

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



2025

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

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.



Legislature Lowers Cost of Prescription Drugs for MA Seniors

High prescription drug costs are a pressing concern for many. Last December, the Massachusetts Legislature passed S.3012, *An Act relative to pharmaceutical access, costs, and transparency*, which requires health insurers to cover life-saving medications for diabetes, asthma, and certain heart conditions with no, or limited, out-of-pocket costs for patients. Under the new law, patients in need of name-brand medications to treat chronic illnesses - including diabetes, asthma and some heart conditions - will pay no more than \$25; generic options are free. Consumers are not charged a cost-sharing amount, such as a co-pay, if it would be cheaper for them to purchase the drug without using their insurance.

Every year more than 41,000 people in Massachusetts are diagnosed with diabetes and more than 250,000 Massachusetts adults 35+ have heart disease. Approximately 680,000 Massachusetts residents live with asthma and adults ages 65 years and older had the 2nd highest rate of hospitalization due to asthma.

This new law also seeks to control prescription medication costs by:

- Increasing state oversight of pharmacy benefit managers (PBMs) by authorizing the Division of Insurance (DOI) to license and regulate PBMs
- Creating a more complete data-driven picture of drug costs in Massachusetts; the Center for Health Information and Analysis (CHIA) will collect a range of drug cost information from pharmaceutical manufacturers and PBMs and use the data in its annual report on the drivers of health care costs
- Including CHIA's cost analysis, along with testimony from pharmaceutical manufacturers and PBMs, in the Health Policy Commission (HPC)'s Annual Health Care Cost Trends Hearing for the first time. Participation in the hearings will require manufacturers and PBMs to provide public testimony on the factors that influence drug costs, allowing those factors to be taken into account as the commission identifies how to improve care and reduce costs for residents.
- Establishing the Office for Pharmaceutical Policy and Analysis within HPC, which will be tasked with analyzing trends related to pharmaceutical access, affordability, and spending in Massachusetts. The office will publish an annual report with recommendations for strategies to mitigate pharmaceutical spending growth, promote affordability and enhance pharmaceutical access.

I'm proud that my legislation on transparency in prescription drug costs was included in S.3012. Making life-saving and essential prescription drugs more affordable offers relief to individuals and families in Massachusetts and is a step forward in creating a health care system that delivers affordable, high quality and accessible care for all.

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.repkatehogan.com and on social media at @RepKateHogan.

Upcoming Office Hours: April 17 at 7 pm, held virtually - please contact my office for a link and instructions to join.

Hello to Everyone,

I hope everyone is doing well! We are very excited because construction on our back deck will finally start in April.



Highlights in this newsletter:

- Please see page regarding the Annual Town Meeting and Annual Election. Your vote counts, we have information on how you can vote by mail.
- Concerns about the override? Join Together for Hudson at the senior center on Monday April 14th regarding the impact of the override. Coffee and pastry will be served.
- Mass Aging Access, Mass Councils on Aging and other senior agencies have organized an Older Adult Lobby Day at the State House Great Hall to address budget shortfalls in critical home and community-based services. This will be fun to voice your concerns, hear speakers, meet your legislators and have refreshments and boxed lunch.
- We still have openings for Attorney Christine Boutin's presentation "Have you heard about the evils of Probate" on Tuesday April 8, 2025 at 11:30. Please call to sign up!!
- Grab and Go in April!! Lasagna and meat balls, garlic bread and cannolis.
- Plated Mother's Day Luncheon, Tuesday, May 6th 12 noon!

Thank you ~ Janice

Reminder: Senior Center is Closed on Monday, April 21st for Patriots Day

**Assabet Technical High School's Tech Savvy students
are back again to answer your technology questions
Friday, April 4th at 10am**

Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your iPad, Cell phones and Tablets. Please bring in your devices and learn from the experts how to use and manage apps, emails and Facebook and much more. **Call to sign up!!**



Attorney Christine Boutin presents:

**"Have you heard about the evils of probate?"
Tuesday, April 8, 2025 at 11:30am at the Senior Center**

Long court delays, high costs and fighting families? Attorney Christine Boutin will demystify the probate process, debunk common myths and explain the basics of what you need to know if you are about to start probate for the estate of a loved one or want to avoid probate for your own estate. This presentation is offered in person and via zoom. **You must call 978-568-9638 to sign up. If you would like to attend via zoom let us know when you call and we will send you the zoom link.**



**Grab and Go with Buffet Way
Friday, April 11th at 1pm**

Lasagna and meatballs garlic bread and cannolis. Please note the meal will be served cold; you will have to heat up the food when you are ready to eat. You can pick up your meal at the Senior Center at 1pm. Limited to 75 people. **Cost to you is \$5.00**

~Call to sign up beginning on Thursday, April 3rd ~

Do you have questions about the Town's Override and how it will impact our community?

Monday, April 14th at 10am at the Senior Center

Please join **Together for Hudson**, a community volunteer organization, on Monday April 14, 2025 at the Senior Center, at 10:00 am for an informative conversation regarding the override. Should the override not pass, how it will impact Town departments, the Senior Center, The Town Library, Public Works, Community Development, Finance Department and schools. Hudson has not had an override in over 30 years. An override would ensure our town avoids a disruption in important town and school services. Your questions will be addressed! Please call 978-568-9638 to sign up for this important event. Coffee and pastry will be served.



Felt Lavender Flower crafting session with Susan Rondeau Monday, May 5th, 9am to 11:45am

Join Susan for a beautiful felt lavender flower crafting session on Monday, May 5th. Please bring sharp scissors and create a bouquet with materials provided, including a surprise addition created by Susan. Limited to **12 participants** and located in the craft room on the 2nd floor. Let your creativity bloom! Cost to you is \$10:00

Mother's Day Lunch at the Senior Center Tuesday, May 6th at 12:00 pm

The menu will be: House garden salad w/ balsamic dressing, 6oz chicken marsala, roasted new potatoes, asparagus w/ hollandaise sauce, 3 mini cheesecakes, strawberry garnish. Cost to you is \$10.00. Limited to 60 people.



Sign up begins: Wednesday, April 23rd

Older Adult Lobby Day... "We Are Here" At the Massachusetts State House Great Hall Tuesday, May 13th (11:00 am to 2:00 pm)

By 2030, Massachusetts is projected to have more than two million residents age 60+, representing 28.4% of the total population, yet older adults and people with disabilities have been underfunded for critical home and community-based services - programs which ultimately generate significant savings for the state while allowing consumers to remain in their homes with better health outcomes and higher quality of life.

If you would like to attend this Rally, please sign up by Friday, April 18th so I can arrange transportation to the State House. This event will provide a boxed lunch for everyone who is registered! If we arrive early, we may get a tour of the State House. Registration and refreshments start at 11:00 am, Speakers at 11:30 and 12:30 -2:00pm. Legislative Office visit.

If you are interested, you must sign up by Friday, April 18th.



Left, Center, Right” and “Nickels” with Diane Friday, April 18th at 1:00 pm – 2:00 pm

Come have some fun playing 2 different dice games with others; “Left, Center, Right” and “Nickels”; both games involving lots of luck and some strategy. Please bring along a few quarters and 6 nickels as well to use for play. Snacks will be provided by the Senior Center but feel free to bring your own as well.

Please call to sign up for this so we know how many people will attend. Thank you

Hiking Day

Monday, April 28th at 9:30am at Gates Pond

Bring walking sticks and appropriate attire. If snow levels permit, anyone wishing to snowshoe may do so by wearing their own snowshoes/poles or borrowing one of the 5 sets available at the Senior Center. Others may choose to walk with their own micro spikes if desired. Please notify Virginia at the Senior Center if you plan on borrowing snowshoes/poles. Call to sign up!



TITANIC THE ARTIFACT EXHIBITION

Friday, April 25, 2025

(This trip is full)

You need to arrive at the Senior Center for 9am, the bus will leave by 9:15 am. We will arrive at Castle Plaza in Boston by 10:45 am and start our *Titanic* experience by 11:00 am. We will depart by 1:15 pm back to the Senior Center. During the ride back, we will all enjoy a bagged lunch with sandwich, drink and cookies by Buffet Way Catering.

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 for more information

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, April 14th & April 28th at 1pm

❖ **Caregivers Support Group**

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





“VETS TALK” A program for Veterans

Thursday, April 3rd, 10th & 17th 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.



15-minute Legal Advice with Christine Boutin

Tuesday, April 8th from 9:30am-11:00am

Attorney Boutin will be available for private 15-minute sessions one Tuesday a 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.

Minimizing Capital Gains Upon the Sale of your Home

By Christine Boutin Of Counsel, Mirick



If you are like most seniors, you have lived in your home for many years. The value of your home has likely increased since you purchased it, meaning you will have a capital gain when you sell the home. A capital gain is the difference between the sale price of an appreciated asset and its basis. Basis in your home is, generally, the purchase price plus the cost of any capital improvements, less casualty loss amounts and other decreases. If you are thinking about selling your home at any point in the future, keep in mind these three ways to minimize your capital gains upon the sale:

1. Keep good records. When making a capital improvement to your home (for example, an addition, replacing a roof, or updating a heating system), you should retain all paperwork showing the cost of parts and labor. It's always a good idea to consult with a CPA prior to a starting a capital improvement, to determine what kind of documentation will be needed to prove your new basis.
2. Utilize the home sale tax exclusion. Another way to minimize capital gains upon sale is to claim the home sale tax exclusion on your income tax return. To claim the exclusion, you must have owned and used your home as your principal residence for two of the five years prior to sale. If you meet both criteria, you will be able to exclude up to \$250,000 of gain for a single person and up to \$500,000 of gain for a married couple filing jointly.
3. Retain your property until death. If you can, the best way to minimize capital gains on your home is to retain it in your name (or control) until death. Property owned by a decedent receives a step up in basis upon their death, meaning that the basis in your home would become its fair market value as of your date of death. If your beneficiaries sold your home shortly after your date of death, there would be little or no capital gains assessed on the home.

Editor's note: This column will appear in future newsletters. If you have a general probate, MassHealth, or estate planning question that you would like answered in a future newsletter, please feel free to call 508.860.1542 or email eganley@miricklaw.com with your question.

"Movie Day" at the Center

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



Monday, April 14th & Tuesday April 22nd – A Real Pain



Mismatched cousins David (Jesse Eisenberg) and Benji (Kieran Culkin) reunite for a Jewish heritage tour through Poland to honor their beloved grandmother. The adventure takes a turn when the odd-couple's old tensions resurface against the backdrop of their family history.

Rating: R Runtime: 1hr 29min

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: April 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

SAVE THE DATE: April 24th,
2025 Senator Eldridge Presents
the 44th Annual Senior
Conference

State Senator Jamie Eldridge Presents:

44th Annual Senior Conference

Thursday, April 24th, 2025
8 AM - 2 PM

Assabet Valley Regional Technical High School
215 Fitchburg St, Marlborough, MA 01752

Workshops, Food,
Raffle Prizes,
& more!



Questions? Email: Bianca.DeSousa@masenate.gov

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

*Answer key to Sudoku
puzzles*

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

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, April 2nd

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

Hot Menu: Chicken meatballs, tomato basil wine sauce, penne pasta and Italian vegetable blend

Thursday, April 3rd

Cold Menu: Deli roast beef, provolone cheese, macaroni salad and zucchini salad

Hot Menu: Broccoli egg bake, home fries and stewed tomatoes

Wednesday, April 9th

Cold Menu: Deli roast beef, provolone cheese, English pea salad, squash, zucchini and red onion salad

Hot Menu: Chicken rice bake, spinach and garlic knot

Thursday, April 10th

Cold Menu: Mediterranean turkey pasta salad and riviera salad

Hot Menu: American chop suey and broccoli

Wednesday, April 16th

Cold Menu: Deli turkey, garden shell pasta salad and root vegetable salad

Hot Menu: Chicken Diane, seasoned orzo and California blend veggies

Thursday, April 17th

Cold Menu: California chicken salad, potato salad and cucumber, feta and onion salad

Hot Menu: Roast turkey with gravy, mashed potatoes and root vegetables

Wednesday, April 23rd

Cold Menu: Chicken romaine salad and broccoli feta orzo salad

Hot Menu: Broccoli & cheese stuffed chicken, mashed potatoes and spring vegetable blend

Thursday, April 24th

Cold Menu: Deli turkey, swiss cheese, garden shell pasta salad and Greek salad

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

Wednesday, April 30th

Cold Menu: Italian tuna salad, quinoa tabbouleh salad, squash zucchini & red onion salad

Hot Menu: Beef burgundy, garlic mashed potatoes and root vegetables

Suggested Voluntary Donation of \$3 Menu is subject to change

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 Janet 9:30am- 11am

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.



Hudson Senior Center Trips 2025

Stop by and pick up more information for these exciting trips at the Senior Center

Best of Times Travel:

Wednesday, April 23rd Supreme Reflections: The Ultimate tribute to the music of Diana Ross & The Supremes: Join us at the newly renovated Venus de Milo in Swansea, MA for a plated luncheon meal choice of stuffed breast of chicken or baked schrod. Also includes minestrone soup, potato, vegetables, breads, dessert, coffee and tea. Price includes meal, show, transportation and tax **Price: \$136.00**

New Date The Dollywood Resort Package – September 24th -29th, 2025 with Dollywood's Flower & Food Festival Music, Mountains, & Memories Tour Featuring: Dollywood Resorts & Theme Park, Gatlinburg TN, Great Smoky Mountain National Park, The Blue Ridge Parkway, & The Biltmore Estate• Roundtrip Transfers to Logan Airport • Roundtrip Airfare from Logan Airport • 5 Nights Hotel Lodging at Dollywood's DreamMore Resort • 12 Meals - 6 Breakfasts, 2 Lunches, 6 Dinners • Bus Driver Gratuities Not Included Program Price : **Just \$3499pp Double, \$4149 Single, \$3399pp Triple/Quad Occupancy**

Tuesday, June 17th Fleetwood Macked: Ultimate tribute to Fleetwood Mac
Enjoy a plated luncheon at Lake Pearl in Wrentham MA with your choice of Chicken Parmesan or Wild mushroom risotto. Also includes salad, potato, vegetables, breads dessert and coffee/tea. **Price: \$136.00**

Tuesday, September 16th Rocky Mountain High: John Denver Tribute
Plated luncheon at Lake Pearl in Wrentham MA with your choice of baked stuffed chicken or vegetable Lasagna. Also includes salad, potato, vegetables, breads dessert and coffee/tea. **Price: \$136.00**

Friday, October 24th Always Olivia: An Olivia Newton-John Tribute
Castleton Banquet Center in Windham, NH. Plated luncheon with your choice of Chicken Parmesan or Vegetable Lasagna. A portion of the proceed from every ticket sold is donated in support of the elimination of breast cancer. **Price: \$137.00**

Tuesday, December 2nd Christmas with Tony Bennett & Barbara Streisand Holiday Tribute
Enjoy a plated luncheon at Lake Pearl in Wrentham MA with your choice of Stuffed chicken or vegetable lasagna. Also includes salad, potato, vegetables, breads dessert and coffee/tea. **Price: \$136.00**

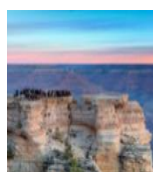
Collette Travel/ AAA Travel:

Sunny Portugal Departing November 9, 2025



Lisbon, Alentejo, Algarve & Portuguese Riviera with optional 4-Night Madeira Island Post Tour Extension **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)

Message from the Friends..



Next Friends Meeting: Tuesday, April 8th at 9:30am

We want to thank all who have responded to our requests for donated items over the past few months. Your contributions of yarn, jewelry, artwork and other items help to support the Gift Shop and the Friends. Your thoughtfulness and generosity is greatly appreciated! The Friends have been busy preparing for our upcoming spring and summer events! We will kick off a Gift Shop jewelry sale starting Saturday May 3rd and will be participating in the Hudson Fest on Saturday June 7th.

We welcome any who wish to volunteer to help at these events!

To contact the Friends for more information, you can reach President Deb DeLuca at 508-494-7225, send us an email: friendsofHUDSONseniors@gmail.com or leave a message with the Front Desk.

Please check out the Friends of Hudson Senior Center facebook page for more details on our upcoming events: <https://www.facebook.com/FriendsofHudsonSeniorCenter>

The Friends of Hudson Senior Center is a non-profit organization. Our mission is to raise funds to support the needs of the Hudson Senior Center and the seniors it serves.

Information pertaining to Annual Town Meeting and Town Election

Monday, May 5, 2025 is Hudson's Annual Town Meeting 7:30pm at the High School &

Monday, May 12, 2025 is Hudson Election for the following town officers:

Select Board, two for three years; Moderator, one for one year; School Committee, two for three years; School Committee, one for one year (to fill a vacancy) Trustees of Benevolent Fund: one for three years and one (to fill vacancy); Housing Authority, one for four years (to fill a vacancy) Municipal Light Board, one for three years; Park Commission, one for three years; Board of Health, one for three years; Library Trustees, one for three years; Planning Board, two for three years; Cemetery Commission, one for three years; Constable, one for three years; and Board of Assessors, one for three years; Vocational Regional School Committee One for two years (to fill a vacancy).

BALLOT QUESTION (Monday, May 12, 2025)

Shall the Town of Hudson be allowed to assess an additional \$3,950,000 in real estate and personal property taxes for the purposes of funding school and municipal operations for the fiscal year beginning July first two thousand twenty-five? Yes _____ No_____

How can you Vote By Mail?

Registered voters can apply to receive a ballot by mail for the annual Town Election at the Town Clerk's Office by mailing or emailing (JWordell@townofHUDSON.org) a signed letter requesting a mail-in ballot **OR** going to the Town Clerk's Office during regular business hours.

Registered voters are encouraged to apply for your mail in ballot as soon as possible, no later than May 5, 2025, to ensure the application is received, the ballot is mailed and returned on time. If you do not want to mail the ballot back you can drop it off at the Clerk's Office in Town Hall or put it in the Drop Box located outside the town hall by Monday, May 12, 2025 by 8pm.

The Senior Center will offer some transportation to the Monday, May 5, 2025 Town Meeting that starts at 7:30pm. We will offer some transportation to voting on Monday, May 12th as we can fit them in-between appointments. If transportation is an issue for voting, please read the paragraph above, How You Can Vote by Mail.

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.

PROGRAMAS de ECONOMIA DE CUSTOS DE MEDICARE (MSPs)

Os MSPs (conhecidos anteriormente como os programas MassHealth Buy-In e Senior Buy In), são programas que cobrem alguns ou todos os prêmios, copagamentos e cosseguros dos beneficiários do Medicare. Os MSPs não são planos de seguro. São programas criados para ajudar a reduzir os custos da sua cobertura do seguro do Medicare. Os MSPs são sempre combinados com o Medicare e não oferecem nenhuma cobertura ou serviços adicionais que o Medicare não forneça. A ajuda é baseada nos rendimentos da pessoa/casal. Os limites máximos são os seguintes:

Pessoa Solteira		Casal	
Rendimentos		Rendimentos	
190% FPL	\$2,478 por mês	190% FPL	\$3,349 por mês
225% FPL	\$2,935 por mês	225% FPL	\$3,966 por mês

Para obter mais informações sobre este programa telefone para o Senior Center e fale com Ana Terra-Salomão.

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

No dia 24 de Abril de 2025 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 prêmios. Para mais informação visite: SenatorEldridge.com/seniors

DATAS IMPORTANTES

Dias 2, 9, 16, 23 e 30 de Abril - Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

Dia 8 de Abril – Reunião do Amigos do Senior Center às 9:30 da manhã.

Dia 8 de Abril – Consulta grátis com a Advogada Christine Boutin entre às 9:30 e 11:30 da manhã. (15 minutos de consulta) Telefone para o Hudson Senior Center para marcar o seu apontamento.

Dia 11 de Abril - “Grab and Go” Almoço à 1:00 da tarde no Hudson Senior Center. **O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 3 de Abril para reservar o seu almoço. Limitado a 75 pessoas.**

Dia 14 de Abril – Palestra as 10:00 da manhã no Senior Center sobre o “Proposition 2 ½ Override” em Hudson. Venha com as suas perguntas e ter mais informações muito importantes para Hudson. Telefone para marcar o seu lugar. Café e doces.

Dia 21 de Abril – O Senior Center estará fechado devido ao feriado de “Patriots Day”.

Dia 24 de Abril – **Conferência grátis** para pessoas idosas no “Assabet Valley High School” em Marlboro, Ma com o Senador James Eldridge das 7:30 da manhã às 2:00 da tarde. Muita informação, comida e prêmios.

Dia 6 de Maio – Almoço do Dia da Mãe no Senior Center às 12:00 da tarde. O custo é \$10.00 por pessoa. **Os bilhetes estarão a venda no Senior Center a partir do dia 23 de Abril. Limitado a 60 pessoas.**

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

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. Must complete Chair Pilates before enrolling in this class.

- **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**
(**Yoga will return on February 7th **)
- **Beginners Line Dancing Class - Fridays 10:00am Cost is \$10.00/month**
- **Beginner Plus: Beyond Beginner Line Dancing - Fridays 11am Cost is \$10/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**



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, April 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

1st Friday of the Month

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 9:00am

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 12:15- 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: Monday- Thursday

9:30am - 12:30pm

Friday

10am -1pm

Looking for Crafts and Handmade items for the
Gift Shoppe.

Medicare Savings Programs (MSPs)

I usually like to write about MSPs at least once a year. The reason being is that a lot of people forget these programs are out there to apply for, and in addition, their income guidelines change yearly. This means that you may be ineligible this year, but could be eligible the next, depending on your income. MSPs (Medicare Savings Programs) can assist with Medicare premiums, deductibles, copays and coinsurance. There are different levels of MSP that offer different benefits. MSPs are run by Mass Health.

MSPs are NOT insurance plans, they are programs designed to help lower your Medicare costs. MSPs work in conjunction with your Medicare or Medicare Advantage Plan benefits. It is important to understand that MSPs are not the same as Mass Health standard, or Commonhealth, which offer full comprehensive coverage, and can offer additional benefits beyond your Medicare.

If approved for the Specified low-income Medicare Beneficiary (SLMB) or Qualifying Individual (QI) benefit, Mass Health would pay for your Medicare Part B premium. The current cost of this premium for 2025 is \$185.00. Yes, that means if you were eligible for this benefit, you would not have the \$185 taken out of your social security benefit, and you would be able to keep your full check! If eligible for the Qualified Medicare Beneficiary (QMB), Mass Health would pay for your Part A Premium (if you didn't qualify for premium free Part A), pay for your part B premium of \$185, but also assist with your Medicare Part B cost sharing, such as deductibles, coinsurance under original Medicare, but also assist with copays if you have a Medicare Advantage plan. If eligible for any of these programs, in addition to receiving assistance with your Medicare costs, you would also automatically qualify for Full Extra Help with your prescription costs, which can save hundreds of dollars or more per year.

The income guidelines are as followed. Please keep in mind that these programs go by your GROSS income, NOT your net.

Single: below \$2,478 monthly for the QMB program, and under \$2,935 for the SLMB/QI program.

Married: below \$3,349 monthly for QMB and under \$3,966 for SLMB/QI.

If you are interested in getting more information about these benefits, how it could affect your coverage, and want us to screen you to see if eligible call the Senior Center at 978-568-9638 and ask to speak to a SHINE counselor.

SMOC fuel:

Reminder, this is the last month to apply for SMOC fuel assistance as the program ends April 30th. They have in the past extended the deadline to apply until May, however, this is not guaranteed and we have yet to hear whether or not the deadline has been extended for this heating season. Do not delay applying for SMOC if interested for the 2024/2025 heating season. **You will get you recerts in the mail to apply for 2025/2026 during the late summer/early fall.**

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

Easter Day

Word Hunt

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



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

BASKET
BUNNY
CANDY
CARROT
CHICKS
CHOCOLATE
DAFFODIL

DECORATE
EASTER
EGGS
FLOWER
HUNT
JELLYBEANS
PARADE

SPRING
SUNDAY



Monday 31	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 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	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 Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 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 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	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 Tech Support 11:00a Beginner Plus Line Dance 12:15p Bridge 12:15p Scrabble
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	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 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 11:30a Demystifying Probate 11:30a Demystifying Probate Zoom 01:00p Chess	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 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	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	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 Bridge 12:15p Scrabble 01:00p Grab and Go Meal
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 10:00a Override Together for Hudson 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 AARP TAXES 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	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 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	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	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 Bridge 12:15p Scrabble 01:00p Left Center Right Dice game
08:00a CENTER CLOSED	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 Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 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 09:30a 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	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 Bridge 12:15p Scrabble
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