tell the people you love how you feel or write a letter (to be opened after you die) telling them how special they are. The list of possibilities is endless.
- **Go out and live.** Live each day as if it's your last. Make the most of all you have.

For more information, visit Frank and Mary's YouTube channel,

www.youtube.com/elderlawfrankandmary. These programs also air on HUD-TV (Comcast 8; Verizon 47), along with "Frank and Mary in Hudson," where I address common issues facing seniors and available resources. 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, September 14th from 1pm to 3pm by PHONE 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

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 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 at 978-568-9638

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



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, September 14th

Genealogy group is open to everyone who is interested in researching their ancestry.

Beginners welcome. Please call the center to sign up!

Knit and Crochet Wednesdays at 9:30am

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

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

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

CRIBBAGE

Mon, Tues, Wed & Friday 8:30-11:11:30am

BRIDGE

Tuesday & Friday 1pm-3pm



PM CARDS

Canasta Wednesdays at 12:00pm. Looking for 4 players. Please call the front desk to sign up

Open Painting Studio

Returning Tuesdays 10am-12pm

beginning Sept. 13th No teacher, but a group of friendly, helpful artists, willing to share ideas and talents!

Tuesdays from 10am-12pm in the Craft Room



Calling all Bingo Players!

Wednesdays at 12:30pm

Scrabble on Fridays at 12:15pm

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



Pool Room

Come play on our 2 beautiful tables! Monday-Friday 8:30-3:30



Hudson Senior Center Gift Shoppe

Thursdays 9:30am -12:30pm

Senior Center Lending Library



Donations made to our Library are appreciated with **Copyright date no earlier than 2012. **Check out our new Large Print section****



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. Please be on the lookout for our pre-enrollment form that should be filled out by you to give us, as SHINE counselors, with your updated insurance information. You can expect to see this in the **October** newsletter. 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 2023 during the Open Enrollment Period, which is October 15 until December 7, 2022. 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. Again, please keep in mind that we are giving you this form in our **October** newsletter.

Fuel Assistance Update:

We have been informed that the Fuel Assistance Recertifications have started going out in the mail! You should be receiving your applications within the next few weeks or so. 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, but, 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 in time for once the heating season officially starts.

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.

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 – 978-568-9638 x 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 2022, para ser efectivo no dia 1 de Janeiro de 2023. 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 2022 até o dia 30 de Abril de 2023. Para mais informação telefone para Ana Terra-Salomao, 978-568-9638 x 476

DATAS IMPORTANTES

Dia 5 de Setembro – O Senior Center estará fechado devido ao feriado de “Labor Day”.

Dias 7, 14, 21 e 28 de Setembro – Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

Dia 13 de Setembro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 14 de Setembro – Consulta grátis, pelo telefone com o Advogado Bergeron à 1:00 da tarde. (15 minutos de consulta). Telefone para o senior center para marcar o seu apontamento

Dia 23 de Setembro – Kit de flores de Outono do “Bemis Farms” à 1:00 da tarde no Hudson Senior Center. Telefone para o Senior Center – 978-568-9638 para reservar o seu Kit. O custo é \$15.00. Limitado a 25 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!

6					9			4
	8	9	5				1	6
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9		7				8	4	2
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Fall Word Search


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

FALL
AUTUMN
LEAVES
PUMPKIN
APPLE
ACORN
SUNFLOWER

HAYRIDE
CHILLY
RAKE
FOOTBALL
SQUIRREL
ORANGE

SCARECROW
SEPTEMBER
OCTOBER
CIDER
YELLOW
BROWN
RED



Monday	Tuesday	Wednesday	Thursday	Friday
				
			<p>08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 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</p>	<p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge</p>
<p>08:00a CENTER CLOSED</p>	<p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:30a Zoom Parkinsons class 01:00p Bridge 01:00p Chess</p>	<p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Zoom Stretch Yoga Chair 09:30a Hiking Trip 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo 01:00p COA Brd Mting</p>	<p>08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 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</p>	<p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop</p>
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<p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong 12:30p Movie Day</p>	<p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 12:30p Movie Day 01:00p Bridge 01:00p Chess</p>	<p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Self Empowered Living 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo</p>	<p>08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 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</p>	<p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Memory Training 10:00a Quilting 12:15p Scrabble 01:00p Bemis Farms 01:00p Bridge 01:00p Memoir Workshop</p>
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**SUPPORT THE ARTS
AND
THE HUDSON ARMORY PROJECT!**

VOLUNTEERS NEEDED!
(MUST BE AT LEAST 21 YEARS OLD)




**CELEBRATE
HUDSON '22**

LIVE MUSIC • FOOD • BREWS • ART • FAMILY FUN

Saturday, September 17 • 1-9PM

CONTACT MAE ZAGAMI AT maezagami@gmail.com

ALL SHIFTS NEEDED

MEALS AND TEE SHIRT PROVIDED!