

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



Hudson Senior Center

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

JULY

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:

- Diane Durand- Chair - 978-621-9665
- Charles Corley – Vice Chair 978-568-8840
- Janet Saluk - Secretary -- 978-618-7124
- Nina Smith - Treasurer - 978-562-3077
- Trish Desmond - 508-654-0348
- John Gill – 978-568-1107
- Tony Monteiro - 978-562-6185
- Edward Silveira - 978-568-3438
- Susan Bleeker

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.

**Memorial Day 2025**

Following are remarks that State Representative Kate Hogan delivered on Memorial Day 2025 at the Memorial Day ceremony in Hudson.

To all the veterans here today - our Commonwealth and a grateful nation thank you for your service and sacrifice. This Memorial Day, we remember the fallen soldiers, sailors, airmen, Marines, merchant marines, and coast guard. When our nation called, they answered.

Here in our communities, we stand on hallowed ground where the spirit of liberty first took root at a time of revolution in our country. In Stow, 250 years ago, 80 farmers heard the alarm from Lexington and rushed toward Concord's Old North Bridge. Those Minutemen were not formally organized soldiers. They were more accustomed to handling plows than performing military exercises. Yet all were driven by patriotic impulses to protect the liberties of our colonies. On these hallowed grounds, the shot heard round the world was fired, and the American Revolution begun.

Those same impulses have echoed through the centuries. They drove brothers and neighbors to pick up arms at Gettysburg and Bull Run, to march on the Marne and hold the line at Belleau Wood, to storm the beaches of Normandy and endure the hell of Guadalcanal. They carried our warriors to Inchon and the Chosin Reservoir, through Vietnam's Mekong Delta and up Hamburger Hill, and more recently to Baghdad, Fallujah, and Kandahar—and all the battles our nation has fought in between.

In a ceremony commemorating the Revolution, Emerson wrote that the foes in that battle are long gone, but "memory may their deed redeem." We remember. We commemorate those impulses to defend a young nation's ideals. Let us remember and honor the fallen by heeding the ideals for which they stood: freedom, liberty, and democracy. And a special kind of American decency that always supports and understands the little guy. These ideals are as relevant and vital today as they were 250 years ago. Let us look to the heroes who gave their lives to something bigger than themselves fighting to preserve this great experiment in democracy.

Today, as we listen to taps, let us stop and feel the humility that comes from standing here together, understanding the magnitude of their sacrifice for us. Let us continually recall our beginnings and the values that inspired those who are truly great. From the farmers who rushed toward Concord to the warriors who serve today- each generation has answered freedom's call. Their legacy lives in the beating heart of a nation they died to preserve. That heart beats strongest when we live lives worthy of their sacrifice—when we choose courage over comfort, service over self, and unity over division. This is their gift to us. This is our covenant with them. This is America.

God bless our fallen heroes and our veterans. God bless our towns and Commonwealth. And God bless America for giving this world such heroes.

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: July 17, 6–7 pm at the Bolton Public Library

Hello to Everyone,



Last call to sign up for our Friends' Annual Cookout—happening Friday, July 18th!

Join us for a lively early afternoon inside the Marlborough Fish and Game Club Banquet Hall, filled with delicious food, great company, and music that'll get you dancing! It's our annual summer cookout, and we'd love for you to be a part of the tradition. Tickets are just \$5 and still available at the front desk—scoop yours up before they're gone. The more, the merrier, so bring your friends and let's make this year's celebration unforgettable. Look forward to seeing you there!

Here's just a few things happening in July! Mark your calendar! Full details inside this newsletter.

- If you are thinking about retiring and have questions regarding your Social Security benefit and when to take it, come to our info session on Social Security Tuesday, July 15th at 6pm at the senior center and learn what your options are!
- *Free and flavorful!* Enjoy a **FREE Vegetarian Chinese Luncheon** hosted at our center, generously sponsored by the **Seventh-day Adventist Church**. Come for the food, stay for the good company on Monday, July 21st.
- *Remember Miss Jean?* Beloved Hudson dance and gymnastics instructor, Miss Jean, is the subject of a new biography. Meet author **Linda LeSage** and hear her speak about *Miss Jean: Her Life and Legacy* on **Tuesday, July 22 at 11:00 AM**.
- *Medication safety matters.* **Walmart Pharmacist Caroline Santos** will present an informative session on **high-risk medications and older adults** on **Tuesday, July 29 at 10:00 AM** at the Senior Center.

Reminder: The Senior Center is Closed on Friday, July 4th and on Friday, July 18th for the Annual Friends' Cookout

Thank you ~ Janice



Bridges by EPOCH MEMORY CARE ASSISTED LIVING
With Speaker Sharon Loveridge, CDP Senior Advisor
Presents:

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.

Hiking Day



Monday, July 14th at 9am

At Delaney Pond in Stow. Bring walking sticks, water and appropriate attire.
Call to sign up!



Thinking About Retirement? Curious About Social Security?

Join us on Tuesday, July 15th at 6:00 PM

at the Senior Center for an informative presentation by
a representative from AARP's Speakers Bureau: **Renee Senes**.

This workshop, **Social Security Basics**, focuses on building a basic understanding of Social Security and is ideal for anyone not receiving benefits yet. They will explain retirement, survivors, and disability benefits. They will also discuss the options for when to claim your retirement benefits, and cover implications of working while collecting benefits. **Don't miss this opportunity to get your questions answered!**

You must call 978-568-9638 to sign up for this workshop before Friday, July 11th



Craving Something New and Delicious?

Join us for a **FREE Vegetarian Chinese Luncheon**

proudly sponsored by the Seventh-day Adventist Church of Hudson

Monday, July 21st at 12 Noon

At the Hudson Senior Center

Come enjoy a flavorful experience, meet new friends, and explore the joys of healthy eating—all at no cost to you! **Limit of 50 people sign ups start Wednesday, July 9th**

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



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.



Left, Center, Right and "Nickels" with Diane

Friday, July 25th 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, July 3rd, 10th, 17th & 31st 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.

High-Risk Medications & Older Adults: What You Need to Know
Tuesday, July 29th at 10:00 AM
at the Hudson Senior Center

Join us on *Tuesday, July 29th at 10:00 AM* at the Hudson Senior Center for an informative session led by **Caroline Santos**, Pharmacy Manager at Hudson Walmart. Caroline will share important information about high-risk medications and how they affect older adults. **Have questions? Bring them along!** Please call the Senior Center to reserve your spot.



Bridges by EPOCH Memory Care and Assisted Living
With Speaker Sharon Loveridge, CDP Senior Advisor
Presents:

Family Dynamics and Conflict Resolution in Dementia Caregiving
Tuesday, August 5th at 10am

“Dealing with family conflicts can be challenging and uncomfortable, but remember that the primary goal is to help your loved one continue to live a meaningful life”. Please call to sign up for this enlightening presentation.



Patriotic Tunes & Good Vibes—
At the Hudson Senior Center on
Monday, August 11th at 6pm



Looking for a night out that hits all the right notes, join us for a **FREE Saxophone Concert** filled with toe-tapping, flag-waving patriotic music! Sponsored by our friends from Seventh-day Adventist Church

Sign-ups begin Tuesday, July 22nd

Space is limited to just **60 guests**, so grab your spot fast!

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, July 7th & July 21st at 1pm

❖ **Caregivers Support Group**
Thursday, July 17th & July 24th 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.



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: July 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

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 July. **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, July 14th – Nonnas

After the loss of his mother, a man risks everything to honor her by opening an Italian restaurant with a group of local grandmothers as the chefs. Starring Vince Vaughn, Lorraine Bracco and Brenda Vaccaro.

Rating: PG Runtime: 1hr 51min



Monday, July 28th – The Life List

When Alex Rose's mother sends her on a quest to complete her childhood bucket list, it takes her on a journey that will make you both laugh and cry as she uncovers family secrets, finds romance, and discovers herself along the way.

Rating: PG-13 Runtime: 2 hr 3min

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 TBA 9:30am- 11am



15-minute Legal Advice with Christine Boutin

Tuesday, July 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.



Medicare v. Medicaid

By Christine Boutin
Of Counsel, Mirick

Often, we will meet with potential clients who tell us that they “need to do Medicare planning” to protect their assets for their children should they need to enter a nursing home in the future. We, however, know that they are talking about “Medicaid” planning. (FYI, the Medicaid program in Massachusetts is also known as “MassHealth”). Medicare and Medicaid, although both government health insurance programs, are quite different in the benefits they provide. Following is a short explanation of the differences:

□ Medicare:

- Federal health insurance program for elders 65 and over, plus
 - younger people with certain disabilities or who have received SSDI benefits for 24 months or more, and
 - children or surviving spouses of at least age 50 of an SSDI recipient)
- Pays for short-term rehab stays (which can occur in a nursing home for potentially up to 100 days, with a daily co-pay after day 20)
- Does NOT pay for long-term stays in a nursing home (called “custodial care”)

□ Medicaid (“MassHealth” in MA):

- Federal insurance program implemented differently by each state, eligibility rules may differ by state
- Different types of Medicaid programs such MassHealth Standard or CommonHealth, depending on need, income and sometimes assets
- Can cover seniors age 65 and over, disabled or medically needy younger people, children and non-disabled, low-income recipients
- \$2,000 asset limit once the member reaches age 65
- **Only** insurance program that pays for long-term stays in a nursing home if the applicant meets medical and financial eligibility requirements:
 - \$2,000 limit of countable assets for the applicant at age 65 (potentially younger if in a facility);
 - \$157,920 of countable assets for the applicant’s spouse at home (yearly increases)

Know that when the issue is government benefits to pay for long-term nursing home care, the program needed is Medicaid (“MassHealth”).

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.

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

Answer key to Sudoku
puzzles

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

Message from the Friends...



Next Friends Meeting: Tuesday, July 1st at 9:30am

We will continue to have volunteer opportunities throughout the year as we raise funds to support the Hudson Senior Center.

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, music, dancing 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.

****You must purchase your tickets by no later than Monday, July 14th****

***If you need to schedule transportation please call to book your ride
no later than Tuesday, July 15th***



2025 Wood Park Summer Concert Schedule for July

When: Wednesdays at 6:30pm weather permitting

Location: Wood Park - 65 Park Street, Hudson

The Music Shell will be filled with the sounds of summer for all to enjoy. Grab your lawn chair, swing by and listen for free to all of these amazing bands.

July 9th The Highland Wood Project

Enjoy live performances featuring our acoustic trio, harmonizing your favorite 60's and 70's hits. The Highland Woods Project always delivers an engaging, memorable music experience. With warm, welcoming humor, they delight their audiences with fun, harmony-infused, nostalgic songs along with the stories behind them.

July 23rd The Elastic Five

The Elastic Five is a highly versatile and authentic tribute to rock and popular music of the latter 20th century. This quintet features talented musicians and singers who learn the original arrangements of all the songs they play.

Aug 6th Holdin' Back the 60's

We feature smooth vocals and harmonies with 60's instrumentation that will bring you back to an era that remains the benchmark of 20th Century Pop music.

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

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 (meals on wheels)

Wednesday, July 2nd

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

Hot Menu: Macaroni & cheese and riviera blend veggies

Thursday, July 3rd

Cold Menu: Mediterranean turkey pasta salad and riviera salad

Hot Menu: BBQ chicken, corn and cole slaw

Wednesday, July 9th

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

Hot Menu: Chicken Diane, seasoned orzo and California blend

Thursday, July 10th

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

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

Wednesday, July 16th

Cold Menu: Chicken romaine salad and broccoli feta orzo salad

Hot Menu: Pork with apples, roasted sweet potatoes and green beans

Thursday, July 17th

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

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

Wednesday, July 23rd

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

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

Thursday, July 24th

Cold Menu: Deli roast beef, cheese, balsamic vinaigrette pasta salad and cucumber carrot onion salad

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

Wednesday, July 30th

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

Hot Menu: Stuffed shells, tomato sauce and roman blend vegetables

Thursday, July 31st

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

Hot Menu: Beef shepherd's pie, jardinere blend vegetables

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



Hudson Senior Center Trips 2025

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

Best of Times Travel:

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. (payment due) **Price: \$179.00**

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

Roundtrip deluxe motor coach 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

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

Northboro Senior Center Woo Sox Game trip Thursday, August 7th

Includes transportation from Northboro Senior Center on coach bus, ticket, hamburger or hot dog lunch, water and lemonade, cookies and shaded seating on the 3rd base line. Call the Northboro Senior Center at 508-393-5035 to reserve.

Price: \$70.00

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**
(**Qigong is back on for July**)
- **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

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

No Group in
July

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.

What supports can the Outreach Department provide seniors and families in Hudson?

- SHINE (Serving the Health Information Needs of Everyone [on Medicare])

Support is provided for elders and individuals who are struggling with Medicare health insurance questions and need more information about benefits. Holly Richardson, Ana Terra-Salomão and Janice are certified SHINE counselors available by appointment throughout the week. For our Portuguese speaking community, please note that Ana is bilingual and speaks Portuguese. In addition, we also offer support with screening and applying for a variety of programs that can help reduce your health care expenses—including MassHealth, the MassHealth Buy-In programs, Limited Income Subsidy (Extra Help), and Prescription Advantage. As SHINE counselors we will provide unbiased information so that individuals have the ability to make informed choices about their health coverage. ***Please note that we are not trained for the Health Connector insurance plans through the Marketplace. ***

- Public Benefits Screenings and Application Assistance

The Outreach department can screen individuals for certain public benefits such as fuel assistance (any age) and food stamps (60 years of age and older) and assist with the application process for these benefits.

- Home Care Services

Many seniors qualify for home care services with their local ASAP (Aging Service Access Point). Springwell is the local ASAP that services residents of Hudson. Springwell is a nonprofit corporation which is regulated by the Executive Office of Elder Affairs. The Outreach Dept. can provide eligibility information and make referrals to Springwell as needed. Please contact the Outreach dept. or Springwell directly if you or someone you know needs assistance. **Springwell # (508)573-7200**

- Care Giver Support Services

Information on local caregiver support groups and caregiver programs are available at the Center.

- Legal and Financial Support

Help is available for families and caregivers who need information on legal issues in aging. The Social Service Department submits referrals to MetroWest Legal Services and other legal organizations that can help. Attorney Christine Boutin provides free consultation at the Center once a month (please call for an appointment). The Center also has information on money management programs that provide organization and bill paying support.

- Ongoing Case Management

Social Service Advocates at the Center can provide ongoing case management for seniors who require assistance managing services and supports in the community. Contact the Outreach Dept for further information.

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.

DICAS DE SEGURANÇA DE VERÃO PARA OS IDOSOS

Os dias quentes de verão estão a chegar. O verão traz com ele alguns perigos para os idosos. Aqui estão algumas dicas para ajudar os idosos durante o tempo quente de verão:

- 1) **Beba bastante água.** O calor pode desidratá-lo rapidamente, por isso é importante beber bastante água durante o dia.
- 2) **Proteja a sua pele.** Use protetor solar quando estiver fora por um período prolongado durante o dia.
- 3) **Limite a sua atividade física e exercício.** Faça pausas regulares quando possível se tem que trabalhar ao ar livre e limite o exercício e atividade física durante o dia.
- 4) **Faça pausas frequentes para esfriar.** Quando passar muito tempo na rua no sol, é importante tomar pausas para permitir o seu corpo tempo para esfriar num local fresco.

DATAS IMPORTANTES

Dia 1 de Julho – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 4 de Julho – O Senior Center estará fechado devido ao feriado do 4 de Julho (4th of July).

Dia 15 de Julho – Palestra grátis sobre a memória em pessoas idosas (“Is it normal aging or is it Memory Loss?”) com Sharon Loveridge do Bridges by Epoch às 10:00 da manhã no Hudson Senior Center. Telefone 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 “Marlboro Fish and Game Club” em Marlboro. O custo é \$5.00 por pessoa. O Hudson Senior Center estará fechado nesse dia. Bilhetes limitados a venda no Senior Center até o dia

Dia 21 de Julho – Almoço grátis de comida vegetariana chinesa às 12:00 da tarde no Hudson Senior Center patrocinado pelo 7th Day Adventist Church de Hudson. **Limitado a 50 pessoas.** Telefone para reservar o seu lugar a partir do dia 9 de Julho.

Dia 29 de Julho – Palestra grátis com Caroline Santos da farmácia do Walmart sobre medicamentos com riscos para pessoas idosas às 10:00 da manhã no Hudson Senior Center. Telefone para reservar o seu lugar.

Dia 11 de Agosto – **Concerto grátis** de música patriótica às 6:00 da tarde no Senior Center. **Limitado a 60 pessoas.** Telefone a partir do dia 22 de Julho para reservar o seu lugar.

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

	6					1		
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DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

4TH OF JULY

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS
FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION
PARADE
REVOLUTION
RIGHTS

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

Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
	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 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 Zoom Parkinsons class 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 Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a CENTER CLOSED
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Legal Advice 09:30a Stress Reduc. 10:00a Open Paint Studio 12:30p Grab and Go 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 09:30a Gift Shop 09:30a Knit and crochet 10:30a Zoom Parkinsons class 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 10:00a Beginners Line Dancing 10:00a Gift Shop 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 09:00a Hiking Trip 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Aging/Memory Loss 10:00a Open Paint Studio 01:00p Chess 06:00p Retirement and Social Security	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 Zoom Parkinsons class 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 CENTER CLOSED 11:00a Annual Cookout
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:00p Vegan Chinese Luncheon 01:00p Bereavement Group	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 11:00a Miss Jean: Author Discussion 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 10:00a Library Presentation 10:30a Zoom Parkinsons class 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 Caregiver Support 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 01:00p Left Center Right Dice game
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 Door Hanging Craft 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a High Risk Medications 10:00a Open Paint Studio 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 Zoom Parkinsons class 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	