

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



Hudson Senior Center

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



2025

**Hudson Council on Aging
A Multi-Service Center**

Open Monday through Friday - 8:00am to 3:30pm

(978) 568-9638 (978) 568-9639 (978) 568-9647 Fax (978) 567-0946

Social Services:

- **S.H.I.N.E: Serving the Health Information Needs of Everyone.** Free and confidential health benefits counseling for Medicare beneficiaries.
- **Public Benefits Assistance:** Screening and Applications for **SMOC Fuel Assistance**, **SNAP** (Supplemental Nutritional Assistance Program) and **Mass Health** programs.
- **Information and Referral:** For Seniors, Caregivers, and Families to gain knowledge of community resources and programs.
- **Homecare Referrals:** Such as Springwell Elder Services (Hudson's Aging Service Access Point) and private homecare agencies to help families age in place at home.
- **Ongoing Case Management**

Senior Center Staff:

- Janice Long, Director (ext 470)
- Virginia Figueiredo, Administrative Secretary (ext.471)
- Holly Richardson, Social Service Advocate (ext 475)
- Ana Terra-Salomão, Bilingual Social Service Advocate (ext 476)
- Lennie Bowen, Full Time Bus Driver
- John Wesinger, Part-time Bus Driver

Social Activities:

Fitness classes, Chair Yoga, Stress Reduction, Parkinson's Exercise, Chair & Mat Pilates, Walking Club, Stretch Break Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Group, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Bingo and much more.

Members of the Council on Aging Board:

- 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 - 904-502-6114

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.



Autumn in Hudson is beautiful, but veteran New Englanders know that cold weather is right around the corner. That means it's time to think about, and plan for, heating our homes over the winter.

If you haven't done so recently, a good first plan of action is correcting energy inefficiencies. Reviewing energy costs and weatherization options can reduce energy inefficiencies, save money and make your home more comfortable.

There are a couple of ways to schedule a free energy efficiency audit: contact MassSave at 1-866-527-SAVE (7283) or South Middlesex Opportunity Council, Inc. (SMOC) Energy Conservation Services at (508) 620-2312.

If your household is struggling to pay higher heating bills this season, following are some resources that could be useful. The good people at our COA are always able to help when applying for assistance and can be reached at (978) 568-9638.

The Massachusetts Home Energy Assistance Program (HEAP), formerly known as LIHEAP, helps eligible renters and homeowners pay a portion of their winter heating bills. Funded by the Executive Office of Housing and Livable Communities and provided through local agencies, HEAP supports households across Massachusetts, regardless of the type of heating source or whether heating costs are included in rent. This is a grant and does not have to be repaid. To learn more and apply for assistance, visit <https://www.toapply.org/MassHEAP> or call SMOC at (508) 620-2342.

Contact your utility provider Local energy providers, such as Eversource and Hudson Light & Power, offer a range of programs to help income-eligible families and customers manage their energy bills, save energy and access additional resources.

Good Neighbor Energy Fund If you don't qualify for federally-funded assistance programs, you can apply for the Salvation Army's Good Neighbor Energy Fund. The Good Neighbor Energy Fund provides utility assistance to qualifying families in the middle income level. For more information on these services, please contact the Framingham Corps at (508) 875-3341.

To make a contribution to the Good Neighbor Energy Fund, please visit the Salvation Army's website: <https://easternusa.salvationarmy.org/massachusetts/>. You can also mail a check payable to "Good Neighbor Energy Fund" directly to The Salvation Army at 25 Shawmut Road, Canton, MA 02021-1408.

Contact Rep. Hogan: State Representative Kate Hogan proudly represents the Third Middlesex District, which includes the towns of Bolton, Hudson, Maynard, and Stow. Reach Rep. Hogan by phone at (617) 722-2600 or email at Kate.Hogan@MAhouse.gov. Find her online at www.repkehogan.com and on social media at @RepKateHogan.

Upcoming Office Hours: October 14, 5-6 pm at the Maynard Public Library

Hello to Everyone,

It's time to review your Medicare health and prescription drug plans for the upcoming year. Open Enrollment starts **October 15th**, and we're here to help!

To get started, please complete the **SHINE Pre-Enrollment Form** included in this newsletter. Once submitted, we'll reach out to schedule your appointment. To ensure a smooth and productive session, please come prepared with:

- Your **Medicare Card**
- Your **health and prescription drug plan cards**
- A **complete list of your medications, including dosages and monthly quantities**. You can call your pharmacy and request a print out of the last 6 months of medications with the dosages and monthly quantities for each medication.

⚠️ *Appointments may need to be rescheduled if this information is missing.*



*****Select Board Member, Judy Congdon Vice Chair, is planning to meet with ***
local seniors in November at the senior center, to discuss water bills and related water
concerns. Details about the date and time, will be shared in the November newsletter.**



Household Hazardous waste Collection Day for Hudson and Marlborough only is
Saturday, October 4, 2025, 9am-12 noon at 860 Boston Post Road East, Marlborough MA

Please be prepared to show proof of residency.

For more info call the Health Dept at 978-562-2020

A Special Thank You to the Hudson Rotary Club and Hudson's Rail Trail Restaurant

The Hudson Rotary Club and Rail Trail Restaurant provided a **FREE** breakfast for Hudson Seniors in September! This dynamic duo arrived at the center bright and early at **5:30 AM**, ready to cook up a feast. On the menu: fluffy pancakes, scrambled eggs, crispy bacon, fresh fruit cups, English muffins, juice, and hot coffee. Over **45 enthusiastic guests** were enjoying a warm meal and great company. Despite the early hour, the event was a resounding success. The food was absolutely **delicious**, and the atmosphere was filled with gratitude and smiles. A huge thank you to the Hudson Rotary Club and Rail Trail Restaurant for your generosity, time, and community spirit. You truly made the morning special!

Thank you ~ Janice

Reminder: Closed on Monday, October 13th for the Holiday

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

On Tuesday, October 14th 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 or contact her at 508-860-1542. We look forward to seeing you there!



Hiking Day

**Monday, October 20th at 9 am
at Forty Caves in Clinton.**

Gary will meet Hudson seniors who want to hike at Bolton Bean in Bolton on Main Street at 8:40am they can follow him!

Grab and Go meal with Buffet Way

Friday, October 17th, 2025 pick up at 1pm

Menu: Chicken parmesan with penne, garlic bread and brownie. 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, October 7th



Left, Center, Right and "Nickels" with Diane

Friday, October 17th 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.



Annual Flu and Covid Clinic

**Tuesday, October 21st 9am -11am
at the Hudson Senior Center**

The Hudson Health Department is offering a second Flu, and Covid-19 clinic for senior citizens on Tuesday Oct 21st from 9 am – 11 am at the Hudson Senior Center. Call the Senior Center at 978-568-9638 to sign up. The Nurse from the Board of Health will then contact you to complete the registration.

Halloween luncheon at Assabet Technical High School

Wednesday, October 29th at 11:30 AM

Menu is: Fresh rolls & Butter, Garden Salad, Roasted Stuffed Pork Loin, Baked Haddock, Mashed Potatoes, Roasted Butternut Squash, Sautéed Green Beans and Assorted Desserts

Cost to you is \$10.00 Limited to 80 people.

Come in to purchase tickets beginning Wednesday, October 8th



"VETS TALK" A program for Veterans



Thursday, October 2nd, 9th, 16th & 30th 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.

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, October 6th & October 20th at 1pm

❖ **Caregivers Support Group**

Thursday, October 2nd & 16th at 1pm

KevTech Services Classes



Discover the Fun Side of Your iPhone!

Join us for a series of hands-on, laughter-filled workshops that'll turn you into a smartphone superstar. 3 Different classes. Sign up for one, two or all three! At the Hudson Senior Center. Limit 25 per class. Call to sign up! (978-568-9638)

1) Back to Basics: Intro to iPhones & Tablets

Tuesday, October 28th at 11:00 AM – 12:30 PM

We brought this class back by popular demand — and for good reason! This session is helpful for those with Androids as well. We cover the hardware of the iPhone and iPad, accessing common tools like the flashlight, alarm, camera and some quick tips and more.

2) Picture Perfect: Taking & Organizing Photos

Tuesday, November 18th at 11:00 AM – 12:30 PM

In this fun-filled class, we'll explore the Camera app and show you how to take stunning photos in any setting. Then we'll discuss organizing your snapshots into Albums and Favorites. You might even head outside for a mini photo adventure! Bonus: You'll be ready to capture all the holiday magic for the next class.

3) Lights, Camera, iPhone! Make Movies from Your Photos

Tuesday, December 30th at 11:00 AM – 12:30 PM

Turn your holiday memories into a movie masterpiece! We'll show you how to use iMovie to create slideshows and videos with music, transitions, subtitles, and more. It's easier than you think — and way more fun than you imagined. Your family will love the results!

No experience needed — just bring your curiosity and your device. Let's make tech fun together!

What you need to know about Artificial Intelligence for Seniors

Friday, October 31st at 10:30am at the Senior Center

Please join **Mr. Henry M. Quinlan**, owner and publisher of Omni Publishing Company, has 40+ years of varied experience publishing. He is a graduate of Boston College and Suffolk University Law School. He has presented 'Artificial Intelligence' to many senior centers throughout the State with standing room only!

AI for Seniors is a one-hour presentation that defines Artificial Intelligence, demonstrates its enormous capabilities, and then focuses on the many ways it can improve the lives of senior citizens. Artificial Intelligence tools can improve the health, mobility, and communication of all seniors. The presentation also sets forth the dangers inherent in artificial intelligence. The presentation encourages all to try it for themselves and shows how they can do it.

Henry M. Quinlan, owner and publisher of Omni Publishing Company, has 40+ years of varied experience publishing. He founded Quinlan Press, a book publishing company, in 1986. Notable among the books that he published are: **My Life in Space** by Wally Schirra; **Rebound** by KC Jones, coach of the Boston Celtics; **My Dad the Babe** by his daughter Dorothy Ruth Pirrone; **The Cops are Robbers** by Kevin Stevens, which was featured on 60 Minutes and made into an HBO movie.

"Movie Day" at the Center



Here is the listing for the movie in October. **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, October 6th – Rust



In 1880s Wyoming, recently orphaned Lucas Hollister (Patrick Scott McDermott) accidentally kills a rancher and is sentenced to hang. In a twist of fate, his estranged grandfather, the notorious outlaw Harland Rust (Alec Baldwin), breaks him out of jail and takes him on the run toward Mexico. As they flee across the unforgiving wilderness, the fugitive pair must outrun the determined U.S. Marshal and a ruthless bounty hunter.

Rating: R Runtime: 2hr 19 min

Monday, October 20th – The Unlikely Pilgrimage of Harold Fry



A story of quiet heroism and of rediscovery. The otherwise ordinary Harold Fry captivates a nation when he leaves behind routine and regret and sets out on a 450-mile walk of hope to reach his dying friend. His journey is a celebration of life that helps us to realize that failure and loss -- just as much as success and joy -- can shape us for good.

Runtime: 1 hr 48 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: October 2nd ...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
- ❖ 5th Thursday with TBA 9:30am- 11am



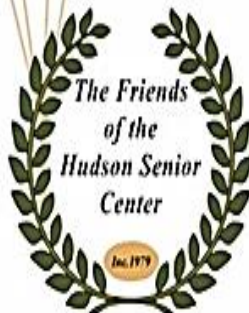
15-minute Legal Advice with Christine Boutin Tuesday, October 14th

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.

Save the Date: Fall Fair Saturday, November 1st 9am-2pm



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

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, October 7th 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 ***

- Volunteers needed for Apple Pie Making on Oct 29th & Oct 30th at 12:30pm

Quilt Raffle tickets Available at the Front desk

- \$500 Visa 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

\$500 Visa Card Raffle

Winning ticket will be drawn on Nov. 1st 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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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, October 1st

Cold Menu: Tuna salad sandwich, carrot salad and pickled beet salad

Hot Menu: Chicken marsala, roasted potatoes, peas and carrots

Thursday, October 2nd

Cold Menu: Pasta primavera bowl with chicken and chickpea salad

Hot Menu: Lentil stew, couscous and carrots

Wednesday, October 8th

Cold Menu: Chicken salad sandwich, corn and pickled beet salad

Hot Menu: Sliced turkey with gravy, mashed potatoes and brussel sprouts

Thursday, October 9th

Cold Menu: Chickpea shawarma sandwich, quinoa tabouli and broccoli sesame salad

Hot Menu: Beef hot dog, baked beans and sauerkraut

Wednesday, October 15th

Cold Menu: Falafel sandwich, orzo salad and tomato salad

Hot Menu: Baked fish in garlic sauce, cilantro rice and carrots

Thursday, October 16th

Cold Menu: Nicoise pasta salad with tuna and mixed bean salad

Hot Menu: Cheese ravioli with tomato sauce and sautéed spinach

Wednesday, October 22nd

Cold Menu: Egg salad sandwich, potato salad and tomato salad

Hot Menu: Salmon cake, brown rice and zucchini

Thursday, October 23rd

Cold Menu: Honey mustard turkey sandwich, tomato pesto pasta salad and corn salsa

Hot Menu: American chop suey and brussel sprouts

Wednesday, October 29th

Cold Menu: Tuna salad sandwich, carrot salad and pickled beet salad

Hot Menu: Beef vegetable stew, mashed potatoes, peas and carrots

Thursday, October 30th

Cold Menu: Pasta primavera bowl with chicken and chickpea salad

Hot Menu: Chicken lo mein, o mein noodle and mixed vegetables

Suggested Voluntary Donation of \$3

Menu is subject to change

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.

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



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, October 23rd 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. Waitlist **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

Last Minute Trip

Christmas New York Style: Historic Hudson Valley and overnight in NYC

Sunday, December 7th – Monday, December 8th

Lodging at Westin NY times square, tour of the Union Church of Pocantico Hills, tour Lyndhurst Castle and Radio City Music Hall Christmas Spectacular Show! Includes transportation, 1-night lodging, full buffet breakfast, touring & ticket to Radio City Rockettes show and Tour Manager! Opportunity to add a Broadway show for an additional cost. Lots of free time to explore as well! Pick up a flyer at the front desk as soon as possible.

Price: \$799 p/p double \$999 single \$749p/p Triple/Quad

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)

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

Answer key to Sudoku puzzles

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

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, October 15th

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.

Medicare Open Enrollment!

The Medicare Open Enrollment pre-enrollment form is now included at the end of our newsletter. This should be filled out by you (if possible) to give us, as SHINE counselors, with your updated insurance information. 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. If you are unable to fill this form out, PLEASE bring an updated medication drug list with you. Without your updated drug list, it may be impossible to complete our appointment, and would require a second appointment with this 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. I know I told a lot of people last year to contact me about the new Medicare Savings Programs and their new income/assets limits, and the OEP would be a great time to address this and determine possible eligibility! 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.

A few additional updates:

SMOC has begun sending out fuel application recerts. They are doing this in rounds, and a few of you have already received them! If you have gotten yours in the mail and would like assistance with filling it out, contact the Senior Center for an appointment.

In addition to SMOC recerts a lot of people have been getting their MSP (Medicare Savings Program) renewals as well. It typically comes in a big blue envelope! Do not ignore this, by doing so, you can lose your MSP benefit if you don't send it back in time!

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO SERÁ DE SEGUNDAS ÀS SEXTAS DAS 9:30 DA MANHÃ ÀS 3:30 DA TARDE.

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

MUDANÇAS NOS SEGUROS DE SAÚDE DO “MEDICARE”

Durante os meses de Outubro até Dezembro é tempo de rever os vossos seguros de saúde e ver se ainda é o seguro melhor para a sua situação. Pode mudar o seu plano de seguro do Medicare entre o dia 15 de Outubro até o dia 7 de Dezembro de 2025, para ser efectivo no dia 1 de Janeiro de 2026. Se precisar de ajuda, telefone para marcar um apontamento com Ana Terra-Salomão.

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.

Número de Pessoas na Família

Rendimento

1

\$51,777

2

\$67,709

3

\$83,641

Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

FEIRA ANUAL DO SENIOR CENTER

Feira Anual das 9:00 da manhã às 2:00 da tarde no Senior Center em Hudson no dia 1 de Novembro. Tartes de maça podem ser encomendas até o dia 30 de Outubro e o custo é \$10.00 por tarte. Telefone para o Senior Center – 978-568-9638 para encomendar a sua tarte de maça.

DATAS IMPORTANTES

Dias 1, 8, 15, 22 e 29 de Outubro – Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

Dia 7 de Outubro – Renuião dos Amigos do Senior Center às 9:30 da manhã.

Dia 13 de Outubro – O Senior Center está fechado devido ao feriado do “Columbus Day.”

Dia 17 de Outubro – Almoço “Grab and Go” à 1:00 da tarde no Senior Center. O menu será chicken parmesan com penne, garlic bread e um brownie. O custo é \$5.00 por pessoa. **Telefone para o Senior Center – 978-568-9638, a partir do dia 7 de Outubro para reservar o seu almoço. Limitado a 70 pessoas.**

Dia 21 de Outubro – Clinica grátis de vacinação para a vacina de gripe, RSV e Covid para os idosos de Hudson das 9:00 às 11:00 da manhã no Hudson Senior Center. **Precisa de registar. Telefone para 978-568-9638.**

Dia 29 de Outubro – Almoço do “Halloween” no Liceu do Assabet Valley em Marlboro às 11:30 da manhã. custo é \$10.00 por pessoa. Traga \$1.00 para gorjeta. **Bilhetes a venda no Senior Center a partir do dia 8 de Outubro. Limitado a 80 pessoas.**

Dia 1 de Novembro – Feira Anual das 9:00 da manhã às 2:00 da tarde no Senior Center em Hudson. Tartes de maça podem ser encomendas até o dia 30 de Outubro e o custo é \$10.00 por tarte. Telefone para o Senior Center – 978-568-9638 para encomendar a sua tarte de maça.

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

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Oktoberfest

Word Search



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

D	S	D	J	X	U	Y	F	O	S	G	V	N	X	K	P	G	M	S
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ACCORDION
AUTUMN
BAVARIA
BEER
BIERGARTEN
BRASS BAND
BRATWURST
CAROUSEL

COSTUME
DANCING
DIRNDL
DUMPLINGS
GERMANY
KEG
LEDERHOSEN
MUNICH

OKTOBERFEST
POLKA
PRETZELS
RADISH
SAUERKRAUT
SINGING
TANKER
TENT



Monday 29	Tuesday 30	Wednesday 1	Thursday 2	Friday 3
		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 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
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 01:00p Bereavement Group	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 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 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 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 CENTER CLOSED	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 11:30a Elder Law Presentation 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 Genealogy 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 Grab and Go Lunch 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 09:00a 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 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 10:30a VACCINE CLINIC 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 09:30a 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 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
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SHINE Pre-Enrollment Information Sheet

Please print

Name: _____ Date: _____

Address: _____ Zip code: _____

Phone: _____

Date of Birth: _____

Your current medical insurance coverage:

Coverage	Name of plan/effective date	Monthly or quarterly cost
Medicare Part A	Effective:	
Medicare Part B	Effective:	
Medicare Advantage Plan	Name:	
Medigap or Supplement	Name:	
Medicare Part D	Name:	
Retiree or union coverage Is prescription coverage included? Y/N Has it been determined as good as Part D (creditable)? Y/N	Name:	

Are you a member of Prescription Advantage (Massachusetts' state pharmacy assistance program)?
Yes **No**

Do you receive "Extra Help" for your prescriptions (LIS)? **Yes** **No**

Are you enrolled in Mass Health? **Yes** **No**

Do you wish to use mail order service for prescriptions? **Yes** **No**

If you use a particular pharmacy, please provide the pharmacy's name and address:

Name of Primary Care Physician: _____

Name of Specialists: _____

Please list your current medications below
Use additional paper if necessary
Do not list over-the-counter drugs (e.g., vitamins)
Print clearly

Drug Name (as written on bottle)	Drug Strength/Dose per Day Example: 50 mg/1x a day

To have SHINE assist you in finding the most affordable plan for you, complete and return to:
Hudson Senior Center 29 Church St. Hudson MA 01749