

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

**January**



**2020**

**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.*



## JANUARY 2020 REP. KATE HOGAN'S SENIOR NEWS

As December's rush of family and festivities comes to an end, we have the opportunity to ring in a New Year and launch a new decade. It can be a powerful time of year to set goals for the months ahead and envision the impact we want to have on our community. This is especially true for state lawmakers, as we mark the second half of the legislative session and recommit in earnest to the big work ahead of us. In this spirit, I am excited to share with you some of my New Year's resolutions for Hudson seniors.

### **Resolution #1: Safeguarding access to health care savings for low-income seniors**

The ability to set aside money in a pooled trust gives our seniors of modest means what high-income residents might take for granted: access to protected savings they can draw from to pay for the many uncovered costs associated with aging. Proposed shifts to MassHealth regulations, however, put the use of pooled trusts at risk. This session, I have refiled legislation that will codify – or secure in law – the preservation of pooled trusts for disabled seniors. What we know for sure is that low-income seniors with pooled trusts are far more likely to age in place and maintain a higher quality of life.

### **Resolution #2: Building senior-inclusive transportation solutions**

I am proud to work with a host of local, regional, and state partners to advance innovative transit solutions that bridge gaps in access for seniors in our community – establishing senior-inclusive fixed bus routes and first and last mile connections. This includes the Hudson Shuttle, which became the permanent MetroWest Regional Transportation Authority (MWRTA) Route 15 in 2018, with stops at the Senior Center and around town. I helped to secure funding for the shuttle's pilot in Fiscal Year 2017 and 2018 and collaborated with the Hudson Board of Selectmen, the Hudson Planning and Community Development Department, and the MWRTA to make it a long-term transportation solution for residents. As lawmakers debate significant transportation legislation in the coming months, I will continue to hit the ground running in partnership with our towns, TMAs, and Regional Transportation Authorities towards increased access to transit for our seniors – and to share our local success stories at the state level.

### **Resolution #3: Connecting seniors to dental care**

Due to a host of factors like geography and income, thousands of Commonwealth residents are unable to access regular dental care. Our seniors, who can be doubly challenged by lack of mobility, are particularly affected by this public health issue. One of the solutions I have been advancing at the State House is authorizing a new, mid-level dental provider, called dental therapists. Dental therapists will have the community-oriented training and flexibility to provide dental care in unconventional settings, like nursing homes. The bill, An Act to improve oral health for all Massachusetts residents, was advanced with bipartisan support out of the Joint Committee on Public Health earlier this year – a significant step towards getting it over the finish line and signed into law.

Share your goals for the year ahead by sending me an email or calling my office; I always love hearing about how state programming can better support our seniors in living happy, healthy, and connected lives.

### **Rep. Hogan's Office Hours**

- **Bolton Office Hours** will be held on Thursday, January 16th from 6 to 7 p.m. at the Bolton Public Library, 738 Main Street, Bolton

If you are unable to attend office hours, please call the State House at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, staff is available at the District Office on Thursdays from 10 a.m. to 3 p.m.

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 163, Boston, MA, 02133 / Phone: (617) 722-2199 / [Kate.Hogan@mahouse.gov](mailto: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



We will start the New Year, 2020, with another new bus thanks to the Cummings Foundation and our Friends Organization. As many of you know, we wrote a grant to the Cummings Foundations and were awarded \$100,000.00 that came in two installments. The first \$50K installment we received in 2018 and purchased the 10 passenger transit van with a wheelchair lift. The second \$50k installment was received in the spring of 2019. We ordered a 14 passenger bus at the end of the summer and took delivery of the new bus the third week in December. The cost of the 14 passenger bus was \$64,000.00 and our wonderful Friends Organization made up the difference by contributing just over \$14,000.00. We are most grateful to the Cummings Foundation and our wonderful Friends Organization. I hope you all enjoy our new fleet of buses. We are fortunate to have Jim, Walter and now Jack as our full and part time bus drivers. They do their very best to get people where they need to go in a timely fashion which is not always an easy thing to do.

The Hudson Senior Center was very busy during the Medicare Open Enrollment Period. From October through December 7, 2019 our Social Service Department had contact with 597 people and of that number 496 were SHINE related appointments. Thanks to Holly, Ana and Janice. It was a very busy period and we are thrilled to have helped so many people through the "Medicare Maze" ☺

We would not have been able to see all those people if it were not for Virginia, our Administrative Secretary at the front desk and Susan, Linda, Martha and Ruby who also help at the front desk. Greeting all the people who came to see us was one thing, but sometimes they had to tactfully explain their appointment would be a little delayed due to Holly, Ana or Janice running late with their previous appointment. Virginia and our wonderful volunteers handled those situations beautifully. Together and only together we all make it work!



### **Baked Potato Bar with all the fixings and Corn Chowder is perfect for a cold January Day**



Please join us on **Tuesday, January 21<sup>st</sup> at 11:30am** at our center for a make your own baked potato with cheese, chili, broccoli, sour cream etc. plus corn chowder. This is sponsored by BayPath. The cost is a \$3.00 donation you bring on Tuesday January 21<sup>st</sup> however you must sign up for this. **If your name is not on the list you will not be able to participate in the food. So please sign up and you pay your \$3.00 donation on the day of the event: Tuesday January 21<sup>st</sup>.** If we have a snow day, the make up day is Wednesday, January 22<sup>nd</sup> at 11:30am.



### **VALENTINE'S LUNCHEON**

**Tuesday, February 11, 2020 at 11:30am**  
**at the Epicurean room at Assabet Technical High School**

Please join us for a wonderful lunch which includes tomato basil soup, rolls & butter, chicken marsala or pork tenderloin with apple stuffing, roasted wedge potatoes, peas with pearl onions and red peppers chocolate mousse for dessert. **Cost is \$10.00**

*(Tickets available starting Thursday, January 23<sup>rd</sup>)*






### **Save the Date...The Tradition Continues...**



St. Patrick's Day luncheon at Intel on March 11, 2020 11am to 1pm. Once again you can fill out raffle tickets and we will pick 115 names. More information in the February Newsletter.

## Dental Programs for people 65 and older

During the Open Enrollment period I noticed a lot of people wanted information on Dental Plans for people 65 and older. Since we are not trained to compare dental plans and coverage, I thought it would be helpful to include some private dental plans the SHINE program has put together. Like medical insurance, you will have to check with your dental provider to see if they accept any plan you are interested in.

<div>ALTUS</div> <div><a href="http://MAhealthconnector.org">MAhealthconnector.org</a> Phone: 877-623-6765</div> <div>Altus Dental Low Plan</div> <div>AltusDental High Plan</div>	Individual Monthly Premium	Preventive	Minor Restoration	Major Restoration	Max. Amt. Plan Pays For All Services Per Benefit Year	Yearly Deductible
	\$32.03	IN: 100% OON: 80%	IN: 75% OON: 55%	N/A	\$750	\$50
	\$51.46	IN: 100% OON: 80%	IN: 75% OON: 55%	IN-50% OON:30% (After 6mos)	\$1,250	\$50
<div>ALTUS</div> <div><a href="http://altusdental.com">altusdental.com</a> Phone: 877-223-0588</div>	Altus For One \$22.85/MO - Direct through Altus Dental Upfront fee charged for the first three months' premium. In addition, there is a \$35 non-refundable enrollment fee for new coverage. This fee will be charged to bank account or credit/debit card at the time of enrollment. Contact plan for details.					
<div> BlueCross BlueShield</div> <div>BLUE CROSS/BLUE SHIELD OF MA</div> <div><a href="http://bluecrossma.com/medicare-options/2018">bluecrossma.com/medicare-options/2018</a> Phone: 800-678-2265</div>	Dental Blue 65 Preventive (\$22.70 per month) <ul style="list-style-type: none"><li>Pays 100% of covered services</li></ul> No calendar year maximum or deductible		Dental Blue 65 Basic (\$37.80 per month) <ul style="list-style-type: none"><li>Pays 100% of preventive services and 50% of basic services (6 mo waiting period)</li><li>\$100 annual deductible and \$1,250 calendar-year maximum</li></ul>		Dental Blue 65 Premier (\$68.70 per month) <ul style="list-style-type: none"><li>Pays 100% of preventive services, 80% of basic services (6 mo waiting period, and 50% of premier services (12 mo waiting period)</li><li>\$50 annual deductible and \$1,500 calendar- year maximum</li></ul>	
<div>DELTA</div> <div><a href="http://MAhealthconnector.org">MAhealthconnector.org</a> Phone: 877-623-6765</div> <div>EPO Basic Exclusive Network Plan</div> <div>EPO ValuePlan</div> <div>EPO Enhanced Plan</div> <div>Premier Value</div> <div>Premier Enhanced</div>	Individual Monthly Premium	Preventive	Minor Restoration	Major Restoration	Max. Amt. Plan Pays For All Services Per Benefit Year	Yearly Deductible
	\$13.17	IN: 100% OON:0%	IN: 30% OON: 0%	N/A	\$750	\$100
	\$20.72	IN: 100% OON: 80%	IN: 75% OON: 55%	N/A	\$750	\$50
	\$35.90	IN: 100% OON: 80%	IN: 75% OON: 55%	IN: 50% OON: 30%	\$1,250	\$50
	\$37.07	IN: 100% OON: 80%	IN: 75% OON: 55%	N/A	\$750	\$50
	\$61.83	IN: 100% OON: 80%	IN: 75% OON: 55%	IN: 50% OON: 30% (After 6mos)	\$1,250	\$50
<div>DELTA</div> <div>DELTA DENTAL</div> <div>Phone: 800-670-2441 (Direct)</div>	PPO Value for Seniors Individual: \$21.43 Individual+1: \$42.85 Family: \$53.57		<ul style="list-style-type: none"><li>Most preventive and diagnostic care covered at 100%</li><li>Discounts of up to 45% off restorative treatment provided by Massachusetts Delta Dental PPO dentists**</li><li>No waiting period for care</li><li>No deductibles, copays or financial maximums</li></ul>			





**Bolton Repair Café – Saturday, January 11, 2020**  
**9am-1pm Florence Sawyer School Cafeteria**  
**100 Mechanic Street Bolton, MA**  
**THE FIX IS FREE AT THE REPAIR CAFE**



Most items are welcome, but we specialize in clean mendable clothing, knitted and crocheted items, lamps, small appliances, computers and other electronics, bikes, toys, jewelry, outdoor power equipment (but not in the winter), and dull blades.

If your item needs a part and you know what part it is, save time and bring the new part with you.

Enjoy a free drink and a snack, have fun, and work with a volunteer to repair your broken item. You know all about the small print, right? But our small print says the same thing as our big print: There is no charge...really! You just pay for any needed parts.

**FOR INFORMATION OR TO VOLUNTEER,**

Contacts: Ray Pfau at 978-779-5545 or [ray.pfau@alum.mit.edu](mailto:ray.pfau@alum.mit.edu) or

Richard Simon, 978-835-4432 or [rlsimon@comcast.net](mailto:rlsimon@comcast.net)

AN ALL-VOLUNTEER PROJECT OF [THE ROTARY CLUB OF NASHOBA VALLEY](#) with help from Bolton Local.



**Assabet Technical High School's Tech Savvy students are back again to answer your technology questions on Wednesday, January 15<sup>th</sup> at 10am**

Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your **Ipads, Cell phones and Tablets**. Please bring in your devices and learn from the experts how to transition from iphones to androids and vice/versa, use and manage apps, emails and Facebook and much more. You must sign up for this. **Call the Center at 978-568-9638 to reserve your seat.**



**The Diversity through Collaboration Group will be showing:**

**The Robin Williams and Nathan Lane movie**

***The Bird Cage***

**At the Northborough Senior Center**

**119 Bearfoot Road, Northborough MA**

**Tuesday, January 21<sup>st</sup> from 11:30 AM - 1:00 PM**

Refreshments and discussion will follow this classic movie!  
Please call the Northborough Senior Center at 508-393-5035  
to reserve your seat! Thank you!

**Reminder: The Center will be CLOSED on Wednesday, January 1<sup>st</sup> and Monday, January 20<sup>th</sup> for the Holidays**

*Bye for Now...Janice*



### **Medicare Advantage Open Enrollment Period**

The Medicare Open Enrollment period ended on December 7, 2019. This means, that unless you qualify for a Special Enrollment Period, you are unable to change your plan until *next* Open Enrollment (October 15-December 7, 2020), with a start date of January 1, 2021 .

There is however a Medicare Advantage Open Enrollment Period which is from January 1 until March 31. This period of time is taking the place of what was formally called the Disenrollment Period. This Medicare Advantage Open Enrollment Period is **ONLY** for those who are enrolled in a **Medicare Advantage Plan** (HMOs, PPOs for example), **not** for those enrolled in a stand-alone drug plan with a Medigap (Medex for example). You **MUST** be enrolled in a Medicare Advantage Plan on January 1 to use this MA OEP (Medicare Advantage Open Enrollment). This can be used **ONCE**, and the new plan effective date is the first of the following month.

What can you do during this Medicare Advantage OEP? You can switch to another Medicare Advantage plan (with or without drug coverage), you can leave your Medicare Advantage plan and join original Medicare (with or without supplement) and receive a coordinating Part D special enrollment. Your current plan is cancelled with enrollment into your new plan. If you missed the Open Enrollment Period and want have your insurance reviewed during this new Medicare Advantage Open Enrollment period, you can contact a SHINE representative for assistance. The Hudson Senior Center SHINE counselors can be reached at 978-568-9638. Please remember we go by appointments. Remember this period of time is *only* from January 1-March 31 so don't wait to schedule an appointment.

If you are not in a Medicare Advantage plan and have missed the Open Enrollment Period, contact the SHINE department to see if you qualify for a Special Enrollment to make a change to your insurance, or see if you qualify for an assistance program that may provide a Special Enrollment for you during the year.

**INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO**  
**O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:00 ÀS 3:00 DA TARDE.**  
**O NÚMERO DE TELEFONE É 978-568-9638 EXT.19**



**“MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD”**

**De 1 de Janeiro de 2020 a 31 de Março de 2020**, as pessoas com “Medicare Advantage Plan” (com Tufts, Harvard, Fallon, Blue Cross, etc.) podem trocar de plano de seguro. Durante este período pode mudar o seu plano de “Medicare Advantage” para outro “Medicare Advantage Plan” ou Medicare tradicional com um plano separado de medicamentos (“Medicare Part D”). **Caso tenha algumas perguntas, não hesite em contactar o Senior Center.**

**PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO**

Este inverno, precisa ajuda com as despesas 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 2019 até o dia 30 de Abril de 2020. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

<b>Número de Pessoas na Família</b>	<b>Rendimento</b>
1	\$37,360
2	\$48,855
3	\$60,351

**INFORMAÇÃO IMPORTANTE**

**Se as Escolas Publicas de Hudson estiverem fechadas devido a neve o Senior Center também estará fechado. Por favor não venha ao Senior Center se estiver mau tempo. Estamos preocupados com a segurança dos nossos clientes.**

**DATAS IMPORTANTES**

**Dia 1 de Janeiro- O Senior Center estará fechado devido ao ferido do Ano Novo.**

Dia 8 de Janeiro – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.

Dia 14 de Janeiro – Reunião do Amigos do Senior Center às 9:30 da manhã.

**Dia 20 de Janeiro – O Senior Center estará fechado devido ao feriado do “Martin Luther King”.**

Dia 21 de Janeiro – Almoço especial de “Baked Potato Bar” às 11:30 da manhã no Senior Center. O custo é \$3.00 por pessoa. Telefone para reservar o seu lugar.

Dia 11 de Fevereiro – Almoço do Dia de Namorados (“Valentine’s Day”) às 11:30 da manhã no Assabet Valley High School. O menu é galinha ou carne de porco. O custo é \$10.00 por pessoa. Bilhetes a venda no Senior Center a partir do dia 23 de Janeiro.

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



## FREE HELP with State and Federal Income Tax Returns

Each year the Hudson Senior Center is pleased to pair with the AARP TAXAIDE Program to offer a free income tax service to seniors in the Hudson area. Local AARP volunteers staff the program, supported by the staff from the Senior Center. We are pleased to offer this opportunity again this year.

**The AARP TAX-AIDE program helps low and middle income taxpayers file their Federal and Massachusetts personal income tax returns. Special attention is given to senior citizens with Federal Adjusted income of under \$80,000.** The program also helps those who would not normally file a tax return but who qualify for the Massachusetts Senior Circuit Breaker, a partial tax refund of up to \$1100 for low income seniors whose real estate taxes or rent meets certain requirements. Residents of subsidized housing do not qualify for the Senior Circuit Breaker.

AARP TAX-AIDE volunteers are trained to assist in filing the basic income tax forms and schedules, including most forms for earned income, retirement income, interest and dividend income, simple business income, itemized deductions, the earned income credit, and Child Tax and Education credits. **Volunteers are not trained to assist with depreciation, business returns, complex financial income, and taxpayers subject to the Alternate Minimum tax.**

The AARP volunteers meet with taxpayers by appointment at the Hudson Senior Center on **Tuesday mornings, starting February 4 and ending April 14.** Appointments are about an hour, with the first starting at 8:45 and last starting about 12:45.

***\*\*We will begin taking appointments only starting on Wednesday, JANUARY15<sup>TH</sup>\*\****

You are asked to bring all your tax documents to your appointment.

- Please bring your copy of your 2015 Federal and State tax return.
- We will require proof of identity (a photo ID) and a Social Security Card or letter from the Social Security Administration documenting all Social Security numbers.
- Bring proof of health care coverage and the 1095-A if you purchased insurance on the MASS Connector.
- Bring all income statements - wage statements (W2), interest statements (1099-I), dividend statements (1099-D), retirement income statements (1099-R), social security statements, and brokerage statements (1099-B).
- Bring proof of real estate tax and water bill payments or rent payments.
- Bring mortgage statements, charity contributions, medical expenses, and tuition payment statements.

Not having the required forms will usually mean rescheduling another appointment on a future Tuesday.

If you have questions, we suggest that you stop in any Tuesday morning during the tax season and the volunteers will assist you to get ready for your appointment.



## Message from the Friends...

**Next Friends Meeting:**  
**Tuesday, January 14<sup>th</sup> at 9:30am**

**Volunteer Help Wanted:** The Friends of the Hudson Senior Center is looking for a Treasurer. This is a volunteer position, a couple of hours a week, that requires bookkeeping experience and some knowledge of a 501C 3 nonprofit organization. Please call 978-568-9638 and ask for the Friends office or send your resume to The Friends of Hudson Seniors Inc. 29 Church Street, Hudson MA 01749



### *Winter Weather*

**If the Hudson Public Schools are Closed or Delayed then the Senior Center will also be closed or delayed.**

If it is snowing or sleeting and the schools are **NOT** closed, for **your safety**, we ask that you please delay coming to the center by at least 1 hour to allow town employees the time needed to shovel and treat walkways and ramp and to allow the bus driver time to clear the bus. Also please call the center before you come to see if your class or program instructor is on schedule or has cancelled due to inclement weather. Thank you!

### *Preparing for Winter Weather...*

What you need in your Winter Emergency Supply Kit: flashlight and extra batteries, portable radio or NOAA Weather Radio with extra batteries, charged cell phone, essential prescription medications, non-perishable food, manual can opener, one gallon of water per person per day, fire extinguisher, extra blankets. BE SAFE!!! 😊

**ONCE AGAIN THE ANNUAL DUES ARE DUE.**

**Please provide updated information and an emergency contact!**

**THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2020!**

**(This helps with the postage of the monthly newsletter, thank you)**

### Hudson Senior Center 2020 Dues

NAME \_\_\_\_\_

DUES \_\_\_\_\_

ADDRESS \_\_\_\_\_

DONATION \_\_\_\_\_

TELEPHONE \_\_\_\_\_

TOTAL \_\_\_\_\_

EMAIL \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_

RELATIONSHIP \_\_\_\_\_

PHONE \_\_\_\_\_



## **“Mobile Library” at the Center Monday, January 13<sup>th</sup> at 10am**

Look for our “Mobile Library” every 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, January 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> 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.



## **Assabet Valley Camera Club Program**

### **Night Photography Tools and Techniques**



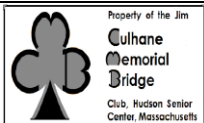
On Wednesday, January 8, the Assabet Valley Camera Club (AVCC) is pleased to host John Slonina, a Massachusetts-based professional nature photographer, whose presentation will explore how to photograph various subjects at night. Attendees will learn the correct formula for night photography, reduction of flicker, time lapse photography and a few post-processing tips. Whether you are a beginner or a professional photographer, you will leave this presentation excited to try new strategies and tips that will create more dramatic images.

John Slonina is an award-winning professional photographer, tour leader and writer. His initial passion for wildlife, wild places and sense of adventure led him down the path to photography. John's favorite photo subjects include landscape, wildlife, macro, and night photography. His work has been published in calendars, books, and magazines and has also been displayed in several galleries. Slonina's teaching style and humor make him a popular speaker. He has presented for numerous camera clubs, nature groups, and photo conferences throughout the USA.

Through his photo excursion company Slonina Photography John leads instructional tours and photo workshops across North America to national parks and areas such as Yellowstone, Katmai, Mt Rainier, Great Smoky Mountains, Kenai Fjords, Everglades, Big Cypress Preserve, Alaska, and Acadia. John’s goal is to make everything a fun learning experience. More information about his tours and workshops as well as several photo galleries can be found on his website at [www.sphotography.com](http://www.sphotography.com).

John Slonina's "Night Photography Tools and Techniques" is supported in part by a grant from the Hudson Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

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. This program will be held at 7:30 PM in the Great Room at the Hudson Senior Center, 29 Church Street, following a short business meeting. For more information check out the AVCC website at [assabetvalleycc.com](http://assabetvalleycc.com) or contact John Gill, club President, at 978-293-5192.



**Please join the Jim Culhane Memorial Bridge group  
at the Hudson Senior Center from 6:00 PM to 8:45 PM  
~To be announced...please call for January dates~**

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](mailto:EJNewcombe@msn.com)

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.*

**MAKE A NEW YEAR'S RESOLUTION: FOLLOW FRANK AND MARY**

Frank and Mary are the fictional couple I refer to in my elder law seminars. They have the same questions and concerns you and your loved ones have. They also have the same interest you have in making your community one in which you can live happily for the rest of your life.

I have developed a monthly Television program called “Frank and Mary in Hudson” that addresses common issues seniors face, and introduces you to initiatives, programs, and key community leaders and professionals in your area and surrounding communities. You may watch my shows on Hudson Cable Access (HUD-TV) or on the Elder Law with Frank and Mary YouTube channel, [www.YouTube.com/ElderLawFrankandMary](http://www.YouTube.com/ElderLawFrankandMary) . While the YouTube channel offers videos of these shows, you will also find tapings of shows in other communities, as well as my many elder law seminars on various topics I think you will find relevant and informative.

Some of the programs covered include:

- The Martha's Vineyard Center for Living, a private non-profit with public support that provides day programs and a memory café for seniors with memory problems and their caregivers.
- The Nantucket Wheelers, volunteers who give bicycle rides around the island to the residents of Our Island Home, the town-owned nursing home.
- The great outreach staff at the Hudson senior center talking about finding the Medicare plan that's right for you.
- The Dull Men's Club in Northborough devoted to providing senior men with a great venue for just socializing and having fun.
- The Southborough Trail Blazers, a group of 10-40 seniors that go on regular hiking trips around the state and New England.
- The initiatives in Marlborough to develop an alternative transportation system so that seniors will be able to get around the community comfortably without a car.

My local co-hosts and I, including Jackie Kapopoulos of the Friends of Hudson Seniors, will be taping over 100 different shows throughout 2020. If you want keep up on the latest major senior developments in your community, you should tune in. Also, if there are any particular local topics you would like us to cover, contact me at (508) 860-1470 or [abergeon@mirickoconnell.com](mailto:abergeon@mirickoconnell.com).

Frank and Mary invite you to subscribe to their YouTube channel, [www.YouTube.com/ElderLawFrankandMary](http://www.YouTube.com/ElderLawFrankandMary). Frank and Mary are constantly learning about new people and programs that will make their lives in their community richer. You should too.

## 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.**

***This project funded 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

**\*Volunteer Help Wanted in the Gift Shoppe\***

Please leave your contact info at the front desk



**Scrabble on Fridays at  
12:15pm!**

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



**Calling all Bingo players!  
Games start at 12:30pm  
Mondays and Wednesdays!**



### ***Genealogy Family Research with Charles Corley*** ***Wednesday, January 15<sup>th</sup> 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:**

**Tuesdays at 1pm**

Cost \$10.00 paid directly to the instructor.



#### **Water Color Class**

**Wednesdays 10 am to 12 noon**

Cost: \$6.00 per class paid directly to the instructor. Class on the 2<sup>nd</sup> floor in the Craft Room.



#### **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 2011.

#### **Check out our new Large Print section!**

A special thank you to all of the volunteers who work hard to keep the library organized and up to date!

## Looking for Canasta/Hand & Foot Players



Come join our card players on Wednesday afternoons! Don't know how to play? Our seasoned players will show you how to play!!

## Stress Reduction with

### Qigong Class

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

*Sign up at the front desk*

## FRIENDS MEETING ~ Tuesday, January 14<sup>th</sup> at 9:30am

### Tuesday is "Movie Day" at the Center

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



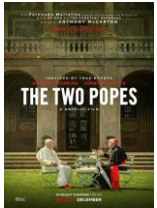
#### January 14<sup>th</sup> – Judy



Renée Zellweger stars as Judy Garland. The film, set in late 1968 and early 1969, shows Garland hustling in Swinging London after she successfully secured a five-week engagement in Talk of the Town. Behind the scenes, she battles her own management and prepares to fight her ex-husband and ex-manager, Sidney Luft (Rufus Sewell), in court for custody of their children. Despite this period of her life being tumultuous, Garland is able to find love once again.

*Rating: PG-13 Runtime: 1hr 58min*

#### January 28<sup>th</sup> – The Two Popes



Frustrated with the direction of the church, Cardinal Bergoglio (Jonathan Pryce) requests permission to retire in 2012 from Pope Benedict (Anthony Hopkins). Instead, facing scandal and self-doubt, the introspective Pope Benedict summons his harshest critic and Future successor to Rome to reveal a secret that would shake the foundations of the Catholic Church. Behind Vatican walls a struggle commences between both tradition and progress, guilt and forgiveness, as these two very different men confront their pasts in order to find common ground and forge a future for a billion followers around the world.

*Rating: PG-13 Runtime: 2 hr 5 min*

### In Memory Of...



The Hudson Senior Center is appreciative Donations made on behalf of Virginia Clark and Mary Hlystek. Our thoughts and prayers are with their Family and Friends.

### 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, February 10, 2020

Starting at 9am.

Please call for an appointment at  
978-568-9638

### 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 2020 Fitness Programs

**\*\*There is a change in PM fitness for the months of December, January and February\*\***

***\*Video classes January 20<sup>th</sup> -24<sup>th</sup> for Sharon's classes\****

**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 is changing - Due to low attendance and winter months we are canceling Monday and Thursday evening fitness classes for the months of December, January and February. We will keep the Tuesday 4:30 Stretch class. Cost for Tuesday 4:30 stretch class is now \$5.00 per month )**

- Tues evenings 4:30pm stretch

**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: \$5.00 per class paid to instructor**

**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.

**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!

**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.

## Hudson Senior Center Trips 2019



### **Thursday, March 12<sup>th</sup>    Emmett Cahill's Ireland**

Join the this young tenor and star of the PBS phenomenon Celtic Thunder to celebrate St. Patrick's at the Venus De Milo in Swansea, MA. Emmett is also joined by The Emerald String Quartet and The Dublin City Dancers. Includes plated Luncheon of your choice of Corned Beef and Cabbage or Baked Haddock, Show and transportation.

**Price: \$92. 00 pp**

### **\*\*NEW\*\* Sunday, April 26<sup>th</sup>    Mutts Gone Nuts!**

Expect the unexpected, as canines and comedy collide in a smash hit performance, that's leaving audiences everywhere howling! This show is live on stage at Lake Pearl in Wrentham, Ma featuring a **Sunday Brunch** which includes pastries, Danish, scrambled eggs, variety of quiches, French toast, chicken picatta, scrod, pasta, desserts plus much more.

**Price: \$92.00pp**

### **\*\*NEW\*\* May 8<sup>th</sup> -9<sup>th</sup>    New York City 2 Days/1Night**

This is the perfect trip for those travelers wanting to truly experience NYC, have free time to enjoy it, while still enjoying highlights include in the package. This package includes roundtrip motor coach transportation, lodging at the Roosevelt Hotel(Madison Ave & 45<sup>th</sup> St.), full buffet breakfast, visit to September 11<sup>th</sup> Museum & Memorial, Ferry Ride to Statue of Liberty & Ellis Island, and a travel tour director.

**Price: \$459pp/double  
\$629pp/single**

### **May 15<sup>th</sup> – 22<sup>nd</sup>    Boston to Bermuda Cruise**

Board the Norwegian Gem out of Boston and discover the quaint neighborhoods and pristine pink beaches of Bermuda. This trip includes roundtrip transfers, 8day/7night cruise, Beverage package, Luggage handling fees plus much more!! Full payment is due by December 20<sup>th</sup> .

**Price: starting at \$1199pp**

### **\*\*NEW\*\* Wednesday, May 20<sup>th</sup>    Home Again: The Carole King Tribute**

Deb DeLucca, joined by her band of seasoned musicians, take the audience on a journey through Carole's impressive and expansive repertoire. Home Again prides itself in recreating an authentic look, feel and sound of Carole king live in concert. This tribute is live at the Danversport Yacht Club which includes a plated luncheon choice of stuffed breast of chicken or baked schrod with salad, potato, vegetables, breads, dessert and coffee/tea.

**Price: \$94.00 pp**

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***Save the Date.....Collette Travel Presentation: Tuesday, February 25, 2020***

***Come find out more about this Great New Trip!***

**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.

- In Minori, sample some of the local specialties at a family-owned limoncello factory.
- Enjoy a tasting and lunch at a local winery at the foot of Mount Vesuvius.
- Discover the amazing mountaintop monastery of Montecassino.
- Tour a buffalo milk mozzarella factory.
- Visit the fascinating National Archaeological Museum in Naples.
- Take a panoramic tour of Classical Rome featuring an in-depth, guided visit of the spectacular Colosseum.
- Visit the seaside resort town of Sorrento.
- Discover the excavated ruins of Pompeii at the foothills of Mount Vesuvius.

***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.

### 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!

### January 2020 Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1-Jan	2-Jan	3-Jan
		No Meals	Ham Salad Quinoa w/Roasted Veggies Roman Blend Veg Salad	Egg Salad Potato Salad  Pineapple
Jan-6	7-Jan	8-Jan	9-Jan	10-Jan
Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Roast Beef Roasted Potato Salad Chick Pea & Cilantro Salad	Chef's Salad Mediterranean Rice Salad Beet Salad	Egg Salad Orzo & Spinach Salad Beet Salad	Chicken Salad w/Cranberries 2 Bean Salad Broccoli Salad
Jan-13	14-Jan	15-Jan	16-Jan	17-Jan
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
Jan-20	21-Jan	22-Jan	23-Jan	24-Jan
No Meals	Ham Salad Pasta Salad Roman Blend Veg Salad	Tuna Salad Israeli Cous Cous Salad Cole Slaw	Egg Salad Chick Pea & Cilantro Salad Roasted Vegetables	Chicken w/peach Salsa Pasta Salad  Sesame Cucumber Salad
Jan-27	28-Jan	29-Jan	30-Jan	31-Jan
Roast Beef Roasted Potato Salad Pineapple	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 Chick Pea & Cilantro Salad	Chicken Caesar Salad Mediterranean Rice Salad Peaches

## What's Going on...

- **Senior Center Closed:** Wed, Jan 1<sup>st</sup> & Mon, Jan 20<sup>th</sup>
- **Vets Talk:** Thursday, Jan 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup> at 9am
- **Hudson Mobile Library:** Mon, Jan 13<sup>th</sup> at 10am
- **Friends Meeting:** Tuesday, Jan 14<sup>th</sup> at 9:30am
- **Hearing Clinic:** Tues. Jan 14<sup>th</sup> at 9:30am by appt only
- **Movie Day:** Tuesday, Jan 14<sup>th</sup> & 28<sup>th</sup> at 12:30pm
- **Tech Savvy:** Wednesday, Jan 15<sup>th</sup> at 10am
- **Genealogy:** Wednesday, Jan 15<sup>th</sup> at 10:30am
- **Baked Potato Bar:** Tues, January 21<sup>st</sup>
- **Podiatrist:** Monday, Feb 10<sup>th</sup> by appt only
- **Valentine's Lunch at Assabet:** Tues, Feb 11<sup>th</sup> at 11:30am
- **Collette Travel Presentation:** Tues, Feb 25<sup>th</sup> at 1pm
- **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:** Mon and Thurs. at the center 12pm to 3:15pm
- **Bridge:** Every Tues. 9:30am and Friday at 12:30pm
- **PM Stretch:** Tuesdays at 4:30 pm
- **Stress Reduction with Qigong:** Tues. at 9:30 to 10:30
- **Open Studio for Painting:** Tuesdays at 10am
- **Joy of Oil:** Tuesdays at 1pm beginning Oct 8<sup>th</sup>
- **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
- **Chair Yoga:** Wednesdays at 2pm
- **PM Cards:** Wednesdays at 1pm
- **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:** 1<sup>st</sup> & 3<sup>rd</sup> 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, January 8<sup>th</sup>**

1pm-3pm~by appointment only

## Volunteer for Meals on Wheels

**Meals on Wheels** is currently looking for **DRIVERS!!**

Please call **508-573-7200** and ask for **Meals on Wheels**.



## 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, January 14<sup>th</sup>**

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

Ashland, Holliston, Hopkinton, Dover January 2020 Hudson, Sudbury, Wayland, Natick, Sherborn

Menu Subject to change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
	Na+		Na+	1	New Year's Day	Na+	2		Na+
Higher sodium items are marked with an asterisk* (>500mg)		Meals are based on a No Added Salt diet (3,000-4,000mg) for healthy older adults.				Roast Turkey 384		Sloppy Joe 259	
						Herb Gravy 59		Seasoned Potato Wedges 273	
						Stuffing 316		Peas and Carrots 72	
						Broccoli 10		Hamburger Bun 230	
All Meals include 1% Milk: 110 Calories, 125mg Sodium						Rye Bread 150		Mixed Fruit Cup 10	
						Fresh Fruit 2			
						Total Sodium (mg): 1044		Total Sodium (mg): 969	
				No Meals Served		Calories: 636		Calories: 672	
6	Na+	7	Na+	8		Na+	9		Na+
Chunky Tomato Soup 177		Sweet and Sour Chicken 445		Shepard's Pie 136			Corn Chowder 172		Pork w/Rosemary Gravy 156
Macaroni and Cheese 488		Brown Rice 5		Beef Gravy 85			Grilled Chicken Supreme 366		Whipped Potatoes 66
Multigrain Bread 164		Broccoli 10		Mixed Veggies 88			Mashed Sweet Potato 31		Scandinavian Blend 61
Peaches 5		Dinner Roll 132		Italian Bread 230			Pumpkin Bread 155		Multigrain Bread 164
		Oatmeal Cookie 97		Vanilla Yogurt 75			Mandarin Oranges 7		Snack n Loaf 115
		D: Grahams 95							D: Grahams 95
Total Sodium (mg): 959		Total Sodium (mg): 814		Total Sodium (mg): 664		Total Sodium (mg): 856		Total Sodium (mg): 687	
Calories: 755		Calories: 835		Calories: 638		Calories: 630		Calories: 698	
13	Na+	14	Na+	15	Special	Na+	16		Na+
Cranberry Orange Chicken 338		Autumn Harvest Soup 162		Salmon Boat w/Lemon Dill Sce 276			Lentil and Kale Soup 352		Beef & Cabbage Casserole 301
Scalloped Potatoes 125		Cheeseburger 241		Wild Rice Pilaf 140			Swedish Meatballs 220		Genoa Blend Vegetables 45
Green Beans 3		Roasted Red Bliss Potatoes 5		Broccoli Au Gratin 158			Parslied Egg Noodles 4		Rye Bread 150
Wheat Bread 170		Hamburger Bun 230		Wheat Dinner Roll 105			Multigrain Bread 164		Fruit Yogurt 75
Mixed Fruit 10		Ketchup 2		Chocolate Mousse 280			Pears 5		
		Applesauce 1		D: SF Chocolate Mousse 112					
Total Sodium (mg): 771		Total Sodium (mg): 766		Total Sodium (mg): 1084		Total Sodium (mg): 870		Total Sodium (mg): 696	
Calories: 620		Calories: 741		Calories: 697		Calories: 633		Calories: 630	
20	HOLIDAY	21	Na+	22		Na+	23		Na+
		Chicken Marsala 395		Mulligatawny Soup 153			BBQ Pulled Pork 424		Chicken Jambalaya 249
		Garlic Mashed Potatoes 66		Turkey a la King 381			Baked Beans 152		Brown Rice 5
		Glazed Carrots 64		Tri colored Rotini 1			California Blend Vegetables 22		Broccoli 10
		Multigrain Bread 150		Wheat Bread 170			Hamburger Bun 230		Dinner Roll 132
		Vanilla Pudding 170		Fruit Cup 10			Escalloped Apples 39		Fresh Fruit 1
		D: Grahams 95					D: Cinnamon Apples 10		
NO MEALS SERVED		Total Sodium (mg): 970		Total Sodium (mg): 840		Total Sodium (mg): 992		Total Sodium (mg): 522	
		Calories: 652		Calories: 599		Calories: 718		Calories: 585	
27	Na+	28	Na+	29		Na+	30		Na+
Chicken Cacciatore 426		Vegetable Soup 115		Chicken and Rice Casserole 429			Beef Stew 200		<b>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</b>
Orzo Pilaf w/Spinach 57		Potato Pollock 273		Spinach 65			Cauliflower 14		
Mixed Vegetables 88		Tartar Sauce 100		Wheat Bread 170			Italian Bread 230		
Multigrain Bread 164		Butternut Squash 31		Lorna Doones 100			Brownie 165		
Apricots 10		Wheat Bread 170					D: 1/2 Brownie 83		
		Pineapple 1							
Total Sodium (mg): 870		Total Sodium (mg): 815		Total Sodium (mg): 889		Total Sodium (mg): 734			
Calories: 619		Calories: 745		Calories: 636		Calories: 760			