

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



Hudson Senior Center

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



2022

Hudson Council on Aging
A Multi-Service Center

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

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

Social Services:

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

Senior Center Staff:

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

Social Activities:

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

Members of the Council on Aging Board:

- Trisha Desmond - Chair 978-562-2492
- John Gill- Vice Chair - 978-568-1107
- Diane M. Durand - Secretary -- 978-621-9665
- Nina Smith - Treasurer - 978-562-3077
- Charles Corley - 978-568-8840
- Melissa Esteves-978-568-1791
- Tony Monteiro - 978-562-6185
- Janet Saluk- 978-618-7124
- Edward Silveira - 978-568-3438

Meetings:

The Council on Aging Board –1st Wednesday of each month at 1:00pm (**No Meeting 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.

Transportation Updates and Options for Seniors

Safe, reliable transport is essential to our everyday activities. It is also what makes our region attractive and prosperous.

That is why I continue to champion state and local investment in comprehensive transportation solutions for Hudson seniors. I want to highlight some of these collaborative efforts to help you get around town and access the best our area has to offer.

Transportation Infrastructure - In June the House passed H.4897, a \$10.9 billion transportation infrastructure bond bill that includes my amendments for funding transportation-related projects in the Third Middlesex District, including \$50 million to the Massachusetts Bay Transportation Authority for the development and construction of accessible high level boarding platforms along the Worcester/Framingham and Fitchburg Commuter Rail Lines. High Level Platforms ensure that boarding is simpler and less discomfiting for passengers with mobility challenges and significantly reduce dwell time at stations, which allows for more frequent service, more predictable headways, and better on-time performance.

New! On-Demand Microtransit Service in Hudson - Available on Saturdays, the CatchConnect on-demand microtransit service enables passengers to request service via the MWRTA Catch app for transport throughout Hudson and provides riders with connections to select destinations in Marlborough and the MWRTA Fixed Route service. CatchConnect will give riders flexibility over where and when they travel, without having to plan around fixed schedules and stops. Funding for this pilot service was provided for by my earmark in the Legislature's ARPA spending bill. More information is available at www.mwrta.com/catch or call (508) 283-5083.

Hudson Shuttle/Route 15 – What began as a pilot program for a shuttle van to help underserved Hudson residents connect to public transportation is now a fixed route (Route 15) that facilitates access to area businesses, hospitals, and regional transportation services. I'm proud to have secured funding for this transportation solution for Hudson residents. Route information is available at www.mwrta.com.

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

Contact Rep. Hogan:

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

Phone: (617) 722-2600

Facebook: facebook.com/RepKateHogan

Email: Kate.Hogan@MAhouse.gov

Twitter: @repkatehogan

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

Hello to Everyone



I cannot believe it is August already! Let's hope it is not as hot as July. We are sure to have some hot days in August, so if you do not have air conditioning or inadequate air conditioning, call the senior center. We are happy to pick you up to cool off at our center. You can cool off in our library or engage in activities going on for the day. Give us a call. In July we had our Friends Annual Cook Out at the Marlborough Fish and Game. I would like to thank our Friends Organization for another great event. We had 110 people in attendance and DJ George Lawton provided background and dancing music. It was a most enjoyable day spending time with our Friends. At the Annual Cookout we invited John from MWRTA to talk about Catch Connect, a new public transportation program in Hudson. You can call for a ride anywhere in Hudson on Saturdays. and they will pick you up and take you there. You can shop, visit a friend get your hair or nails done, and Catch Connect will pick you up at home, take you to your destination and home again. Please call (508) 283-5083 to book your "in Hudson trip" – This new service is FREE so give it a try!! (Check out lunches at our center on Wednesdays and Thursdays. See the menu in this newsletter).

Fitness update

At the beginning of the pandemic, we offered a couple of fitness classes via zoom to keep our fitness participants active in a healthy way during the pandemic. As time went on we added a few more classes, however we chose not to charge for the past 24-months. Starting in September 2022 we will be charging for some in person and zoom fitness classes. Please see our fitness page for the cost. Some classes continue to be free because the instructors volunteer their time I want to thank all of our fitness instructors for helping us through this challenging period and of course our fitness participants who stuck with us as we muddled through the pandemic.

~Janice



Little Bittie About the Backyard Birdies

At the Hudson Senior Center Tuesday, August 16, 2022
from 1:00pm to 2:00 pm

Please join us for a talk about our backyard birds. Learn feeding tips, calls, habitat needs and many other facts. Questions, answers and discussions are encouraged.

Janice Dempsey, a member and avid nature enthusiast will be at the center on August 16th from 1-2 to make this fun presentation. Call 978-568-9638 to reserve your seat. We will have a raffle give a way at this presentation! 😊



Please join Michelle Ellicks from the RMV for a presentation on The Real ID Friday, August 26th at 11:30 am

The RMV's REAL ID workshop helps people understand what a REAL ID is, identifies who will need to have a REAL ID, provides detailed instruction on how to apply for one, and answers pressing questions. Please call 867-568-9638 to sign up for this event. You will receive a checklist of documents needed to get your Real ID. (Beginning May 3, 2023, you will need a REAL ID or other acceptable ID such as a valid passport to fly within the U.S., access certain federal facilities, or enter military bases.)

Everyone has a story to tell. What is yours?

Writing workshop

Friday, August 19th at 10:00 am



A memoir is a story about your life, telling your experiences, hopes, failures, successes, and triumphs. It is also a way to share your wisdom and leave a legacy for your children and grandchildren.

Join us at the Senior Center for an informational workshop on how to start **Your Memoirs**. You do not need to be a writer we will provide instruction on how to get started. Tiana Gorham, MA in teaching/writing from UMass Boston will be our instructor. She has taught at several area colleges and has been working and writing in the business and pharmaceutical world for the past decade.

This workshop is informational and if you are interested, Tiana will start a 6-week workshop once a week to help you get started writing your story and leaving a legacy for your family.

Call 978-568-9638 to sign up for this FUN workshop.



Something new! From Mullahy's Cheese Shop in Hudson

Cheese 101

Tuesday, August 23rd at 11am at the Hudson Senior Center

This is the perfect class for beginner cheese enthusiasts and those who want to learn more about cheese. Class is about 75 minutes and is taught by Katie Quinn, Mullahy's Certified Cheese Professional. Each participant will receive a tasting board of cheeses, fig jam and crackers along with a tasting handout. We will explore various types of cheeses, different milks used in cheeses, how cheese is made and other cheese related topics. We can have 25 people and the cost to you is \$10.00. ****Call beginning Thursday, August 4th to reserve your spot****

Concord River Cruise and Catering

Wednesday, September 14th



Relax while cruising on the Concord and Sudbury Rivers - enjoying a unique dining experience aboard a pontoon boat. View the homes of the 1800's and nature at its best. Watch for turtles, blue herons, geese, ducks and other wildlife along the riverbanks. Take a cruise to Fairhaven Bay, where Thoreau and Hawthorne spent time composing their renowned writings. Cruise to the Old North Bridge where the shot heard around the world was fired. **Cost is \$25.00 Limited to 12**

We will be leaving from the Hudson Senior Center by 11:30am on the Senior Center Bus. We will take you to the Concord, MA Boat House for 12noon, where you will board the pontoon boat for a lovely tour and boxed lunch. Your lunch options are: sliced turkey or vegetarian sandwich, chips, dessert and water. When you pay please tell us what your lunch preference is.

****Call beginning Thursday, August 4th to reserve your spot****

Another Boston Harbor Architectural Cruise

Tuesday, September 6th

leaving at 8:30am and returning at 5:30pm

Due to the high level of interest in our Boston Harbor *Architecture Cruise* in July, we decided to offer it again. The cost will be the same, **\$65.00 per person**, due to the kindness of Mr. Arthur Walker. As I mentioned before, Mr. Walker enjoyed the day and overnight trips we offered from the senior center. When he passed he gifted funds to our Center. We would like to use his gift again, to subsidize the cost of this fun day trip in September to bring joy to others.

****Call beginning Thursday, August 4th to reserve your spot****



Grab and Go Lunch with Stevie's Tuesday, August 30th

Pick up time is at 11:30am at the Senior Center

Grilled chicken Caesar Salad with pita bread and a cookie for dessert!

Cost is \$5.00

****Call beginning Thursday, August 4th to reserve your spot****

Our Well Being Series Continues in September

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

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

A new Fitness Class will be offered in September....

New Mat Pilates to start on Thursday, September 8, 2022 at 9:00am

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. This class is for those who are not limited to getting on and up from the floor. Beginners are welcome. Be prepared to work hard and have fun doing it! Guaranteed to improve core strength and posture after a month of consistent practice. Taught by Jennifer Davidson, Licensed massage therapist, Pilates and yoga certified instructor. Call to sign up!

Our monthly Caregivers Support Group at the Hudson Senior Center Thursday, August 11th at 1pm-2pm

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

Hiking Club with Gary & Rocky

Gates Pond Reservoir Loop Wednesday, August 17th at 9:30 am.



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

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

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

Suggested Voluntary Donation of \$3

Wednesday, Aug 3rd

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

Hot Menu: breaded chicken drumstick, whipped sweet potatoes, peas & pearl onions, pumpernickel bread & yogurt

Thursday, Aug 4th

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

Hot Menu: beef and lentil chili, brown rice, mixed vegetables, corn muffin and fresh fruit

Wednesday, Aug 10th

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

Hot Menu: lasagna roll w/meat sauce, Italian vegetable blend and fresh fruit

Thursday, Aug 11th

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

Hot Menu: honey mustard chicken breast, brown rice, green beans, wheat bread and fresh fruit

Wednesday, Aug 17th

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

Hot Menu: chicken & sausage paella, spinach, wheat dinner roll and lorna doones

Thursday, Aug 18th

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

Hot Menu: chicken teriyaki, vegetable fried rice, asian vegetable blend, wheat bread, fortune cookie and fresh fruit

Wednesday, Aug 24th

Cold Menu: chicken w/peach salsa, Israeli cous cous salad, california blend vegetable salad

Hot Menu: ravioli primavera, capri vegetable blend, Italian bread, fresh fruit.

Thursday, Aug 25th

Cold Menu: egg salad, chick pea & cilantro salad, roasted vegetables

Hot Menu: roast pork w/ onion gravy, mashed potatoes, green beans, wheat bread, choc. chip cookie

Wednesday, Aug 31st

Cold Menu: mixed greens w/ salmon, tangy 4 bean salad, roasted vegetables

Hot Menu: meatballs w/marinara, tri color rotini, Italian vegetable blend, wheat dinner roll, assorted fruit cup



The New Mental Health Hotline 988

If you or a loved one are having emotional distress or thoughts of suicide, call 988 to connect with a lifeline specialist for support.

- 988 can be used anytime, anywhere you or a loved one is in emotional distress or having suicidal thoughts.
- Trained call takers, who are not licensed clinicians, are available to provide free, confidential emotional support to all callers. You do not need to be suicidal to call 988.
- With an easy to remember number like 988, the Lifeline hopes to reach many more people in emotional distress and connect those to services if needed.
- As of July 16, 2022, the new 988 Mental Health Hotline is available 24/7, 365 days a year.



Fitness Classes

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

In-person fitness classes:

You must call the senior center to sign up.

- **AM Cardio & Weights w/ Sharon- Mondays & Wednesdays 8:30-9:15am**
(The class will be limited to 20 people) *Cost: \$12/month*
- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am**

Are you feeling stressed or having difficulty relaxing? Perhaps this class might help. This class lasts about an hour, consists of a combination of both a western and eastern approach to stress reduction. The class will be limited to 15 people *Cost: no charge*

- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am - Cost: \$10/month**
- **Stretch class with Sharon - Thursdays 10:15 -11:00am**
(The class will be limited to 20 people) - *Cost: no charge*
- **Afternoon Parkinson's Exercise class Thursdays at 1pm - Cost: no charge**

The first half of the class is conducted with participants in the seated position and work on optimizing, flexibility, range of motion and balance. The second half of the class is done standing up and emphasizes correct posture, balance, dexterity, flexibility and walking techniques. (The class will be limited to 20 people)

Online Zoom fitness classes:



Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.

- **Zoom Cardio & Weights Class with Sharon -Mondays and Wednesdays 8:30-9:15am**
This class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. * There will be modifications for each exercise for those with orthopedic issue. *Cost: \$12/month*
- **Zoom Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am. Cost: \$10/month**
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/month**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am. Cost: no charge**
- **Zoom Parkinson's Class with Mike Bleecker- Tuesdays at 10:30-11:30am Cost: no charge**

** Sharon will not be teaching any classes from August 29th through Sept 3rd **

Movie Day” at the Center



Here is the listing for the movies in August. 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, August 15th & Friday, August 19th – *The Eyes of Tammy Faye*



An intimate look at the extraordinary rise, fall and redemption of televangelist Tammy Faye Bakker (Jessica Chastain). In the 1970s and '80s, Tammy Faye and her husband, Jim Bakker (Andrew Garfield), rose from humble beginnings to create the world's largest religious broadcasting network and theme park. At first, they were revered for their messages of love, acceptance and prosperity. All the while, Tammy Faye was legendary for her indelible eyelashes, idiosyncratic singing, and eagerness to embrace people from all walks of life. However, it wasn't long before financial improprieties, scheming rivals, and scandal toppled their carefully constructed empire.

Rating: PG-13 Runtime: 2hr 7min

Monday, August 29th & Tuesday, August 30th – *Senior Moment*



Victor Martin (William Shatner) is a retired NASA test pilot often seen speeding around Palm Springs in his vintage Porsche convertible with his best friend Sal (Christopher Lloyd) in tow. His life changes when his license is revoked for drag racing and his car impounded. Forced to take public transportation for the first time, he meets his polar opposite Caroline (Jean Smart) and learns to navigate love and life again as he goes up against the state's new DA to get back his license and car.

Rating: PG-13 Runtime: 1hr 32min



“VETS TALK” A program for Veterans
Thursday, August 4th, 11th, 18th 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.



Wood Park Summer Concert Schedule

When: Wednesdays at 6:30pm

Location: Wood Park - 65 Park Street, Hudson

August 3rd - Knock on Wood - www.howienewman/knockonwood

August 17th - Retro Polatin - www.retropolatin.com

Downtown Music Series

When: Thursday and Saturday from 4:30PM to 7:30PM (late May to October)

Location: in front of the Town Hall

Downtown Music Series is sponsored by the Hudson Downtown Business Improvement District. Come down and listen to some great music while you shop at all the wonderful stores, visit the terrific service shops and dine at the fantastic restaurants.



Message from the Friends...

Next Friends Meeting: No Friends meeting in August

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.

Please call the Hudson Senior Center [979-568-9638] if you would like more information or to have a Friends' officer contact you.

Transportation News...

Food Shopping Day : Tuesdays



Please note: Shopping day will change the first 2 weeks of August to Wednesday. Please see the calendar for date change



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

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

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

Seatbelts must also be worn

Hudson Farmers' Market



Dates: June 14- September 27

When: Tuesdays 3:30- 6:30pm

Where: Hudson Town Hall

FRESH PRODUCE, SPECIALTY PRODUCTS, AND LOCALLY PREPARED FOODS

Remote Courses with Adventures in Lifelong Learning!

FALL 2022

ADVENTURES in LIFELONG LEARNING

Tuesdays October 11, 18, 25 and November 1

Online registration opens on Tuesday, September 6, at 11am.



Enjoy these courses for
adults 60+ on ZOOM!

Registration is required and is
due by Monday, October 10.

Please go to [www.framinghamlibrary.org/
adventures](http://www.framinghamlibrary.org/adventures) or
bit.ly/Adventures-FSU for
full course descriptions,

registration information, and instructions for using
Zoom (by computer, tablet or phone).

QUESTIONS: Please email [lifelonglearning@
framingham.edu](mailto:lifelonglearning@framingham.edu) or phone (508) 215-5127.

To join our mailing list go to: bit.ly/Adventures-mailing-list.

Adventures in Lifelong Learning courses are free to all participants, thanks in part to grants from Framingham Cultural Council and Marlborough Cultural Council. We provide participants an opportunity to make a voluntary donation toward the cost of this service. Voluntary donations are put directly into program enhancement, allowing for expansion of services. Whether or not a participant makes a voluntary donation in no way informs or influences this service delivery.

COURSE SCHEDULE

9:00 - 10:30 am

COURSE 101:
Shakespeare's King Lear:
"Bound upon a Wheel of Fire"
Helen Heineman, PhD

OR
COURSE 102:
The History of Jazz Part I
Paul Buono, JD

10:45 am - 12:15 pm

COURSE 103:
Speaking of Russia
Nicholas Racheates, PhD

OR
COURSE 104:
Searching for Life Across
the Universe
Lawrence McKenna, PhD

1:15 - 2:45 pm

COURSE 105:
Friend or Foe? The President
and the Media
David Smalles, PhD



Framingham
State University



Framingham
PUBLIC LIBRARY
Look here first.



Hudson Senior Center Trips 2022



Tuesday, August 23rd Encore Casino *FULL*****

Departs at 9am and returns around 4pm. Travel with your friends to New England's newest and most extravagant showcase, The Encore Boston Casino. With world class art and entertainment, Encore raises the bar! You will receive a Casino Bonus of \$20.00 Slot Play on arrival. Good luck to all! *Waitlist Only**

Price: \$35.00pp

Tuesday, September 6th The Charles River Architecture Cruise 2-hour architecture cruise along the Charles River and Boston Harbor with a very interesting narration of the most historic sights of Boston and Cambridge. Then enjoy a delicious luncheon, including your choice of entrée, a slice of scrumptious cheesecake and a beverage at the Cheesecake Factory.

Price: \$65.00pp

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

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

Price: \$99.00pp

Tuesday, October 25th The British Invasion Years

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

No Refunds for cancellations after 10/13/22

Price: \$99.00pp

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

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

Price: \$99.00pp



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.*

LIVING WITH MEMORY LOSS

We are all forgetful at times. There is a point, though, when those memory problems get noticeably worse, either for you or for those around you. The worst thing to do is bury your head in the sand, hope the memory problems will “go away,” or hope that a magic cure for memory loss may be on the horizon. However, there are ever-expanding resources and tools to help you or your loved ones deal with memory loss.

While the available tools vary by community, here are some places to start:

- Your doctor. Don't hide this from your doctor. Your doctor may be able to do some preliminary testing or refer you to someone who can recommend programs in the area to help you adapt to memory loss.
- Your Senior Center. The senior center staff is fielding questions about memory loss and helping people find programs to help them. Many senior centers run programs to help people with memory loss. Incidentally, when you hear the word “dementia,” think “memory loss,” which is really what dementia is in its early stages.
- Your ASAP. Springwell (formerly known as BayPath Elder Services) in the Metrowest area and Elder Services of Cape Cod and the Islands (ESCCI) on Nantucket and Martha's Vineyard both offer a host of programs, from caregiver support groups to actual in-home care, for people suffering from memory loss and other disabilities. These programs, which are funded with your taxpayer dollars, are often free or with a small co-pay.
- The Alzheimer's Association Hotline. Take advantage of this free 24-hour service that can provide emergency advice and services in your area. Call them at 800-272-3900.

Finally, this may be the time to talk to an elder law attorney about structuring things so that, if you ever need MassHealth down the road, you'll be able to qualify. For more information, visit Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. These programs also air on HUD-TV (Comcast 8; Verizon 47), along with “Frank and Mary in Hudson,” where I address common issues facing seniors and available resources. If you have any questions, please contact me at (508) 860-1470 or abergeron@mirickoconnell.com.



15-minute Legal Advice with Attorney Arthur Bergeron Wednesday, August 10th from 1pm to 3pm by appointment only

Attorney Bergeron will be available for private 15-minute sessions in person at the senior center the second Wednesday of the month. To book your private session please call the Hudson Senior Center at 978-568-9638 and leave a message on extension 471 or the front desk. Thank you

DayBreak at the Hudson, Northborough and Marlborough Senior Centers A Social Day Program Providing Respite for Caregivers

Professional staff will provide a healthy lunch and engaging activities for those who require some supervision. You can participate one, two or three days per week. DayBreak provides a structured, quality time for your loved ones at three locations:

Northboro Senior Center 119 Bearfoot Road **Tuesdays 11:30am-2:30pm.**

Marlboro Senior Center 40 New Street **Wednesdays 11:30am-2:30pm.**

Hudson Senior Center 29 Church Street **Thursdays 11:30am-2:30pm.**

Support for this project provided in part by the MetroWest Health Foundation.

A suggested voluntary donation of \$15 would be appreciated but not necessary to participate in the program.

Please contact Lisa Bazarian Gardner at 978-568-9638

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



Genealogy Family Research with Charles Corley at the Senior Center

(No Meeting in August)

Genealogy group is open to everyone who is interested in researching their ancestry. Beginners welcome. Please call the center to sign up!

Knit and Crochet Wednesdays at 9:30am

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

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

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

CRIBBAGE

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

BRIDGE

Tuesday & Friday 1pm-3pm



PM CARDS

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



Open Painting Studio
No Painting this Summer.
Will Return in September!

Tuesdays from 10am-12pm in the Craft Room



Calling all Bingo Players!

Wednesdays at 12:30pm

Scrabble on Fridays at 12:15pm

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



Pool Room

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



Hudson Senior Center Gift

Shoppe

Thursdays 9:30am - 12:30pm

Senior Center Lending Library



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

**SMOC update:**

It's that time of year again, to re-apply for your SMOC fuel assistance benefit. Yes, we are in the middle of the summer, but the winter will be here before you know it! Please be advised that we have not yet been given the income guidelines for this upcoming season, this will be posted in a future newsletter once this information has been made available to us. For applicants that are reapplying for this heating season, be on the lookout, as SMOC will be sending out your recertification applications in the coming month or so. If you would like assistance in completing these applications, you can contact the Hudson Senior Center at 978-568-9638 and schedule an appointment with Ana or Holly. We will update you if there are any changes. Please be advised that as a NEW applicant, the heating season does not begin until November, and applications to apply for the first time are not available until closer to that time. There is NO age limit on this program, anyone can apply for this whether they are a senior or not.

Open Enrollment:

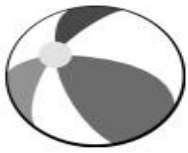
In the next few months, most of you will start to see an increase in mail from different insurance companies promoting their product; that must mean it is almost time for the Open Enrollment Period. As many of you know, your medical and prescription drug plans can change from year to year. It is very 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. The Open Enrollment Period is from October 15th through December 7th each year. This is the time that you can make any changes to your plan for the following year in 2023 (how is it 2023 already!?). We will be sending out the Pre-enrollment form in our October newsletter as we have in the past, in attempt to gather information from you about your current plan.

SNAP:

SNAP stands for Supplemental Nutrition Assistance Program. SNAP benefits can help supplement the cost of your groceries which we all know can be very costly and the costs continue to increase. There are income guidelines to be eligible for this program. The DTA (Department of Transitional Assistance) is the agency that processes these applications. When applying, they take into consideration what your expenses are. The expenses that they allow you to account for are housing costs, utility costs, dependent care costs, as well as medical expenses. We all know how these expenses can add up very quickly! Yes, it can be a lot of paperwork to get together to apply, but yes, it is worth it. Even if you are only eligible for the minimum benefit, it's still assistance that can help you pay for basic food supplies! Call the Center if you are interested in learning more about applying for this benefit. There is no deadline to apply for this program.

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AUGUST

Word Search Puzzle



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

Find these words related to the month of August

BOAT
 GARDEN
 CAMPFIRE
 BIKING
 FLOATIE
 FISHING
 RIVER
 AUGUST

KAYAK
 BARBECUE
 OCEAN
 CANOE
 PICNIC
 BEACH
 ICE (as in ice cream)



SUN
 SHADE
 VACATION
 SWIMSUIT
 SWIMMING
 POPSICLES
 READING

WARM
 LAKE
 TOWEL
 POOL
 PARK
 CAMPING
 SUNSET



August

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong</p>	<p>2</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:30a Zoom Parkinsons class 01:00p Bridge 01:00p Chess</p>	<p>3</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Food Shopping 09:00a Walking Club 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo</p>	<p>4</p> <p>08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:00a Stretch Break Zoom 10:15a Stretch break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>5</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge</p>
<p>8</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong</p>	<p>9</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:30a Zoom Parkinsons class 01:00p Bridge 01:00p Chess</p>	<p>10</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Food Shopping 09:00a Walking Club 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo 01:00p Bergeron Advice</p>	<p>11</p> <p>08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:00a Stretch Break Zoom 10:15a Stretch break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</p>	<p>12</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge</p>
<p>15</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong 12:30p Movie Day</p>	<p>16</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:30a Zoom Parkinsons class 01:00p Bird Presentation 01:00p Bridge 01:00p Chess</p>	<p>17</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:30a Hiking Trip 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo</p>	<p>18</p> <p>08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:00a Stretch Break Zoom 10:15a Stretch break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>19</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting Workshop 12:15p Scrabble 12:30p Movie Day 01:00p Bridge</p>
<p>22</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong</p>	<p>23</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:30a Zoom Parkinsons class 11:00a Cheese 101 01:00p Bridge 01:00p Chess</p>	<p>24</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo</p>	<p>25</p> <p>08:00a Library 08:30a Billiards 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:00a Stretch Break Zoom 10:15a Stretch break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>26</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 11:30a RMV 12:15p Scrabble 01:00p Bridge</p>
<p>29</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 12:00p Mah Jong 12:30p Movie Day</p>	<p>30</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:30a Zoom Parkinsons class 11:30a Grab and Go Lunch 12:30p Movie Day 01:00p Bridge 01:00p Chess</p>	<p>31</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Walking Club 09:30a Knit and crochet 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo</p>		