

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
- 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
- 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 -1st 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.

**Spotlight on Nashoba Neighbors**

When planning for the future, many of us want to stay in our own homes, maintaining independence for as long as possible.

Bolton resident Catherine Pfau turned that “aging in place” vision into reality for a number of our local seniors with the creation of Nashoba Neighbors.

Nashoba Neighbors is a nonprofit, volunteer-run organization that provides a safety net of services for members in Berlin, Bolton, and Lancaster. Its mission is to help members keep dignity, control, and independence as they age at home, while also being part of a vibrant, supportive community. Essentially, the group serves as a matchmaker for seniors who need occasional assistance or a ride to an appointment, or who appreciate a friendly visit, with volunteers in the community who can provide these services. Nashoba Neighbors also coordinates popular social gatherings to eliminate social isolation and build community among its members.

Since it was launched in 2023, Nashoba Neighbors has provided more than 1,000 “services” for seniors in Bolton, Berlin and Lancaster. The most popular service request -- requested by more than 70% of members -- is for a ride to an appointment or visit. Volunteers, who are vetted and must pass background checks, have driven over 27,000 miles in the past two years.

The local seniors participating in Nashoba Neighbors say it has made a big difference in their lives. There are approximately 65 members currently and they pay a nominal annual fee to participate. Financial assistance is available to those who qualify. Although membership is limited to residents from Berlin, Bolton, and Lancaster, the group welcomes volunteers from any town, especially anyone interested in volunteering as a driver to help with transportation requests. Learn more at <https://www.nashobaneighbors.org/> or by calling (978) 226-8844.

Nashoba Neighbors was inspired by another group – Beacon Hill Village, which began in 2002 and has inspired more than 300 similar “villages” worldwide, including more than 20 in Massachusetts. A Village-to-Village network connects the individual community groups so that they can share best practices and resources. Information on the Villages, including tips for starting one in your community, is available at www.vtovnetwork.org.

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

Upcoming Office Hours: June 6, 12 - 1 pm at the Hudson Public Library

Hello to Everyone,



Summer is here and it's the perfect time to connect with others, laugh and stay active! Our Senior Center has a lot of activities for you whether you are looking to try something new or enjoy familiar favorites. We have fantastic exercise classes, fun social gatherings, educational presentations, billiards, games and more.

Here is a snapshot of what is going on in June. More information is in this newsletter!

- First, a reminder that Monday June 16th, 2025 is a special Town Meeting at Hudson High School. The meeting starts at 7:30 pm. If you need a ride to the meeting and back home please call the senior center by Friday, June 13, 2025.
- Ice Cream Social and Honoring Choices discussion Tuesday, June 17th at noon.
- Hudson Appliance sponsoring free luncheon on June 24th at 12pm
- Tax abatement or property tax exemptions? Meet the Principal Assessor Friday, June 27th at 10am for program information.
- A new 3D wooden round door hanging craft Monday, July 28th. It's different and beautiful! Surely will be a fun and creative time!!
- Two great movies on Monday June 9th and 23rd.
- Plus more!!

Join Us for Our Annual Friends Organization Cookout!

Mark your calendars—our Friend's Annual Cookout is happening on **Friday, July 18th**, and you won't want to miss it! Enjoy a wonderful afternoon filled with **delicious food, great company, and lively dancing** as we come together for this much-anticipated event. Tickets are now available at the front desk for just **\$5.00**, so be sure to grab yours soon. Let's make it another unforgettable celebration—we can't wait to see you there! The Center will be Closed on this day.

Deck repairs be done in June

We're thrilled to share that much-needed repairs will be underway this June on our deck, back columns, and flat roof. This important project, overseen by our DPW Department and Architect Glenn Davis, has been made possible thanks to a generous grant from State Representative Hogan.

We're grateful for the support that allows us to enhance our space for everyone to enjoy. As construction progresses, we appreciate your patience and look forward to unveiling the improvements soon!

Reminder: The Senior Center is Closed on Thursday, June 19th for Juneteenth.

Thank you ~ Janice



Have you Looked at Your Estate Plan Lately? Does it Need an Update?" Tuesday, June 10th at 11:30am.

We will delve deeper into the importance of updating your estate planning documents at these major life stages. I hope to see you there and be sure to bring your questions!

Have you created an estate plan? A Will, Durable Power of Attorney, Health Care Proxy and perhaps a Trust? Good work! You are more prepared for the future protection of your financial assets than the approximately 68% of Americans who do not even have a Will. However, when was the last time you looked at your estate plan? **Call the front desk to sign up!**



Father's Day Breakfast
Friday, June 13th at 9:00am at the Senior Center
Catered by Buffet Way

Please join us for a fantastic Father's Day Breakfast at the center on June 13th at 9am. Menu includes: Assorted pastries, (Danish, muffins, bagels and cinnamon buns) red bliss potatoes with colby cheese, bacon strips, sausage links, real cinnamon French toast with maple syrup, omelet station with bacon, ham, cheddar cheese, onions, mushrooms peppers, tomatoes, eggs any style, juice, coffee or tea. **Cost to you is \$10.00. Limited to 50 people. Anyone can attend!**



Ice Cream Social plus a presentation on
Honoring Choices. It's your Health Care. It's your Choice!
with Ana Salomao and Janice Long

Tuesday, June 17th at 1pm

What is a Health Care Proxy? As a competent adult, starting at 18 years old, you have the right to direct your health care choices and make your own health care plan. A good place to start to make your plan is to choose a trusted person called a Health Care Agent or "Agent". An Agent is your advocate with the power to make health care decisions on your behalf if you are unable to make decisions yourself. You can appoint an Agent in a legal document called a Health Care Proxy.

Please join Janice and Ana for a discussion on the importance of the Health Care Proxy. In addition, everyone will receive a Health Care Proxy form and simple instructions from Honoring Choices Massachusetts. Ana and I will walk you through the easy process of filling out the 1page Health Care Proxy form. We will answer any questions you may have. You can complete the form while at this meeting or take it home to discuss with your family or friends. Once you have completed the form we will give you a FREE "I have a Health Care Proxy Card" from Honoring Choices. In the event of an emergency when time is of the essence, this card will provide first responders with needed information such as your health care agents name and contact information. (This card should be kept in your wallet) **Call to sign up!**



Hudson Appliance is sponsoring a FREE luncheon
at the Senior Center

Tuesday, June 24th 12 noon to 1pm.



This luncheon will include: your choice of a grilled hamburger, cheeseburger or hot dog, and will be accompanied with potato salad, coleslaw, chips, water and dessert. Please call 978-568-9638 to sign up for this. We want to thank Hudson Appliance for this generous event and the volunteers who will be grilling and serving the food. Limit is 60 people. When you sign up, let us know what you want: **Your choice of Hot dog, hamburger or cheese burger on the day of sign up.**

Sign up begins: Tuesday, June 10th

Do you have questions about property tax abatements and exemptions?
Come to the Senior Center on Friday, June 27th at 10am and meet
Katie Evangelisti, Principal Assessor for the Town of Hudson



I am sure with the recent passing of the (much needed) Proposition 2 ½ override there are a lot of seniors, veterans, or otherwise eligible residents that have questions or need additional information about the exemption process. I would love to be able to review a few of the different available exemptions, our local adoptions, answer any questions, provide additional literature, and processes to follow to ensure the best possible outcome for all! I have extended the offer of these reviews to the Commission on Disabilities and will do so for the Veteran's agent as well. I look forward to being able to help as many of your friends as possible! Coffee and pastries will be provided. ***Please call 978-568-9638 to sign up for this.***



Grab and Go with Buffet Way
Tuesday, July 8th at 12:30pm pick up at the Senior Center
Delicious grilled chicken, bacon, ranch sandwich on a bulky roll,
with potato chips and a cookie.
Limited to 70 people. Cost to you is \$5.00 at pick up
Call to Sign up beginning: Wednesday, June 25th



Create some Front Door Flair, "Hudson Style" with these 3D 16" wooden round door hanger.

Monday, July 28th

10am-12pm at the Senior Center

Come join Tammy Arbour, owner of Painted Pine Parties, on Monday, July 28th. Tammy will provide the paints, brushes and individual instructions on how to make a beautiful and unique door hanging just for your home or a gift for someone else. **Cost to you is \$20.00.** Three samples of the 16inch wooden rounds are available for you to see at the Senior Center!

From the picture, please select one of the unpainted designs and payment must be made no later than Monday, June 23rd.

Left, Center, Right and "Nickels" with Diane
Friday, June 20th 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.



VETS TALK" A program for Veterans

Thursday, June 5th & 12th at 9am

Every Thursday except the 4th Thursday of the month

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.

Hiking Day



Monday, June 16th at 9am

**Wachusett Reservoir in Boylston Gate 8 parking lot on Main street
right across from Cross St and the farmstand**

Bring walking sticks and appropriate attire.

Call to sign up!

Is It Normal Aging or Is It Memory Loss?
Tuesday, July 15th at 10:00 am

Differentiating between memory loss that is a natural part of aging and memory loss that is associated with early-stage dementia can be difficult for anyone. In this special presentation, we will give tips and provide insight on recognizing the most common signs of early-onset dementia in the hope that more people can identify the symptoms, and the disease can be diagnosed and treated as early as possible. Please call to sign up for this informative presentation.

A Cuppa Tea with Miss Jean: Her Life and Legacy
Meet Author Linda L. Lesage at the Senior Center on
Tuesday, July 22nd at 11:00am
and learn more about this fascinating woman.



Local author Linda LeSage recently published the biography of longtime Hudson resident Jean Beddow-Arnth. A Cuppa Tea with Miss Jean unravels the riveting story of Miss Jean. Linda will talk about this local legend who survived childhood illness, pursued an impressive dance career, lived through WW II and immigrated to the United States from London in 1953. Settling in the small Town of Hudson MA where she taught over 11,000 students in her forty-six-year career. For 12 years, Linda was a student of Jean's School of dance. Later, the two women co-founded Jean's School of Gymnastics, Inc., which they owned and operated for 32 years. Please sign up for this interesting presentation. Ice Tea and pastries will be served.

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: June 5th ...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

Senior Center Bus Policy Review... PLEASE READ!

The Senior Center Bus is a Shared Form of Transportation. We try to accommodate as many people as possible to their appointments. There are times when we have up to five people needing transportation to different locations all at the same time. In this type of situation, we may not be able to accommodate everyone or we need to group the riders which would mean an earlier pick up for everyone in order to get you all to your destinations. Please note we are NOT a TAXI service. Per our Bus Policy, we have asked that **everyone please be ready *an hour before your appointment time*** in the event that we need to call you for an earlier pick up. You may also have to wait a while for your return trip home. That is how a Shared Form of Transportation works. Also, **we will no longer accept requests for nail and hair appointments on Wednesdays and Thursdays.**

“Movie Day” at the Center



Here is the listing for the movie in June. **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, June 9th – The Unbreakable Boy



When Scott and Teresa learn that their son, Austin, is autistic and has brittle bone disease, they initially worry about his future. However, with Scott's growing faith and Austin's incredible spirit, they become unbreakable as they find joy, gratitude and courage in the most trying times.

Rating: PG Runtime: 1hr 49min

Monday, June 23rd – A Complete Unknown



New York, 1961. Against the backdrop of a vibrant music scene and tumultuous cultural upheaval, an enigmatic 19-year-old from Minnesota arrives with his guitar and revolutionary talent, destined to change the course of American music. He forges intimate relationships with music icons of Greenwich Village on his meteoric rise, culminating in a groundbreaking and controversial performance that reverberates worldwide. Timothée Chalamet stars and sings as Bob Dylan in this electric true story behind the rise of one of the most iconic singer-songwriters in history.

Rating: R Runtime: 2hr 21min

15-minute Legal Advice with Christine Boutin Tuesday, June 10th 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.



What is a Geriatric Care Manager?

By Christine Boutin, Of Counsel

Sometimes it is clear what kind of care an aging loved one needs and which individuals or which service will provide it. Most times, however, it is not so clear, and families do not know who to turn to for help. Enter the Geriatric Care Manager. A Geriatric Care Manager (GCM) is often a licensed nurse or social worker who has experience caring for an aging population. Their role is not to provide care to the aging individual, but to identify and obtain necessary services for the aging individual, coordinate the provision of said services, and advocate on behalf of their clients. Initially, the GCM will meet with the individual and assess not only their health needs, but also the family dynamic, whether the client can safely remain in their house, and whether they need assistance paying for services. Following that initial meeting, the GCM typically recommends a care plan and the different service providers who can provide for each facet of the plan, and interfaces with the various caregivers and agencies that are needed to implement it. The GCM can also check in on their clients, to ensure that the hired caregivers are providing sufficient care, and no adjustments need to be made. This is often a comfort for children who do not live close to their parents; they have a professional who can report back on mom or dad's care. A GCM can be valuable when there is (1) a complex health issue, with many different concerns to take into account, (2) some degree of family conflict about who should be caring for the aging individual or how it will be paid for, or (3) a family that needs someone to coordinate care on the aging individual's behalf, because their schedules do not allow it or they live far away. The GCM's fee depends upon the extent of the GCM's involvement with coordination and oversight of care. 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 questions.

Message from the Friends...



Next Friends Meeting: Wednesday, June 4th at 9:30am

****Please note change for this month ****

We will continue to have volunteer opportunities throughout the year as we raise funds to support the Hudson Senior Center. This year we will have a table at Hudson Fest on Saturday June 7th and welcome any who wish to volunteer for the Friends' table.

Please access Friends' activities and volunteer opportunities on our Facebook page:

<https://www.facebook.com/profile.php?id=100086411695011> or send an email to:

friendsofHUDSONseniorcenter@gmail.com for more information.

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.



The Friends' Annual Summer Cookout will be held on Friday, July 18th at 11am



at the Marlborough Fish and Game Club
1 Muddy Ln, Marlborough, MA 01752.

Mark your calendars for the Friends' annual summer cookout. Burgers, hotdogs, potato salad, baked beans and more! It will be fun as usual.

The Senior Center will be closed on this day.

Cost: \$5.00. Tickets 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 for more information

Nursing/Blood Pressure Clinic on Thursdays. All weeks 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

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, June 4th

Cold Menu: Hummus, quinoa tabbouleh salad and Mediterranean salad

Hot Menu: Sloppy joe, sweet potato tots and spinach

Thursday, June 5th

Cold Menu: Deli turkey, swiss cheese, pasta vegetable salad, squash, zucchini and red onion salad

Hot Menu: Chicken fajitas, rice & beans and peppers & onion

Wednesday, June 11th

Cold Menu: Deli roast beef, cheese, bbq corn & white bean onion salad and summer squash salad

Hot Menu: Beef stroganoff, egg noodles and brussel sprouts

Thursday, June 12th

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

Hot Menu: Sausage w/ peppers & onions, baked beans and Italian blend vegetables

Wednesday, June 18th

Cold Menu: chef salad w/ ham and sweet potato salad

Hot Menu: Spinach & red pepper frittata, red bliss potatoes and brussel sprouts

Thursday, June 19th *Center Closed*

Wednesday, June 25th

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

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

Thursday, June 26th

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

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

Suggested Voluntary Donation of \$3

Menu is subject to change

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, June 2nd & June 16th at 1pm

❖ Caregivers Support Group

Thursday, June 5th & June 26th at 1pm

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:

New

Thursday, August 21st Maine day trip - Isle of Shoals, Lobsterbake, & Harbor Cruise

Enjoy a picturesque journey along the NH Seacoast, featuring a scenic Portsmouth Harbor cruise around the historic Isle of Shoals and a traditional Maine lobsterbake at Foster's in York, Maine featuring a 1 1/4 lb. whole boiled lobster, clam chowder, mussels, clams, corn on the cob, and blueberry cake. A 1/2 BBQ chicken. **Price: \$179.00**

New

September 1st -2nd New York City 2day/ 1 night

Roundtrip deluxe motorcoach transportation, luxurious accommodations at the Westin Times Square, full American buffet breakfast at the hotel, Broadway Show, visit to the 9/11 Memorial & Museum ferry ride to Liberty Island (Statue of Liberty) and Ellis Island and knowledgeable tour director. Bus Driver Gratuities Not Included

Price: \$799pp Double, \$999 Single, \$749pp Triple/Quad Occupancy

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

September 24th -29th, 2025 - The Dollywood Resort Package –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

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**



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

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***
(*No Qigong for the month of June*)
- **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**
- **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/month***
(*No chair yoga on Wed. July 9th *)
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am - *No charge***
- **Zoom Parkinson's Class with Mike Bleecker-Wed at 10:30-11:30am- *No charge***

Please note that class has changed to Wednesday



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, June 18th at 10:30am

No group for July and August

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.

OUTREACH

Holly Richardson

Summer updates and more

Farmer's Market:

With the summer fast approaching that means that we should hopefully be receiving farmer's market coupons soon. Please keep in mind that we only get a limited amount of farmer's market coupons each year. These can be used with participating farmers at approved Massachusetts Farmer's Markets, to purchase fruits, vegetables, fresh cut herbs and honey. These coupons cannot be used at the grocery store. Income guidelines do apply. Please contact Ana or Holly for eligibility and availability of coupons. Typically, we receive these coupon booklets at the end of June or beginning of July.

As most of you are aware, the Towns' Override recently passed, which means an increase in your real estate taxes. We are very mindful of the possible affects it can have on our residents, and we will have a presentation conducted by the Hudson Assessor's office on Friday, June 27th at 10am to discuss abatements and exemptions. This should be a very interesting presentation, and very informative! The Hudson Senior Center can assist you with completing paperwork if you need help filling out these forms. We DO NOT process the applications here and cannot guarantee eligibility as the Assessors office oversees these applications.

I know I write about this constantly, but fuel assistance, SNAP benefits, and MSP (Medicare Savings Programs) are all benefits that we screen and assist with applying for. These programs can help save hundreds if not thousands of dollars, if eligible. We can apply you for SNAP and MSPs at any time during the year, and for fuel assistance, we can apply November 1-April 30th.

And as always, we can help with applying for subsidized housing, and talk about what other housing options are available to you. Sometimes just coming in to chat can open the doors for programs you never knew about! Come on in to see Ana or myself, we go by appointment and would love to help. Call 978-568-9638 for an appointment!

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

Answer key to Sudoku
puzzles

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

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE: SEGUNDAS ÀS SEXTAS DAS 9:30 DA MANHÃ ÀS 3:30 DA TARDE.

O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476

ESTEJA PREPARADO PARA O CALOR EXTEMO NO VERÃO

DURANTE UMA ONDA DE CALOR: Não deixe crianças ou animais de estimação em carros. Mesmo com as janelas entreabertas, a temperatura interna pode subir quase 20 °F em 10 minutos. Após uma falta de energia, descarte qualquer alimento perecível que tenha ficado a temperaturas acima de 40 °F por 4 horas ou mais. Mantenha-se hidratado. Use roupas leves e folgadas. Limite as atividades externas. Tome um banho ou ducha fria. Use protetor solar. Evite usar o fogão e o forno.

O calor extremo pode afetá-lo de várias maneiras. Mantenha-se fresco e aprenda a reconhecer os sinais de doenças relacionadas ao calor.

Insolação (Heat Stroke)

Confusão mental	Dor de cabeça
Inconsciência	Náusea/vômito
Pulso rápido e forte	Temperatura corporal elevada
Pele quente, vermelha, Seca ou úmida	
1. Ligue para 911 imediatamente	
2. Aplique panos frios e úmidos	
3. Não dê líquidos	

Exaustão pelo Calor (Heat Exhaustion)

Suor excessivo
Desmaio/tontura
Cãimbras musculares
Sede extrema
1. Mova-se para um local fresco
2. Afroxie a roupa
3. Beba água aos poucos

DATAS IMPORTANTES

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

Dia 13 de Junho – Pequeno almoço do Dia dos Pais no Senior Center às 9:00 da manhã. O custo é \$10.00 por pessoa. **Limitado a 50 pessoas.** Bilhetes a venda no Senior Center.

Dia 19 de Junho – O Senior Center estará fechado devido ao feriado de “Juneteenth”.

Dia 24 de Junho – **Almoço grátis** patrocinado pelo “Hudson Appliance” das 12:00 à 1:00 da tarde. Tem de escolher uma “hamburger, cheeseburger ou hot dog” que será acompanhado com salada de batata, coleslaw, água e sobremesa. **Telefone para reservar o seu lugar a partir do dia 10 de Junho. Limitado a 60 pessoas.**

Dia 8 de Julho - Almoço “Grab and Go” às 12:00 da tarde no Senior Center. Telefone para 978-568-9638 a partir do **dia 25 de Junho** para reservar o seu lugar. O custo é \$5.00 por pessoa. **Limitado a 70 pessoas.**

Dia 15 de Julho – Palestra grátis sobre saúde cerebral com Sharon Loveridge de “Bridges by Epoch” às 10:00 da manhã no Senior Center. Telefone para 978-568-9638 para reservar o seu lugar.

Dia 18 de Julho – Picnic Anual dos Amigos do Senior Center das 11:00 da manhã até às 2:00 da tarde. O picnic terá lugar no Marlborough Fish and Game Club em Marlborough, MA. O custo é \$5.00 por pessoa. **Bilhetes à venda no Senior Center. O Senior Center estará fechado neste dia.**

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

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

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



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

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

ALEXANDRITE
BARBECUE
D-DAY
DIPLOMA
FATHER'S DAY
FLAG DAY

GARDEN
GEMINI
GRADUATION
HONEYSUCKLE
JUNE
JUNETEENTH

LEMONADE
LONGEST DAY
OUTDOORS
PEARL
PICNIC
ROSE

SOLSTICE
STRAWBERRY
SUMMER
THIRTY DAYS
VACATION
WEDDING

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