

**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 -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.

MAY 2025

STATE REP. KATE HOGAN'S SENIOR NEWS



Making Municipal Government More Accessible

Since the practice was first introduced during the Covid pandemic, legislators have heard from constituents, including seniors, and municipal leaders about the popularity of having a remote option for public meetings.

Making it possible for members to attend meetings remotely makes it easier for boards and commissions to reach a quorum and for more members of the public to participate and enabling discussion and votes to take place.

The Legislature has extended this practice with a bill granting public bodies flexibility to hold meetings virtually or in hybrid formats through June 30, 2027, as well as measures lowering the number of people necessary for a quorum at Town Meeting and allowing representative Town Meetings to be held with remote participation. Information on all town board meetings is available at the Hudson Town website, <https://www.townofhudson.org/>

Local Cable TV stations have long facilitated open government by broadcasting town meetings for residents to watch. Expanding their reach to YouTube allows even more people to access the broadcasts.

The VOTES Act, which was passed by the Legislature and signed by the Governor in 2022, made permanent several Covid-era election law changes in Massachusetts. It enables vote-by-mail without an excuse; expanded early voting options; voter registration up to 10 days before an election; and accommodations for voters with disabilities and for certain incarcerated individuals. The VOTES Act also ensures that the Commonwealth is part of the Electronic Registration Information Center (ERIC) to keep voter registration rolls up-to-date.

This month, Hudson will hold its Annual Town Meeting and Annual Town Election:

Hudson's **Annual Town Meeting** will be held Monday, May 5, at 7:30 p.m. at Hudson High School, 69 Brigham Street. Attendees will consider the annual town budget for the next year, related financial articles, including an override, and any other articles submitted. The warrant, or agenda of articles to be considered at Town Meeting, is shared ahead of the Annual Town Meeting on the Town of Hudson's website, posted in Hudson municipal buildings and shared in the *Community Advocate*. Residents who cannot attend Town Meeting in person can watch it broadcast on HUD-TV (Comcast Channels 8, 1072, 9 and 99; Verizon Channels 43, 45 and 47) or on HUD-TV's YouTube channel, <https://www.youtube.com/@hudtvstudio>

The **Annual Town Election** will be held Monday, May 12, from 7 a.m. – 8 p.m. Precincts 1 and 5 will vote at Hudson High School; Precinct 2 will vote at the Glen Road Community Center, 4 Glen Road; Precincts 3 and 4 vote at the Quinn Middle School, 201 Manning Street; and Precinct 6 votes at Hudson Town Hall, 78 Main Street. Early, in-person voting will take place weekdays at the Town Clerk's Office in Town Hall from 8 a.m. to 4:30 p.m. through May 8. Voting by mail is another option for this town election; ballots should be requested by May 5.

I encourage you to subscribe to Hudson's municipal e-newsletters for updates on our town's government. Sign up here: <https://www.townofhudson.org/subscribe>

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

Hello to Everyone,

This month is full of important events, and we want to remind everyone about the **Annual Town Meeting on Monday, May 5th, at 7:30 PM**, taking place at **Hudson High School**. This meeting will cover topics including the **Proposition 2 1/2 Override** and other key warrants, making it essential for residents to attend and participate. The **Senior Center** is offering transportation **to and from the meeting** to ensure everyone has the opportunity to be involved. If you would like a ride to the meeting please call the center at **978-568-9638** by **Friday, May 2nd before 3pm**.



On Monday May 12, 2025 is the Hudson Election for Town Officers and a ballot question pertaining to the override. For those who cannot get out to the polls to vote, in last month's newsletter we told you how to receive a ballot by mail so your vote can be counted. The ballot request must be made by May 5, 2025 and all ballots must be returned to Town Hall by Monday May 12th before 8pm. Absentee ballots are available at the Town Clerk's Office by calling 978-568-9617.

Hudson Council on Aging Board Vacancy

The Hudson Council on Aging (COA) is a Town of Hudson department. It is a nine-member appointed Board that is charged with promoting and enhancing the quality of life for older Hudson citizens and their families.

The Hudson COA Board holds monthly meetings, open to the public, on the second Wednesday of the month at 1:00pm in the Senior Center.

If you are interested in becoming a member of the COA Board, please complete the Town's Committee / Board Interest Form included with this posting. If you have any questions, please call Janice Long Director of the Hudson Senior Center 978-568-9638. You can mail, email or drop off your interest form, which is attached in this newsletter to:

Select Board's Office

78 Main Street, Hudson, MA 01749

Phone: 562-9963 Fax: 568-9641 Email: SBLicensing@townofhudson.org

Committee / Board Interest Form must be submitted by May 7, 2025.

Reminder: Senior Center is Closed on Monday, May 26th for Memorial Day

Thank you ~ Janice



Hiking Day

Monday, May 19th at 9:30am at Delaney pond in Stow

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!

Diabetes Pharmacy Talk! Tuesday, May 20th at 10am at the Senior Center

Come meet Caroline, a Doctor of Pharmacy, from Walmart Pharmacy, for a chance to learn more about the ins and outs of Diabetes! Discussion topics will include:



- Signs and symptoms associated with diabetes
- Tips on controlling your blood sugars
- Medications along with side effects
- And answers to any questions you may have!

Please call to sign up for this event!!



Are you prepared for the future?

We are excited to share a new, free well-being program for adults 55+ in partnership with [Metro Community Development Corporation!](#)

Want to stay healthy, financially secure, and connected as you age? Join us for Well & Wise, a free five-week program designed to help adults 55+ navigate housing, social connections, health, finances, and future planning.

The Well and Wise program will meet every Tuesday 1:30-3:00pm for 5 weeks

- May 20th: Is my home affordable and safe?
- June 3rd: Social Connections and Resiliency; am I connected?
- June 10th: Can I maintain a healthy lifestyle?
- June 17th: Will my financial resources meet my lifetime needs?
- June 24th: Have I included end of life in my planning?

The experts present options for keeping your housing safe and affordable, ensuring that you stay connected and how to build resiliency, that you stay healthy and independent, that your financial affairs are in order, and that your transition plan is thought out and communicated.

Please call 978-568-9638 to sign up for this program offered in-person and zoom.

SPONSORED BY:



40 Mechanic Street, Suite 300, Marlborough, MA 01752 (508) 658-0880 WWW.STRONGCOMMUNITY.ORG

Something new from Synergy!! Friday, May 30th or Friday, June 6th



Try something new; **Choose between a 15-minute Hand or Foot Massage.**

Regular hand and foot massages offer a holistic way to improve your overall quality of life from physical comfort to mental serenity.

First appointment will be 12 noon and last appointment will be 1:45pm

We can sign up 8 people each day so please call 978-568-9638 to sign up for this!

Left, Center, Right and “Nickels” with Diane Friday, May 23rd 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



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

Please get your tickets in-person beginning Wednesday, May 28th



“VETS TALK” A program for Veterans

Thursday, May 1st, 8th, 15th & 29th 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.



15-minute Legal Advice with Christine Boutin

Thursday, May 15th 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.

Is it Time to Update My Estate Plan?

By: Christine Boutin Of Counsel



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?

As your life changes, your estate plan should change with you. Children grow up, some relationships end and new ones begin, wealth increases and planning priorities shift. A simple way to recognize if it is time to consider updating your estate planning documents is to follow the five “D”s: Dependents Divorce Downsizing Disability Death

Let’s take a quick look at these five major life changes:

Dependents: Care of minor children or of adult children with developmental or other disabilities. The goal is to provide for their financial future with trust planning and to nominate caretakers in the event of the parents’ deaths.

Divorce: Estate planning done during the marriage is now obsolete and should be redrafted, removing the former spouse as a beneficiary and fiduciary and making new nomination; beneficiary designations naming the former spouse should be changed as well.

Downsizing: Children have grown and, likely, so have the family’s assets; estate tax planning trusts or irrevocable trusts to protect home equity or sale proceeds may be needed.

Disability: Illness may strike at any time, necessitating changes to the estate plan in order to qualify an individual for Medicaid to pay for long-term nursing home care. **Death:** The surviving spouse should update their estate plan with irrevocable trust planning to ensure that home equity is protected for beneficiaries if nursing home admission is necessary in the future; fiduciary nominations in the planning documents should be updated.

Come and join me at the seminar “Have you Looked at Your Estate Plan Lately? Does it Need an Update?” on 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 bring your questions! This column will appear in each newsletter going forward. 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 May. **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:



Tuesday, May 13th – You Gotta Believe



Based on the inspiring true story of one team's transformational journey from district underdog to taking its place in the Little League record books. After dedicating the season to a teammate's ailing father, a group of underestimated youth baseball players from Fort Worth, Texas, takes its Cinderella run all the way to the 2002 Little League World Series.

Rating: PG Runtime: 1hr 44min

Tuesday, May 27th – Arthur's Whiskey



A charming, feel-good comedy about living in the moment. When Joan's (Patricia Hodge) husband dies, she discovers he had invented an anti-aging elixir that literally takes the years off. Sharing it with her two friends Linda (Diane Keaton) and Susan (Lulu), the three rejuvenated women waste no time in painting the town red, but they soon realize it's a very different world to the one they remember.

Rating: PG-13 Runtime: 1hr 35min

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: May 1st ...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.**

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, May 5th & May 19th at 1pm

❖ Caregivers Support Group

Thursday, May 1st & May 15th 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.



AvidiaBank **Shred Days 2025**

Shred Days are a great way to reduce the risk of identity theft and help the environment through recycling unwanted documents. To help make it easy for you, Avidia Bank is hosting a series of community shred days in 2025. We want to help you protect your family's assets and privacy and keep you safe from identity theft, so the shredding is on us!

All shred day events are held on Saturdays from 9:00 am to 12:00 pm.

2025 Dates and Locations

- 5/3/25 - [Northborough](#)
- 5/17/25 – [Avidia Financial Center, Pope St., Hudson](#)
- 6/7/25 – [Clinton](#)
- 9/6/25 – [Framingham](#)
- 9/13/25- [Marlborough](#)
- 09/27/25 – [Leominster](#)
- 10/4/25 – [Westborough](#)




Memorial Day at AMVETS Post 208

Monday, May 26th | Downtown Hudson

AMVETS Post 208 is proud to host this year's Memorial Day Parade in Downtown Hudson on South Street—a day to honor and remember those who served.

Event Schedule:

- 8:00 AM – Veterans-Only Breakfast served at AMVETS Post 208
- 10:00 AM – Parade kicks off down South Street
- After the Parade – FREE Community BBQ!

 After the parade there will be a FREE public barbecue in the AMVETS parking lot at 5 South Street! Bring your family, friends, and appetite—everyone is welcome!

This is a rain or shine event, so come out and help us celebrate the day with good food, great people, and heartfelt gratitude for our Veterans.

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)

Thursday, May 1st

Cold Menu: Deli roast beef, provolone cheese, balsamic vinaigrette pasta and cucumber carrot salads

Hot Menu: Swedish chicken meatballs, egg noodles and brussel sprouts

Wednesday, May 7th

Cold Menu: Deli roast beef, provolone cheese, barley raisin salad and tomato zucchini salad

Hot Menu: Stuffed shells and roman blend veggies

Thursday, May 8th

Cold Menu: Chicken salad, orzo vegetable salad and broccoli slaw

Hot Menu: Tuscan turkey orzo casserole and beets

Wednesday, May 14th

Cold Menu: Chicken Caesar salad and root vegetable salad

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

Thursday, May 15th

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

Hot Menu: Pollock w/ Dijon wine sauce, cous cous and peas and pearl onions

Wednesday, May 21st

Cold Menu: Mediterranean turkey pasta salad and roman blend salad

Hot Menu: Greek chicken, seasoned orzo and riviera blend veggies

Thursday, May 22nd

Cold Menu: Deli roast beef, provolone cheese, potato salad and coleslaw

Hot Menu: Black bean & barley chili and fiesta blend veggies

Wednesday, May 28th

Cold Menu: Egg salad, barley raisin salad and carrot pineapple salad

Hot Menu: Potato pollock, brown rice pilaf and roman blend veggies

Thursday, May 29th

Cold Menu: Chef salad w/ tuna and root vegetable salad

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

Suggested Voluntary Donation of \$3

Menu is subject to change

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

Answer key to Sudoku puzzles

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



Hudson Senior Center Trips 2025

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

Best of Times Travel:

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

Tuesday, June 17th Fleetwood Macked: Ultimate tribute to Fleetwood Mac (*payment due)

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:

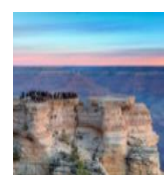
Sunny Portugal Departing November 9, 2025



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, May 6th at 9:30am

****Please note the Friends have changed their monthly meeting to the first Tuesday of every month at 9:30am****

The next Friends' event will be our jewelry sale, which will be held on **Saturday, May 3rd from 10am-3pm**. Thanks to the many donations of beautiful new and used jewelry, we have a large selection of jewelry for sale. We are looking forward to a busy sale day!

**Save the Date... 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 beginning in June. More information in the June newsletter.**

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.

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
- ❖ 5th Thursday with Kathy 9:30am- 11am

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 Mães 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***
(**No Zumba Class May 14th**)
- **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***
(**No line dancing on May 23rd & May 30th**)



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, May 21st 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.

*****JEWELRY SALE*****

Saturday, May 3rd from 10am-3pm.

Housing Options and Applications

Have you started thinking about your housing situation and if you are able to continue living in your own home? Maybe it is just getting to be too much to take care of and keep up. Maybe you *can* still live at home but need some assistance in doing so. There can be a time where you either need some sort of assistance in your home in order to maintain being there; there could also be a time where you may be better suited for a different living environment. With this being said, it is important to know what options are available to you.

As previously stated, many times people are able to stay in their home, sometimes with some sort of assistance. This type of help can come in the form of homecare services. They can be acquired by privately paying for services, or you can obtain homecare services through an organization if you meet the eligibility requirements. If one was interested in getting services through an ASAP (Aging Service Access Point) the agency that covers the Hudson area is Springwell Elder Services (formerly Baypath). If you would like to know more about homecare services and what type of assistance they can provide, you can contact them directly at 508-573-7200, or you can meet with Holly, Ana or Janice at the Senior Center for more information.

If you are still fairly independent and want to downsize and move to Senior Housing, the Senior Center staff can assist you with completing a housing application. There is a CHAMP application (Common Housing Application for Massachusetts Programs) which can be used to apply for not only housing in Hudson, but other towns across the state of MA as well. There is also a separate Federal Housing application which can be used to apply for Glen Road, and a separate application for Peter's Grove. This type of housing is called subsidized housing, where your rent is based on your gross income, as well as some deductions. There ARE income/asset limits for this type of housing. Please keep in mind that the wait to get into this type of housing can be years long, so if you think this is something you want to pursue, it is better to get an application in sooner rather than later as the wait can be lengthy.

Maybe you want to downsize and sell your home, but want to move to a facility where all activities and meals are prepared for you! Your options can range from independent living communities as well as assisted living communities. The level of care and services provided varies from place to place and you can choose the community and environment that best suits your needs.

Lastly, Nursing Home facilities are available for those that are incapable of living on their own or require more care than the Assisted Living is able to provide. Nursing homes provide full hands on assistance to residents.

If you or anyone you know is interested in learning more about the different options that are available in this area, contact the Hudson Senior Center at 978-568-9638 and an outreach worker will call you back to schedule an appointment.

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

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

Happy Mothers Day

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


APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL

MOM
MOTHER
NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER

THE BEST
WARM
WISE

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

Monday	Tuesday	Wednesday	Thursday	Friday
				
			1	2
			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 Food Shopping 09:00a Mat Pilates 10:00a Beginners Line Dancing 10:00a Gift Shop 11:00a Beginner Plus Line Dance 12:15p Bridge 12:15p Scrabble
5	6	7	8	9
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Felt flower craft 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 09:30a Friends Meeting 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 12:00p Mothers Day lunch 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 Parkinsons Exer. pm	08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Quilting 10:00a Beginners Line Dancing 10:00a Gift Shop 11:00a Beginner Plus Line Dance 12:15p Bridge 12:15p Scrabble
12	13	14	15	16
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 Older Adult Day 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 08:45p State House trip	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 11:30a 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 09:30a Legal Advice 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	08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Quilting 10:00a Beginners Line Dancing 10:00a Gift Shop 11:00a Beginner Plus Line Dance 12:15p Bridge 12:15p Scrabble
08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Hiking Trip 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group	08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Diabetes Pharmacy Talk 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess 01:30p Are you prepared for the Future	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	08:30a 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	08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Quilting 10:00a Gift Shop 12:15p Bridge 12:15p Scrabble 01:00p Left Center Right Dice game
26	27	28	29	30
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 09:00a 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 10:00a Gift Shop 12:00p Hand or Foot message 12:15p Bridge 12:15p Scrabble

Committee / Board Interest Form

Salutation

First Name

Initial

Last Name

Home Telephone

Business Telephone

E-Mail

Street

Town

Zip

Board or Committee of Interest

Date Submitted

Educational Experience

Work Experience / Professional Qualifications

Other Relevant Information, Affiliations, etc.

Other Town Offices. Held

From (Date)

To (Date)

Other Town Offices Held

Dates

Dates

Have you ever been convicted of a felony? YES ☐ NO ☐

I certify under the pains and penalties of perjury that all taxes and/or charges owed to the Town of Hudson have been paid

Signature _____

Date _____

Please attach resume or other background summary if available and return to:

Select Board's Office, 78 Main Street, Hudson, MA 01749

Phone: 562-9963 Fax: 568-9641 Email: SBLicensing@townofhudson.org