

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

AUGUST



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.



Massachusetts Sales Tax Holiday Weekend

This month, Massachusetts will once again have a sales tax-free weekend August 10 - 11.

The annual summer shopping tradition goes back many years and began as a way to boost local business.

In 2018, the weekend of relief for shoppers became statutorily-required as part of state legislators' "Grand Bargain" that also raised the minimum wage, created a state paid family and medical leave program, and phased out time-and-a-half pay on Sundays and holidays.

The sales tax holiday for 2024 will be held on Saturday, August 10 and Sunday, August 11. Most retail items of up to \$2,500, purchased in Massachusetts for personal use on these two days, will be exempt from collection of the state 6.25% sales tax.

The sales tax holiday applies only to eligible retail items bought online or in-person for personal use by residents. It does not apply to purchases of some specific goods or services, including:

- motor vehicles and motorboats
- meals
- alcoholic beverages, tobacco products and marijuana products
- telecommunications services like prepaid calls
- natural gas, steam, or electricity
- any single item whose price is more than \$2,500

All businesses that normally make taxable sales of tangible property in Massachusetts or to purchasers in Massachusetts and are open for business on August 10 and 11 must take part in the sales tax holiday.

If you were charged tax in error, the business that you bought your item from is responsible for giving you a refund of the tax you paid. To determine the amount of your refund, you should provide the business with proof of purchase.

Additional questions are answered on the Massachusetts Department of Revenue webpage at: <https://www.mass.gov/info-details/sales-tax-holiday-frequently-asked-questions>

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.

Hello to Everyone,

I hope you are all enjoying the summer. With more hot days expected in August, it's important to stay cool and hydrated. We have some exciting events lined up at the center that you won't want to miss:

- Family dynamics, conflict resolution in Dementia Caregiving Aug 5th
- Free Saxophone Concert Aug. 11th at 6pm with Ice Cream!
- Want to learn a new language? Try Mango Languages! Aug 12th
- Come learn about Dental Blue 65 (3 different plans) Aug 19th
- Traveling abroad? Learn about GeoBlue, additional short-term health insurance. Aug 19th
- Hudson Fire Department presents the Senior Safe Program Aug 27th
- Also, Save the date for the Hudson Rotary Club free breakfast on Friday, September 26th.
More information about sign-ups in the September newsletter.

As we wrap up fiscal year 2025 (July 1, 2024-June 31, 2025) I am excited to share the impressive participation numbers from our senior center.

Transportation: We provided 169 seniors with a total of 5460 rides between Hudson and Marlborough.

Social Services: Our team assisted 1090 seniors over 5098 times.

Events/Programs: We had 1,591 people attend our various events and programs for a total of 18,872 times.

Trips: 211 People enjoyed day trips to destinations like the Titanic Exhibit, Supremes, Celtic angels, Kenny and Dolly, Rod Stewart Tribute, the Sicilian Tenors, Newport Playhouse and the Corvettes Doo Wop.

Overall, the Senior Center provided social services, programs, events, rides and more to 1872 individual seniors over 30,549 times in FY25

A heartfelt thank you to our wonderful staff, fitness and wellness instructors, and everyone else who contributed to this outstanding achievement. It is rare that just one person effects change; it is through the collective efforts of our dedicated team that we have such a tremendous impact at our center. Your dedication and hard work are truly appreciated.

Thank you ~ Janice



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 & Ice Cream! **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.

STILL SPOTS AVAILABLE!!



Hiking Day

**Monday, August 25th at 9 am
at Wachusett reservoir**

Gate 8 parking lot across from Cross Street in Boylston

Hudson Public Library Presentation

Want to learn a new Language? Try Mango Languages

Tuesday, August 12th at 2pm

The Hudson Library staff will visit the Senior Center on Tuesday, August 12 at 2 PM to present on how to use Mango Languages, a database that teaches realistic conversations in over 70 world languages. Mango is a language learning methodology with proven efficacy. An email address is required to set up a Mango Languages account. Please call to sign up for this informative presentation.

Blue Cross Blue Shield discusses two great programs:

**International Health Care Coverage from GeoBlue
and Dental Blue 65**

at the Hudson Senior Center on

Tuesday, August 19th from 11 am to 12 pm

Dental care is essential to your overall health, come learn about the 3 dental plans offered from Blue Cross Blue Shield of Ma to anyone 65 and older. We will also discuss GeoBlue, a provider of health insurance for short term international travel offered by Blue Cross Blue Shield of Massachusetts. GeoBlue provides peace of mind to world travelers by offering access to an elite network of providers. This presentation will explain the various levels of coverage, medical limits and deductibles. Please call to sign up for this

Left, Center, Right and “Nickels” with Diane

Friday, August 15th 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, August 7th, 14th, & 21st 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.

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.



Senior SAFE Program **Wednesday, August 27th at 10am** **at the Hudson Senior Center**

You are invited to attend a special presentation to be given here at the Hudson Senior Center by members of the Senior SAFE team from the Hudson Fire Department.

The **Senior SAFE (Senior Awareness of Fire Safety) Program** was created in 2014 by the Massachusetts State Legislature to address fire and life safety for older adults. It provides funding to local fire departments to provide education that addresses the unique risks that face Seniors. Sadly, the risks of fire and injury increase as we age and a fall, a burn, or a fire can be devastating. Thus, it is important to learn and make changes so we can stay at home independent and safe. The Fire Prevention team plans to help us by discussing:

- Trip and fall hazards
- Cooking safety tips
- Electrical safety tips
- Importance of exiting a building when alarms go off

They will also explain the importance of having:

- Up-to-date Fire of Life magnet
- Working smoke and CO detectors and knowing when & how to replace them
- Some form of life alert system.

Since small changes can make a big difference; I sincerely hope that you will attend this presentation.

For planning purposes, we need to know how many are attending. If you want to attend, please contact the Senior Center at 978-568-9638.

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, August 4th & August 18th at 1pm

❖ Caregivers Support Group

Thursday, August 7th & August 21st at 1pm

Tammy from Painted Pine Crafts is offering:
Paint the Patch: A Pumpkin Trio Craft Workshop
Monday, September 29th at 1 pm



Join us, at the Senior Center for a festive and fun workshop where you'll create a pumpkin trio set

Cost to you is \$15.00

Each guest will paint and decorate 3 wooden pumpkins in varying sizes from 4.5" – 7". All supplies are included: wood cutouts, paints, brushes, stencils, twine and more.

You must sign up by Sept 15, 2025. Limited to 20 people.

"Movie Day" at the Center



Here is the listing for the movie in August. **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, August 11th – Green and Gold



Foreclosure looms over Wisconsin dairy farmer Buck (Craig T. Nelson). With mounting debt and the land his family has cultivated for four generations at risk, Buck refuses to give up his legacy without a fight. Buck's granddaughter works alongside him but dreams of a career in music. Her aspirations are fanned by an emerging friendship with a famous musician, but chasing her dreams might take her far from the farm. With time running out, Buck places a daring Super Bowl bet on his beloved Green Bay Packers, risking it all to save everything he holds dear.

Rating: PG Runtime: 1hr 43 min

Monday, August 25th – The Ballad of Wallis Island



THE BALLAD OF WALLIS ISLAND follows Charles (Tim Key), an eccentric lottery winner who lives alone on a remote island and dreams of getting his favorite musicians, McGwyer Mortimer (Tom Basden & Carey Mulligan) back together. His fantasy turns into reality when the bandmates and former lovers accept his invitation to play a private show at his home on Wallis Island. Old tensions resurface as Charles tries desperately to salvage his dream gig.

Rating: PG-13 Runtime: 1 hr 40min

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: August 7th ...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.**

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



15-minute Legal Advice with Christine Boutin Tuesday, August 12th (Full) & Tuesday, September 9th

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.



Do You Need a Durable Power of Attorney and Health Care Proxy?

By Christine Boutin, Of Counsel Mirick

When most people think of their estate plan, they think about who will inherit their property upon their death, but some of the most important estate plan documents are those documents that are effective during your lifetime. A Durable Power of Attorney and a Health Care Proxy are sometimes called “incapacity estate planning document,” because the documents are typically used when someone (the “Principal”) is incapacitated and incapable of making decision for themselves.

Under a Durable Power of Attorney, the Principal grants at least one person (called the “Attorney-in-Fact”) authority to handle financial matters for the Principal during their lifetime. Typically, the authority is granted to the Attorney-in-Fact immediately upon signing the Durable Power of Attorney, but some people opt for the authority to be delayed until sufficient proof is given that the Principal, in fact, incapacitated.

A Durable Power of Attorney should have an exhaustive list of powers, since financial institutions want to see the exact authority needed specifically listed in the Durable Power of Attorney. Common powers granted in a Durable Power of Attorney are the authority to sell assets, including real estate; to transact with a bank (deposit, withdraw, open and close accounts, write checks); to gift the Principal’s assets (typically to achieve estate planning objectives), including the power to self-deal, which means the Attorney-in-Fact (often the Principal’s spouse or child) has the authority to transfer assets to themselves for less than fair market value (for example, if one spouse needs to transfer to themselves an incapacitated spouse’s interest in jointly owned real estate); to file tax returns; to contract with medical facilities; and to apply for government benefits on behalf of the Principal.

Under a Health Care Proxy, the Principal gives their Health Care Agent authority to make health care decisions on the Principal’s behalf if the Principal cannot make or communicate those decisions. The Agent’s authority should be broad and encompass decisions relating to mental health. Unlike the Durable Power of Attorney, only one Health Care Agent can serve at a time, and the Health Care Agent’s authority is established only when the Principal’s physician deems the Principal incapacitated.

If the Principal does not have a Durable Power of Attorney, the Principal will need a conservator appointed to make financial decisions. Similarly, if the Principal does not have a Health Care Proxy, the Principal will need a guardian appointed to make health decisions. Both are obtained through public court proceedings, which take much more time and money than if a Durable Power of Attorney and Health Care Proxy had been signed ahead of time. In addition, by signing a Durable Power of Attorney and Health Care Proxy, the Principal chooses who they want to act on their behalf; those same people are not guaranteed to be appointed through the conservatorship and guardianship process. 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.

Message from the Friends...



Next Friends Meeting: Tuesday, August 5th at 9:30am

This month the Friends will begin preparations for the annual Fall Fair, which will be held on **Saturday November 1, 2025** from 9am-2pm.

Last year's Fair, thanks to our enthusiastic volunteers, was the most successful fair yet and we are hoping to repeat this year!

We have many openings for volunteers to help prior to and during the Fair on November 1st.

Please consider attending our meetings on the first Tuesday of each month, or let us know if you wish to volunteer.

We will have a volunteer sign-up sheet in the lobby, you can leave a message at the front desk, or email the Friends at friendsofHUDSONseniorcenter@gmail.com

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.



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.

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.

Hudson Farmers' Market



When: Tuesdays 3:30- 6pm

Where: Hudson Town Hall

The Farmer's Market features wine, meat, poultry, cards, prints, pet treats, eggs, cheese, soap, produce, jam honey, lemonade, microgreens, bread and baked goods.

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

Answer key to Sudoku
puzzles

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

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, August 6th

Cold Menu: Chicken Caesar salad and root vegetable salad

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

Thursday, August 7th

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, August 13th

Cold Menu: Mediterranean turkey pasta salad and roman blend salad

Hot Menu: Breaded chicken sandwich w/ honey mustard sauce, coleslaw and sweet potato wedges

Thursday, August 14th

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

Hot Menu: Black bean & barley chili and fiesta blend

Wednesday, August 20th

Cold Menu: Chicken salad, Greek pasta salad and broccoli tomato salad

Hot Menu: Potato pollock, root vegetables and roman blend veggies

Thursday, August 21st

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

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

Wednesday, August 27th

Cold Menu: Hummus, quinoa tabbouleh salad and Mediterranean salad

Hot Menu: Sloppy joe, sweet potato tots and spinach

Thursday, August 28th

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

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

Wednesday, August 29th

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

Hot Menu: Stuffed shells, tomato sauce and roman 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. **(FULL) 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

Payment Due Now **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:

Travel Presentation on Canyon Country featuring Arizona & Utah on:

Tuesday, September 23rd at 1pm



(Call to Sign up if you are interested in this trip or if you just like hearing about travel!)

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***
- **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. August 6th *)
- **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

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.

With the summer now in full swing, it is important to be prepared for the hot weather especially during August since it is usually the hottest month! You should be staying informed of any weather updates; have a family emergency plan, prepare your home (secure any furniture that might be outside, remove dead or rotting trees that could fall during a storm) and I think most importantly, make an emergency kit. I think having an emergency kit is beneficial to have throughout the whole year. When creating an emergency kit, it is recommended to have the following items:

- Bottled water (they recommend a minimum of 3 days worth)
- Food- at least a 3 day supply of non-perishable items that don't need cooking (granola bars, cereal, dried fruit, nuts, crackers etc.)
- Tools/supplies- can opener, radio, flashlight, batteries, cell phone/charger
- Personal items- prescription medications, eyeglasses, dentures, clothes, shoes, personal care items, extra insulin, oxygen, medical alert bracelets if you have one
- Pets (if you own any)- collar, leash, crate, food, bowls
- First Aid kit

In addition to having all of these items in an emergency kit, it would be recommended to have any durable medical equipment readily available in case of emergency. These items would be canes, walkers, wheelchair/scooters. You should have your eyeglasses and hearing aids close as well.

Keep paths clear throughout the house in case of emergency!

In addition to being prepared for storms it is important to keep yourself safe during the hot weather!

Be sure to stay hydrated, use sunscreen, wear weather appropriate clothing, and be mindful of "cool" centers. If you don't have air conditioning or fans, be aware of centers/facilities that have air conditioning and that might be cooler than your home.

Mass Health Updates:

We have been getting a lot of calls from people regarding Mass Health Review forms. These will be coming in a large blue envelope and they must be returned in order to maintain the benefit you're currently receiving. Most of these review forms have been sent to people on the MSPs (Medicare Savings Programs). If we helped you apply for this benefit last summer, please be on the lookout for these forms in the mail. **Again, if you don't send the form back, you will lose the benefits of this program.**

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.

DIAS DE IR ÀS COMPRAS!!

Os dias de ir às compras são terças-feiras e quintas-feiras para todos os idosos de Hudson a partir das 9:00 da manhã. Às **terças-feiras** e quintas-feiras pode escolher entre os seguintes supermercados: Stop & Shop, Shaws, Walmart ou Market Basket. **Limitado a 13 pessoas. Por favor telefone para 978-568-9638 no dia anterior para marcar o seu lugar. Na primeira Quinta-feira do mês vamos ao Target (dia 7 de Agosto).**

GIFT SHOPPE

Venha visitar o nosso Gift Shoppe no Senior Center, segundo andar. As horas são Segundas, Terças, Quartas e Quintas das 9:30 da manhã às 12:30 da tarde. Sextas as 10:00 da manhã à 1:00 da tarde.

DATAS IMPORTANTES

Dia 5 de Agosto - Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dias 6, 13, 20 e 27 de Agosto – Grupo de croché às 9:30 da manhã. Venha fazer croché.

Dia 11 de Agosto – **Concerto grátis** de musica patriótica às 6:00 da tarde no Senior Center. **Limitado a 50 pessoas.** Telefone para reservar o seu lugar.

Dia 12 de Agosto – Consulta grátis de 15 minutos com a Advogada Christine Boutin das 9:30 às 11:30 da manhã. Telefone para o Senior Center para marcar um appointment.

Dia 19 de Agosto – Palestra grátis sobre “Geo Blue e Dental Blue 65” do Blue Cross Blue Shield of MA às 11:00 da manhã. Telefone para reservar o seu lugar.

Dia 27 de Agosto – Palestra grátis com os Bombeiros de Hudson sobre o programa “Senior Safe” às 10:00 da manhã no Senior Center. Telefone para reservar o seu lugar.

Dia 1 de Setembro – O Senior Center esta fechado para o feriado do “Labor Day”.

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



4								5
				4	1	6		
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			8			5	9	
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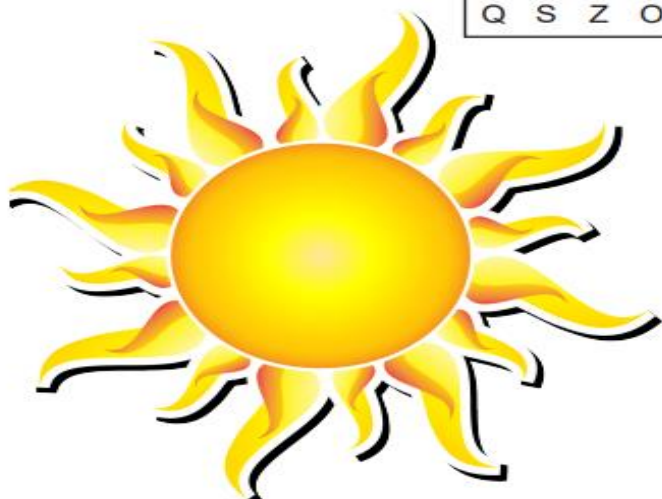
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DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

SUMMER FUN


AUGUST
BASEBALL
BEACH
CAMPING
FRISBEE
GAMES
GARDEN
GRASS
ICE CREAM
JULY

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



JUNE
OCEAN
OUTDOORS
PARK
PICNIC
PLAY
SANDALS

SHORTS
SNORKEL
SUNSHINE
SWIM
THUNDER
VACATION
WATERMELON

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1</p> <p>08:00a Library 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 Memoir Workshop</p>
<p>4</p> <p>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</p>	<p>5</p> <p>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 Conflict Resolution in Dementia Care 10:00a Open Paint Studio 01:00p Chess</p>	<p>6</p> <p>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</p>	<p>7</p> <p>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</p>	<p>8</p> <p>08:00a Library 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</p>
<p>11</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 06:00p Saxophone Concert</p>	<p>12</p> <p>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 01:00p Chess 02:00p Library Presentation</p>	<p>13</p> <p>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 01:00p COA Brd Mting</p>	<p>14</p> <p>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</p>	<p>15</p> <p>08:00a Library 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</p>
<p>18</p> <p>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</p>	<p>19</p> <p>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 Blue Cross Blue Shield 01:00p Chess</p>	<p>20</p> <p>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</p>	<p>21</p> <p>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</p>	<p>22</p> <p>08:00a Library 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</p>
<p>25</p> <p>08:00a Library 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 12:30p Movie Day</p>	<p>26</p> <p>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 01:00p Chess</p>	<p>27</p> <p>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 Senior Safe 10:30a Zoom Parkinsons class 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo</p>	<p>28</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>29</p> <p>08:00a Library 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</p>