

**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 Springwell Elder Services (Hudson's Aging Service Access Point) and private homecare agencies to help families age in place at home.
- **Ongoing Case Management**

**Senior Center Staff:**

- Janice Long, Director (ext 470)
- Virginia Figueiredo, Administrative Secretary (ext.471)
- Holly Richardson, Social Service Advocate (ext 475)
- Ana Terra-Salomão, Bilingual Social Service Advocate (ext 476)
- Lennie Bowen, Full Time Bus Driver
- Jack Veo, Part-time Bus Driver
- John Wesinger, Part-time Bus Driver

**Social Activities:**

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

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

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

**Meetings:**

**The Council on Aging Board** –2nd 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.*

## September 2024 STATE REP. KATE HOGAN'S SENIOR NEWS



### FY25 Budget Highlights for Seniors

Against a financial landscape that has fluctuated since the pandemic with unprecedented and unexpected expenses, the Massachusetts Legislature has worked steadily to balance the current needs of the Commonwealth with investments in future growth.

The \$58 billion FY25 budget that is in place includes investments important to seniors, including:

**Care options that enable older adults to remain living independently in the community if they choose to do so;** This year, more than \$235 million will fund individual home care organizations through the Elder Home Care program. In addition, this year's budget maintains funding for the Personal Care Assistants (PCA) program and allocates more than \$100 million for Elder Home Care Case Management and a \$1.2 million grant program to provide advanced skill training for the home care aide workforce. A policy provision enables free rides on regional transit agencies, such as the CatchConnect in Hudson.

**Addressing a broad range of health and well-being needs,** including chronic disease, social isolation, housing insecurity and financial challenges; The annual spending bill includes increased year-over-year funding for MassHealth and investments in Elder Mental Health Outreach Teams (EMHOTs), protective services, Meals on Wheels and other important programs. Also included are additional funds to help the Serving the Health Insurance Needs of Everyone (SHINE) program and Councils on Aging meet increased demands from the growing aging population in the Commonwealth.

**Assistance with housing;** through increased line-item spending on the supportive senior housing program at state and federally assisted housing sites, congregate and shared housing services for the elderly, residential assessment and placement programs for homeless older adults, and nursing facility supplemental rates. Investments in the Mass Rental Voucher Program, Residential Assistance for Families in Transition (RAFT) program and the Home Base program were also increased.

**In the Third Middlesex District,** Rep. Hogan earmarked funds to: install fire-fighting cisterns in Stow; repair and replace culverts in Bolton for road safety; and to support senior programming at the Maynard Council on Aging; as well as to Warm Hearts of Stow to help Stow seniors facing financial difficulties; Fresh Start Furniture Bank and its efforts to provide home furnishings for people in need; and the MetroWest Food Collaborative for expanding access to healthy food.

For more information on any of these policies, please feel welcome to contact our office.

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

**Upcoming Office Hours:** September 13, 12:30 – 1:30 pm at the Hudson Public Library

## ***Hello to Everyone,***

I hope you are all well. We have a lot of information in this newsletter.

You may notice that our newsletter looks different. This is because our Friend's Organization purchased a new highspeed copy machine for our senior center. The staff and I are very grateful for their generosity and constant support. Thank you so much!!

The Medicare Open Enrollment Period is approaching. From Oct 15th through Dec 7th 2024, you have the opportunity to review and make changes to your health insurance and prescription drug plans for next year. Holly, Ana and Janice, Hudson SHINE Councilors, will be attending a formal training regarding the 2025 Medicare health and prescription drug plan changes. We will be ready to assist you in reviewing your current plans and explore new options for next year if needed. We will have more on this next month, but it is something you should start thinking about now.

Some things you might find interesting. More info in our newsletter

- The Hudson Health Department will have a Flu Clinic on Saturday, Oct 5<sup>th</sup> from 12:00 - 3:00pm.
- Learn how to make delicious hearty homemade soups for the fall and winter. Be a Soup Master
- Having trouble sleeping? Sign up for the "How to get better sleep" presentation!
- The Hudson Rotary Club will sponsor another breakfast for seniors in Sept at our center see info in the newsletter.

Come and admire the stunning, handmade king-size quilt donated by the Silver Thread Quilting Group, crafted by Lawnie Roberge. Our Friends Organization will be raffling this beautiful quilt starting in September. The lucky winner will be drawn at the Friend Annual Fair on Saturday, November 2, 2024. Raffle tickets can be purchased at the Senior Center front desk. Don't miss your chance to own this incredible quilt that truly is a piece of art.

**Thank you ~ Janice**

**Reminder: The Senior Center is CLOSED on Monday, September 2<sup>nd</sup>**



### **Back by Popular Demand...**

#### **Left Center Right Dice Game with Diane Durand**

**Friday, September 13<sup>th</sup> at 1:00 pm – 2:00 pm**

Left Center right is a dice game of luck and strategy. Players start with a few chips and then take turns rolling the dice to determine which direction they should pass their chips. The first player rolls the three Left Center Right dice and what happens next is determined by what the dice reveal. Rolling a LEFT indicates how many tokens you pass to the LEFT. Rolling a STAR indicates how many tokens you put in the center. The object of LCR is to be the only player with any remaining chips. The senior center will provide snacks, but you could bring your own as well. **Please call to sign up for this so we know how many people will attend. Thank you**



### **Hiking Day at Cook Conservation in Lancaster**

**Monday, September 16<sup>th</sup> at 9:00am**

Meet at hike. Take 117 through Bolton then a right on route 70 in Lancaster, the trail is about 2 miles on 70 on left go slow or you will miss it! If you come to Dunkin Donuts then you went too far. Only about 15 -20 min from Hudson. Gary will park his white car near entrance to trail. Bring walking sticks and appropriate attire. Call to sign up!

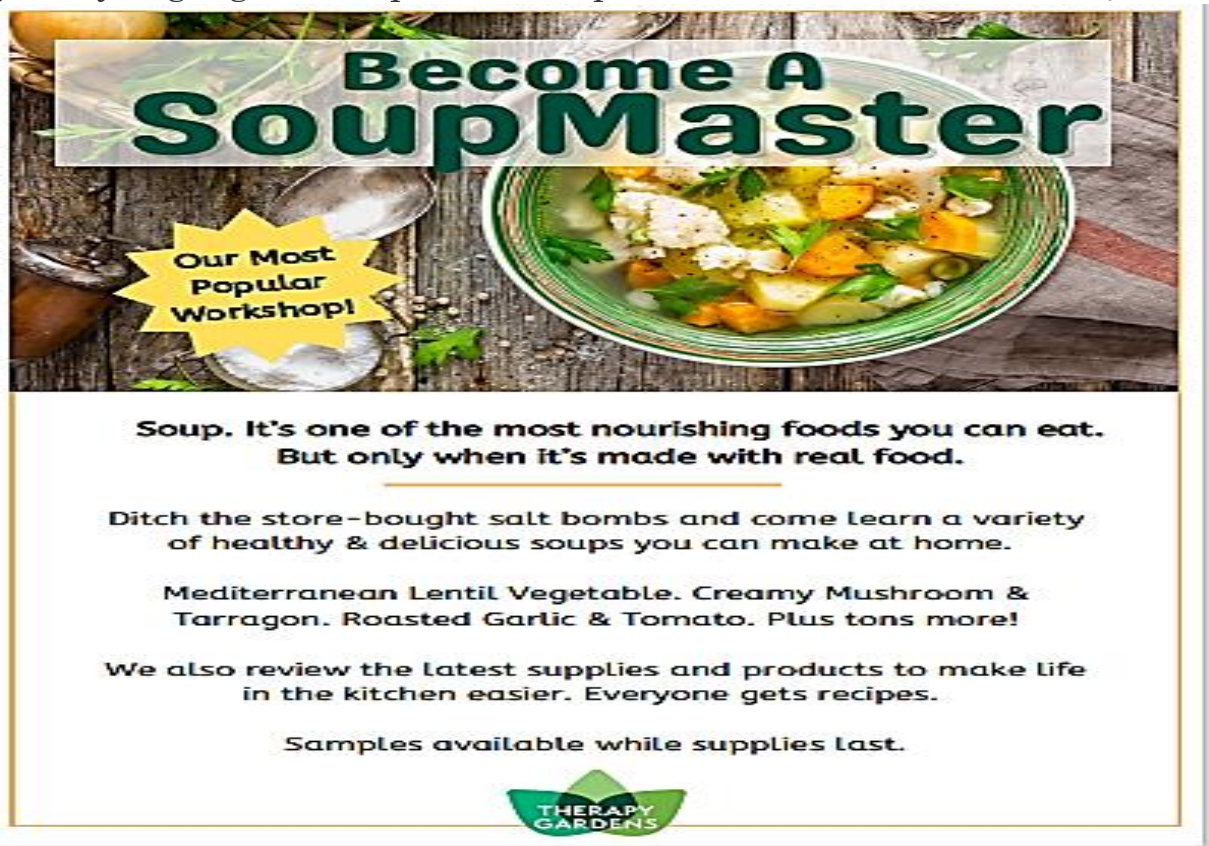


Learn how to make hearty homemade soups for the fall and winter with this Popular workshop by Therapy Gardens

Tuesday, September 17<sup>th</sup> at 1pm

Sign up in person beginning Wednesday, September 4<sup>th</sup>

Not only will you get great recipes but samples will be available. Cost is \$5.00



**Become A Soup Master**

**Our Most Popular Workshop!**

**Soup. It's one of the most nourishing foods you can eat.  
But only when it's made with real food.**

**Ditch the store-bought salt bombs and come learn a variety of healthy & delicious soups you can make at home.**

**Mediterranean Lentil Vegetable. Creamy Mushroom & Tarragon. Roasted Garlic & Tomato. Plus tons more!**

**We also review the latest supplies and products to make life in the kitchen easier. Everyone gets recipes.**

**Samples available while supplies last.**

**THERAPY GARDENS**

**Breakfast with our friends from the Hudson Rotary Club**

**Friday, Sept. 27<sup>th</sup> at the Hudson Senior Center 7:30 am- 8:30am**

Our Friends from the Hudson Rotary Club, with support from Hudson's Rail Trail, are sponsoring another delicious breakfast for Hudson Seniors at no cost to you. The menu will include eggs, bacon, pancakes, toast, fruit cup, coffee/tea, and juice. You must call 978-568-9638 to sign up!

Thank you to our local Rotarians!

**Please call to sign up. Sign-ups start Wednesday, September 4<sup>th</sup> Limited to 50 people**

### **Get Better Sleep**



**Join us on Tuesday Oct. 1<sup>st</sup> at 9:30 am for a great presentation on  
How to get Better Sleep**

Getting enough of the right kind of sleep keeps you healthy and alert. But many older adults have trouble sleeping.

Learn how to improve your sleep by making slight adjustments to your routines and by practicing specific mental tips to help you fall asleep faster.

We will also review the foods you should (and should not) eat before bedtime, as well as nighttime safety tips for practicing "Safe Sleep" and much more!

This will be great for people with trouble sleeping or the unfortunate partners ☺ All done in an informative and lighthearted manner. ☺ Call to sign up

**SAVE THE DATES:** Registration information coming soon for both clinics

**Hudson's Annual Flu, RSV and Covid-19 Clinic**

**Saturday, October 5<sup>th</sup>**

**at the Hudson High School Gym**

**(69 Brigham St)**

**12:00pm -3:00pm**

Contact the Hudson Health Department with any questions

978-562-2000 or email ([health@townofhudson.org](mailto:health@townofhudson.org))

**And**

**Tuesday, October 8<sup>th</sup> 9am -11am at the Hudson Senior Center**

**Flu, RSV and Covid-19 clinic**

The Hudson Health Department is offering a second Flu, RSV and Covid-19 clinic

For senior citizens on Tuesday Oct 8<sup>th</sup> from 9 am – 11 am at the Hudson Senior Center.

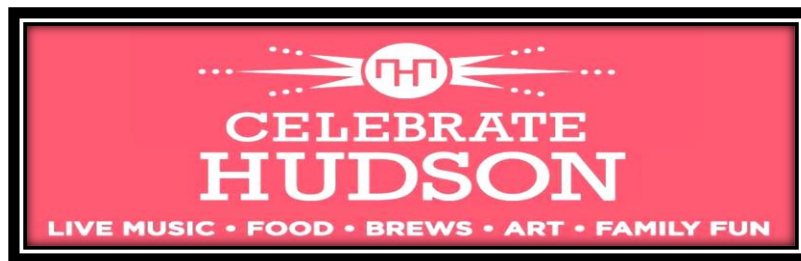
Call the Senior Center at 978-568-9638 to sign up. You must bring your Medicare and other health insurance cards with you. If you do not have insurance, you will still be able to get your vaccines.



**“VETS TALK” A program for Veterans**

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

Vets Talk is a group of veterans who 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.



Saturday, September 14<sup>th</sup> for CELEBRATE HUDSON 2024 – a FREE, town-wide festival that promises something for everyone! From 1 PM to 9 PM, Main Street in Hudson, MA, will transform into hub of activity, celebrating the spirit and community of our wonderful town.

**Reminder: A special trip to the Auschwitz Exhibit in Boston**

**Monday, September 9<sup>th</sup> 2024 (*Trip is Full*)**

The Hudson Senior Center will pay for the bus, thanks to the financial gift of Mr. Arthur Walker.

Here are the details: **Those attending, please try to carpool to the senior center!**

- Please arrive at the senior center by **9:15 am**. We'll be leaving promptly at 9:30am.
- Our tour starts at 11:00am and will conclude between 12:30 pm and 1:00 pm.
- We'll depart from Boston by 1:30pm.
- Enjoy a bagged lunch with a turkey and cheese sandwich, chips, and a refreshing drink for the ride home.

## ***"Movie Day" at the Center***



Here is the listing for the movies in September. **Due to the limited space for each viewing, you must sign up by calling 978-568-9638.** Come and join us at 12:30pm for the following movies:

### **Monday, September 16<sup>th</sup> & Friday, September 20<sup>th</sup> – My Sailor, My Love**



Howard, a retired sailor and widower, lives in a house by the sea. His adult daughter Grace hires a caretaker for her father, a lady in her mature years, Annie. Recluse and stubborn, Howard rejects Annie's company, but eventually opens his heart and gives his final love a chance. Grace has her own crisis to unravel and finds her father's romance difficult. Her father's new love reminds her of the affection she missed, as a child and now again as an adult. Annie must face the complex father-daughter relationship, while Howard and Grace must realize their own imperfections.

***Runtime: 1hr 43min***

### **Monday, September 23<sup>rd</sup> & Friday, September 27<sup>th</sup> – The Long Game**



In 1956, JB Peña and his wife moved to the small town of Del Rio, TX, partly for a job as a school superintendent, but mostly to fulfill JB's dream of joining the prestigious, all-white Del Rio Country Club. So, when JB is rejected on the basis of his skin color, he is devastated. But his world soon collides with a group of young Latino golf caddies who work at the country club, and JB is inspired by the handmade course the boys built in the country to teach themselves golf. With little experience and even fewer resources, JB convinces the boys to start their own high

school golf team, starting them all on a journey where they learn that it takes more than just golf skills to make history.

***Rating: PG Runtime: 1hr 52min***



### **15-minute Legal Advice with Christine Boutin**

**Tuesday, September 10<sup>th</sup> from 9:30am-11:00am**

Attorney Boutin will be available for private 15-minute sessions the second Tuesday of the month by appointment only. 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.



**Christine Boutin**  
Elder Law Attorney  
Mirick O'Connell

### **Monthly Support Groups at the Senior Center**

Led by Alex O'Hare, Community Social Worker for the Town of Hudson  
Call the senior center today to reserve a spot with these groups.



#### **❖ Bereavement Group**

**Monday, September 9<sup>th</sup> & September 23<sup>rd</sup> at 1pm**

#### **❖ Caregivers Support Group**

**Thursday, September 5<sup>th</sup> & September 19<sup>th</sup> at 1pm**



Hudson Senior Center presents...

## Travel Presentation on the following trips on:

**Monday, September 30<sup>th</sup> at 1pm**

(Call to Sign up if you are interested in these trips or if you just like hearing about travel!)

### **Sunny Portugal** Departing November 9, 2025



Lisbon, Alentejo, Algarve & Portuguese Riviera

with optional 4-Night Madeira Island Post Tour Extension

Highlights....Lisbon • Choice on Tour: "Calçadas" Walking Tour or "The Way of the

Cod" Tour • Belem • Cork Factory • Evora Alentejo • Lagos • Algarve • Portimão •

Setúbal • Portuguese Riviera • Obidos • Sintra • Choice on Tour: National Palace of Sintra or

Walking Tour • UNESCO World Heritage Sites

10 Days • 13 Meals: 8 Breakfasts • 2 Lunches • 3 Dinners

**Per Person Rates: Double \$3,799; Single \$4,299**

Included in Price: Roundtrip Airfare, Hotel, Miscellaneous, \$200 Offer (Air Booking Bonus BOS - (Dollar amount per person)), Air Taxes, Hotel Transfers. Not included in price: Insurance (\$549.00)

### **Canyon Country featuring Arizona & Utah** Departing April 17, 2026



Highlights....Scottsdale • Kaibab National Forest • Grand Canyon • Choice on Tour:

Rafting on Horseshoe Bend or Rainbow Bridge Tour Bryce Canyon National Park •

Zion National Park • Las Vegas

8 Days • 11 Meals: 6 Breakfasts • 2 Lunches • 3 Dinners.

**Per Person Rates: Double \$3,999; Single \$4,999; Triple \$3,949**

Included in Price: Roundtrip Airfare, Attraction, Miscellaneous, \$50 Offer (Air Booking Bonus BOS - (Dollar amount per person)), Air Taxes, Hotel Transfers. Not included in price: Insurance (\$429.00)

*Informational flyers available at the front desk*

## **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 Springwell Elder Services.***

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

**Please contact Lisa Bazarian Gardner at 978-568-9638**

**Or email at [lbbazarian@gmail.com](mailto:lbbazarian@gmail.com) for more information.**

## **Nursing/Blood Pressure Clinic on Thursdays. All weeks now at 9:30am**



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



## Hudson Senior Center Trips 2024

### **Wednesday, October 23<sup>rd</sup> Rod Stewart- The Ultimate Tribute Show**

This is the ultimate Rod Stewart tribute by Rick Larrimore. Fronted by the astoundingly Rod-like Rick Larrimore, the show covers the rock legend's entire career from his early years, through the disco 80's, to Rod Stewart's latest venture into great American classics. Fueled by a dynamic five-piece band, dancing girls, and state of the art sound and lights, this is the most authentic Rod Stewart tribute concert as you could ever imagine. Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken Piccata or Wild Mushroom Risotto served with salad, potato, vegetables, breads, dessert and coffee/tea. No refunds for cancellations received after 09/20/24.

**Price: \$129.00pp**

### **Monday, October 28<sup>th</sup> -Thursday, October 31<sup>st</sup> The Ultimate Gambling Getaway**

The perfect combination of fun, excitement, luxury, and sightseeing. Enjoy incredible first-class 4-Star/4-Diamond accommodations at three amazing casino's - Windcreek Casino & Resort / Live Casino & Resort / Mohegan Sun Casino Pocono's. Our touring will include the backroads of the Penn Dutch Country, the incredible show DANIEL at Sight & Sound Theatre, Guinness Factory tour, City of Baltimore Tour, Hyde Park, NY with the Home of President Roosevelt, the Vanderbilt Mansion, and more! **Sign up Now!!**

**Price: \$1399.00pp double/ \$1899 single**

### **Wednesday, November 13<sup>th</sup> The Sicilian Tenors- Downton Abbey**

Coming off their highly successful Nationwide Broadcast – An Evening with the Sicilian Tenors as featured on Downton Abbey and airing once again on PBS Stations across the country. Among the songs performed at select Highclere Castle locales by The Sicilian Tenors are With A Song in My Heart, If You Were the Only Girl in The World, I Hear You Calling Me, Stardust, and the Libiamo ne' lieti calici (from La Traviata). Now is your opportunity to hear the songs and enjoy an amazing reproduction of this special concert live. Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Thanksgiving dinner with all the fixings and sides or Vegetable Lasagna. Also served dessert and coffee/tea. No refunds for cancellations received after 10/10/24.

**Price: \$129.00pp**

### **Wednesday, December 4<sup>th</sup> Kenny & Dolly: A Smokey Mountain Christmas**

"A Smoky Mountain Christmas", starring Wendy T and Dave Karl recreates the magic of Country Music's Favorite Couple - Kenny Rogers and Dolly Parton. This incredible show recreates their incredible - Once Upon A Christmas Album and their subsequent CBS special in 1984 titled Kenny & Dolly: A Christmas to Remember. Of course, no show would be completed without the full list of their greatest hits such as: The Gambler, Lady, Lucille, We've Got Tonight, Jolene, 9 to 5, I Will Always Love You, Coat of Many Colors, Islands in the Stream, and so many more. Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken parmesan or eggplant rollatini Also served with salad, potato, veggie, dessert and coffee/tea. No refunds for cancellations received after 10/31/24. No refunds for cancellations received after 10/10/24

**Price: \$129.00pp**

*Information flyers available at the senior center. All trips depart from Riverside Parking lot on Chapin Rd in Hudson. Prices do NOT include driver gratuity.*



## Message from the Friends...

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

The Friends' annual Fall Fair is taking place on Saturday, November 2<sup>nd</sup> from 9am-2pm. We are thankful to all of our volunteers who have helped to make this day such a success in the past! This year will be no exception-we will need volunteers to help prior to and during the Fair. A Volunteer sign-up sheet will be available in the lobby starting in September. Please consider helping the Friends make this year's Fair a success!

The Friends is having great success in expanding the Gift Shop with additional hours and items for sale, all with the help of our volunteers!

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.

### SAVE THE DATE....



### Hudson Senior Center Fair Saturday, November 2<sup>nd</sup> at the Hudson Senior Center



Crafts, baked goods, quilts made by our talented quilters, beautifully knitted and crocheted items, Holiday items, raffle baskets and crafts, and much more

### Medical Equipment Lending Program



For seniors in need of a wheelchair, walker, shower chair, transfer bench, commode or cane. The Senior Center can provide the item on loan at no charge, based on availability. The Senior Center also has a variety of incontinence pads/underwear that have been donated. Please call the center to **check on availability** 978-568-9638.

### Hudson Farmers' Market



**Dates:** June 18<sup>th</sup> - September 24<sup>th</sup>

**When:** Tuesdays 3:30- 6:30pm

**Where:** Hudson Town Hall

The Farmer's Market features both new and returning vendors along with Market Music. In addition to abundant fruits and vegetables, this year's market offers locally sourced meat, cheese, milk, eggs, wine, pasta, soap, honey, greeting cards, preserves, pickles, and sweet and savory baked goods.

**WestRidge Cares** has been kind enough to offer help to Hudson seniors who are struggling with the cost of pet supplies. Animals provide companionship and love to their owners and want to provide the best care to their animals.



For some, it is difficult to pay for food and pet supplies. Petco gift cards will be donated to the senior center for seniors in need. If you or another senior you know is struggling to meet their animals' need, please call Alex O'Hare to complete eligibility screening.



## Fitness Classes



### **In-person fitness classes:**

You must call the senior center to sign up.

- **AM Cardio & Weights w/ Sharon- Mondays & Wednesdays 8:30-9:15am**  
(The class will be limited to 20 people) *Cost: \$12/month*
- **Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Stress Reduction with Qigong w/ Lou- Tuesdays from 9:30 to 10:30am -No charge**
- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am – Cost: \$10/month**
- **Mat Pilates with Jennifer: Thursdays at 9:00am -Cost: \$10/month**

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

- **Stretch class with Sharon - Thursdays 10:15 -11:00am**  
(The class will be limited to 20 people)

- **Afternoon Parkinson's Exercise class Thursdays at 1pm - Cost: no charge**

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

- **Mat-based Yoga w/ Sharon: Fridays at 8:30am – Cost: \$10/month (No Class on 9/27)**
- **Beginners Line Dancing Class - Fridays 10:00am Cost is \$10.00/month**
- **Beginner Plus: Beyond Beginner Line Dancing - Fridays 11:00am Cost is \$10.00/month**



### **Online Zoom fitness classes:**

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

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

## ***Transportation News...***

**Food Shopping Days** Food shopping days are Tuesdays and Thursdays for all Hudson seniors.



### **Tuesdays & Thursdays**



- Market Basket: pick-ups beginning at 9am
- Stop and Shop, Shaw's or Walmart: pick-ups beginning at 10am
- Stop and Shop, Shaw's or **Target**: pick-ups beginning at 10am  
(Target: September 5<sup>th</sup>...1<sup>st</sup> Thursday of the Month only!)

Please call at least a day ahead before 3:30pm for Shopping as well as all Medical Appointments  
*Seatbelts must be worn on the bus*

**Lunches at the Center on Wednesday & Thursday at 11:30am**  
You must call at least the day before (before 11am) to order

*Call Kitchen to sign up at 978-568-9638 option #3 (meal on wheels)*

#### **Wednesday, September 4<sup>th</sup>**

Cold Menu: Tuna salad, potato salad and spinach w/mandarin orange salad

Hot Menu: Black bean & barley chili and brussel sprouts

#### **Thursday, September 5<sup>th</sup>**

Cold Menu: Chicken salad, quinoa tabbouleh salad and beet salad

Hot Menu: Broccoli & cheese stuffed chicken, macaroni and cheese and fresh zucchini

#### **Wednesday, September 11<sup>th</sup>**

Cold Menu: Tuna Salad, potato salad, squash zucchini and red onion salad

Hot Menu: Pot roast beef burgundy, sour cream & chive mashed potatoes and green beans

#### **Thursday, September 12<sup>th</sup>**

Cold Menu: Turkey, swiss cheese, broccoli feta orzo salad, chickpea, cucumber and tomato

Hot Menu: Chicken & rice bake and carrots

#### **Wednesday, September 18<sup>th</sup>**

Cold Menu: Roast beef, provolone, garden shell past salad and root vegetable salad

Hot Menu: Chicken w/ sauté vegetables, jasmine coconut rice and spinach

#### **Thursday, September 19<sup>th</sup>**

Cold Menu: Turkey, swiss cheese, mayo, potato salad, squash zucchini and red onion salad

Hot Menu: Pot roast with gravy, mashed potatoes, peas and carrots

#### **Wednesday, September 25<sup>th</sup>**

Cold Menu: Egg salad, mayo, lettuce, 3 bean salad, spinach and mandarin orange salad

Hot Menu: Macaroni & cheese, broccoli and cauliflower

#### **Thursday, September 26<sup>th</sup>**

Cold Menu: Roast beef, broccoli slaw and garden shell pasta salad

Hot Menu: Quinoa white bean casserole and brussel sprouts

*Suggested Voluntary Donation of \$3*

*Menu is subject to change*



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

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

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

### Creative Groups

#### Craft Group

**Mondays 12:00-3:00pm**

Do you have an unfinished craft project that you would like to see completed? Bring it with you and work on it in a creative environment with a lot of laughter thrown in.

2<sup>nd</sup> Floor - Craft Room

#### Knit & Crochet Group

**Wednesdays 9:30am**

These ladies work wonders with all kinds of yarn.  
Come share your talent and ideas with them.

2<sup>nd</sup> Floor - Craft Room

#### Memoir Group

**Friday, September 6<sup>th</sup>  
from 1-3pm**

We have a writing group that meets at our center select Fridays. Walk-ins are also welcome to join this group and perfect your writing skills

#### Open Painting Studio

**Tuesdays 10:00-12:00pm**

No teacher, but creative artists, willing to support others and work in different mediums of painting.

2<sup>nd</sup> Floor - Craft Room

#### Silver Threads Quilting Group

**Thursdays and Fridays 10:00am**

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

2<sup>nd</sup> Floor - Craft Room

### Senior Center Lending Library

Donations made to our Library are appreciated  
with Copyright date no earlier than 2015.

### Group Activities

#### Bingo



**Wednesdays 12:30pm**

#### Bridge

**Fridays 12:30- 3pm**

#### Chess

**Tuesdays 1:00pm**

#### Cribbage

**Monday – Friday 8:30-11:30am**

#### Mah Jong

**Mondays & Thursdays 12:00pm-3pm**



#### Billiard Room

**Monday – Friday 8:30-3:30pm**

2 tables available

#### Scrabble

**Fridays 12:15pm**



### Gift Shoppe

**Open: Mondays, Tuesday,  
Thursdays & Fridays  
9:30am - 12:30pm**

**Wednesdays 10am-1pm**

Looking for Crafts and Handmade items for the  
Gift Shoppe.

Please Stop by and see the new changes  
being made to the Gift Shop!



**Coming Soon... Medicare Open Enrollment!**

I can't believe that I am already writing about the Medicare Open Enrollment Period for this upcoming year, it feels like just yesterday was the first day of summer! Please be on the lookout for our pre-enrollment form that should be filled out by you to give us, as SHINE counselors, with your updated insurance information. You can expect to see this in the **October** newsletter. We would appreciate you filling this out as best you can to make sure we have your updated list of doctors, medications, and any other pertinent information. As many of you know, your medical and prescription drug plans can change from year to year. It is very important to have your health insurance plan reviewed for next year, regardless of how well you think it has been for you for this past year. Premiums can change, copayments can change, and even the list of medications a plan will cover next year, can change. It is essential to have your coverage reviewed by a SHINE counselor every year. You can have this reviewed and can change your plan for 2025 during the Open Enrollment Period, which is October 15 until December 7, 2024. During this time, we not only review your plan changes and options, but we also use this time to re-screen you for any assistance programs you may be eligible for. I know I told a lot of people last year to contact me about the new Medicare Savings Programs and their new income/assets limits, and the OEP would be a great time to address this and determine possible eligibility! If you would like to sign up to meet with a SHINE counselor during the Open Enrollment period, contact the Hudson Senior Center at 978-568-9638 for an appointment. You can also complete the Pre-Enrollment form and bring it to the Senior Center, and a SHINE counselor will be in contact with you to schedule an appointment. Again, please keep in mind that we are giving you this form in our **October** newsletter.

**SMOC:**

Please be advised that they have **not** started sending recertifications out yet. They have begun to print these applications but have not yet started to disperse them via mail. We will keep you posted once we hear additional information about this.

## INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDAS ÀS SEXTAS DAS 9:30 ÀS 3:30 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476.

### O PROGRAMA SNAP

O Programa Complementar de Assistência Nutricional (SNAP) ajuda indivíduos e famílias de baixa renda a comprar alimentos saudáveis e nutritivos. Um benefício mensal do SNAP a um domicílio depende do tamanho, do rendimento e dos gastos deste domicílio. Se você ou alguém de seu domicílio é um cidadão americano ou um não cidadão legal e ganha menos do que um determinado rendimento, você talvez possa obter benefícios SNAP. Na maioria dos casos, um domicílio inclui todas as pessoas que comprem, cozinham e comem refeições juntas. Se precisar mais informações ou precisar aplicar para o programa SNAP, telefone para Ana Terra-Salomao – 978-568-9638 x 476

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

Este inverno, precisa ajuda com as depressas de aquecimento? O programa do “Smoc” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2024 até o dia 30 de Abril de 2025. Para mais informações telefone para Ana Terra-Salomao, 978-568-9638 x 476

### DATAS IMPORTANTES

Dia 2 de Setembro – O Senior Center estará fechado devido ao feriado de “Labor Day”.

Dias 4, 11, 18 e 25 de Setembro – Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

Dia 10 de Setembro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 10 de Setembro – **Almoço grátis** das 12:00 à 1:00 da tarde no Senior Center patrocinado pelo “Hudson Appliance”. Pode escolher um hamburger, cheeseburger ou hot dog grelhado com salada de batata, chips, coleslaw, água e sobremesa. **Limitado a 50 pessoas.** Telefone para reservar o seu lugar.

Dia 17 de Setembro – Aula sobre como fazer sopas saudáveis para o Outono e Inverno à 1:00 da tarde.

Haverá sopas para provar e receitas para levar para casa. O custo é \$5.00. Bilhetes a venda no Senior Center a partir do dia 4 de Setembro.

Dia 27 de Setembro – Pequeno-almoço grátis às 7:30 às 8:30 da manhã no Senior Center patrocinado pelo “Hudson Rotary Club”. Limitado a 50 pessoas. Telefone para reservar o seu lugar a partir do dia 4 de Setembro.

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

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# Roaring Twenties

## Word Search

**DIRECTIONS:** Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

S	G	A	H	T	U	R	E	B	A	B	I	J	A	T	E	T	J	R	F	D	R	A
A	M	P	R	O	H	I	B	I	T	I	O	N	Y	D	R	J	B	E	V	J	R	Y
V	D	Q	B	T	U	I	G	C	E	N	O	P	A	C	L	A	O	P	F	T	K	A
Y	U	R	I	C	D	I	A	I	R	P	L	A	N	E	Q	Z	Y	P	S	J	K	D
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F	E	C	N	G	I	L	C	O	O	L	I	D	G	E	N	A	I	L	O	O	W	E
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E	L	S	A	I	N	A	L	P	S	E	W	A	D	O	T	B	C	C	F	C	U	K
L	I	S	E	R	N	E	S	T	H	E	M	I	N	G	W	A	Y	K	I	U	I	C
I	N	I	E	E	I	O	F	P	O	L	T	Y	X	R	N	O	M	G	T	D	S	A
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O	T	N	Z	S	T	D	Y	X	V	D	B	A	F	S	N	Y	J	I	G	R	R	B
M	O	E	Q	O	S	C	S	T	P	S	O	E	E	S	P	G	B	D	E	P	M	F
O	N	R	C	R	E	F	J	P	F	I	Q	K	B	I	B	V	O	R	R	S	S	Z
T	C	M	R	P	D	P	X	D	D	K	U	A	J	V	K	S	W	A	A	S	T	H
U	A	E	V	D	U	K	M	A	Z	Q	Y	E	W	I	H	H	H	H	L	A	R	F
A	M	L	L	S	R	O	R	R	K	W	K	P	K	S	L	E	U	V	D	M	O	T
Y	I	R	K	J	T	F	M	R	D	S	O	S	C	M	Q	X	O	L	V	X	N	C
D	K	A	H	I	R	W	K	T	H	B	Y	T	A	N	G	O	G	J	T	F	G	O
V	V	H	U	G	E	H	G	R	E	B	D	N	I	L	S	E	L	R	A	H	C	B
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AIRPLANE  
AL CAPONE  
ART DECO  
AUTOMOBILES  
BABE RUTH  
BLACK TUESDAY  
BOOTLEGGER  
CHARLES LINDBERGH  
COOLIDGE  
DAWES PLAN

DUKE ELLINGTON  
ERNEST HEMINGWAY  
F. SCOTT FITZGERALD  
FLAPPER  
FOXTROT  
GERTRUDE STEIN  
HARDING  
HARLEM RENAISSANCE  
IMMIGRATION ACT  
JAZZ AGE

LOUIS ARMSTRONG  
MASS PRODUCTION  
PROGRESSIVISM  
PROHIBITION  
PROSPERITY  
RADIO  
SPEAKEASY  
SUFFRAGE  
TALKIES  
TANGO

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 08:00a CENTER CLOSED	<b>3</b> 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	<b>4</b> 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	<b>5</b> 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	<b>6</b> 08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 01:00p Memoir Workshop
<b>9</b> 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group	<b>10</b> 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Gift Shop 09:30a Legal Advice 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:00p Grilled Lunch 01:00p Chess	<b>11</b> 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mting	<b>12</b> 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	<b>13</b> 08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 01:00p Left Center Right Dice game
<b>16</b> 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Hiking Trip 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day	<b>17</b> 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess 01:00p Soup Master	<b>18</b> 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	<b>19</b> 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	<b>20</b> 08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 12:30p Movie Day
<b>23</b> 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group	<b>24</b> 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:30a Zoom Parkinsons class 01:00p Chess	<b>25</b> 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	<b>26</b> 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	<b>27</b> 07:30a Rotary Breakfast 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 12:30p Movie Day
<b>30</b> 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Travel Presentation				



