

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



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:

- 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 Bleecker

### Meetings:

**The Council on Aging Board** –2nd Wednesday of each month at 1:00pm

**The Friends of Hudson Seniors** -1<sup>st</sup> 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.*

## A River Runs Through It



When I first ran for the state legislature, I couldn't have realized how central a role water would play in shaping my career as a legislator.

In the years since, the communities in my district have experienced water crises – wells running dry and invisible chemicals threatening water supplies – and the need for assistance in building culverts, replacing water treatment facilities, monitoring rivers, and safeguarding firefighting sources from drought.

Each piece of legislation I have championed regarding safeguarding our water, and each constituent crisis I have helped resolve, has become part of a larger narrative: protecting and preserving this most essential resource for generations to come.

At every step along the way, the Massachusetts Department of Environmental Protection (MassDEP) has offered its support. They are the unsung heroes who solve problems and roll out real solutions.

It has been my privilege to partner with MassDEP over the years. I was delighted to be part of the Department's 50<sup>th</sup> anniversary celebration, held this summer in Worcester, where we commemorated 50 years of the agency's efforts to protect our environment and preserve our future.

I was also honored to be recognized with the 'Central Region Legislator of the Decade' award from the MassDEP, among the legislators who are committed to advancing environmental protection, sustainability and justice through policy and legislation and who partner with MassDEP to address critical environmental challenges. (*Pictured above from the ceremony in Worcester: MassDEP Commissioner Bonnie Heiple, Rep. Kate Hogan, Director of MassDEP's Central Regional Office in Worcester Mary Jude Pigsley*)

Water tells stories about our communities. Water flows through and under every town in my district—from the taps in our homes to the rivers that power our economy to the aquifers that sustain our future. Senator Edmund Muskie once said, "High quality water is more than the dream of the conservationists, more than a political slogan; high quality water, in the right quantity at the right place at the right time, is essential to health, recreation, and economic growth."

**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](mailto:Kate.Hogan@MAhouse.gov). Find her online at [www.repkatehogan.com](http://www.repkatehogan.com) and on social media at @RepKateHogan.

**Hello to Everyone,**



A special thanks to the Hudson Fire Department for their outstanding in-person presentation at the Senior Center on their Senior Safe Program. Their visit was both informative and impactful. They emphasized the importance of having working smoke and carbon monoxide detectors and also discussed other valuable safety measures such as night lights, grab bars, stove hood fire stop products and more.

If you'd like the Hudson Fire Department to visit your home to inspect your smoke and carbon monoxide detectors and replace batteries if needed, please call the Senior Center and ask for Holly or Ana. They're compiling a list of interested residents to coordinate with the Fire Department. Let's stay safe and enjoy the beauty of fall together!

Medicare Open Enrollment Period is approaching; Oct 15th through Dec 7th 2025. That's the time to review and make changes to your health insurance and prescription drug plans for next year. Holly, Ana and Janice, Hudson SHINE Counselors, will be ready to help you review your current plans and explore new options for next year if needed. More on this next month.

A few interesting events for September:

- Sept 11<sup>th</sup> a presentation on the Story Behind the American Heritage Museum at 9:30am
- Friday, Sept 19th an afternoon of music dancing and fun 12 noon
- Sept 23rd a lunch and learn with Hudson Police; Are you a Target for Scams
- Friday, Sept 26th Hudson Rotary Club free Breakfast 7am – 8 am
- Monday, Sept 29th The Ethics of Fibbing in Dementia Care
- Please read the Sept newsletter for more interesting events and activities

Thank you ~ Janice

**Reminder: Closed on Monday, September 1<sup>st</sup> for Labor Day**



**Discover the Story Behind the American Heritage Museum**  
**Thursday, September 11<sup>th</sup> at 9:30am**  
**at the Hudson Senior Center**

Join us for a captivating presentation by **Mr. Hunter Chaney**, Director of the **Collings Foundation / American Heritage Museum**.

Mr. Chaney will share the Museum's origin story, its expanding exhibits, and the restoration of rare historical artifacts. From World War I trenches to World War II battlefields and beyond, each display brings history to life through authentic artifacts, immersive technology, and powerful storytelling.

Call 978-568-9638 to reserve your spot for this informative presentation.



**Left, Center, Right and "Nickels" with Diane**  
**Friday, September 12<sup>th</sup> 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.**

**Grab and Go meal with Buffet Way**  
**Monday, September 15, 2025 pick up at 1pm**

Menu: Lasagna with one large meatball, garlic bread and lemon torte for dessert. Meals will be served cold for your convenience – just heat and enjoy when you're ready. Limited to 70ppl  
**Cost is \$5.00. Sign up beginning Tuesday, September 9<sup>th</sup>**

**Good Times Mobile Music**



**Friday, September 19<sup>th</sup> at 12-1:30pm at the Senior Center**  
**Join us for an afternoon of music, dancing and fun!**



Debbie Scannell, the DJ who provided the great music at our Annual Cook at the Marlborough Fish and Game will be at our center playing great tunes that will get us all singing and moving! Light refreshments (croissant sandwiches, chips and drink) **Limit 40 people, cost \$5.00 (to help with the cost of food and DJ)** **Sign up and pay in person at the front desk**

**Are you a target for a SCAM?**



**Find out on Tuesday, September 23<sup>rd</sup> at 11:30 AM**  
**at the Senior Center for a lunch and learn Police presentation**

Come meet the Hudson Police Department Detectives Bureau who will be doing a presentation on fraud and scams. During the presentation there will be discussions of different types of scams, signs that you may be a target of a scam, and what to do when you believe you are being scammed. At the end of the presentation, the presenters will answer questions and hope to give some peace of mind of what to do in similar circumstances. Lunch will be turkey and cheese on a bulky roll, chips, cookie and water.

Please call 978-568-9638 to reserve your spot. Limit 30 people

**The Hudson Rotary Club Free Breakfast for Hudson seniors will be**  
**Friday, September 26<sup>th</sup> at the Hudson Senior Center 7:00am- 8:30am**

The Rotary Club of Hudson and Rail Trail Flatbread Co. are partnering again this year to host a breakfast at the Senior Center from 7:00 to 8:00 AM on Friday, September 26th. They will be serving Pancakes, bacon, scrambled eggs & fresh fruit cups. Limited to 50ppl

**You must call 978-568-9638 to sign up! Thank you to our local Rotarians!**

**The Ethics of Fibbing in Dementia Care**  
**Monday, September 29<sup>th</sup> at 10am**  
**at the Hudson Senior Center.**

With Sharon Loveridge, CDP, Senior Advisor from Bridges by Epoch in Sudbury,

Therapeutic fibbing is all about bending the truth to avoid agitation and distress for an individual experiencing memory loss. Join us to discuss how caregivers can:

- Use subtle redirection to avoid conflict.
- Validate feelings to offer reassurance.
- Convey emotional truths rather than factual ones.

It's not about sanctioning deception. Instead, a therapeutic fib avoids the truth as an act of compassionate kindness. **You won't want to miss this, call to sign up!!**



## Hiking Day

**Monday, September 29<sup>th</sup> at 9 am  
at Assabet National Refuge in Sudbury  
Meet at the parking lot near the center**



**“VETS TALK” A program for Veterans  
Thursday, September 4<sup>th</sup>, 11<sup>th</sup>, & 18<sup>th</sup> at 9am  
*Every Thursday except the 4<sup>th</sup> 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.

## 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, September 8<sup>th</sup> & 22<sup>nd</sup> at 1pm**
  
- ❖ Caregivers Support Group  
**Thursday, September 4<sup>th</sup> & 18<sup>th</sup> at 1pm**

**Tammy from Painted Pine Crafts is offering:  
Paint the Patch: A Pumpkin Trio Craft Workshop  
Monday, September 29<sup>th</sup> 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.**

**Join Elder Law Attorney Christine Boutin  
and Real Estate Attorney Ashley Coffey regarding  
Estate Planning/Elder Law**

**On Tuesday, October 14<sup>th</sup> at 11:30am at the Hudson Senior Center**

Are you a homeowner? Have you had questions such as the following: What is a Declaration of Homestead and how do I obtain one? How do I change my deed? What is the legal process involved with selling my home? Is there an easy way to transfer my home to my family after I am gone? Real estate attorney Ashley Coffey and estate planning/elder law attorney Christine Boutin of Mirick will hold an in-person seminar to answer these common questions and more. Please call to sign up at the front desk.

**To ensure all questions are answered, please email questions in advance to Ellen Ganley at [eganley@miricklaw](mailto:eganley@miricklaw) or contact her at 508-860-1542. We look forward to seeing you there!**

## **“Movie Day” at the Center**



Here is the listing for the movie in September. 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, September 8<sup>th</sup> – The Thursday Murder Club**

A group of senior sleuths passionate about solving cold cases get plunged into real-life murder mystery in this comic crime caper base on the novel. Starring Helen Mirren, Pierce Brosnan and Ben Kingsley.

*Rating: PG-13 Runtime: 1hr 58 min*



### **Monday, September 22<sup>nd</sup> – My Mom Jayne: A Film by Mariska Hargitay**

In her feature film directorial debut, Emmy®-winning actress Mariska Hargitay delves into her mother Jayne Mansfield's story for the first time – searching for the mother she never knew almost six decades after the Hollywood legend's tragic death.

*Runtime: 1 hr 45 min*

## **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: September 4<sup>th</sup> ...1<sup>st</sup> 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**

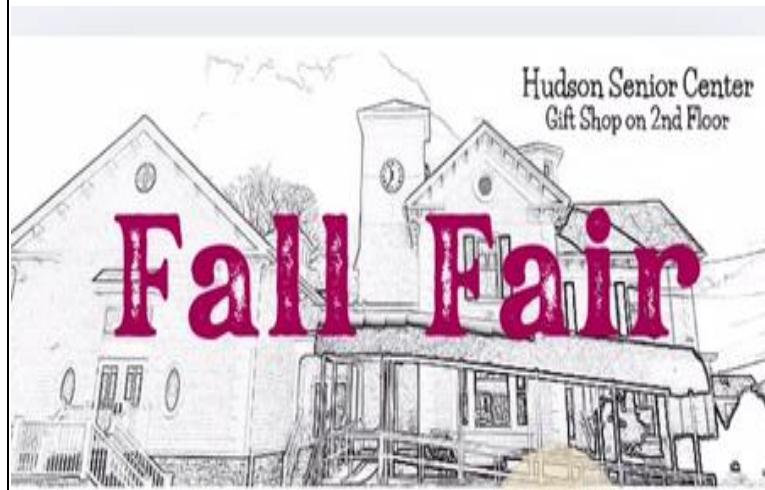


- ❖ 1<sup>st</sup> Thursday with Kathy 9:30am to 11am
- ❖ 2<sup>nd</sup> Thursday with Michelle 9:30am to 11am
- ❖ 3<sup>rd</sup> Thursday with Kathy 9:30am to 11am
- ❖ 4<sup>th</sup> Thursday with Janet 9:30am- 11am



## 15-minute Legal Advice with Christine Boutin Tuesday, September 9<sup>th</sup>

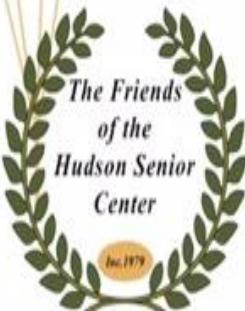
Attorney Boutin will be available for private 15-minute sessions one Tuesday a month by appointment only. To book your private session please call the Hudson Senior Center at 978-568-9638 and leave a message on extension 471 or the front desk.



Handmade Quilts  
Handmade Knit and Crochet Items  
Handmade Holiday & Gift Items  
Ornament Tree in Library  
Vintage & Costume Jewelry  
Assorted Baked Goods  
Apple Pies  
Lunch served at 11am  
Gift Card & Basket Raffle  
Calendar Raffle  
Quilt Raffle  
\$500 VISA Gift Card Raffle  
Tarot Card Readings  
Gift Shop Open  
Free Parking & Handicap Accessible  
Cash \* Check \* Venmo

Saturday, November 1st from 9-2  
Hudson Senior Center  
29 Church Street, Hudson, MA

<https://www.facebook.com/FriendsoftheHudsonSeniorCenter>



### 2025 Fall Fair

Sponsored by The Friends of the Hudson Senior Center

Mark Your Calendars! See you there!

Friends of the Hudson Senior Center invite families and friends of all ages for a fun event to get us all in the holiday spirit. Our Annual Fall Fair will take place Saturday, November 1, 2025, at the Hudson Senior Center, 29 Church Street, Hudson, MA from 9 AM to 2 PM.

#### Event Details

Handmade Quilt Raffle \$500 Visa Card Raffle Calendar Raffle  
Crochet Temperature Afghan Raffle Theme Basket Raffles Gift Card Raffles Baked Goods Tables Homemade Apple Pies for Sale Lunch being served at 11 AM  
Handmade Quilted Items Knit and Crochet Items Adorable Knit & Crochet Critters  
7 Christmas Tree Decorated with Handmade Ornaments and so much more.  
**NEW:** We will be accepting Venmo payments, Cash and Checks this year.  
**Admission is FREE! Parking is FREE & the Building is Wheelchair Accessible.**  
Gift Shop is **OPEN** for those of you who can't stop by during our regular hours.

#### Raffle Ticket Sales for the Homemade Quilt will begin on Monday, September 1st.

- Tickets can be purchased at the Senior Center between 8:30 AM and 3:30 PM, Monday through Friday. Mail-in tickets will also be featured in the Hudson Senior Center September Newsletter.
- The handmade quilt will be on display at the Senior Center from the first week of September, and photos of the quilt will be shared on our Facebook page as well as the Hudson Senior Center's Facebook page.

#### Contact Information:

Email: [friendsofhudsonseniorcenter@gmail.com](mailto:friendsofhudsonseniorcenter@gmail.com)

**Facebook:** Follow us on Facebook for updates, photos, volunteer opportunities, and the Fair Flyer for this event.

<https://www.facebook.com/FriendsofHudsonSeniorCenter/>

## Message from the Friends...



### Next Friends Meeting: Tuesday, September 2<sup>nd</sup> at 9:30am

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

\*\*\*We have a volunteer sign-up sheet in the lobby, you can leave a voicemail message, or email the Friends at [friendsofhudsonseniorcenter@gmail.com](mailto:friendsofhudsonseniorcenter@gmail.com)

#### Quilt Raffle tickets Available Below or at the Front desk

Simply fill out the raffle tickets and mail them to the Senior Center, 29 Church St. Hudson MA 01749 with your cash or check made out to the Friends of Hudson Seniors or pick up raffle tickets at the Senior Center before or on the day of the Fair.

FRIENDS OF THE HUDSON SENIOR CENTER

### Quilt Raffle

Winning ticket will be drawn on Nov. 1<sup>st</sup> during our Fall Fair. You don't need to be present to WIN!



Name \_\_\_\_\_

Phone \_\_\_\_\_

Tickets: 1 for \$2, 3 for \$5, 6 for \$10 or 10 for \$15

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Tickets: 1 for \$2, 3 for \$5, 6 for \$10 or 10 for \$15

## **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](mailto:lbbazarian@gmail.com) for more information**

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### **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, September 3<sup>rd</sup>**

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

Hot Menu: Burger w/ cheese, sweet potato tots and fiesta blend vegetables

#### **Thursday, September 4<sup>th</sup>**

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

Hot Menu: Turkey pot pie and Harvard beets

#### **Wednesday, September 10<sup>th</sup>**

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

Hot Menu: Lentil stew w/ cheese and root vegetables

#### **Thursday, September 11<sup>th</sup>**

Cold Menu: Chicken curry salad, broccoli feta orzo salad and tossed salad

Hot Menu: Stuffed shells w/ tomato sauce and California blend

#### **Wednesday, September 17<sup>th</sup>**

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

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

#### **Thursday, September 18<sup>th</sup>**

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

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

#### **Wednesday, September 24<sup>th</sup>**

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

Hot Menu: Macaroni & cheese and riviera blend vegetables

#### **Thursday, September 25<sup>th</sup>**

Cold Menu: Mediterranean turkey pasta salad and riviera salad

Hot Menu: American chop suey and broccoli

*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:**

#### **Tuesday, September 16<sup>th</sup> 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**

**New date!**

#### **Thursday, October 23<sup>rd</sup> Always Olivia: An Olivia Newton-John Tribute**

Danversport Yacht Club. 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.

**Payment Due Now      Price: \$137.00**

#### **Tuesday, December 2<sup>nd</sup> 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 23<sup>rd</sup> 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**

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)

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

**Answer key to Sudoku puzzles**

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

## 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*
- **Zoom Stretch class with Sharon** - Thursdays 10:15 -11:00am - *No charge*
- **Zoom Parkinson's Class with Mike Bleecker**-Wed at 10:30-11:30am- *No charge*

\*Please note that class has changed to Wednesday\*



## Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, September 17<sup>th</sup>

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.

2<sup>nd</sup> 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.  
2<sup>nd</sup> Floor - Craft Room

#### Memoir Group

##### **1<sup>st</sup> 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.  
2<sup>nd</sup> 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.  
2<sup>nd</sup> 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**

*No Bridge on  
September 19<sup>th</sup>*

#### 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.

**Coming Soon... Medicare Open Enrollment!**

It's that time of year again... Please be on the lookout for our pre-enrollment form that should be filled out by you to give us, as SHINE counselors, with your updated insurance information. You can expect to see this in the **October** newsletter. We would appreciate you filling this out as best you can to make sure we have your updated list of doctors, medications, and any other pertinent information. As many of you know, your medical and prescription drug plans can change from year to year. It is very important to have your health insurance plan reviewed for next year, regardless of how well you think it has been for you for this past year. Premiums can change, copayments can change, and even the list of medications a plan will cover next year, can change. It is essential to have your coverage reviewed by a SHINE counselor every year. You can have this reviewed and can change your plan for 2026 during the Open Enrollment Period, which is October 15 until December 7, 2025. During this time, we not only review your plan changes and options, but we also use this time to re-screen you for any assistance programs you may be eligible for. If you would like to sign up to meet with a SHINE counselor during the Open Enrollment period, contact the Hudson Senior Center at 978-568-9638 for an appointment. You can also complete the Pre-Enrollment form and bring it to the Senior Center, and a SHINE counselor will be in contact with you to schedule an appointment. Again, please keep in mind that we are giving you this form in our **October** newsletter.

**SMOC:**

Please be advised that they have started printing and sending out SMOC recerts. You should be getting them within the next few weeks. They are hoping to send them out in batches being mailed on 08/18, 08/25, 09/01 and 09/08/2025. The only applications that will not be sent out immediately are the heat included applications, those will go out later in the season. If you receive your application and would like assistance with filling them out, call us for an appointment, we would be happy to help! It is very important that you include the required documentation in order to recertify.

## INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDAS ÀS SEXTAS DAS 9:30 ÁS 3:30 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476.

### O PROGRAMA SNAP

O Programa Complementar de Assistência Nutricional (SNAP) ajuda indivíduos e famílias de baixa renda a comprar alimentos saudáveis e nutritivos. Um benefício mensal do SNAP a um domicílio depende do tamanho, do rendimento e dos gastos deste domicílio. Se você ou alguém de seu domicílio é um cidadão americano ou um não cidadão legal e ganha menos do que um determinado rendimento, você talvez possa obter benefícios SNAP. Na maioria dos casos, um domicílio inclui todas as pessoas que compram, cozinham e comem refeições juntas. Se precisar mais informações ou precisar aplicar para o programa SNAP, telefone para Ana Terra-Salomao – 978-568-9638 x 476

### PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as depressas de aquecimento? O programa do “Smoc” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2025 até o dia 30 de Abril de 2026. Para mais informações telefone para Ana Terra-Salomao, 978-568-9638 x 476

### DATAS IMPORTANTES

**Dia 1 de Setembro – O Senior Center estará fechado devido ao feriado de “Labor Day”.**

**Dia 2 de Setembro – Renuião dos Amigos do Senior Center às 9:30 da manhã.**

**Dias 3, 10, 17 e 24 de Setembro – Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo e para qualquer nível.**

**Dia 11 de Setembro – Palestra grátis no Senior Center sobre o “American Heritage Museum” com Sr. Hunter Chaney às 9:30 da manhã. Telefone para reservar o seu lugar.**

**Dia 15 de Setembro – Almoço “Grab and Go” à 1:00 da tarde no Senior Center. O menu será lasagna com meatball, pão manteiga de alho e torte de limão. O custo é \$5.00 por pessoa. **Telefone para o Senior Center – 978-568-9638, a partir do dia 9 de Setembro para reservar o seu almoço. Limitado a 70 pessoas.****

**Dia 19 de Setembro – Musica com DJ Debbie Scannell e almoço de sandes, batatas fritas e agua. Telefone para reservar o seu lugar. O custo é \$5.00 por pessoa. **Limitado a 40 pessoas.****

**Dia 23 de Setembro – Palestra e almoço grátis sobre Fraudes com a Polícia de Hudson às 11:30 da manhã no Senior Center. Telefone para reservar o seu lugar. **Limitado a 30 pessoas.****

**Dia 26 de Setembro – Pequeno-almoço grátis as 7:00 às 8:30 da manhã no Senior Center patrocinado pelo “Hudson Rotary Club”. **Limitado a 50 pessoas.** Telefone para reservar o seu lugar.**

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

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# Labor Day

## Word Search



BARBECUE  
HOLIDAY  
JOB  
LABOR  
MCGUIRE  
MONDAY  
MOVEMENT  
ORGANIZE  
PARADE

PARTY  
PICNIC  
PULLMAN  
RALLY  
RIGHTS  
SECURITY  
SEPTEMBER  
STRIKE  
TRADE

TRAFFIC  
TRIP  
UNION  
VACATION  
WAGES  
WEEKEND

Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday	
08:00a CENTER CLOSED		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 09:00a 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 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	
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