

**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



Hudson Council on Aging
A Multi-Service Center

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

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

Social Services:

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

Senior Center Staff:

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

Social Activities:

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

Members of the Council on Aging Board:

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

Meetings:

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

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

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



An Age-Friendly Commonwealth

Across the nation and around the globe, a major demographic shift is taking place. Adults aged 65 and over outnumber children under five among the global population. For the first time in the history of our country, the population over age 60 is growing faster than the population under age 18. This has significant implications for how we live and work.

Here in Massachusetts, many leaders are already using an age-friendly lens to promote healthy aging and enhance life for all residents.

Those efforts are guided by the Governor's Council to Address Aging, which was convened in 2017 by Governor Baker and has released a blueprint and recommendations for an age-friendly Massachusetts. The Council has five workgroups focused on providing recommendations on specific topics: Housing, Transportation, Caregiving, Employment, Innovation and Technology.

Massachusetts was also the second state to join AARP's Network of Age-Friendly States and Communities, a network initiated by the World Health Organization to address the world's population growth of those over 60.

The AARP age-friendly designation lists 8 domains of livability to make a community more livable for people of all ages: outdoor spaces and buildings, transportation, housing, social participation, respect and social inclusion, work and civic engagement, communication and information, and community and health services.

Here in the Third Middlesex District, Bolton, Hudson, Maynard and Stow have been designated as active age-friendly communities by the Massachusetts Healthy Aging Collaborative.

Recently, the Age Friendly-Institute designated the Commonwealth of Massachusetts as a certified age-friendly employer, the first state government in the nation to earn this distinction. The "age-friendly" designation describes environments that promote access to services and opportunities for people as they age, and that prioritize the inclusion and participation of older adults in all aspects of life.

I'm proud of the Commonwealth's efforts to support older adults like you. When we help older people continue to live, work, and volunteer in our communities, we all benefit from your energy, experience, and contributions.

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

Email: Kate.Hogan@MAhouse.gov

Facebook: [facebook.com/RepKateHogan](https://www.facebook.com/RepKateHogan)

Twitter: @repkatehogan

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

Upcoming Office Hours: June 7, 6-7 pm at Hudson Public Library in the Tavares Room

Hello to Everyone

I hope everyone is well and enjoying the better weather. It is great to be able to do activities with friends and family outside. We would like to thank Gary, Diane and Rocky for organizing this. They make it fun to be with friends, socialize and exercise all at the same time. Another hike is planned for June 15th at 9:30, read the newsletter to find more details. We also think it is important to be outside, so we have added a special Architectural Cruise along Boston Harbor and lunch at the Cheesecake Factory for July 29th. This trip should cost \$109.00 per person, but will only cost you \$65.00 per person. This is because of the kindness of Mr. Arthur Walker who enjoyed the day and overnight trips we offered at our center. When he passed, he gifted funds to the Hudson Senior Center and we feel that it is fitting to use his gift to subsidize the cost of this fun day trip in July and to bring joy to others. You can read more information on this trip in our newsletter. Due to low attendance Sharon is not offering her 3pm cardio and weights class on Mondays and Wednesday for the summer. We will look at it again in the fall.

Covid-19 cases are creeping up again. With the availability of vaccines, boosters and therapeutics, people who contract Covid-19 are less sick, there are less hospitalizations and thankfully less deaths. I have noticed however, when talking to people who tested positive for Covid-19, they have NOT talked to their doctors about the new medications available to help lessen the symptoms of Covid-19. There are treatments that can help. Below you will see some information regarding the new medications available to help with the symptoms of Covid-19. I would like to thank Janet Saluk, one of our COA Board Members and a Nurse Practitioner for sharing this information with me.

NEW TREATMENTS FOR COVID-19 AVAILABLE AT UMASS MEMORIAL MEDICAL CENTER

If you recently tested positive for COVID-19, the COVID Treatment Center at the UMass Memorial Medical Center's Hahnemann campus in Worcester offers treatments that can prevent your symptoms from getting worse and keep you out of the hospital. These treatments are offered through a partnership with the Commonwealth of Massachusetts Department of Public Health (DPH).

We are providing the following treatments:

- Monoclonal antibodies (one-time infusion)
- Intravenous Remdesivir (3-day course)
- Oral Paxlovid (Nirmaltrevir and Ritonavir co-packaged)
- Oral Molnupiravir

Patients who are interested in receiving treatments for COVID-19 should have their primary care provider contact our Physician Referral Service at [800-431-5151](tel:800-431-5151) and request a referral to our COVID Treatment Center. We also recommend that patients discuss treatment options with their primary care provider.

If you do not have a primary care provider or prefer to self-refer, please visit [COVID-19 Treatment Self-Referral](#). Providers in our center will assess patients to determine if they qualify for the treatments that we can provide in our clinic.

You can also contact the Department of Public Health

Mass DPH (Department of Public Health)

- **Call (508) 213-1380** to speak with a Gothams representative. If you're eligible for COVID-19 treatment, they can schedule an infusion appointment for you at one of their 7 sites in Massachusetts. Gothams COVID-19 Self-Referral Treatment Line is open Monday–Saturday from 8 a.m. to 6 p.m.
- **You may qualify for our in-home treatment program.** Visit mass.gov/InHomeCovidTreatments to learn more about eligibility.
- **Telehealth** is available for individuals 18 or older living in Massachusetts who are positive for COVID-19 and are experiencing symptoms. Learn more at mass.gov/CovidTelehealth. Telehealth is a quick and easy way to see if Paxlovid, a COVID-19 treatment pill taken, is right for you. If it is, we'll arrange for pickup at your local pharmacy or free overnight delivery.

If you have Covid_19 please call your primary care physician and discuss the treatments that are available if you need them. Just to be safe, mask wearing in crowded places may be a good idea while cases are increasing.

How to get your FREE Covid-19 test kits paid for by Medicare

Call your pharmacy and tell them you would like to order your FREE Covid-19 test kits. The pharmacy will ask you questions pertaining to your Medicare and health insurance information. You will have to wait 72 hours then you can pick up your FREE Covid-19 test kits at your pharmacy. If you are having a difficult time getting a Covid-19 testing kit, please call the Senior Center for assistance. Thank you so much.

~Janice

Reminder: Senior Center is Closed on Monday, June 20th due to the Holiday.



**The Hudson Public Library brings
Matt York and his presentation of
The HIGHWAYMEN at the
Hudson Senior Center on**

Wednesday, June 15th at 10:00am to 11:00am

Matt York explores the music and lives of Johnny Cash, Willie Nelson, Waylon Jennings and Kris Kristofferson, four country superstars who formed the group "The Highwaymen". An accomplished singer/songwriter himself, Matt will regale us with tales of these iconic country superstars and sing many of their best-known hits. Contact the Senior Center at 978-568-9638 to register.

"This program is supported in part by a grant from the Hudson Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency." Call to Register

Happy Father's Day

We are offering a Grab and Go Early Dinner from Welly's
Tuesday, June 21st for a 3:00 PM pick up

Menu is Welly's maple & mustard pork chops with mashed potato and corn. Cost to you is \$5.00.

Call 978-568-9638 to sign up starting on Tuesday, June 7th





**Bemis Farms Floral Craft
June Summer Porch Pot**

Friday, June 24th at 1:00 pm

Cost to you is \$15.00 the senior center will sponsor the balance.
Limit of 25 people.

**Grab and Go Lunch
Wednesday, June 29th**



Pick up time between 11-11:30am

Stevie's Grab and Go Lunch is Chicken Bacon Ranch Sandwich, chips and a cookie. Cost is \$5.00

****Call beginning Tuesday, June 7th to reserve your spot****

**A new monthly Caregivers Support Group at the Hudson Senior Center
Thursday, June 9th 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
Assabet River Wildlife Refuge Wednesday, June 15th at 9:30 am**

Join Gary, Rocky and Diane for another fun hike on Wed. June 15th at 9:30 am at the Sudbury Assabet River Wildlife Refuge located at 680 Hudson Road, Sudbury MA. Drive all the way into parking area on the right where the main building is located. We will meet there. Bring water, wear layers and appropriate waterproof footwear, and hiking stick or ski pole if possible. Call to sign up!

**Balance and Dizziness Workshop with Kevin Flaherty
Tuesday, June 28th at 1:00 pm**

Flaherty Physical Therapy will be offering a FREE Balance and Dizziness Workshop on Tuesday, June 28th at the Hudson Senior Center at 1pm. This will be an interactive workshop where attendees will learn more about balance, dizziness and vertigo. They will learn how those symptoms are caused, what can you do about it at home and whether physical therapy will be a good fit. Kevin Flaherty, PT will present on the topics noted. Each participant will leave with 3 easy exercises to start at home that day! Call to Register!

Fitness Classes



In-person fitness classes:

You must call the senior center to sign up.

- **AM Cardio & Weights- Select Mondays & Wednesdays 8:30-9:15am in April**
(The class will be limited to 20 people)

- **Stress Reduction with Qigong 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

- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:30am**
- **Stretch class with Sharon -Select Thursdays 10:15 -11:00am in April**
(The class will be limited to 20 people)
- **Afternoon Parkinson's Exercise class 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.

(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.

- **Zoom Chair Pilates with Jennifer Davidson – Tuesdays at 9:30am.**
- **Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am.**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am.**
- **Zoom Back to Basics Chair Pilates with Jennifer Davidson- Thursday at 9:30am**

This class will review the basics of chair pilates for new and regular class participants.

- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am.**
- **Zoom Parkinson's Class with Mike Blecker- Tuesdays at 10:30-11:30am**

Reminder: No Class on Monday, June 20th due to the Holiday.

Hudson Senior Center Trips 2022



**Thursday, July 21st Icons & Legends Concert The Ultimate Tribute Show Fosters
Lobsterbake *Waitlist Only** Price: \$99.00pp**

Friday, July 29th 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, August 23rd Encore Casino

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! **Price: \$35.00pp**

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**

“Movie Day” at the Center



Here is the listing for the movies in June. 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, June 13th & Tuesday, June 14th – *Dog*



In this road-trip comedy, two hard-charging former Army Rangers paired against their will - Briggs (Channing Tatum) and a Belgian Malinois named Lulu - race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way, they'll drive each other completely crazy, confront the possibility that pet psychics are real, and begin to reckon with the one thing they were trained never to do: surrender.

Rating: PG-13 Runtime: 1hr 41min

Monday, June 27th & Tuesday, June 28th – *Father Stu*



Based on a true story, Father Stu is an unflinchingly honest, funny and uplifting story about finding purpose in a most unexpected place. After surviving a terrible motorcycle accident, Stuart Long (Mark Wahlberg) wonders if he can use his second chance to help others find their way - and leads this former amateur boxer to the surprising realization that he is meant to be a priest. Despite a devastating health crisis and the skepticism of Church officials and his estranged parents (Mel Gibson and Jacki Weaver), Stu pursues his vocation with courage and compassion, inspiring not only those closest to him but countless others along the way.

Rating: R Runtime: 2hr 5min



“VETS TALK” A program for Veterans

Thursday, June 2nd, 9th, 16th & 30th 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.



Medicare Wellness Webinars

Blue Cross Blue Shield of MA presents Medicare Wellness Webinars:



Nutrition Boosters and Busters for Longevity

Tuesday, June 7, 2022 2:00 p.m. – 2:30 p.m. via zoom

Learn which dietary practices lead to a long life of vitality and optimum health across the world, and which practices work against long-term health. For example, discover how the Okinawan practice of Hara Hache Bu can help overweight seniors lose weight. And see how plant-based eating helps the Seventh Day Adventists in Loma Linda, California, add years to their lives. Presenters: Jenna Feitelberg & Tricia Silverman Register now at: www.bcbsma.info/Jun7

Yoga Chair Stretches and Guided Relaxation

Wednesday, June 22, 2022 10:00 a.m. – 10:30 a.m.

Join us to practice stress-relieving yoga chair stretches to ease tight muscles in your neck, shoulders and back, followed by a 10-minute guided meditation. The practice of meditation and connection with others can help us better cope with stress and feel less isolated. Everyone is welcome - no previous yoga or meditation experience needed. Practice Presenters: Luisa Lewis & Janet Fontana. Register Now at: www.bcbsma.info/Jun22

Message from the Friends...

Next Friends Meeting: Tuesday, June 14th at 9:30am

INFORMATION REGARDING JUNE FRIENDS MEETING

On June 14th we will present proposed additional responsibilities for our officers. These changes will be added to our bylaws if voted in by a majority of members at the meeting. A full explanation will be given at the meeting regarding the need for these changes. Please attend if you are able. All are welcome!
Officers of the Friends of the Hudson Senior Center

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.



The Friends' Annual Summer Cookout
Friday, July 15th at 11am
the Marlborough Fish and Game Club
1 Muddy Ln, Marlborough, MA 01752



Please do not forget to sign up for our annual summer cookout. Burgers, hotdogs, potato salad, baked beans and more! It will be fun as usual. Cost \$3.00

Transportation News...

Food Shopping Day : Tuesdays



- 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



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.*

ELDER LAW FOR SINGLES

Whether you are widowed, divorced, or single, your estate planning and asset protection strategies are different from those of married people. Here are a few examples.

PROBATE AVOIDANCE

Typically, a couple owns their assets jointly, so if one dies, the other becomes the sole owner. If you're single, though, and you die owning assets without clearly designating your beneficiary(s), the assets must go through probate, which may cost your beneficiaries a lot of money (typically \$3K-6K) and a lot of time (at least a year) before assets can be distributed. If you worry about this, here are some simple tips:

- Create a revocable and amendable trust, make yourself the trustee, and transfer your assets to yourself as trustee. You'll keep complete control until you die, but following your death, the trust assets can be distributed immediately without probate.
- Name someone (typically a trusted child or friend) as a joint owner of your assets with you, and ask that person to distribute the assets after you die as you direct. However, this is not a perfect solution because this can expose the assets to risk while you are alive if the joint owner gets sued or divorced, and after you die, you are trusting the joint owner to do what you have asked. If you're comfortable with those risks, this is a really inexpensive way to avoid probate.
- Give assets away before you die, or name someone you trust as your Power of Attorney agent to do so if you get sick and it appears you may die soon. As long as you trust that person, you can keep control of your assets until just before you die while still avoiding probate. Finally, whatever you gave away before you died (even the day before) will be subtracted from your taxable estate and thereby reduce your estate tax. And remember, unless you are giving away a total of more than \$12M during your lifetime, there is no gift tax.

ASSET PROTECTION

If you're worried that you may inadvertently end up leaving all your money to a nursing home, then the only way to protect any assets you want to save is to give them away and wait five years. You could also transfer the assets to your most trusted child as trustee of an irrevocable trust. This strategy also ends up avoiding the probate process (see above), and you could also structure this to avoid estate taxation.

The point, though, is that your estate plan options are different when you are single, so if you are widowed, divorced, or single, you should review your plan with an elder law attorney. For more information, visit Frank and Mary's YouTube channel,

www.youtube.com/elderlawfrankandmary. These programs also air on HUD-TV (Comcast Channel 8; Verizon Channel 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, June 8th 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 Wednesday, June 22nd at 10:30am

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. 😊

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



Calling all artists and latent artists
Come join us 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

SHINE:

Everyone always sees us writing about SHINE. But, what exactly is SHINE? What does it stand for? SHINE stands for Serving the Health Insurance Needs of Everyone (on Medicare). SHINE counselors are volunteers, or hired Senior Center staff, that can assist with your Medicare needs. The SHINE program offers unbiased information about what Medicare covers, what health insurance programs are available, and can also screen you for public benefits regarding your coverage that you can be eligible for.

Maybe you are turning 65 years old but are still planning on working beyond the age of 65? Do you have to sign up for Medicare? A SHINE counselor can meet with you to discuss this. Whether or not you can delay your enrollment into Medicare depends on a few factors. Is Medicare more cost effective than your current health insurance plan with your employer? Will you be assessed any penalties if you don't sign up? You say you don't take any medications and don't want to pay for a plan, what happens if you need a medication and don't have coverage when you need it? A SHINE counselor can discuss all of these topics, options, and possible obstacles with you.

Often times we do receive phone calls inquiring about financial benefits; when people should start collecting their SSA benefit and specific questions relating to financial retirement benefits.

Unfortunately, we are not trained to answer questions regarding Social Security benefits, so we would refer you to the professionals and recommend you speak with someone directly at the Social Security Office, as we would not want to give you misinformation. There are so many factors to be considered and it would be best to speak with someone who is specifically trained in this complicated topic.

As previously stated, SHINE counselors can also screen you for public benefits that you may be eligible for. These can range from Extra Help for prescriptions, screening for assistance paying for your Medicare part B premium, as well as programs to help with costs of medications while in the donut hole or coverage gap (such as Prescription Advantage). When screening for these benefits, SHINE counselors will typically inquire about your income as well as assets to determine possible eligibility. Please remember, SHINE counselors cannot guarantee acceptance into these assistance programs, the programs themselves determine eligibility, but a SHINE counselor can recommend possible programs you **may** be eligible for.

If you have any questions, or would like to meet with a SHINE counselor, you can call your local Senior Center and ask to speak with a SHINE representative. The Hudson Senior Center SHINE program can be reached at 978-568-9638, and one can speak with Ana, Janice or Holly for an appointment.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE: SEGUNDAS ÀS SEXTAS DAS 9:30 DA MANHÃ ÀS 3:30 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT. 19.



PALESTRA GRÁTIS EM PORTUGUÊS COM O DR. DONALD PELTO SOBRE COMO CUIDAR DOS SEUS PÉS NO DIA 6 DE JULHO A 1:00 DA TARDE

O Dr. Donald Peltó vai explicar a melhor maneira de cuidar dos seu pés. Esta palestra grátis em Português, terá lugar no dia 6 de Junho a 1:00 da tarde no Hudson Senior Center.

Telefone para Ana Terra-Salomão, 978-568-9638 x 476 para reservar o seu lugar até o dia 24 de Junho. **Limitado a 25 pessoas.**

“PRESCRIPTION ADVANTAGE”

Prescription Advantage é um programa de assistência estatal de medicamentos para a terceira idade e para pessoas com incapacidades e deficiências. Prescription Advantage está disponível para os residentes de Massachusetts que têm 65 anos de idade ou mais e pessoas com menos de 65 anos de idade que qualificarem para incapacidade ou deficiência e são elegíveis para receber cobertura pela Medicare e cujo rendimento anual bruto é inferior a \$3,398 por mês para uma pessoa solteira ou \$4,578 para um casal. O programa de Prescription Advantage é grátis para estas pessoas.

Telefone para 978-568-9638 x 476 para marcar um apontamento com Ana Terra-Salomão.

“GIFT SHOP”- LOJA DO SENIOR CENTER

A loja (Gift Shop) do Senior Center esta aberta das 9:30 às 12:30 na quinta-feira e das 9:30 às 12:30 na sexta-feira. A loja esta localizada no segundo andar do senior center.

DATAS IMPORTANTES

Dia 8 de Junho – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. (15 minutos de consulta) Telefone para o senior center para marcar o seu apontamento.

Dia 21 de Junho – “Grab and Go” jantar do “Welly’s” para o Dia dos Pais às 3:00 da tarde no Senior Center. O custo é \$5.00 por pessoa. Telefone para o Senior Center 978-568-9638 para reservar o seu lugar.

Dia 24 de Junho – Kit de flores de Verão do “Bemis Farms” à 1:00 da tarde no Hudson Senior Center. Telefone para o Senior Center – 978-568-9638 para reservar o seu Kit. O custo é \$15.00. **Limitado a 25 pessoas.**

Dia 28 de Junho – Palestra grátis sobre tonturas com Kevin Flaherty do “Flaherty Physical Therapy” em Hudson a 1:00 da tarde no Hudson Senior Center. Telefone para reservar o seu lugar.

Dia 29 de Junho – “Grab and Go” Almoço às 11:00 da manhã no Senior Center. O custo é \$5.00 por pessoa. Telefone para o Senior Center a partir do dia 7 de Junho para reservar o seu almoço.

Dia 6 de Julho – Palestra grátis em Português com Dr. Peltó sobre com cuidar dos seus pés. Limitado a 25 pessoas. Telefone para Ana Terra-Salomão até o dia 24 de Junho para reservar o seu lugar.

Dia 28 de Agosto – Passeio ao Encore Casino em Boston. O preço é \$35.00 por pessoa. Telefone para o Senior Center – 978-568-9638 para reservar o seu lugar.

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

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JUNE

BIKING
BUGS
CELEBRATE
FATHERS DAY
FIREFLIES
FUN
GOODBYES
GRADUATION

HUMMINGBIRD
JUMPROPE
STRAWBERRIES
SUMMER
SUNBURN
SUNGLASSES
SUNSCREEN
VACATION

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



Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
		08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Self Empowered Living 11:30a AM Zumba 12:30p Bingo 01:00p COA Brd Mting	08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:15a Stretch break 11:30a DayBreak 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge
13	14	15	16	17
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	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 Bridge 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Hiking Trip 09:30a Knit and crochet 10:00a Highwaymen 11:30a AM Zumba 12:30p Bingo	08:00a Library 08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:15a Stretch break 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bridge
20	21	22	23	24
08:00a CENTER CLOSED	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 Bridge 01:00p Chess 03:00p Fathers Day Grab and Go	08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:30a Genealogy 11:30a AM Zumba 12:30p Bingo	08:30a Billiards 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:15a Stretch break 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:30a Billiards 08:30a Cribbage 10:00a Quilting 12:15p Scrabble 01:00p Bemis Farms 01:00p Bridge
27	28	29	30	
08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 12:00p Mah Jong 12:30p Movie Day	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 Balance and Dizziness Workshop 01:00p Bridge 01:00p Chess	08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio and Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 11:00a Grab and Go Lunch 11:30a AM Zumba 12:30p Bingo	08:30a Billiards 09:00a Vets Talk 09:30a Gift Shop 9:30-12:30 09:30a Zoom Back to Basics Pilates 10:00a Quilting 10:15a Stretch break 11:30a DayBreak 12:00p Mah Jong 01:00p Parkinsons Exer. pm	