

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



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



2019



**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 and SNAP** (Supplemental Nutritional Assistance Program).
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** For BayPath Elder Services (Hudson's Aging Service Access Point) and for private homecare agencies
- **Ongoing Case Management**

Senior Center Staff

- Janice Long, Director
- Virginia Figueiredo, Administrative Secretary
- Holly Richardson, Social Service Advocate
- Ana Terra-Salomão, Bilingual Social Service Advocate
- Jim Klotz, Bus Driver
- Walter Correia, Part-time Bus Driver

Social Activities

Line Dancing, AM Fitness, PM Fitness, Yoga, Tai Chi, Stress Reduction Class, Parkinson's Exercise, Chair Pilates, Walking Club, Bingo, Quilting, Knit and Crochet, Painting class, Bridge, Billiards, Mahjong, Specialty luncheons, Educational programs, Lending Library, Cribbage, Chess, Day and Overnight Trips, Gift Shop, Friday's Music Jam, and Morning coffee.

Members of the Council on Aging Board

- Vinny Giombetti, - Chair - 562-6343
- John Gill- Vice Chair - 568-1107
- Melissa Esteves - Secretary – 568-1791
- Nina Smith, Treasurer - 562-3077
- Tony Monteiro - 562-6185
- Edward Silveira -568-3438
- Charles Corley -568-8840
- Diane M. Durand -978-621-9665
- Trisha Desmond – 978-562-2492

Meetings:

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

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

*Partial Funding from Executive Office of Elder Affairs
Postage Paid by the “Friends of the 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 Center.

March 2019

REP. KATE HOGAN'S SENIOR NEWS



Community efforts against senior hunger bring all of us to the table

As part of March for Meals, I will be lending a hand this month to the many organizations leading the way in the fight against senior hunger in Hudson. Nationwide, March for Meals is a campaign sponsored by Meals on Wheels USA that highlights the work of organizations meeting the nutrition needs of seniors. Here in Hudson, you can count on seeing your neighbors, town leaders, and government officials banding together to spark a conversation about senior hunger in our communities. I hope you will join us.

In my role as Chair of the Joint Committee on Public Health, I have seen first-hand the toll of senior hunger on our state. Whether you have experienced the lifeline of one of our local nutrition programs or are one of the many dedicated residents helping them run, you likely already know that senior hunger is not a distant statistic but a reality touching our community. Too many of our neighbors – particularly those living below the poverty line – need help getting connected to nutritious food.

However, you likely also know that our greatest ally in turning that statistic around is each other. As a lawmaker and neighbor, I have seen that what makes Meals on Wheels such a powerful program – providing meals and a vital check in on our seniors – is their mission of what we can accomplish *together*. I have found that the most important solutions are forged through partnership. This March, and all year long, our efforts against senior hunger bring all of us to the table.

I wanted to share resources to help you get connected to a meal -- or to an opportunity to change a life. Please do not hesitate to reach out to the Hudson Council on Aging (COA) at (978) 568-9638 or my office at (617) 722-2130 for assistance.

Hudson Nutrition Programs

- **Meals on Wheels:** Providing a daily meal to housebound seniors, BayPath Elder Services runs the Hudson Meals on Wheels program at the Hudson Senior Center. Please call BayPath at (508) 573-7246 for more information. Residents are also welcome to have lunch at the Senior Center for a suggested \$3 donation; simply call the Senior Center at 978-568-9638 the day before by 12 noon to let them know you will be coming.
- **Hudson Community Food Pantry:** Open Tuesdays from 9 to 10:30 a.m. and the first Thursday of every month from 7 to 8:30 p.m., the Hudson Community Food Pantry helps get healthy food to residents in a community of respect. To learn more about becoming a client, visit <http://www.hudsoncommunityfoodpantry.org/clients.html> or call (978) 562-5280.
- **Community Supper:** St. Luke's Episcopal Church serves up a hot supper for the Hudson community every other Sunday at 5 p.m. All are welcome. Learn more at <http://www.stlukesHUDSON.org/communitysupper.html>

Rep. Hogan's Office Hours

- **Maynard Office Hours** will be held on Friday, March 15th from 10 to 11 a.m. at the Maynard Public Library, 77 Nason Street, Maynard
- **Hudson Office Hours** will be held on Thursday, April 18th from 6 to 7 p.m. at the Hudson Public Library, 3 Washington Street, Hudson

If you are unable to attend office hours and have an issue or concern, please call the State House at (617) 722-2130 to schedule an appointment. In addition to Rep. Hogan's office hours, her staff is available in the District Office at Maynard Town Hall, 195 Main Street, on Mondays from 10 a.m. to 3 p.m. (*Closed Holiday Mondays*)

Kate H —

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 130, Boston, MA, 02133 / Phone: 617-722-2130 / Kate.Hogan@mahouse.gov

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

Hudson Senior Center News....from Janice Long



 Happy St. Patrick's Day to everyone! As you know from last month's newsletter, Intel is having its St Patrick's Day luncheon with Irish bread, corn beef & cabbage, dessert and the Intel Band on Tuesday, March 19th. We have already picked 115 names from the raffle jar. For security reasons, Intel has instructed the Senior Center to provide a list of names of those attending the luncheon so Intel can create security badges for everyone. We were also told to inform Intel of any cancellations or additions to the original list. If you are chosen to go and accept, but later find you cannot attend the event, please call the Senior Center, **do not give your ticket to someone else**. The Senior Center will pick another name from the remaining raffles and notify Intel of the change. We had more than 115 names in the raffle jar so if something comes up and you cannot attend, please call the center so we can select another name. We appreciate your cooperation regarding Intel's rules for security.

Friday, March 15th following Music Jam we will have additional entertainment:

IRISH STEP DANCING

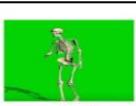


Irish step dancing is characterized by a stiff upper body and quick, precise movements of the feet. Diane Durand has arranged for one or two High School Irish Step Dancers to perform a couple of dances on Friday, March 15th immediately following music jam. This will be an enjoyable way to start celebrating St. Patrick's Day!

Arvin Cook's *Fun Tech 101 Class...* Wed, March 27th at 10am (It's FREE)



take this



and this



and get this

Take videos from your phone or any other device and mix them for some fun videos you share with your friends and relatives.

Learn how to use "Green Screens" to make some fun videos, trick videos or use this skill as a great marketing tool. Please sign up to learn more about this class on Wednesday, March 27th at 10am. He will discuss what you will learn, how many fun sessions you need to attend and what you will need. Arvin will also share some of the fun videos he has created using this new and free technology!

Call 978-568-9638 to sign up for this class! It will be fun!



A visit from the Town of Hudson's Assessors Office
Tuesday, March 26th at 10 am-11am

Please join us for coffee and light refreshments as we welcome Joanne McIntyre from our Assessors Office. She will give a presentation on property tax abatements and exemption programs for Hudson residents. Bring your questions. I am sure we will all learn a lot, please call 978-568-9638 to reserve your seat!



REAL ESTATE 101 FOR SENIORS & FAMILIES

At the Hudson Senior Center

Tuesday, April 2nd 10-11:30 am

Please join us for coffee and light refreshments to learn what everyone should know about Real Estate to discuss with friends & family. Topics include secrets to buy or sell a home for the right price in today's market. Flipping & Investing in Real Estate. What to do with challenging properties. This is a lively session with lots of Q&A. Our presenter is David Dowd, a 20-year real estate & mortgage pro who is the owner of Sell Mom's House and a Realtor with Keller Williams Realty. Please call the Hudson Senior Center if you want to attend, 978-568-9638.

If you cannot attend and would like the free handouts or more information, please call 508-691-0080.



Mabel and Jerry 2 Obstacles to the Altar

By Steve Henderson



At the Hudson Senior Center
Tuesday, April 30th at 10:30am – 11:30 am
****Limited to 40 people ~ sign up today****

Proposing was never as wonderful, never as fraught with mishaps and false starts and never as hilarious as this! Mabel and Jerry have arrived at your senior center, each planning to pop the question to the other. Will she say "yes?" Will he?

Come watch this FREE and terrific performance

This program is supported in part by a grant from the Hudson Cultural Council, a local agency which is supported by the Massachusetts Cultural Council.

Welcome Back, Sharon!



We would like to welcome Sharon Mc Devitt back to all of her fitness classes. She has made a full recovery and we are thrilled to have her back. Please check our fitness page to confirm start times for Sharon's classes.

Thank you, Rebecca!

We also would like to thank Rebecca Reber for filling in for Sharon's yoga and stretch class while she was recovering from her accident. Rebecca did a great job and will be staying on with us until mid-April doing her Flex and Tone class on Thursday mornings at 9:30 am.



aninconvenient sequel
TRUTH TO POWER



An Inconvenient Sequel: Truth to Power

A documentary on climate change (97 Minutes)

Tuesday, March 26th at 12:30pm

Ten years after An Inconvenient Truth brought climate change into the forefront of mainstream culture; this compelling follow-up shows that while the stakes have never been higher, the solutions to the climate crisis are still within our reach.

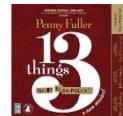


A fun short performance.....

13 Things about Ed Carpoletti

Monday, March 4th 10:00am-11:00 am (at the senior center)

This is FREE Coffee and light refreshments.



Seating is limited to 40 people.

A fun play!!! Virginia is alone in her home for the first time after her husband, Ed (they were childhood sweethearts), passes away. Worse, she discovers that Ed's business has been failing for years. As president of the company now, Virginia finds herself on the hook for almost \$2 million, including money borrowed from a loan shark. The vultures surround her, demanding funds immediately, when, most troublingly, a blackmail note arrives from an anonymous villain, demanding an additional \$1 million, or else 13 awful things about her husband and his associates will be revealed to the world.



Free Brain Health Workshop for adults 50 plus returns

Wednesday, March 13th

Choose between 2 sessions: 9:30am-10:30am and 10:30am-11:30am

Baycrest Health Sciences is a 23- acre campus focused on serving the aging population which houses Canada's largest geriatric hospital (www.baycrest.org), the largest educational training institute for geriatric doctors and nurses in North America, as well as the Rotman Research Institute for the study of human brain functionality. To date, we have visited over 500+ senior and community centers across the United States, Canada, and the United Kingdom to start the conversation on brain health and memory changes. This is provided through our free Brain Health Assessment, which provides older adults who are 50+ a brain health report, as well as tips on how to stay brain healthy!

What is the Structure of the Brain Health Workshops?

We will run (2) sessions, one hour each with up to 15 older adults per session. You can sign up for the first session 9:30 – 10:30 or the second session 10:30-11:30. You must call to the center to sign up for the workshop. Testimonials include:

"Our Seniors LOVED the workshop and were thrilled that many of them had a first-time experience using a computer. Matthew, who led the workshop, was terrific."

- Leila Hertzberg, Damascus Senior Center, Maryland, USA

"The Cogniciti Brain Health workshop was an interesting and active program for my senior guests. The professional and organized setup was impressive. The time and patience with all our seniors at every point and at every ability level was greatly appreciated. I would recommend this program to any Senior Center."

Have fun and sign up for this fun workshop. Please call 978-568-9638 for the 9:30am or 10:30am sessions.

If you like to play pool you need to come to the Hudson Senior Center and try our two 9ft pool tables. Our billiards room is open Monday, Tuesday, Thursday and Friday 8am to 3:30 pm. Wednesdays is presently reserved for our pool league. Team Hudson is also looking for new pool players, please call 978-568-9638 if interested



Bye for now.....*Janice* ☺



Home Care Services

It can be especially hard during winter months to get out of the house, not only for fun, but to even do your grocery shopping and errands. Maybe it's not merely the weather, but maybe it is just getting more difficult in general to perform household chores like cleaning, doing your laundry, preparing meals, or taking out the trash. If these tasks are getting more and more difficult to perform, you may be interested in reaching out to the Hudson Senior Center about Homecare services. Assistance can be acquired by privately paying for services, or you can obtain homecare services through an organization if you meet the eligibility requirements. If one was interested in getting services through an ASAP (Aging Service Access Point) the agency that covers the Hudson area is Baypath Elder Services. If you would like to know more about homecare services and what type of assistance they can provide, you can contact them directly at 508-573-7200, or you can meet with Holly or Ana at the Senior Center for more information. As previously stated, applying for services through an agency such as BayPath, there are certain requirements and guidelines that one must meet. Call the Hudson Senior Center for more information.

“BayPath provides an array of services and programs for older adults, caregivers, and persons with disabilities to support their independence and dignity. Some programs have eligibility criteria, such as age, need, income, and/or insurance. To find out more, please visit our website www.baypath.org or call 508-573-7200 and ask for the Information and Referral Department.”

Baypath Elder Services also provides the Elder Nutrition Program, which offers Meals on Wheels to homebound seniors, and they also offer the same meal at the congregate lunch sites. Hudson is a congregate meal site for those that may not be aware. There are requirements for eligibility for the Meals On Wheels program, which Baypath can assist with screening for.

The Hudson Senior Center can make a referral for this program for interested seniors as well. The Nutrition Program at Baypath can be contacted at 508-573-7246.



INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUND ÀS SEXTAS DAS 8:30 ÀS 2:30 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT.19



**CONFERÊNCIA GRÁTIS PARA PESSOAS IDOSAS no
“ASSABET VALLEY HIGH SCHOOL”, LICEU em MARLBORO**

No dia 18 de Abril de 201 das 8:00 da manhã às 2:00 da tarde haverá uma conferência grátis para pessoas idosas no “Assabet Valley High School” em Marlboro, MA patrocinada pelo Senador James Eldridge. Muita informação, comida e prémios. Haverá café e donuts de manhã e almoço grátis.

DIAS DE IR ÀS COMPRAS!!

Os dias de ir às compras são terças-feiras e quartas-feiras para todos os idosos de Hudson, independentemente de onde mora na vila a partir das 10:00 da manhã. Às terças-feiras pode escolher entre os seguintes supermercados: Shaws, Stop & Shop ou Walmart.

Às quintas-feiras vamos ao Market Basket. Por favor telefone para 978-568-9638 no dia anterior para marcar o seu lugar.

“DAYBREAK” UM PROGRAMA SOCIAL DO SENIOR CENTER

O programa “Daybreak” é um programa social oferecido no Hudson Senior Center às quintas, no Marlboro Senior Center às quartas e no Northboro Senior Center às terças das 11:30 da manhã às 2:30 da tarde. O programa é administrado por profissionais. O programa “Daybreak” oferece um ambiente seguro, carinhoso e agradável para os seus familiares. Este programa é uma opção acessível para assistência com a pressão de cuidados diários de familiares. Uma doação de \$15.00 é usado para suplementar o programa que inclui \$3.00 para o almoço que é fornecido pelo “Baypath”. A doação é voluntária e não influência a sua participação neste programa. Para mais informação sobre o programa “Daybreak”, telefone para- 978-568-9638 e fale com Lisa Gardner.

INFORMAÇÃO IMPORTANTE

Se as Escolas Públicas 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

Dias 4, 11, 18 e 25 de Março - Grupo de croché às 9:00 da manhã. Venha fazer croché.

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

Dia 13 de Março – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Telefone para marcar um apontamento.

Dia 9 de Abril – Palestra grátis com o Advogado Bergeron à 1:00 da tarde sobre “Elder Law for Couples”. Telefone 978-568-9638 para marcar o seu lugar.

Dia 18 de Abril – Conferência grátis para pessoas idosas no “Assabet Valley High School” em Marlboro, MA com o Senador James Eldridge das 8:00 da manhã às 2:30 da tarde. Muita informação, comida e prémios.

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



Assabet Technical High School's Tech Savvy students are back to answer your technology questions Wednesday, April 10th at 10am

Mr. Steven Pleau, Assabet's Computer Programming & Web Development Teacher and his top tech savvy students will help you with your **Ipads, Cell phones and Tablets**. Please bring your devices and learn from the experts how to transition from iphones to androids and vice/versa, use and manage apps, emails, Facebook and more. Call 978-568-9638 to sign up



Photographers' Showcase to be Presented at Assabet Valley Camera Club



Anyone interested in photography or visiting other countries is welcome to attend the next meeting of the Assabet Valley Camera Club (AVCC) on Wednesday, March 6th. Join us for an evening of travel photography where you will be captivated by beautiful images of Burma as well as breath-taking views of the British Isles and Ireland.

AVCC meetings are held in the Great Room at the Hudson Senior Center, 29 Church Street, Hudson, and officially begin at 7:30 PM. The first meeting of the month generally features a program designed to instruct and/or to entertain camera enthusiasts. During the second monthly meeting, member competitions of both print and digital images are judged and critiqued by qualified individuals. Assabet Valley Camera Club, a member of both the New England Camera Club Council and the Photographic Society of America, also participates in interclub competitions on regional, national and international levels.

The presentation is free and open to the general public. AVCC welcomes anyone interested in learning more about photography as a visual art and its practical application as a science. Members benefit from the hands-on experiences, from the knowledge presented in programs, and from having their work critiqued. For more information check out the AVCC website at assabetvalleycc.com or contact John Gill, club president, at 978-293-5192.



AARP SMART DRIVER COURSE

Wednesday, April 10th, 2019 from 9:30 a.m. to 1:30 p.m.

At the Hudson Senior Center

Lunch will be provided

Cost: \$15 for AARP Members (bring your AARP card)

\$20 for Non-Members ~payment due on day of the class

Cars have changed and so have traffic rules. Some drivers age 50 plus have never looked back since they first got their license, but even the most experienced drivers can benefit from brushing up on their driving skills. By taking a driver safety course you'll learn the current rules of the road, Defensive driving techniques and how to operate your vehicle more safely in today's increasingly challenging driving environment. After completing the course you may be eligible to receive an insurance discount. AARP membership is not required to take the course and there are no tests to pass. To sign up please call the Hudson Senior Center at 978-568-9638. Limited to 20 people.

SAVE THE DATE....

Spring Fashion Show at the Center on Tuesday, April 23rd Models Wanted for Fashion Show!



We are looking for models to make the Spring Fashion

Show a success. Come and strut your stuff to a delighted audience and have some fun! Please contact Virginia if you are willing to help us out at 978-568-9638.

(Ticket information will be in the April Newsletter)



“Mobile Library” at the Center

Monday, March 11th at 10am



Look for our “Mobile Library” every second Monday of the month our traveling library will head to the Hudson Senior Center for people to check out books, DVDs, Books on CD, Playaways, and more. You can also bring in your books that you would like to return!



“VETS TALK”

A program for Veterans

Please join us at the Senior Center for talk, coffee and pastries on...

Thursday, March 14th & 28th at 9am

Vets Talk is a chance for only veterans to get together to talk about what's going on in the world or anything else that comes to mind over coffee. There's no agenda or structure, just the opportunity to shoot the breeze in a way only those who have served can do and understand.

Save The Date!

39th Annual Senior Conference

Thursday, April 18th 2019

Hosted by:

State Senator Jamie Eldridge

Assabet Valley Regional Technical High School

215 Fitchburg Street Marlboro, MA

8am – 2:00pm

Don't Miss Out on the Fun!

Workshops, Entertainment, Exhibits, Prizes, Speakers and FREE Coffee, Donuts & Lunch!

For more information call District Director, Danillo Sena at (617)722-1120 or email Danillo.Sena@masenate.gov

No registration required



Legal Clinics with Arthur Bergeron

Tuesday, April 9th 1-2 pm

Topic 1: Elder Law for Couples - The best way for a couple to ensure their estate planning goals are met is to develop your estate plan while you are both alive. The options, *and your goals*, may change if you do not have an estate plan in place should one of you pass away. Elder Law Attorney Arthur Bergeron will discuss best estate planning practices for tax minimization, asset protection, and probate avoidance.

Topic 2: Tuesday, May 14th, 1-2 pm

Topic 2: Elder Law for Singles - Estate planning is not just for couples! Everyone should have an estate plan in place to protect you and your assets should you become frail, incapable of caring for yourself, or to simplify things should you pass away. Elder Law Attorney Arthur Bergeron will discuss best estate



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*

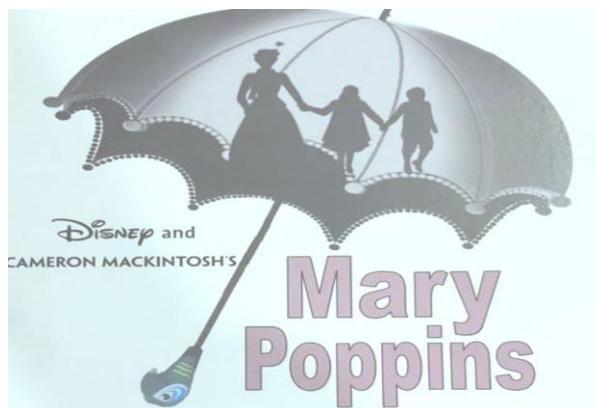
IT'S TAX TIME AGAIN— HERE ARE FOUR QUICK TIPS

If you or your spouse is chronically ill, here are four quick tips to consider if you itemize deductions on your income tax returns:

- 1. LONG TERM CARE INSURANCE PREMIUMS ARE USUALLY DEDUCTIBLE.** They are part of your medical expense deduction. While there is a cap on the amount, the cap goes up with age and is over \$5,000 if you are over 70.
- 2. MOST OF YOUR COST OF STAYING AT HOME IS DEDUCTIBLE IF YOU ARE CHRONICALLY ILL.** If you need substantial assistance with at least two of the activities of daily living (eating, toileting, transferring, bathing, dressing) or need “substantial” supervision for your safety (and have needed it for at least 90 days), then the cost of your care, including home care services, is deductible. That can be especially important if you have tax-deferred accounts that you did not want to use because of the cost of taking a withdrawal. By using those funds to provide for this care, you are basically withdrawing them tax-free.
- 3. MONTHLY ASSISTED LIVING BILLS MAY BE TAX-DEDUCTIBLE IF YOU ARE CHRONICALLY ILL.** If you are “chronically ill” and your doctor certifies that you need to live in an assisted living community because of your illness, the entire cost of assisted living may be deductible as a medical expense. Once again, this may be important if you are paying for the assisted living with tax-deferred funds or with low basis assets which might otherwise be subject to income tax on capital gain.
- 4. IF YOUR CHILD PAYS YOUR ASSISTED LIVING OR HOME CARE BILLS THE CHILD MAY BE ABLE TO DEDUCT THE EXPENSE.** If your child contributes more than 50% of your living expense in any year, then your child may take your medical expenses as his or her medical deduction.

If you must pay for the cost of being chronically ill, it might be helpful if you can get a tax deduction for it. However, in order to obtain a tax benefit for medical expenses, you must itemize deductions. In order to itemize, your deductions must exceed \$12,000 if single, \$24,000 if married. Also, your medical deductions are reduced by 7.5% of your Adjusted Gross Income before you get the benefit of the medical expense. If you need more information on this, you can contact me at **(508) 860-1470** or abergeron@mirickoconnell.com. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube Channel, www.youtube.com/elderlawfrankmary and find more in-depth commentary on legal issues on Mirick O'Connell's Trusts and Estates blog, “Getting All Your ‘Docs’ in a Row.”

Hudson High School Presents.....



March 8th at 7pm

March 9th at 2pm & 7pm

March 10th at 2pm

Hudson High Auditorium

\$10 tickets sold at the door

**Seniors only \$5 for any performance!!

For more info: email Kmckenzie@hudson.k12.ma.us

Transportation News...

Do not forget about Food Shopping days!



Food shopping days are Tuesdays and Thursdays for all Hudson seniors regardless of where you live. Pick-ups begin at 10am.

Tuesdays choose from the following grocery stores: Stop and Shop, Shaws or WalMart.

Thursdays is Market Basket.

To sign up, please call 978-568-9638 the day before. Limited to 13 people.

Another cold lunch option at our center...just for you!

BayPath is now offering cold lunches every day at our center. In order to participate you need to sign up the day before at the center with the kitchen staff or call the center 978-568-9638 and ask for the kitchen ext. 14 and leave a message. Cost is a \$3.00 donation. If you are busy at the center with activities and its lunch time, this is a great option to pick up a quick meal with your friends!

March 2019 Cold Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Week 1				1-Mar
				Chef's Salad Mediterranean Rice Salad Beet Salad
Week 2 3/4	5-Mar	6-Mar	7-Mar	8-Mar
Turkey Apple Salad New Pasta Salad Carrot & Pineapple Salad	Sliced Turkey Breast Quinoa w/Roasted Veggies Cucumber Salad	Cheese Omelet Hash Browns Peaches	Chicken Caesar Salad Pasta Salad Sesame Cucumber Salad	Tuna Salad Israeli Cous Cous Coleslaw
Week 3 3/11	12-Mar	13-Mar	14-Mar	15-Mar
Turkey Cranberry Salad Potato Salad Cucumber Salad	Chef Salad Mediterranean Rice Salad Beet Salad	Mixed Greens w/Salmon Orzo & Spinach Salad Pineapple	Ham Salad Quinoa w/Roasted Veggies Roman Blend Veg Salad	Fiesta Omelet Hash Browns Peaches
Week 4 3/18	19-Mar	20-Mar	21-Mar	22-Mar
Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Chicken Salad w/Cranberries 2 Bean Salad Broccoli Salad	Sliced Ham Wild Rice Salad Carrot & Raisin Salad	Chef's Salad Macaroni Salad Applesauce Cup	Egg Salad Orzo & Spinach Salad Beet Salad
Week 5 3/25	26-Mar	27-Mar	28-Mar	29-Mar
Tuna Salad Israeli Cous Cous Salad Coleslaw	Turkey & Tortellini Salad Broccoli Salad Chick Pea & Cilantro Salad	Chicken Caesar Salad Beet & Onion Salad Sesame Cucumber Salad	Turkey Apple Salad Wild Rice Salad Roasted Vegetables	Cheese Omelet Hash Browns Peaches

DayBreak Now at the Hudson, Northborough and Marlborough Senior Centers

A Social Day Program Providing Respite for Caregivers

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

- Northboro Senior Center 119 Bearfoot Road Tuesdays 11:30am-2:30pm.
- Marlboro Senior Center 40 New Street Wednesdays 11:30am-2:30pm.
- Hudson Senior Center 29 Church Street Thursdays 11:30am-2:30pm.

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.



Hudson Senior Center Gift Shoppe Hours

Tuesdays 9:30am until 11:30am
Wednesdays 9:30am until 12:30pm
Thursdays 9:30am until 12:30pm

****Half -Price Sale**
For the Month of March
(except on Cards)**



Scrabble on Fridays at 12:15pm!

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



Calling all Bingo players!
Come join us on
Mondays and Wednesdays!
Games start at 12:30pm



Genealogy Family Research with Charles Corley *Wednesday, March 20th at 10:30am*

Genealogy class is open to everyone who is interested in researching their ancestry.
Beginners welcome!

Open Painting Studio:

Tuesdays at 11:30am -1pm
in the craft room.



Water Color Class

Wednesdays 10 am to 12 noon on
the 2nd floor in the Craft Room.

Cost: \$6.00 per class paid directly to the
instructor



The Senior Center Lending Library

appreciates all of the donations made to our Library. However, at this time, we NO longer are accepting books with a **Copyright date before 2009**.

A special thank you to all of the volunteers

Check out our new Large Print section!



Assabet Valley Camera Club

Please visit their website

www.assabetvalleycc.com

1st & 3rd Wednesday of the Month

Stress Reduction with

Gigong Class

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

Sign up at the front desk

FRIENDS MEETING ~ Tuesday, March 12th at 9:30am

Tuesday is "Movie Day" at the Center

Here is the listing of movies for March.

Come and join us at 12:30pm for the following movies:



March 12th - Can You Ever Forgive Me?



Melissa McCarthy stars as Lee Israel, the best-selling celebrity biographer (and cat lover) who made her living in the 1970s and 80s profiling the likes of Katherine Hepburn, Tallulah Bankhead, Estee Lauder and journalist Dorothy Kilgallen. When Lee found herself unable to get published because she had fallen out of step with the marketplace, she turned her art form to deception, abetted by her loyal friend Jack.

Rating: R Runtime: 1hr 46min

March 19th - Green Book



When Tony Lip a bouncer from an Italian American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world class Black Pianist, on a concert tour from Manhattan to the Deep South, they must rely on The Green Book to guide them to the few establishments that were then safe for African Americans. Confronted with racism, danger as well as unexpected humanity and humor they are forced to set aside differences to survive and thrive on the journey of a lifetime.

Rating: PG-13 Runtime: 2hrs 10min

In Memory Of...

The Hudson Senior Center is appreciative of Donations made on behalf of loved ones who have passed. Our thoughts and prayers are with their family and friends.



Stress Reduction with

Pool Room is Open!

Come play on our 2 beautiful pool tables Monday-Friday.

Open play except on Monday & Wednesday from 10am-12pm for the Senior Pool League.

****Looking for Pool players for the Team Hudson~ please contact Janice ****

Knit and Crochet Mondays at 9:30am

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

Experienced Line Dancing

Every Monday at 10am.
Cost is \$3.00 paid to the instructor.
Please call 978-568-9638 to enroll.

Blood Pressure

Come in every Thursday from 9:30-11am and have your blood pressure checked at our Senior Center.

No appointment necessary ☺ ☺

The Podiatrist

Monday, April 8th, 2018

starting at 9am.

Please call for an appointment at
978-568-9638

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

If you would like to learn how to quilt or if you are a seasoned quilter, join the Hudson Silver Threads. They are a wonderful group of women who are fun, warm and friendly. ☺

Fiscal year 2019 Fitness Programs

AM Fitness 3 Mornings a week Cost: \$12/month

- Monday mornings 8:30am Cardio and Weights
- Tuesday mornings 8:30am Cardio
- Thursday mornings 8:30am Cardio and Weights

PM Fitness 3 Evenings a week Cost: \$12/month

- Mon evenings 4:30pm Cardio and Weights
- Tues evenings 4:30pm stretch
- Thurs evenings 4:30pm-Cardio and Weights

AM Yoga: Wednesday mornings 8:30am. Cost: \$10.00 per month

This gentle yoga class includes breath work, grounding seated stretches, key standing poses and guided meditation using essential oils.

Flex and Tone: Thursdays at 9:30am Cost: \$5.00 per month... *continues until mid April*

This class will use props- blocks and straps - along with a variety of stretching methods to improve flexibility, range of motion, promote circulation and improve strength and flexibility. All are welcome!

Stretch Break : Fridays at 9am

Cost is \$5.00/month or Free if you are taking 3 or more fitness classes at our center.

This 45 minute class will consist of mat-based stretches for the entire body. If you find yourself sitting a lot during the day, weak lower back, tight chest and neck soreness, this is the class for you. This class will help you to become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain.

Stress Reduction With Qigong Class: Tuesdays at 9:30am. Cost is \$3.00 per class, payable to the instructor.

Are you interested in reducing the stress in your life and in better coping with the day-to-day activities making demands on your time? This class may be right for you. The class utilizes both a western approach based on the work of Dr. Herbert Benson, of Harvard University, and Dr. Jon Kabat-Zinn, of UMass, in combination with simple, easy to learn Chinese Qigong exercises.

Zumba : *No Zumba on Thursday, March 7th *

Thursday at 11:00am Cost is \$10.00 per month.

Zumba Your Way: Zumba dance to a little Latin, a bit of Big Band, some Broadway Show Tunes and get in shape the fun way!

Chair Pilates: * Pilates Monday, March 4th will be at 9am *

Mondays at 9:30am & Fridays 11:15am Cost: \$12.00 per month Chair Pilates takes the benefits of pilates with the help of a chair for those who have trouble getting on and off the floor. The class is designed to restore strength and balance in the core retraining the body to function more effectively. Give this a try and meet Jennifer Davidson certified yoga / pilates instructor and massage therapist.

Walking Club : every Wednesday leaving the Center for 9:00am or the Mall in cold or rainy weather.

Fitness program designed for Parkinson's but works for everyone:

Tuesdays at 10:40am and Thursdays at 1pm

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

Chair Yoga :

Wednesdays at 2pm Cost is \$10 per month

Classic Yoga poses and postures both seated and standing to increase strength and flexibility, improving overall well-being. First half seated stretching and warm-ups, second half standing and balancing poses and flows along with a modified sun salutation using the chair for support. This Yoga class offers mindful movements coordinated to your breath. Adaptations are offered so that students with varying levels of abilities and physical limitations may participate to the best of their ability.



Hudson Senior Center Trips 2019

Wednesday, April 24th Dancing Dream ~ ABBA Tribute Band *payments due now*

Dust off your disco boots and leisure suits. Shine up those platform shoes and be transported back to the groovy 70's with beautiful harmonies, elaborate costumes and exciting choreography by the tribute band "Dancing Dream". This day-trip includes the show, plated luncheon at Danversport Yacht Club with your choice of Stuffed Breast of Chicken or Baked Schrod both served with salad, potato, vegetables, breads, dessert, coffee and tea.

Price: \$92.00pp

Sunday, May 19th The Edwards Twins with a Sunday Brunch *payments due now*

Direct from Las Vegas spend an afternoon with world famous Impersonators, The Edwards Twins. All of your favorite legendary superstars come alive in this extraordinary show. Sonny & Cher, Billy Joel, Elton John, Celine Dion, Tom Jones, Neil Diamond and many many many more! You will also enjoy a Sunday Brunch and the show at Lake Pearl in Wrentham, MA.

Price: \$92.00pp

Tuesday, August 27th Diamond's & Pearls Cash & Kings

The Ultimate tribute show from the renowned shipboard duo Jose and Patti, who have been wowing audiences worldwide with their vibrant performances. Jose and Patti's show is a Neil Diamond tribute with some Janis Joplin, Carole King, and Johnny Cash mixed in. Choice of stuffed breast of chicken or baked schrod and also includes salad, potato, vegetables, breads, dessert, coffee/tea. **Price: \$92.00pp**

October 3rd & 4th The Common Man – New Hampshire 1 night Getaway

Roundtrip transportation, 1 night lodging at the Common Man Inn & Spa in Plymouth, NH, 3 meals (1 lunch, 1 dinner & 1 breakfast), Vineyard tour and wine tasting, tour of Canterbury Shaker Village, Train Ride on the Hobo Railroad, Gondola ride to the top of Loon Mountain and a tour director!

Price: \$349pp double \$449 pp for single

Informational Flyers available at the front desk



**Document pick up: Wednesday, March 20th at 2:30pm
For...Discover Scotland**

Collette Travel Presentation: *Come find out more about this Great New Trip.....*

Wednesday, March 20th at 3:00pm

For....America's Music Cities featuring New Orleans, Memphis & Nashville
October 6-13, 2019

8 Days ~ 10 Meals: 7 Breakfasts and 3 Dinners



Trip Highlights: French Quarter, Choice of French Quarter walking Tour of Panoramic coach tour of New Orleans, Swamp tour, Mardi Gras world, Jazz Revue, Graceland, West Delta Heritage Center, grand Ole opry show, Ryman Auditorium, Country Music Hall of Fame, Historic RCA Studio B and Whiskey Distillery.

Message from the Friends...

FRIENDS NEED FRIENDS

The Friends of the Hudson Senior Center is a nonprofit organization that raises funds to provide items and activities for the Senior Center and Hudson Seniors beyond what is provided by the Town of Hudson.

The Friends of the Hudson Senior Center is reaching out to Hudson and surrounding area residents to garner new participation and involvement at our monthly meetings. There is no age requirement to be a Friend of Hudson Seniors and the present Friends members are great! We are looking for new ideas to improve our annual fair, fundraisers and fun activities at our beautifully renovated center.

Meetings last less than an hour and commitments are not time consuming on a long-term basis.

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 at the Hudson Senior Center.

Jackie Kapopoulos
President
Friends of the Hudson Senior Center

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

The Friends of Hudson Senior Centers' mission is a non-profit organization that will render a program of services to institute fund-raising projects for items not provided for by the Town of Hudson or Commonwealth of Massachusetts. This will insure greater community interest and perpetuate the dignity and well-being of Senior Citizens of Hudson by our efforts, enterprise and endeavors. This group is self-governed, but will work with the Senior Citizens, the Council on Aging and the Senior Center Director. All persons who sign up for membership at the Center and receive the monthly newsletter are all members of the Friends Organization.



Winter Weather

If the Hudson Public Schools are Closed then the Senior Center will also be Closed.

If Hudson Schools are Delayed then the Senior Center also has the same delayed opening and all activities and busing will be Cancelled prior to the delayed opening!

If it is snowing or sleet 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!

DIVERSITY THROUGH COLLABORATION 2019



This is a joint effort among five Councils on Aging in Metrowest; Natick, Framingham, Marlborough, Hudson and Northborough Senior centers, to connect with people 60 and older, who are LGBTQ and their allies.

Thursday, March 21st at 12:30pm

**Road Map to Aging: A discussion on programs, classes, Outreach and SHINE
at the Northborough Senior Center 119 Bearfoot Road.**

Lunch is provided.

What's Going on...

- **13 Things about Ed Carpoletti:** Mon, March 4th at 10am
- **Hudson Mobile Library:** Mon, March 11th at 10am
- **Friends Meeting:** Tuesday, March 12th at 9:30
- **Hearing Clinic:** Tues. March 12th at 9:30am by appt only
- **Movie Day:** Tuesday, March 12th & 19th at 12:30pm
- **Brain Health:** Thurs, March 13th at 9:30am & 10:30am
- **Atty Bergeron Advice:** Wed. March 13th by appt. only
- **Vets Talk:** Thursday, March 14th & 28th at 9am
- **Genealogy :** Wednesday, March 20th at 10:30am
- **An Inconvenient Sequel:** Tues, March 26th at 12:30pm
- **Fun Tech 101 Class:** Wed, March 27th at 10am
- **Real Estate 101:** Tues, April 2nd 10-11:30
- **Podiatrist:** Monday, April 8th by appt only
- **Elder Law for Couples:** Tuesday, April 9th at 1pm
- **Tech Savvy:** Wednesday , April 10th at 10am
- **AARP Smart Driver Course:** Wed April 10th 9:30-1:30
- **Cribbage:** Every Day except Thursday.
- **AM Fitness:** Mon. Tues & Thur. mornings 8:30 AM
- **Chair Pilates:** Monday at 9:30am & Friday at 11:15am
- **Knit and Crochet:** Mon. at 9:30 am
- **Line Dancing:** Mondays at 10am. Cost \$3.00 per person.
- **Bingo:** Monday and Wed 12:30 pm. See you there!!!
- **Mah Jong:** Mondays and Thurs. at the center 12pm to 3:15pm Played by the National Mah Jong rules.
- **Bridge:** Every Tues. 9:30am and Friday at 12:30pm
- **PM Fitness Classes:** Mon. Tues & Thurs. 4:30 pm
- **Stress Reduction with Qigong:** Tues. at 9:30 to 10:30
- **Open Studio for Painting:** Tuesdays at 10am
- **Gift Shoppe:** OPEN Tues 9:30-11:30 and Wednesdays 9:30am -12:30pm and Thursdays 9:30 am – 12:30pm
- **Chess Club:** meeting every Tues at 1pm
- **Parkinson's Exercise:** Tues. 10:40am & Thurs. 1pm
- **AM Yoga:** every Wednesday 8:00am
- **Walking Club:** Every Wednesday meet at 9:00am
- **Water Color Class:** Wednesdays at 10am
- **Chair Yoga:** Wednesdays at 2pm
- **Blood Pressure:** Thursdays 9:30am – 11:00am
- **Zumba:** Thursdays at 11am
- **DayBreak** every Thursday 11:30am-2:30pm
- **Flex and Tone:** Thursdays at 9:30
- **Stretch Break:** Fridays at 9am
- **Music Jam:** Fridays at 11:30 am
- **Scrabble:** Fridays at 12:15pm
- **Camera Club:** First and third Wed. of every month



The Hudson Senior Center Bus begins running at 8am and ends at 3:30pm between Hudson and Marlborough Mon –Fri. **Call 978-568-9638 the day before** your schedule appointments and call 2 days before appointments if you need the **wheel chair lift**. This is a FREE service but donations are greatly appreciated! Give us a call ☺

Come play chess at The Hudson Senior Center
Chess Tuesdays are at 1 pm at the Hudson Senior Center. All levels are welcome. *Come on down!*

Free Legal Advice with Attorney Bergeron
15 minutes of Free Advice

Wednesday, March 13th
1pm-3pm~by appointment only



All musicians wanted

If you play an instrument come to the Senior Center on Fridays and join our Music Jam Session at 11:30am! It is very entertaining! All are welcome. PLEASE COME AND SHARE YOUR TALENT.

Hearing Clinic
Tuesday, March 12th

starting at 9:30am
With Michael Drennan from Rogers Hearing Solutions
Call 978-568-9638 for an appointment

Hudson Senior Center
March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a Mon. Chair Pilates 09:30a Knit and crochet 10:00a 13 Things about Ed 10:00a Line Dancing 11:30a Lunch at Center 12:00p Mah Jong 12:30p Bingo 04:30p PM Fitness	08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a AARP TAXES 09:30a Bridge 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Food Shopping 10:40a Parkinsons Exercise 11:30a Lunch at Center 11:30a Open Paint Studio 01:00p Chess 04:30p PM Fitness	08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Yoga 09:00a Walking Club 09:30a Gift Shop 09:45a Billiards League 10:00a Water Color Class 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mtng 01:00p PM Cards 02:00p Chair Yoga 07:00p Camera Club	08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a Blood Pressure 09:30a Flex & Tone 09:30a Gift Shop 10:00a Water Color Class 10:00a Food Shopping 10:00a Quilting 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm 04:30p PM Fitness	08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a Stretch break 09:30a Quilting 11:15a Chair Pilates 11:30a Lunch at Center 11:30a Music Jam 12:15p Scrabble 12:30p PM Bridge		
10	11	12	13	14	15	16
08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:30a Knit and crochet 09:30a Mon. Chair Pilates 09:30a Friends Meeting 10:00a Line Dancing 10:00a Mobile Library 10:30a Hearing Eval 11:30a Lunch at Center 12:00p Mah Jong 12:30p Bingo 04:30p PM Fitness	08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Yoga 09:00a Walking Club 09:30a AARP TAXES 09:30a Bridge 09:30a Gift Shop 09:45a Billiards League 10:00a Water Color Class 10:30a Brain Health 1 10:30a Brain Health 2 11:30a Lunch at Center 11:30a Open Paint Studio 12:30p Bingo 11:30a Lunch at Center 11:30a Open Paint Studio 12:30p Movie Day 01:00p Chess 04:30p PM Fitness	08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a Vets Talk 09:30a Blood Pressure 09:30a Flex & Tone 09:30a Gift Shop 10:00a Water Color Class 10:30a Brain Health 2 10:30a Brain Health 1 11:30a Lunch at Center 11:30a Open Paint Studio 01:30p Bergeron Advice 02:00p Chair Yoga	08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a Stretch break 09:30a Quilting 10:00a Chair Pilates 11:30a Lunch at Center 11:30a Music Jam 12:15p Scrabble 12:30p PM Bridge			
17	18	19	20	21	22	23
08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library	08:00a Billiards 08:00a Bread and Pastry 08:00a Library 08:00a Walk in	08:00a Billiards 08:00a Bread and Pastry 08:00a Library 08:00a Walk in	08:00a Billiards 08:00a Bread and Pastry 08:00a Library 08:00a Walk in	08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
08:00a Walk in 08:30a AM Fitness 09:30a Knit and crochet 09:30a Mon. Chair Pilates 10:00a Line Dancing 11:30a Lunch at Center 12:00p Mah Jong 12:30p Bingo 04:30p PM Fitness	08:30a AM Fitness 09:00a AARP TAXES 09:30a Bridge 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Food Shopping 10:40a Parkinsons Exercise 11:30a Lunch at Center 11:30a Open Paint Studio 12:30p Movie Day 01:00p Chess 04:30p PM Fitness	08:30a AM Yoga 09:00a Walking Club 09:30a Gift Shop 09:45a Billiards League 10:00a Water Color Class 10:30a Genealogy 11:30a Lunch at Center 11:30a Open Paint Studio 12:30p Bingo 01:00p PM Cards 02:00p Chair Yoga 07:00p Camera Club	08:30a AM Fitness 09:30a Blood Pressure 09:30a Flex & Tone 09:30a Gift Shop 10:00a Food Shopping 10:00a Quilting 11:00a AM Zumba 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm 04:30p PM Fitness	08:00a Walk in 09:00a Stretch break 10:00a Quilting 11:15a Chair Pilates 11:30a Lunch at Center 11:30a Music Jam 12:15p Scrabble 12:30p PM Bridge		
24	25	26	27	28	29	30
08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:30a Knit and crochet 09:30a Mon. Chair Pilates 10:00a Line Dancing 11:30a Lunch at Center 12:00p Mah Jong 12:30p Bingo 04:30p PM Fitness	08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a AARP TAXES 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Assessors Visit 11:30a Lunch at Center 12:00a Food Shopping 10:40a Parkinsons Exercise 11:30a Lunch at Center 11:30a Open Paint Studio 12:30p Global Warming docu. 01:00p Chess 04:30p PM Fitness	08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a Vets Talk 09:30a Blood Pressure 09:30a Flex & Tone 09:30a Gift Shop 10:00a Water Color Class 10:00a Fun Tech 101 11:30a Lunch at Center 12:30p Bingo 01:00p PM Cards 02:00p Chair Yoga	08:00a Billiards 08:00a Bread and Pastry 08:00a Cribbage 08:00a Library 08:00a Walk in 08:30a AM Fitness 09:00a Stretch break 10:00a Quilting 11:15a Chair Pilates 11:30a Lunch at Center 11:30a Music Jam 12:15p Scrabble 12:30p PM Bridge			

For cancellations please call: 508-573-7246

March 2019

Menu Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
Sodium (Na⁺) is listed in milligrams next to each menu item.		This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.		Meals are based on a No Added Salt diet for healthy older adults.				1		
All Meals include 1% 110 Calories, 125mg Sodium		Higher sodium items are marked with an asterisk* (>500mg)				Beef and Lentil Chili		260		
						Brown Rice		5		
						Mixed Vegetables		88		
						Rye Bread		150		
						Blueberry Yogurt		75		
								Total Sodium(mg): 703		
								Calories: 718		
4	Na+	5	Na+	6	Ash Wednesday	Na+	7	Na+	Na+	
Navy Bean Soup	222	Chicken Picatta	401	Tomato Florentine Soup	164	Roast Pork w/Apple Gravy	156	Broccoli Bake	482	
Pork and Red Pepper Pasta	122	Tricolor Rotini	1	Haddock w/Lemon Dill Sauce	362	Butternut Squash	10	Home Fries	5	
Wheat Bread	160	Riviera Vegetable Blend	140	Red Bliss Potatoes	4	Green Beans	3	Stewed Tomatoes	150	
Applesauce	0	Wheat Dinner Roll	105	Multigrain Bread	164	Dinner Roll	132	Multigrain Bread	164	
		Chocolate Cake	410		Fig Bar	100	Mixed Fruit	10	Fresh Pear	0
		D: Choc Grahams	95	D: Lorna Doones	100					
Total Sodium (mg):	629	Total Sodium(mg):	###	Total Sodium(mg):	919	Total Sodium(mg):	436	Total Sodium (mg):	926	
Calories:	650	Calories:	664	Calories:	670	Calories:	512	Calories:	722	
11	Na+	12	Na+	13	Special, High Sodium	Na+	14	Na+	Na+	
Gypsy Soup	272	Hawaiian Meatballs	247	*Corned Beef Hash	874	Vegetable Gumbo Soup	50	Potato Pollock w/Tartar Sce	373	
Chicken Marsala	395	White Rice	90	Braised Cabbage	25	Turkey with Herb Gravy	389	Potato Wedges	273	
Garlic Mashed Potatoes	66	Broccoli	10	Parslied Carrots	64	Cinnamon Sweet Potatoes	31	Brussels Sprouts	12	
Wheat Bread	160	Multigrain Bread	164	Rye Bread	150	Dinner Roll	132	Wheat Bread	160	
Diced Peaches	5	Mandarin Oranges	7	Pineapple Whip	87	Strawberry Cup	0	Fruit Crunch Bar	80	
						D: Strawberry Yogurt	75	D: Grahams	95	
Total Sodium (mg):	###	Total Sodium (mg):	643	Total Sodium(mg):	1325	Total Sodium (mg):	727	Total Sodium(mg):	1023	
Calories:	597	Calories:	617	Calories:	651	Calories:	601	Calories:	921	
18	Na+	19	Na+	20		Na+	21	Na+	Na+	
Swedish Meatballs	220	Cheesy Cauliflower Soup	319	Chicken Teryaki	362	White Bean Kale Soup	211	*Lasagna Roll w/Marinara	625	
Parslied Noodles	4	Pork w/Rosemary Gravy	156	Vegetable Fried Rice	98	Shepherd's Pie	136	Italian Vegetable Blend	41	
Spinach	65	Yukon Gold Potatoes	4	Asian Vegetable Blend	21	Multigrain Bread	164	Italian Bread	230	
Pumpernickel Bread	155	Wheat Dinner Roll	105		Wheat Bread	160	Lorna Doones	100	Raisins	4
Chocolate Pudding	135	Escalloped Apples	39		Fortune Cookie	6				
D: SF choc pudding	156	D: Cinnamon Apples	10		Clementine	1				
Total Sodium(mg):	704	Total Sodium(mg):	748	Total Sodium(mg):	766	Total Sodium(mg):	736	Total Sodium(mg):	1025	
Calories:	672	Calories:	622	Calories:	647	Calories:	677	Calories:	676	
25	Na+	26		27			28		29	
Chicken Brunswick Stew	365	Autumn Harvest Soup	162	BBQ Pulled Pork	448	Meatloaf w/Gravy	284	Haddock Newburg	364	
Brussels Sprouts	12	Homestyle Chicken Drumstick	450	Baked Beans	152	Sour Cream & Chive Mashed	68	Wild Rice Pilaf	140	
Buttermilk Biscuit	340	Macaroni & Cheese	195	Winter Vegetable Blend	29	Italian Green Beans	3	Scandinavian Blend	61	
Diced Pears	5	Multigrain Bread	164		Hamburger Roll	230	Wheat Bread	160	Multigrain Bread	164
		Pineapple	1		Vanilla Yogurt	50	Almond Cookie	181	Strawberry Cup	0
						D: Maple Waffle Grahams	115	D: Applesauce Cup	0	
Total Sodium(mg):	847	Total Sodium(mg):	###	Total Sodium(mg):	1034	Total Sodium(mg):	821	Total Sodium(mg):	854	
Calories:	516	Calories:	699	Calories:	681	Calories:	938	Calories:	570	