

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



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



2024

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
- 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

October 2024 STATE REP. KATE HOGAN'S SENIOR NEWS



Get Ready to Vote!

This year Massachusetts will hold its general election on Tuesday, November 5th.

In addition to voting for President and Vice President, on the ballot are candidates for Senator and Representative in Congress, Governor's Councilor, State Senator, State Representative, Clerk of Courts, and Register of Deeds.

There will also be several referendum questions on the ballot, providing voters with the opportunity to weigh in on policy initiatives.

To ensure you're able to participate in this year's General Election:

Make sure you're registered to vote. You can check or change your voter registration online at the Secretary of State's website, <https://www.sec.state.ma.us/>, or the Hudson Town Clerk's webpage, <https://www.townofhudson.org/town-clerk> The deadline to register is October 26.

Know where to vote in person. Visit <https://www.sec.state.ma.us/WhereDoIVoteMA/WhereDoIVote> to find your polling location for Election Day. Early Voting times, precinct maps, and sample ballots are available online at the Hudson Town Clerk's webpage.

Submit mail-in ballots on time. If you would like to vote by mail, the application to do so must be submitted by October 29.

Additional information is available at: <https://www.townofhudson.org/town-clerk/pages/elections-voting>

In Massachusetts, we have been able to increase voting options for our voters without compromising the security of our elections. Voters can choose to vote by mail, early, or on Election Day, and be confident that their vote will be counted.

According to Secretary of State William Galvin, "In order to offer all of these options, we have a number of systems in place to maintain secure and fair elections. We use only paper ballots, so that there is always a paper trail to check our results, if necessary. We ensure that our voter registration database and ballot tabulators are not connected to the internet, to guard against malicious attacks. We require the Registry of Motor Vehicles to collect proof of citizenship from applicants before they can be automatically registered to vote. And we rigorously check all mail-in ballots to make certain that no person is able to vote more than once."

Please make sure to get out and vote.

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. Find her online at www.repkatetogan.com and on social media at @RepKateHogan.

Upcoming Office Hours: October 4, 12-1 pm at the Bolton Public Library

Hello to Everyone,

I hope you are all doing well! We have a lot going on this month, and I hope you enjoy the activities and information we have lined up:



Medicare Open Enrollment: Starting October 15th, is the time for Medicare beneficiaries to review their health and prescription drug plans for the upcoming year. Please fill out the SHINE pre-enrollment form included in this newsletter, and we will contact you to schedule an appointment. Remember to bring your Medicare card, health and prescription drug cards, and a list of your medications, including dosages and monthly quantities, to your appointment. Appointments will book quickly so don't delay in scheduling yours. Thank you!

Some highlights to read about in this Oct. Newsletter

Travel Presentation: Join us on Mon, Sept 30th at 1 pm for a presentation on the Sunny Portugal & Canyon Country Trips! It has received rave reviews!

Better Sleep Presentation: Struggling with sleep? Check out the write-up on the "How to Get Better Sleep" presentation happening on October 1st.

Vaccination Clinics: The Hudson Health Department is offering 2 vaccination clinics in Oct. One at the High School the other at the Hudson Senior Center.

Fall Crafts with Bemis Farms: Bemis Farms returns in October with fun fall crafts to help you decorate your home for the season and the holidays.

Quilt Raffle: Don't miss the beautiful king-size handmade quilt hanging at the Senior Center. Raffle tickets are available in this newsletter and at the center.

Grab and Go meal with Buffet Way.

Thank you ~ Janice

Reminder: The Senior Center is CLOSED on Monday, October 14th

**Join us on Tuesday Oct. 1st at 9:30 am for a great presentation on
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. ☺ Call to sign up



**Hiking Day at Delany Pond in Stow
Monday, October 7th at 9:00 am**

Meet at Delaney Pond at parking lot with boat launch.

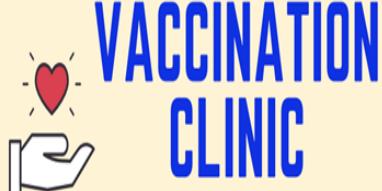
316 Harvard Road in Stow

Bring walking sticks and appropriate attire. Call to sign up!

**Hudson Public Library's Library Improvement Project presentation
at the Senior Center on Tuesday, October 8th 2pm.**



Would you like help in navigating the Library's new online catalog? Do you want to be better able to see if the Library has the item(s) you're looking for available? Do you want tips on how to find and request books, movies, CDs, and more? Join Library representatives for a presentation on using the online catalog. Please call to sign up!



VACCINATION CLINIC

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

Saturday, October 5th

at the Hudson High School Gym

12:00pm -3:00pm

Contact the Hudson Health Department with any questions
978-562-2000 or email (health@townofhudson.org)

And

**Tuesday, October 8th 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 8th 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.



Join us for Coffee and Pastries

With Police Chief Richard DiPersio and Fire Chief Jamie Desautels



Friday Oct. 18th at 10:00 am

This is an opportunity for you to meet our exceptional Police and Fire Chiefs.

You can ask questions about:

- Fire safety measures: the importance of smoke detectors and having an evacuation plan.
- Protecting yourself from Scams and Fraud: Tips and advice to stay safe.
- Community Programs: Learn about emergency preparedness and others!

Please call to sign up for this event!



Left Center Right Dice Game with Diane Durand

Friday, October 18th at 1:00 pm – 2:00 pm

Left Center right is a dice game of luck and strategy. 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

Grab and Go with Buffet Way

Friday, October 25th 11:30am pick up at the Senior Center

Lasagna meatball and garlic bread meal will be cold with heating instructions.

Limited to 70 people. Cost to you is \$5.00 at pick up

Call to Sign up beginning: Wednesday, October 9th



Halloween Luncheon at Assabet Technical High School

Epicurean Room

Wednesday, October 30th at 11:30

Lunch Buffet includes: Rolls, butter, salad pork loin with apple chutney or
Broiled haddock topped with tomato basil relish, roasted root vegetables, lyonnaise potatoes,
(sliced pan-fried potatoes with thinly sliced onions sautéed in butter and parsley, dessert is Chef's
Choice. Limited to 70 people Cost to you is \$10.00.

Tickets available in person beginning: Wednesday, October 2nd



Halloween Craft

Tuesday, October 15th at 10am at the Senior Center

Decorate your home for Halloween with this fun Black Cat Wreath

Tina from Bemis Farms will be on hand to instruct.

Cost to you is \$10.00 Limited to 20 people

Thanksgiving Craft

Tuesday, November 5th at 10am at the Senior Center

Dress up your Thanksgiving Table with this beautiful fall birch log centerpiece

Tina from Bemis Farms will be on hand to instruct

Cost to you is \$10.00 Limited to 20 people



Have you accumulated flower vases over time? Are they taking up valuable space which you have other uses for? We have a solution for you!



Barbara Ziemlak, owner of Hudson's All Occasion Flower Shop and a Hudson Senior Center supporter, welcomes all donations of used and clean vases. You can drop them off at her shop on Main St. or bring them to the Senior Center and Diane Durand will bring them to Barbara for you.

How easy and a win for everyone!



15-minute Legal Advice with Christine Boutin

Tuesday, October 8th 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.

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



- ❖ 1st Thursday with Kathy 9:30am to 11am
- ❖ 2nd Thursday with Michelle 9:30am to 11am
- ❖ 3rd Thursday with Kathy 9:30am to 11am
- ❖ 4th Thursday with Kathy 9:30am- 11am
- ❖ 5th Thursday with Janet 9:30am-11am

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.

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.



"Movie Day" at the Center



Here is the listing for the movies in October. **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:

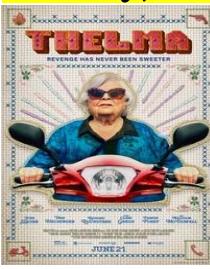
Monday, October 21st & Tuesday, October 22nd – The Fabulous Four



THE FABULOUS FOUR is an uproarious comedy about a group of life-long friends (Susan Sarandon, Megan Mullally, and Sheryl Lee Ralph) who travel to Key West, Florida, to be bridesmaids in the surprise wedding of their best college girlfriend Marilyn (Bette Midler). Over the course of one outrageous trip, sisterhoods are rekindled, the past resurfaces, and there are enough sparks, raunch, and romance to change all their lives in unexpected ways.

Rating: R Runtime: 1hr 38min

Monday, October 28th & Tuesday, October 29th – Thelma



THELMA puts a clever spin on movies like MISSION: IMPOSSIBLE, shining the spotlight on an elderly grandmother as an unlikely action hero. With infectious humor, Margolin employs the familiar tropes of the action genre in hilarious, age-appropriate ways to tackle aging with agency. In the first leading film role of her 70-year career, Squibb portrays the strong-willed Thelma with grit and determination, demonstrating that she is more than capable of taking care of business -- despite what her daughter Gail (Parker Posey), son-in-law Alan (Clark Gregg), or grandson Danny might believe.

Rating: PG-13 Runtime: 1hr 37min

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, October 7th & October 21st at 1pm

❖ Caregivers Support Group

Thursday, October 3rd & October 17th at 1pm

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 lbazarian@gmail.com for more information.



Hudson Senior Center Trips 2024

Travel Presentation on Sunny Portugal & Canyon Country on: Monday, September 30th 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: "Calcadas" 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

Wednesday, November 13th 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 4th 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, October 15th at 9:30am

(**Note the change of day**)

The Friends' annual Fall Fair is taking place on Saturday, November 2nd 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! If you're unable to volunteer at the Fair, the Friends have various other opportunities throughout the year. Simply add your name to the volunteer sign-up sheet, and the Friends will reach out to you. Thank you for your support!

The Friends are 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.

Fall Fair Saturday, Nov 2nd, 9am – 2pm at the Hudson Senior Center

Crafts, baked goods, quilts made by our talented quilters, beautifully knitted and crocheted items, Holiday items, raffle baskets, Raffles, Tarot card readings and much more!



Donated items and Baked Goods are needed for our Annual Fair

If you would like to bake something we ask that you bring your baked goods in by **Friday, Nov. 1ST**. If you need to bring baked goods in earlier, we can put them in our freezer. Breads, cookies, coffee cakes, Irish breads etc. are all welcome at our fair. Everyone loves the Baked Goods Table! *Let's work together and make this a successful event. We appreciate your time and talents!*

News about our Annual Apple Pie make and bake Day

We are looking for volunteers to help make our delicious apple pies to sell at our Annual Fall Fair! **The pies will be made on Thursday, October 31st at 12:30!**

Please call to sign up; and bring your paring knives, apple peelers and rolling pins. It is always a fun day and the center smells so good. We look forward to seeing you!



Ordering your Apple Pies



Deep dish baked and frozen pies will be offered this year. Baking directions will be included with each frozen pie. Cost for each pie is \$10.00.

All PIES (FROZEN OR BAKED) MUST BE RESERVED BY 10/30/24. Order your pies at the Senior Center desk or call 978-568-9638

Fall Fair Raffles

Simply fill out the raffle tickets and mail them to the Senior Center, 29 Church St. Hudson MA 01749 with your cash or check made out to the Friends of Hudson Seniors or pick up raffle tickets at the Senior Center before or on the day of the Fair.

- **\$500.00 GIFT CARD Raffle**

This year our Friends are offering a \$500.00 GIFT CARD as a top raffle.

Tickets are 1 for \$5 or 3 for \$10

- Many more raffles on the day of the Fair!

- **Quilt Raffle**

98"x98" (king size) handmade quilt by Lawnie Roberge, one of our talented silver threads quilters.

**Tickets are: 1 for \$2 or 3 for \$5
6 for \$10 or 10 for \$15**

**Hudson Senior Center
Friends' Fall Fair
\$500 Visa Gift Card**
Drawing Date: Nov. 4, 2023

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

Tickets: Tickets: 1 for \$5 or 3 for \$10

**Hudson Senior Center
Friends' Fall Fair
\$500 Visa Gift Card**
Drawing Date: Nov. 4, 2023

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

Tickets: Tickets: 1 for \$5 or 3 for \$10

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NAME: _____

ADDRESS: _____

PHONE NUMBER: _____

Tickets: Tickets: 1 for \$5 or 3 for \$10

**QUILT
RAFFLE**

Donated by
Silver Threads Quilt Group.



NAME

PHONE

**QUILT
RAFFLE**

Donated by
Silver Threads Quilt Group.



NAME

PHONE

**QUILT
RAFFLE**

Donated by
Silver Threads Quilt Group.



NAME

PHONE

Fitness Classes



**Sharon will not have any classes the first week of October.
Also, for the month of October there will be no Yoga or Stretch classes and Cardio & Weights will be virtual either at your home or at the center**

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: October 3rd...1st 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, October 2nd

Cold Menu: Roast beef, provolone, macaroni salad and beet salad

Hot Menu: Chicken meatball sub, o'brien potatoes and Italian blend vegetables

Thursday, October 3rd

Cold Menu: Egg salad, Greek pasta salad and cucumber carrot onion salad

Hot Menu: Shepherd's pie

Wednesday, October 9th

Cold Menu: Low sodium ham, swiss cheese, ziti broccoli salad squash, zucchini and red onion salad

Hot Menu: Beef pot roast w/ gravy, Italian roasted red bliss potatoes and cabbage & carrots

Thursday, October 10th

Cold Menu: Curry chicken salad, riviera salad and English pea salad

Hot Menu: Broccoli egg bake, sweet potato tots and green beans & red peppers

Wednesday, October 16th

Cold Menu: Turkey, swiss cheese, barley raisin salad and coleslaw

Hot Menu: Hot dog, root vegetables and baked beans

Thursday, October 17th

Cold Menu: Vegetarian chef salad w/lite Italian dressing and sweet potato salad

Hot Menu: Sweet & sour meatballs over lo mein noodles and stir fry vegetables

Wednesday, October 23rd

Cold Menu: Tuna salad, broccoli feta orzo salad and purple cabbage coleslaw

Hot Menu: Roast turkey w/gravy, whipped sweet potatoes and zucchini & cauliflower

Thursday, October 24th

Cold Menu: Roast beef, provolone, Italian pasta salad and cauliflower carrot salad

Hot Menu: Chicken cordon bleu, sour cream & chive mashed potatoes and vegetables

Wednesday, October 2nd

Cold Menu: Roast beef, provolone, macaroni salad and beet salad

Hot Menu: Chicken meatball sub, o'brien potatoes and Italian blend vegetables

Thursday, October 3rd

Cold Menu: Egg salad, Greek pasta salad and cucumber carrot onion salad

Hot Menu: Shepherd's pie

Suggested Voluntary Donation of \$3

Menu is subject to change



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, October 16th 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.

2nd 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.

2nd Floor - Craft Room

Memoir Group

**Friday, October 4th
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.

2nd 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.

2nd 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!



Medicare Open Enrollment!

The Medicare Open Enrollment pre-enrollment form is now included at the end of our newsletter. This should be filled out by you (if possible) to give us, as SHINE counselors, with your updated insurance information. 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. If you are unable to fill this form out, PLEASE bring an updated medication drug list with you. Without your updated drug list, it may be impossible to complete our appointment, and would require a second appointment with this 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.

We have a feeling that this year may bring a lot of changes!

SMOC:

Good news!! SMOC has begun sending out fuel application recerts. They are doing this in rounds, and a few of you have already received them! If you have gotten yours in the mail and would like assistance with filling it out, contact the Senior Center for an appointment.

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

MUDANÇAS NOS SEGUROS DE SAÚDE DO “MEDICARE”

Durante os meses de Outubro até Dezembro é tempo de rever os vossos seguros de saúde e ver se ainda é o seguro melhor para a sua situação. Pode mudar o seu plano de seguro do Medicare entre o dia 15 de Outubro até o dia 7 de Dezembro de 2024, para ser efectivo no dia 1 de Janeiro de 2025. Se precisar de ajuda, telefone para marcar um apontamento com Ana Terra-Salomão.

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.

Número de Pessoas na Família	Rendimento
1	\$49,196
2	\$64,333

Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

**PALESTRA GRÁTIS EM PORTUGUÊS SOBRE “DIA FELIZ ADULT DAY HEALTH CENTER”
NO DIA 18 de OUTUBRO AO MEIO-DIA**

No dia 18 de Outubro ao meio-dia venha participar numa palestra grátis em Português no Hudson Senior Center sobre um programa de dia não residencial que oferece a comunidade cuidados de enfermagem, sociais e de suporte num ambiente seguro para pessoas que tenham algum impedimento de saúde na área física ou cognitiva.

Refrescos serão servidos. **Telefone para Ana Terra-Salomão, 978-568-9338 x 476 até o dia 11 de Outubro para reservar o seu lugar.**

DATAS IMPORTANTES

Dia 8 de Outubro – Clínica grátis de vacinação para a vacina de gripe, RSV e Covid para os idosos de Hudson das 9:00 às 11:00 da manhã no Hudson Senior Center. **Precisa de registar. Telefone para 978-568-9638.**

Dia 14 de Outubro – O Senior Center está fechado devido ao feriado do “Columbus Day.”

Dia 15 de Outubro – Venha fazer uma grinalda de gatos pretos para decorar a sua casa pelo Halloween com Tina do “Bemis Farms” às 10:00 da manhã no Senior Center. O custo é \$10.00. **Limitado a 20 pessoas.**

Dia 18 de Outubro – Café com o Chefe da Polícia Richard DiPersio e Chefe dos Bombeiros Jaime Desautels às 10:00 da manhã no Hudson Senior Center. Telefone para 978-568-9638 para reservar o seu lugar.

Dia 25 de Outubro – “Grab and Go” Almoço às 11:30 da manhã no Hudson Senior Center. O custo é \$5.00 por pessoa. **Telefone para o Hudson Senior Center – 978-568-9638 para reservar o seu almoço a partir do dia 9 de Outubro. Limitado a 70 pessoas.**

Dia 30 de Outubro – Almoço do “Halloween” no Liceu do Assabet Valley em Marlboro às 11:30 da manhã. O custo é \$10.00 por pessoa. Traga \$1.00 para gorjeta. **Bilhetes a venda no Senior Center a partir do dia 2 de Outubro. Limitado a 70 pessoas.**

Dia 2 de Novembro – Feira Anual das 9:00 da manhã às 2:00 da tarde no Senior Center em Hudson. Tartes de maçã podem ser encomendadas até o dia 30 de Outubro e o custo é \$10.00 por tarte. Telefone para o Senior Center – 978-568-9638 para encomendar a sua tarte de maçã.

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

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

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

ANNUAL
APPLES
AUTUMN
CELEBRATION
CONTESTS
CORN
CORNUCOPIA
CROPS
FARMER
FEASTING
FESTIVAL
FIELDS
GAMES
HARVEST

Harvest festival

Word Search

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



HAYRIDE
LEAVES
MERRIMENT
MUSIC
OCTOBER
PUMPKINS
REGIONAL
SCARECROW
SEPTEMBER
SQUASH

Monday	Tuesday	Wednesday	Thursday	Friday	
30	1	2	3	4	
	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Better Sleep 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	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 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	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 01:00p Memoir Workshop	
7	8	9	10	11	
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 01:00p Bereavement Group	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a VACCINE CLINIC 09:30a Gift Shop 09:30a Legal Advice 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess 02:00p Library Presentation	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 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 11:30a DayBreak 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mtng	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 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	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	
14	15	16	17	18	
08:00a CENTER CLOSED	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Halloween Craft 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	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 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	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 01:00p Left Center Right Dice game	
21	22	23	24	25	
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	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 12:30p Movie Day 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	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 11:30a Grab and Go Meal 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 11:30a Grab and Go Meal 12:15p Scrabble 12:30p Bridge	
28	29	30	31		
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	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 12:30p Movie Day 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Halloween Lunch 11:30a Lunch at Center 12:30p Bingo	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 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm		

SHINE Pre-Enrollment Information Sheet

Please print

Name: _____

Date: _____

Address: _____ Zip code: _____

Phone: _____

Date of Birth: _____

Your current medical insurance coverage:

Coverage	Name of plan/effective date	Monthly or quarterly cost
Medicare Part A	Effective: _____	_____
Medicare Part B	Effective: _____	_____
Medicare Advantage Plan	Name: _____	_____
Medigap or Supplement	Name: _____	_____
Medicare Part D	Name: _____	_____
Retiree or union coverage Is prescription coverage included? Y/N Has it been determined as good as Part D (creditable)? Y/N	Name: _____	_____

Are you a member of Prescription Advantage (Massachusetts' state pharmacy assistance program)?

Yes No

Do you receive "Extra Help" for your prescriptions (LIS)?

Yes No

Are you enrolled in Mass Health? Yes No

Do you wish to use mail order service for prescriptions? Yes No

If you use a particular pharmacy, please provide the pharmacy's name and address:

Name of Primary Care Physician: _____

Name of Specialist: _____

Please list your current medications below
Use additional paper if necessary
Do not list over-the-counter drugs (e.g., vitamins)
Print clearly

Drug Name (as written on bottle)	Drug Strength/Dose per Day Example: 50 mg/1x a day

To have SHINE assist you in finding the most affordable plan for you, complete and return to:
Hudson Senior Center 29 Church St. Hudson MA 01749