

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 - 978-568-8840
- 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.



Support for LGBT Seniors

Two earmarks in the FY24 state budget are aimed at supporting LGBT seniors in our communities – folks who can be at greater risk for being marginalized and isolated.

Now, funding will enable a pilot program for a new **statewide virtual senior center for LGBT older adults** operated by the Massachusetts Councils on Aging. It will also enable expanded virtual programming for LGBT seniors at existing senior centers.

Doctors warn that social isolation and loneliness can lead to increased risk for emotional, cognitive, and physical health among older adults. For older LGBT adults, this risk for deteriorating health is magnified. Many do not have children or family members who, traditionally, are the companions and caretakers of older adults. To counteract these health risks and promote a healthy lifestyle, seniors are encouraged to participate in social activities that create a sense of community and belonging.

Creating virtual LGBT senior centers is a cost-effective initiative to bridge this equity divide by bringing the benefits of senior center activities into the homes of marginalized and isolated elders via social media platforms.

Another earmark in the FY24 budget will continue support in Massachusetts for the **Special Legislative Commission on LGBT Aging**, the first and only statewide commission in the nation tasked with identifying and addressing the needs of LGBT older adults. Since its founding in 2015, the Commission has worked on improving policies and services that promote LGBT inclusion so that older adults who identify as LGBT may age with dignity and respect in the Commonwealth. This funding maintains support for additional administrative services first secured in FY23.

With these efforts, we aim to ensure that all seniors have access to opportunities that promote empowerment, engagement and healthy living and we embrace our LGBT friends and family members who are navigating the aging process.

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.repatehogan.com and @RepKateHogan on Facebook and Twitter.

Upcoming Office Hours: September 12, 6-7 pm at the Hudson Public Library

Hello to Everyone



I hope you are all well. We have a lot of information in this newsletter.

- The Medicare Open Enrollment Period starts Oct 15th through Dec 7th 2023. As many of you know our Social Service staff are all SHINE trained. We will be attending a formal training regarding the 2024 Medicare health and prescription drug plan changes and will be ready to help you review your present health and prescription drug plans for next year, starting October 15th. We will have more on this next month, but it is something you should start thinking about now.
- The Hudson Health Department will have a Flu and Covid Clinic on Saturday, Sept 23rd from 9am to 12:00 pm. (please see their flyer in this newsletter.)
- The City of Marlborough and the Town of Hudson will be holding another Hazardous Waste Collection Day on Saturday, October 7th from 9am till 12 pm. See the flyer for important information as to what you can and cannot bring.
- Learn more about Hudson's HOPE (Hudson's Overdose Prevention Effort).

Chair Pilates with Jennifer Davidson will return to in-person classes on Monday, Sept 11th

This very popular class will resume on Monday, Sept 11th at 9:30am to 10:30am and every Monday following. For your convenience this class will continue to be offered via zoom for those who want to stay at home. More information on this class is on our fitness page in this newsletter.

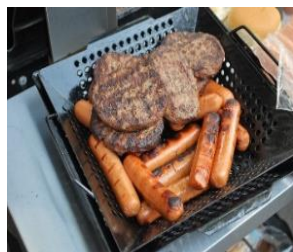
****Reminder: The Senior Center is CLOSED Monday, September 4th for Labor Day****

~Janice

Hudson Appliance

Is sponsoring a FREE luncheon at the Senior Center

Tuesday, September 26th 12 noon to 1pm



This luncheon will include: **your choice of a grilled hamburger, cheeseburger or hot dog**, and will be accompanied with potato salad, cole slaw, chips, water and dessert. Please call 978-568-9638 to sign up for this. We want to thank Hudson Appliance for this generous event and the volunteers who will be grilling and serving the food. **Limit of 40 people.**

~ Sign up beginning Thursday, September 7th ~

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.

Hiking Day at Delaney Pond

Monday, September 18th at 9:00am

Meet at the Senior Center and follow to Delaney Pond in Stow
Bring walking sticks and appropriate attire.

Call to sign up!



Workshops at the Hudson Senior Center
With Kevin Flaherty
Physical Therapist and owner of Flaherty Physical Therapy

Osteoporosis Workshop
Tuesday, September 19th at 1 pm

This will be an interactive workshop where attendees will learn more about Osteoporosis and how exercise, proper posture and general fitness can help to slow the progression of this troubling bone disease. Attendees will learn how those symptoms are caused, what you can 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 instructions on 5 easy exercises to start at home later that same day!

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 for these events.



The Hudson Senior Center presents the
Worcester Men of Song
Wednesday evening, September 20, at 7 PM
29 Church Street, Hudson, MA

The Worcester Men of Song Barbershop chorus will proudly present a 1-hour concert of music. They are pleased to add Hudson to their list of performance venues. The chorus has recently performed for the Westborough Senior Center, Christopher Heights in Webster, and Worcester

Park in Paxton and sang the National Anthem at the Braveheart's game on August 5th.
Cost to you is \$5.00 **"The Greatest Guys You'll Ever Want to Harmonize With".**

Make a Beautiful Pumpkin door hanging with Susan Rondeau

Friday, September 22nd at 1pm or Friday, September 29th at 1pm

Join Susan for a pretty pumpkin door hanging craft. You will need to bring scissors and wire cutters if you have a pair. Class size is limited to 13 on Friday, Sept 22nd and 12 on Friday, Sept 29th. **Cost to you is \$10.00.**



The U.S. Army Combat Capabilities Development Command Soldier Center returns
to the Hudson Senior Center on Thursday, Sept 14th at 9:30am
Evolution of Military Combat Rations

On Thursday, Sept 14th at 9:30 AM, representatives from the US Army Combat Capabilities Development Command – Soldier Center (DEVCOM-SC) will provide a unique presentation on the Evolution of Military Combat Rations. Mr. David Accetta and Ms. Lauren Oleksyk will take you on a historical journey from the Army's origin in 1775 through the present day and into the future, outlining how field rations evolved along the way to meet the changing needs of US troops. Current field rations will also be on display. Please call to sign up for this informative presentation! Sign up at the front desk.

Important information from the Hudson Health Department...


The Hudson Health Department is asking for people to fill out the [state's community health assessment](#).

The Community Health Equity Survey aims to help communities address barriers to health by collecting data on the social and structural health needs facing Massachusetts residents, specifically those disproportionately affected by health inequities. The state and local health departments will use responses to inform programing, funding, and help improve health outcomes. The survey is completely anonymous, and it's [available online](#) in 11 different languages. We will also have paper copies available at the senior center.

HOPE (Hudson's Overdose Prevention Effort) Program

The Hudson Health Department is now offering one on one and group Narcan trainings in-person and virtually. The trainings will include how to recognize and respond to an overdose, what Narcan is and how to administer it. For more information you can call the Hudson Health Department at 978-562-2020 or email at Health@townofhudson.org

SAVE THE DATE!



Hudson's Annual FLU & COVID CLINIC


HUDSON HIGH SCHOOL GYM (69 BRIGHAM ST.)
SATURDAY, SEPTEMBER 23, 2023
9:00 AM - 12:00 PM


REGISTRATION COMING SOON!
CONTACT THE HEALTH DEPARTMENT FOR MORE INFO

CLINIC INFORMATION:

- Clinic is for Hudson residents ages 18 months and older.
- Bring your insurance card if you have one. Note: You will NOT be denied a vaccine if you do not have insurance.
- The High-Dose Flu Vaccine will be available for those who are eligible (65 years+).
- Come with a completed registration form for everyone receiving a flu vaccine. Coming soon!
- Please wear clothing that can easily be rolled up.

CONTACT THE HEALTH DEPARTMENT WITH ANY QUESTIONS
(978) 562 - 2020 | HEALTH@TOWNOFHUDSON.ORG

 **The City of Marlborough
and the Town of Hudson**
are proud to bring you



HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

LOCATION:
BOSTON POST ROAD EAST PAST
HOME DEPOT AND STAPLES. AFTER
SUBWAY TAKE A LEFT AT THE
EASTERLY TREATMENT PLANT/
RESIDENT DROP-OFF FACILITY SIGN.
THEN FOLLOW ROAD AND LOOK
FOR EVENT SIGNS.

BRING THESE ITEMS:

Acids/Bases	Furniture Stains	Monitors
Aerosols	Fluorescent Bulbs	Pesticides
Air Conditioners	Household Cleaners	Photo Chemical
Antifreeze	Household Polishes	Poisons
Auto Batteries	Household Batteries	Pool Chemicals
Brake Fluid	Kerosene	Thinners
Composites	Lighter Fluid	Used Motor oil
Drain Openers	Paints (Oil based)	Weed Killers
Flammables	Propane Tanks	Wood Preservative
Computers	Microwaves	TVs/VCRs

DO NOT BRING THESE ITEMS:

Asbestos	Polychlorinated Biphenyls (PCB's)	Explosives
Radioactive Materials	Reactive or Unstable Materials	Drums
Latex/Acrylic Paint	Tires	Medical Waste
Unknown or Unlabeled Materials	NO Large Appliances	

**MEDICATION WILL
** NOT ** BE COLLECTED !!**
PLEASE BRING UNWANTED OR EXPIRED
MEDICATIONS TO YOUR LOCAL POLICE STATION OR
TO THE FOLLOWING CVS PHARMACIES:
264 EAST MAIN STREET, MARLBOROUGH
234 WASHINGTON ST, HUDSON
FOR PROPER DISPOSAL.

**SATURDAY
October 7, 2023
9am - 12 noon**
860 Boston Post Rd East
Easterly Wastewater Treatment Facility
MARLBOROUGH, MA

For more information, please call (508) 624-6910 Ext: 33300

Marlborough and Hudson Residents Only - Please be prepared to show proof of residency
***** DO NOT BRING LATEX PAINT *****

Clough Family Center for
Rehabilitative and Sports
Therapies



Parkinson's Education

Free Virtual group classes for patients and caregivers

You can also call 978-589-6880 or 978-589-6926

September 8th 1-2pm "Your Parkinson's Diagnosis: The Patient and Care Partner Experience"-
Melissa Demarino, MSW/LCSW Whether you're newly diagnosed or Newly navigating care for how Parkinson's impacts your life- this is a generalized presentation for a whole person approach to care. It will build on ramps to adjustment and action steps to life with Parkinson's. To register or for more information visit www.emersonhealth.org/parkinsons

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 Michelle 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, Sept. 6th

Cold Menu: Egg Salad, garden shell pasta salad & broccoli, feta, orzo salad

Hot Menu: American chop suey, Tuscany blend vegetables & dinner roll

Thursday, Sept. 7th

Cold Menu: Tuna salad, cole slaw & potato salad

Hot Menu: Breaded chicken, macaroni & cheese & summer blend egetables

Wednesday, Sept 13th

Cold Menu: Egg salad, Italian pasta salad, summer & squash salad

Hot Menu: Chicken scallopini over buttered noodles, zucchini & cauliflower

Thursday, Sept. 14th

Cold Menu: Roast beef, provolone, lettuce and light mayo, orzo vegetable salad & cole slaw

Hot Menu: Lemon dill fish, herbed rice & brussel sprouts

Wednesday, Sept. 20th

Cold Menu: Roast beef, provolone, lettuce and light mayo, broccoli slaw & macaroni salad

Hot Menu: Teriyaki salmon, lo mein noodles & asian blend vegetables

Thursday, Sept. 21st

Cold Menu: California chicken salad, orzo vegetable salad & carrot pineapple salad

Hot Menu: Roast turkey with gravy, mashed potatoes & green beans

Wednesday, Sept. 27th

Cold Menu: Tuna salad, potato salad & coleslaw

Hot Menu: Broccoli egg bake, home fries & stewed tomatoes

Thursday, Sept. 28th

Cold Menu: Chicken salad, macaroni salad & squash, zucchini, red onion salad

Hot Menu: Beef pot Roast w/ gravy, garlic mashed potatoes & butternut squash

Suggested Voluntary Donation of \$3

Menu is subject to change

“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 11th & Tuesday, September 12th – *Love Again*



In this romantic comedy, dealing with the loss of her fiancé, Mira Ray sends a series of romantic texts to his old cell phone number... not realizing the number was reassigned to Rob Burns' new work phone. A journalist, Rob is captivated by the honesty in the beautifully confessional texts. When he's assigned to write a profile of megastar Celine Dion (playing herself in her first film role), he enlists her help in figuring out how to meet Mira in person... and win her heart.

Rating: PG-13 Runtime: 1hr 44min

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, September 18th at 1pm

Caregivers Support Group

Thursday, September 14th & 28th at 1pm



“VETS TALK” A program for Veterans

Thursday, September 7th, 14th & 21st 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.

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.

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**
- **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) *(No Class Aug 24th)*
- **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)

- **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.**
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am**
Cost: no charge (NO CLASS SEPT 19th)



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.*

DO YOU REALLY NEED A TRUST?

Trusts are meant to solve problems. Different problems have different solutions, one of which may be a trust. These are the most common problems seniors face where a trust is one solution:

- **Problem: avoiding probate while keeping control.** If you want to keep control of your assets (house, bank accounts, etc.) while allowing your kids to avoid probate after you die, you probably want to own your assets as trustee of your very own **revocable and amendable trust (meaning you can always take out what you put into it and you can change the terms of the trust whenever you want)**, while naming one or more of your children as the successor trustee after you die. That child could then take over after you die (or become incompetent) and distribute all assets without going through the time and expense of the probate process. This is more expensive than just creating a will and does not save you any time or money, but it saves your children a lot of both. **Alternatives: hold your assets jointly with someone or give your assets away before you die.**
- **Problem: protecting assets for MassHealth purposes for the surviving spouse after the first spouse dies.** If that's your goal, you want to have a **will with a testamentary trust (a trust that's part of the will)**. Typically, you could name the child you trust the most as trustee. If you have a testamentary trust in place when you die, any assets in your individual name (not jointly held assets or assets in trust or assets that name a beneficiary) will be immediately safe, non-countable and non-liable if your spouse needs to qualify for MassHealth. **Alternative #1: in your will, leave your assets directly to your children. Alternative #2: give your assets away and wait five years (see more below).**
- **Problem: protecting your assets if you need nursing home care and your spouse is already deceased.** In this scenario, the only way to have any of your assets be non-countable and non-liable is to give them away and wait five years (or get married). Often, in that situation, you would create an **irrevocable trust (meaning you cannot take out what you put in and you can't change the trust terms)**, naming your most trusted child as trustee, then transfer to the trust any assets you want to protect. **Alternative #1: you can keep the income the trust earns but you can't get back any of the principal that you put in the trust. Alternative #2: give your assets to your most trusted child or to all your children and wait five years.**

That's the long answer. Now the short one: talk to an elder law attorney who can help you figure out which one of these alternatives will solve your problem and is best for your situation. 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, October 11th 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

September 20th at 1pm

**** time change for this month ****

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.

Message from the Friends...

Next Friends Meeting: Tuesday, September 12th at 9:30am

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 Fair Saturday, November 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 and crafts, and much more



Quilt Raffle (Drawing on November 4, 2022)

A Beautiful 71"x 80" size Quilt Raffle

Made by our talented Quilting club

Tickets 1 for \$2 or 3 for \$5

Tickets available at the senior center front desk



Hudson Senior Center Trips 2023

Wednesday, Sept 6th Neil Diamond & Friends

Experience some of the greatest hits from some of the greatest entertainers of all time – Neil Diamond & Friends will have you dancing and singing your day away. The renowned duo JOSAY AND PATTI have been wowing audiences worldwide with their vibrant performances. Lake Pearl-Wrentham, MA and Plated Luncheon Includes: Apple Cranberry Cornbread Stuffed Chicken or Vegetarian Lasagna. Served with Salad, Potato, Vegetables, Breads, Dessert, Coffee/Tea.

Price: \$109.00pp

Thursday, September 21st The McCartney Years Danversport Yacht – Danvers, MA Over 30 top hits spanning more than twenty albums, from the Beatles to Wings. Live in concert, The McCartney Years is the world's number one tribute to Paul McCartney. Includes Transportation, the show and your choice of stuffed breast of chicken or baked schrod.

Price: \$119.00pp

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

Performing ABBA's greatest hits from 1973 through 1983, DANCING DREAM, the Tribute to ABBA – precisely recreates all of the excitement and passion of their record-breaking 1979-80 world concert tour experience. "Dancing Queen", "Take a Chance on Me", "Fernando", "Waterloo", and "Super Trouper" are all the songs audiences will remember and love. Lake Pearl in Wrentham, MA with your choice of Plated Luncheon of Thanksgiving Dinner with the Fixings and Sides or Vegetarian Lasagna.

Price: \$115.00pp

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 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. 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 NOT gone out yet. They are 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.

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

PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as depressas de aquecimento? O programa do “Smoc” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2023 até o dia 30 de Abril de 2024. Para mais informação telefone para Ana Terra-Salomao, 978-568-9638 x 476

DATAS IMPORTANTES

Dia 4 de Setembro – O Senior Center estará fechado devido ao feriado de “Labor Day”.

Dias 6, 13, 20 e 27 de Setembro – Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

Dia 12 de Setembro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 19 de Setembro – Palestra grátis sobre “Osteoporosis” com Kevin Flaherty no Senior Center à 1:00 da tarde. Telefone para reservar o seu lugar.

Dia 20 de Setembro – Concerto com “Worcester Men of Song” das 7:00 às 8:00 da noite no Hudson Senior Center. O custo é \$5.00 por pessoa. Bilhetes a venda no Senior Center.

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

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Autumn Word Search

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

ACORN
 APPLE CIDER
 AUTUMN
 BONFIRE

FAMILY
 HAYRIDE
 LEAVES
 PUMPKIN

SCARECROW
 SMORES
 TURKEY
 THANKS

Monday	Tuesday	Wednesday	Thursday	Friday
				
				08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 01:00p Bridge
	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 Mindful Living	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 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	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
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Zoom Chair Pilates 11:15a Chair Pilates 12:00p Crafting 12:00p Mah Jong	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 02:00p Mindful Living	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Military Combat Rations 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	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
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08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Zoom Chair Pilates 11:15a Chair Pilates 12:00p Crafting 12:00p Mah Jong	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 Grilled Lunch 01:00p Chess 02:00p Mindful Living	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 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 Caregiver Support 01:00p Parkinsons Exer. pm	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 Door Hanging Craft