

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



**Hudson Senior Center**

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



**2023**

**Hudson Council on Aging**  
***A Multi-Service Center***

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

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

**Social Services:**

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

**Senior Center Staff:**

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

**Social Activities:**

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

**Members of the Council on Aging Board:**

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

**Meetings:**

**The Council on Aging Board** –1st Wednesday of each month at 1:00pm

**The Friends of Hudson Seniors** - 2nd Tuesday of each month at 9:30am

*Executive Office of Elder Affairs partially funds this newsletter. Postage is paid by The Friends of Hudson Senior Center Inc. Occasionally the center provides speakers to help inform seniors regarding current senior issues. This type of forum is educational and allows seniors to ask questions for themselves. At no time is this to be construed as an endorsement from the Hudson Senior Center.*



## Legislative Updates and Priorities for the 193<sup>rd</sup> Session

For many of us, the New Year is a time of promise and for making commitments to new goals and resolutions.

At the State House, 2022 marks the beginning of the 193<sup>rd</sup> session of our general court. We'll be swearing in a new administration and a new class of legislators. As we look ahead and envision the impact we hope to have on our communities, here are a few priorities I expect will be on the agenda: I'm proud of the strong and significant action the Legislature has taken on a number of essential fronts recently, including **healthcare and mental health, clean energy and climate resiliency, education, transportation and affordable housing**. These issues will remain high on our list of priorities as we move forward in the new legislative session and file new bills and consider new spending plans and the annual budget. For our senior constituents, our aim is to embed improvements to current laws that make it easier and more accessible for seniors to safely and affordably remain in their communities.

The Legislature also recently passed a much-anticipated **Economic Development bill** that delivers vital investments and provides relief for rising energy costs, as well as a boost for housing production, much needed immediate assistance to the MBTA, and an allocation of meaningful funding for hospitals and human service workers - all while promoting economic growth through support for our small businesses and investments in our communities. As part of the bill, \$3 billion in **immediate tax relief** was distributed to all 2021 taxpayers in Massachusetts, representing possibly the largest single tax relief package in state history. The Legislature remains committed to revisiting the issue of broader, equitable and more permanent tax relief in the new legislative session.

Throughout all of these legislative efforts all will be an abiding concern for equitable recovery from the pandemic and the overall welfare of all our constituents. Please feel welcome to contact our office with any questions as the new legislative session unfolds.

Happy New Year!

**Contact Rep. Hogan:** State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Reach Rep. Hogan by phone at (617) 722-2600 or email at [Kate.Hogan@MAhouse.gov](mailto:Kate.Hogan@MAhouse.gov). Find her online at [www.repkatehogan.com](http://www.repkatehogan.com) <https://www.facebook.com/RepKateHogan> and <https://twitter.com/repkatehogan>

**Upcoming Office Hours:** January 12, 6-7 pm at the Randall Library in Stow and February 7, 6-7 pm at the Maynard Public Library, Trustees' Room

Happy New Year to everyone



Looking back over this past year, it's safe to say we have all gone through a lot.

However, I'm grateful for all the memories we've created and I look forward to the ones we'll make in 2023.

Last fiscal year, 2022, we were still dealing with the pandemic but trying to bring services and programming back to our center in a safe way. This took collaboration with our Health Department, other Senior Center Directors, Mass Council on Aging and Executive Office of Elder Affairs. Safety was always first and foremost. Although we are not at pre-pandemic numbers, we are getting there. Here is a snap shot of what we accomplished in fiscal year 2022.

- Our Social Service team, (Holly, Ana and sometimes Janice) saw 1074 individual seniors 5054 times. These appointments range from SHINE, (serving health insurance needs of elders), fuel assistance, SNAP benefits application assistance (supplemental nutritional assistance program), housing application assistance, community case management, referrals and partnership building with other elder service agencies to better serve our clientele.
- Our transportation program assisted 125 Hudson seniors with over 3800 round trips between Hudson and Marlborough. Unlike a taxi service this is a shared form of transportation. Virginia who manages the front desk and daily transportation works with our drivers, Lennie, Jack and Jim to ensure people get to where they need to be. Sometimes that can be a challenge but they make it happen! Due to the pandemic we had to limit our special outings, however as things improve we will be adding more trips. Thanks to an increase in our State Formula Grant we will be able to provide extra hours for our part time drivers which will help with food shopping, special trips and outings to help increase socialization.
- We successfully planned events that attracted over 1350 people to our center just under 13,000 times.
- Our Friends Organization is active and always helpful to our senior center in so many ways.
- Our Council on Aging Board continues to be supportive and a great resource to all of us.

Sometimes saying Thank You just does not seem enough, however, I feel grateful for the people who are involved directly and indirectly with the operations of this senior center. Together and only together we all make it work.



Hudson Senior Center's *Holiday Cheer program* was a big success;  
(All due to many *Holiday Elves*)

Thank you so much to the many Elves in our community who supported our *Holiday Cheer program*. In less than two weeks our magical Elves provided sugar free candies, adult coloring books, colored pencils, crayons, hand sanitizer, shampoo, flashlights, hot chocolate etc. enough to fill 50 bags. These bags brought smiles to seniors in our community who do not have family close by. We appreciate your effort, kindness and compassion. As always, it is a pleasure working with such great people. Thank you so much! Thank you to our staff for putting the bags together and helping with the delivery!!

### Covid-19 and Telehealth

The Commonwealth expanded access to COVID-19 treatment by adding a hotline to access the telehealth platform. Individuals can access telehealth services by calling 833-273-6330 or by completing an online assessment at [mass.gov/CovidTelehealth](https://mass.gov/CovidTelehealth). Clinicians are available every day from 8:00 AM to 10:00 PM EST.

## Solicitation during Medicare Open Enrollment

Once again, I was surprised to hear how many seniors received sales calls from some Insurance companies during the Medicare Open Enrollment Period offering \$0 premiums and lots of extras. Many of those \$0 premium plans have a maximum out of pocket cost of \$6000.00 to \$10,000.00 per year. They also have high cost sharing copays for an MRI, Cat Scans, and other tests which is part of the maximum out of pocket cost. It's not a bad option if you are healthy and only see your doctor a few times a year. Remember, not all doctors participate in all Medicare Advantage Plans so ask your doctors what plans they participate in. If you have any questions about changing plans, please call the senior center and talk to Holly, Ana or Janice.

### The Real ID Enforcement Date is now May 7, 2025

The Massachusetts Registry of Motor Vehicles (RMV) is alerting the public the U.S. Department of Homeland Security (DHS) has extended the REAL ID full enforcement date from May 3, 2023 to **May 7, 2025**.

- **Beginning May 7, 2025**, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA-acceptable form of identification, for domestic air travel and to enter certain federal facilities.
- TSA publishes a list of its acceptable identification documents on its website: <https://www.tsa.gov/real-id>
  - These credentials can include an RMV-issued REAL ID driving license or ID, or a valid U.S. passport.
  - The RMV is currently serving customers seeking a license renewal, or new license, the opportunity [to make an appointment to get a REAL ID compliant license](#).
  -

### Social Security Benefit Statement.

If you have not received your 2023 Social Security Benefit Statement yet, you will receive it in January. This is an important document showing what your new financial benefit is for 2023. Keep this document in a safe place!

**Grab & Go Meal... A delicious and easy meal for you to heat up at home**  
**Friday, January 20<sup>th</sup>**  
**Pick up between 12pm-12:30pm at the Center**



Another Grab and Go meal from Assabet Technical High School at the Center. Assabet is offering a hearty beef stew with cheddar chive biscuits and apple crisp for dessert with heating instructions. Cost to you is \$5.00. *Sign up beginning Wednesday, January 4<sup>th</sup>*



### Line Dancing with Paul Hughes

Paul is a very popular line dancing instructor in our area. We are going to offer a FREE two-week trial Line Dancing Class with Paul on **Friday, February 10<sup>th</sup> and 24<sup>th</sup> 9:30 to 10:30am**. Each class will be limited to 15. If you are happy with the class we will start Line Dancing classes every Friday in March 9:30 to 10:30am at \$10.00 a month. Line Dancing is great fun while you improve memory skills, strengthen bone, develop better balance, relieve stress and put a smile on your face. Each dance is broken down first, then demonstrated then danced to contemporary music you will enjoy. No need to have a partner, it is something for everyone, and no experience is necessary.



## AARP Tax Help

Get Your Taxes Done for Free

AARP Foundation Tax-Aide will again partner with the Hudson Senior Center to offer free income tax assistance and filing. Tax-Aide volunteers are trained and IRS certified to prepare most personal income tax returns except for returns with rental income, crypto-currency exchanges, and other less common types of items. For a complete list of what we can help with and documents needed to complete a tax return, visit [//aarpfoundation.org/taxaide](https://aarpfoundation.org/taxaide). The volunteers work hard to make sure you get every tax credit and deduction you have earned, especially the Massachusetts Senior Circuit Breaker credit of up to \$1200 for eligible seniors. **The program does not discriminate in any way, but is intended for low to moderate income taxpayers, with a focus on the elderly.** Volunteers will offer in-person service at the Hudson Senior Center on Tuesday mornings from February 7 thru April 11.

**Appointments are required! The Center will begin taking appointments beginning on Wednesday, January 18<sup>th</sup>. Call 978-568-9638 (front desk)**

AARP Foundation Tax-Aide is the nation's largest volunteer-based free tax preparation service, annually servicing over 1.25 million taxpayers who receive over \$1 billion in income tax refunds.



## Monthly Support Groups at the Senior Center

led by Alex O'Hare, the community social worker for the Town of Hudson  
Call the senior center today to reserve a spot with these groups.

### Caregivers Support Group

**Thursday, January 12<sup>th</sup> at 1pm**

A monthly Caregivers Support Group **the second Thursday of every month.** Having a role as a caregiver to someone you love can be a rewarding and a stressful experience. 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.

### Bereavement Group

**Monday, January 9<sup>th</sup> at 1pm**

Losing someone you love and care about is one of the most difficult tragedies a person can experience. The grieving process can cause someone to have a wide range of emotions and it is important to get support during this time. This support group is open to all ages and will be a safe place to share with others challenges through the grieving process.



## “VETS TALK” A program for Veterans

**Thursday, January 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> at 9am**

*Every Thursday except the 4<sup>th</sup> 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.

**Reminder: Senior Center is Closed on Monday, January 2<sup>nd</sup> & Monday, January 16<sup>th</sup>**

## Movie Day' at the Center



Here is the listing for the movies in January. 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, January 9<sup>th</sup> & Tuesday, January 10<sup>th</sup> – *Glass Onion: A Knives Out Mystery*



Five long-time friends are invited to the Greek island home of billionaire Miles Bron. All five know Bron from way back and owe their current wealth, fame and careers to him. The main event is a murder weekend game with Bron to be the victim. In reality, they all have reasons to kill him. Also invited is Benoit Blanc, the world's greatest detective.

*Rating: PG-13 Runtime: 2hr 19min*

### Monday, January 23<sup>rd</sup> & Tuesday, January 24<sup>th</sup> – *The Good House*



The Good House follows Hildy Good (Sigourney Weaver), a wry New England realtor and descendant of the Salem witches, who loves her wine and her secrets. Her compartmentalized life begins to unravel as she rekindles a romance with her old high-school flame, Frank Getchell (Kevin Kline), and becomes dangerously entwined in one person's reckless behavior. Igniting long-buried emotions and family secrets, Hildy is propelled toward a reckoning with the one person she's been avoiding for decades: herself.

*Rating: R Runtime: 1hr 43min*

## Blood Pressure Clinic on Thursdays...

- ❖ 1<sup>st</sup> Thursday with Kathy 9:30am to 11am
- ❖ 2<sup>nd</sup> Thursday with Michelle 11:30am-12:30pm \*
- ❖ 3<sup>rd</sup> Thursday with Kathy 9:30am to 11am
- ❖ 4<sup>th</sup> Thursday with Janet 9:30am- 11am

## Hiking / Snowshoe Day



**Assabet River Trail in Sudbury on Thursday, January 26<sup>th</sup> at 10:30 am**

If snow levels permit, anyone wishing to snowshoe may do so by wearing their own snowshoes/poles or borrowing one of the 5 sets available at the Senior Center.

Others may choose to walk with their own micro spikes if desired. Please notify Virginia at the Senior Center if you plan on borrowing snowshoes/poles so Gary can have the equipment at the site. All hikers must sign a waiver before participating.

Call to sign up!

## Hudson Senior Center Trips

### May 5<sup>th</sup> -12<sup>th</sup>, 2023 8 Day/7night Boston to Bermuda Cruise



featuring the Sicilian Tenors on Board the Norwegian Pearl. Prices starting at \$1599pp with many extras included! (double occ. Cabin fare not including taxes, fees & transfers.

(Final payment was due on December 22, 2022)

Informational flyers available at the senior center or at:

<https://www.wetravel.com/trips/hudson-ma-srs-the-sic-tenors-boston-to-bermuda-cruise-2023-copy-best-of-times-travel-bermuda-97748137>

## 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, Jan 4<sup>th</sup>

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

Hot Menu: beef in teriyaki sauce, vegetable fried rice, stir fry blend, fortune cookie, bread, fruit cup

### Thursday, Jan 5<sup>th</sup>

Cold Menu: chicken Caesar salad, Italian pasta salad, pineapple

Hot Menu: broccoli bake, home fries, stewed tomatoes, wheat bread, cinnamon swirl rolls

### Wednesday, Jan 11<sup>th</sup>

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

Hot Menu: beef & cabbage casserole, carrots, multigrain bread, yogurt

### Thursday, Jan 12<sup>th</sup>

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

Hot Menu: chicken & rice bake, broccoli, wheat bread, oatmeal cookie

### Wednesday, Jan 18<sup>th</sup>

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

Hot Menu: breaded chicken patty with mozzarella, bowtie pasta, Italian blend veggies, dinner roll

### Thursday, Jan 19<sup>th</sup>

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

Hot Menu: sliced roast turkey, herb gravy, stuffing, butternut squash, wheat dinner roll, fruit cup

### Wednesday, Jan 25<sup>th</sup>

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

Hot Menu: sloppy joe, potato wedges, broccoli, hamburger roll, oreos

### Thursday, Jan 26<sup>th</sup>

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

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

## Transportation News...

### Food Shopping Day : Tuesdays



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



Please call at least a day ahead before 3:30pm.

Please note: Senior Center is Closed on Monday, January 2<sup>nd</sup> & Monday, January 16<sup>th</sup>

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

*Seatbelts must also be worn*

## Uber Health

Transportation through Uber for low income residents for medical appointments only. Screening is required to receive this service. Please call Alex O'Hare at 978-562-3150 to start screening process and to schedule a ride for your medical appointment.

## Fitness Classes



### In-person fitness classes:

You must call the senior center to sign up.

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

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

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

- **Walking Club: every Wednesday leaving the Center for 9:00am**

- **Zumba with Linda: Wednesdays at 11:15am - Cost: \$10/month**

- **Mat Pilates with Jennifer: Thursdays at 9:00am -Cost: \$10/month**

This is a basic Mat Pilates class for those who are looking for a good workout to build overall muscle strength starting with the core using your own body weight. It will improve posture, flexibility and balance

- **Stretch class with Sharon - Thursdays 10:15 -11:00am**

(The class will be limited to 20 people) - *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 be on vacation the week of January 23<sup>rd</sup>.

There will be **NO classes** both in-person and zoom\*\*





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.*

## AN EASY NEW YEAR'S RESOLUTION: REVIEW YOUR ESTATE PLAN

Happy New Year! Reviewing your estate plan is a simple “resolution” that shouldn't take much time, and may actually save you time, aggravation, and money down the road. So start by pulling out your documents and asking yourself some questions:

- **HEALTH CARE PROXY**. Is the agent you named still alive and healthy? Have you named an alternate in case there's an emergency and your primary agent is not around? Most importantly, have you talked to your agent about any current medical conditions you have, how you would like things to be handled, and how you want things to be treated if you become incapacitated?
- **DURABLE POWER OF ATTORNEY**. All seniors should have one so that someone you trust can handle your affairs if you become incapacitated. If you already have a POA, is the person you designated as your agent still the one you want? This document is inexpensive to prepare, but very expensive to be without in the case of incapacity.
- **ASSETS**. Have your assets increased/decreased? Remember, the initial Massachusetts tax rate on assets over \$1M is 40%. Many people now find themselves with assets worth over \$1M because their house value significantly increased. On the other hand, you may have used your assets and now have less than the \$1M. Either way, your estate plan may need to be adjusted accordingly.
- **HEALTH STATUS**. As we age, our risk of needing additional care (and therefore, needing to qualify for MassHealth) increases, and so does the need to plan for that. If you anticipate that your health situation will change over the next year, you may want to restructure your assets now.

These topics are unsettling for many, but hoping they go away or that they take care of themselves is not a plan. Don't wait for things to go downhill, resolve to have a strategy in place that fits your needs and desires in the form of an estate plan. Then, review that plan as situations change. For more information, visit Frank and Mary's YouTube channel, [www.youtube.com/elderlawfrankandmary](http://www.youtube.com/elderlawfrankandmary). My programs also air on HUD-TV (Comcast 8; Verizon 47). If you have any questions, please contact me at (508) 860-1470 or [abergeron@mirickoconnell.com](mailto:abergeron@mirickoconnell.com).



**15-minute Legal Advice with Attorney Arthur Bergeron**

**Wednesday, January 11<sup>th</sup> from 1pm to 3pm (appointment only)**

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

## 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](mailto:lbbazarian@gmail.com) for more information.**



### Genealogy Family Research with Charles Corley at the Senior Center

***Wednesday, January 18<sup>th</sup> at 10:30am***

Genealogy group is open to everyone who is interested in researching their ancestry. Beginners welcome. See you there!

### 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 8:30-11:30am

### **BRIDGE**

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**

**Tuesdays 10am-12pm** No teacher, but a group of friendly, helpful artists, willing to share ideas and talents!

Tuesdays from 10am-12pm in the Craft Room



### Calling all Bingo Players! Wednesdays at 12:30pm

### Scrabble on Fridays at 12:15pm

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



### **Pool Room**

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



### **Hudson Senior Center Gift Shophe**

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\*\***

## Message from the Friends...

**Next Friends Meeting: Tuesday, January 10<sup>th</sup>  
at 9:30am**

The FRIENDS is a nonprofit organization that raises funds to provide items for the Senior Center and Hudson seniors that are not provided by the Town of Hudson.

Please consider attending a meeting to see what we're all about. Meetings are held on the second Tuesday of the month at 9:30am.



### ***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 IN JANUARY.**

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

**THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2023!**

Payable to The Friends of the Hudson Senior Center

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

### **Friends of the Hudson Senior Center 2023 Dues**

NAME \_\_\_\_\_ DUES \_\_\_\_\_

ADDRESS \_\_\_\_\_ DONATION \_\_\_\_\_

TELEPHONE \_\_\_\_\_ TOTAL \_\_\_\_\_

EMAIL \_\_\_\_\_

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

PHONE \_\_\_\_\_

**Medicare Advantage Open Enrollment Period**

The Medicare Open Enrollment period ended on December 7, 2022 with changes made, beginning January 1, 2023 . Unless you qualify for a Special Enrollment Period, you are unable to change your plan until the next Open Enrollment (October 15-December 7, 2023), with a start date of January 1, 2024 .

There is however a Medicare Advantage Open Enrollment Period which is from January 1 until March 31. 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 to have your insurance reviewed during this 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 be advised that all appointments are currently being done telephonically. Remember this period of time is only from January 1-March 31 so don't delay.

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.

**SMOC**

Many of you have contacted us in regards to your SMOC application and not hearing back about your eligibility. Please be advised that there are longer than normal wait times for processing. If you have less than ¼ of a tank of oil, or have a shut off notice for gas/electric, PLEASE contact the Hudson Senior Center and we can try to classify your application as an emergency to get it processed as soon as possible.

**INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO**  
**O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:30 ÀS 3:30 DA TARDE.**  
**O NÚMERO DE TELEFONE É 978-568-9638 EXT.476**

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

**De 1 de Janeiro de 2023 a 31 de Março de 2023**, 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 2022 até o dia 30 de Abril de 2023. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$42,411
2	\$55,461

**PROGRAMA “SNAP” PARA AJUDAR COM COMPRAR DE ALIMENTOS**

O programa SNAP (Programa de Assistência de Nutrição Suplementar) ajuda as pessoas de baixa rendimento a comprar alimentos saudáveis e nutritivos. Pessoas idosas podem requerer os benefícios do SNAP usando um formulário abreviado. O requerimento do SNAP para pessoas idosas é mais fácil. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

**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 2 de Janeiro – O Senior Center estará fechado devido ao feriado o Primeiro do Ano.**

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

Dia 11 de Janeiro – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.

**Dia 16 de Janeiro – O Senior Center estará fechado devido ao feriado do “Martin Luther King”.**

Dia 20 de Janeiro - Grab and Go” Almoço ao meio-dia no Hudson Senior Center. No modelo “Grab and Go” a pessoa vem no seu carro e as funcionárias do Senior Center dão um saco com o almoço através da janela do carro. A pessoa não sai do seu carro. **O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 4 de Janeiro para reservar o seu almoço.**

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

	1	9			5	4	6	3
5		6	4	1		2	8	
	7	2	8	6			1	9
	6			4	8		2	1
2	8	7	3		1		9	4
9	4	1		2		8	3	
	5	8	1		2	9	4	
1		4		8	6			2
6	2			9	4	1	7	8

8			2	6				4
	1			8	3		6	2
2	6		7	4		1		
		6		7	8	2	1	
		4		3	2		8	
	2				9			7
7	4			1	6		2	
	3		8		4		7	1
		1		2	7			6



# Winter Word Search



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

BLIZZARD  
 BOOTS  
 COAT  
 COCOA  
 COLD  
 DECEMBER  
 EARMUFFS  
 FEBRUARY

FIREPLACE  
 FROSTY  
 HAT  
 ICE  
 ICICLES  
 JANUARY  
 MARCH  
 MITTENS

PLOW  
 SCARF  
 SHOVEL  
 SKIING  
 SLEDDING  
 SNOW  
 SWEATER  
 WINTER





# January



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>08:00a CENTER CLOSED</p>	<p>3</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess</p>	<p>4</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 01:00p COA Brd Mting</p>	<p>5</p> <p>08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>6</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop</p>
<p>9</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 01:00p Bereavement Group</p>	<p>10</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess</p>	<p>11</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 01:00p Bergeron Advice</p>	<p>12</p> <p>08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a Blood Pressure 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</p>	<p>13</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop</p>
<p>16</p> <p>08:00a CENTER CLOSED</p>	<p>17</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess</p>	<p>18</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 10:30a Genealogy 11:30a AM Zumba 11:30a Lunch at Center 12:00p PM Cards 12:30p Bingo</p>	<p>19</p> <p>08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>20</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:00p Grab and Go Meal 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop</p>
<p>23</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 12:00p Mah Jong 12:30p Movie Day</p>	<p>24</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess</p>	<p>25</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>	<p>26</p> <p>08:00a Library 08:30a Billiards 09:00a Mat Pilates 09:30a Blood Pressure 09:30a Gift Shop 9:30-12:30 10:00a Quilting 10:30a Snowshoe/Hike 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>27</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge 01:00p Memoir Workshop</p>
<p>30</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>31</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:30a Zoom Chair Pilates 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess</p>			