

**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 - 904-502-6114

### 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.*

**Vaccines in Massachusetts**

Massachusetts has taken a number of steps to ensure that residents in the Commonwealth have access to vaccines this season.

The Healey-Driscoll Administration made Massachusetts the first state in the U.S. to guarantee insurance coverage of vaccines recommended by the state, including vaccines for respiratory viruses like Covid-19, flu, and RSV, as well as routine vaccines for children, like measles, chickenpox, and Hepatitis B.

The Administration also requires pharmacies in Massachusetts to offer vaccines to residents aged five and older and updated its vaccine administration policy to permit the Massachusetts Department of Public Health (DPH) to determine which routine vaccinations can be administered by pharmacists in Massachusetts.

The Massachusetts Department of Public Health (DPH) urges residents to get vaccinated to help prevent illness and severe disease. If you haven't received your seasonal vaccinations yet, here's what to know:

**Covid-19** – The DPH recommends that adults ages 65 years and older receive two doses of a 2025-2026 Covid-19 vaccine, with the second dose administered 6 months after the first. Data shows Covid-19 vaccines are safe and effective, providing the strongest protection against severe infection and death, even if people still become infected.

**Flu** - DPH recommends annual influenza vaccination for everyone 6 months and older with any licensed, age-appropriate flu vaccine.

**RSV** - Many people, including those aged 60 and older, are eligible for respiratory syncytial virus (RSV) vaccination this year.

Vaccines can be administered at doctors' offices, health centers, local pharmacies., and through local health departments. Homebound adults can receive in-home vaccinations through the Massachusetts Homebound Vaccination Program. To schedule an in-home appointment or learn more, call (833) 983-0485.

Massachusetts is leading efforts to create a public health collaboration with states in New England and across the Northeast committed to safeguarding public health as the federal government continues to undermine the public's trust in vaccines. This multi-state collaboration focuses on developing evidence-based vaccination recommendations, disease surveillance, emergency preparedness, and support for state public health laboratories.

I hope this information helps us all stay healthy this season!

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.

**Upcoming Office Hours: November 6 from 5-6 pm at the Hudson Public Library**

## Hello to Everyone,



Our Friends' Annual Fair will take place Saturday, November 1st, starting at 9am until 2pm at our Senior Center. Friends Officers, members and volunteers have worked all year to make this event a big success! Come and explore the beautiful crafts, quilts, knitted items, afghans and baked goods. There are also raffles for a handmade queen size quilt and a \$500.00 gift card, beautiful gift baskets, a tarot card reader and much more. Sandwiches, chips, clam chowder, corn chowder, chili, drinks and dessert at lunchtime. You won't want to miss this fun event! This is also a time to come together and show our gratitude for the incredible support our community gives throughout the year. See you at the Fair!

The Hudson Senior Center has a lot to be grateful for this Thanksgiving season. Mr. George Danis from Plastic Molding Manufacturing in Hudson, is offering another Thanksgiving meal for Hudson seniors. This marks his 15<sup>th</sup> year in a row providing a delicious meal. We are sincerely grateful for his generosity and kindness. Mr. Danis loves providing this meal for seniors. Please see the write up in this newsletter. Thank you to Mr. Danis and Plastic Molding Manufacturing.

### Line Dancing Class Update

To better accommodate our dancers and improve attendance, Paul has kindly agreed to combine the 10:00 AM and 11:00 AM classes into a single session. Starting Friday, November 7th, we'll meet at **10:00 AM** for one lively, all-inclusive class. We hope this change brings more energy and participation! If attendance increases, we'll happily return to offering two separate classes.

### November 11<sup>th</sup>, Veterans Day

On November 11<sup>th</sup>, we'll remember and honor the brave men and women who have served in the United States Armed Forces. Their courage, sacrifice, and commitment to our country have protected freedoms we cherish every day. We want to express our deepest gratitude to all veterans for their service and dedication. Please see the information for a special Veterans breakfast in this newsletter.

Thank you ~ Janice

**Reminder: Closed on Tuesday, November 11<sup>th</sup> for Veterans Day and Thursday, November 27 and Friday, November 28<sup>th</sup> for Thanksgiving**

### A Thanksgiving meal...Grab and Go style



**For the 15<sup>th</sup> year, our friends George E. Danis and Plastic Molding Manufacturing are providing another Thanksgiving Meal for Hudson Seniors catered by Buffet Way.**  
**Grab and Go Meal on Friday, November 21<sup>st</sup>**

**Pick up between 1pm -1:30pm**

Each individual dinner includes: White & dark turkey, stuffing, squash, mashed potato, gravy, and 8oz apple crisp for dessert. (225 person maximum)

**Sign-ups begin on Wednesday, November 5<sup>th</sup>**



## Hiking Day

Monday, November 10<sup>th</sup> at 9:30am

### At Delaney Pond

Gary will meet Hudson seniors at 316 Harvard road Stow Mass. boat launch parking lot. This is the same lot we have hiked from on past hikes.

## FROM OUR VETERANS AGENT BRIAN STEARNS...



### 2025 Annual Veteran Day Parade and Services

Tuesday, November 11, 2025

0930: Assembly and Light Breakfast at AMVETS- 5 South Street

1000: Parade to Town Hall- 78 Main St.

1020-1100: Guest Speakers and Services at Town Hall Lawn



### Veterans Day Breakfast

Monday, November 10<sup>th</sup> at 9:30 am (Veterans only)

### In honor of Veterans Day

The Hudson Senior Center will sponsor a FREE Veterans Breakfast at the Senior Center  
Breakfast includes; Bacon, egg & cheese sandwiches and home fries. (Limited to 30 Veterans).  
You must sign up for this; please call 978-568-9638 for your reservation.

## “VETS TALK” A program for Veterans

Thursday, November 6<sup>th</sup>, 13<sup>th</sup> & 20<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.



### Left, Center, Right and “Nickels” with Diane

Friday, November 14<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.



## Assabet Technical High School’s Tech Savvy students are back again to answer your technology questions

Monday, November 24<sup>th</sup> at 10am

Assabet’s Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your iPad, Cell phones and

Tablets. Please bring in your devices and learn from the experts how to use and manage apps, emails and Facebook and much more. Call to sign up!!

## **“Movie Day” at the Center**

Here is the listing for the movie in November. 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, November 17<sup>th</sup> – Something’s Gotta Give (\*\*Tribute to Diane Keaton\*\*)**



When aging womanizer Harry Sanborn (Jack Nicholson) and his young girlfriend, Marin (Amanda Peet), arrive at her family's beach house in the Hamptons, they find that her mother, dramatist Erica Barry (Diane Keaton), also plans to stay for the weekend. Erica is scandalized by the relationship and Harry's sexist ways. But when Harry has a heart attack, and a doctor (Keanu Reeves) prescribes bed rest at the Barry home, he finds himself falling for Erica -- who, for once, may be out of his league.

**Rating: PG-13 Runtime: 2hr 5 min**

### **Monday, November 24<sup>th</sup> – The Last Rifleman**



Inspired by a true story, Pierce Brosnan plays Artie Crawford, a World War II veteran living in a care home in Northern Ireland who has just lost his wife. On the 75th anniversary of the D-Day landings, he decides to escape his care home and embarks on a journey to France to pay his final respects.

**Runtime: 1 hr 35 min**

## **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)

#### **❖ 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.

#### **❖ 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!



### **Holiday Three-Tier Wooden Block Workshop,**

**Tuesday, December 2<sup>nd</sup> 10am-12pm**

Participants paint and decorate their own farmhouse-style décor piece. Each set includes three wood blocks plus a holiday topper. Seniors can choose their own paint colors to personalize their project. Tammy Arbour will provide all supplies and step-by-step instructions.

- Size: approx. 10" x 1" x 7.5" plus topper
- All supplies included – no experience needed
- 1.5–2 hours of crafting, socializing & holiday cheer

**\$20.00 per person, you must sign up and pay by November 18<sup>th</sup>. Limit of 20 people**



## 15-minute Legal Advice with Christine Boutin

Tuesday, November 4<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.



### Pre-Paying Funeral Costs

By Christine Boutin, Of-Counsel at Mirick

This article explains why you may want to pre-pay for your funeral, how to do so, and considerations if you apply for MassHealth long-term care benefits in the future.

There are benefits to pre-paying your funeral costs. First, and perhaps most importantly, it ensures that your wishes are honored. In a pre-need funeral contract, you specify whether you want to be buried or cremated and choose your urn or casket. You can also select the prayer cards to provide to mourners, in which newspaper to public your obituary, and other services that are meaningful to you. Pre-paying your funeral costs can also ease the emotional and financial burden for your loved ones. A funeral can cost between \$10,000 and \$20,000. Knowing that you have already paid for this expense can provide you peace of mind that such a responsibility is not left to your loved ones and provide your loved ones with time to mourn rather than focus on the task of arranging a funeral. Pre-need funeral contracts also provide the option to lock in the prices, as they are likely to increase in the future.

There are two ways to pre-pay for funeral costs: pre-need funeral contracts and a burial bank account. A pre-need funeral contract is made with the funeral home of your choice. The contract can be paid with cash, which is placed in a funeral trust account until death, or through a pre-need insurance policy, which pays out to the funeral home upon your death. You may also open a burial bank account with a bank of your choosing. You should name a trusted loved one as a joint owner on the account so that they have immediate access to the funds upon your death rather than having to probate the account, which can take months.

Funeral contracts and burial accounts are useful tools when spending down assets to meet MassHealth's financial eligibility rules. To abide by MassHealth's rules, the pre-need funeral contract must be irrevocable and cannot pay for a good or service that is not typically provided by a funeral home. For example, the contract can pay to provide embalming and order death certificates, but it cannot pay for flowers for the ceremony or for the church services. The burial account cannot be funded with more than \$1,500, in order to be deemed a non-countable asset for MassHealth purposes.

Editor note: This column will appear in future newsletters. If you have a general probate, MassHealth, or estate planning question that you would like answered in a future newsletter, please feel free to call 508.860.1542 or email [eganley@miricklaw.com](mailto:eganley@miricklaw.com) with your question.

## *Message from the Friends...*

**Next Friends Meeting: \*\*Tuesday, November 18<sup>th</sup> at 9:30am**



The Friends' annual Fall Fair is taking place on Saturday, November 1<sup>st</sup> from 9am-2pm. We are thankful to all of our volunteers who have helped to make this day such a success in the past! This year will be no exception-we will need volunteers to help prior to and during the Fair. A Volunteer sign-up sheet will be available in the lobby starting in September. please consider helping the Friends make this year's Fair a success! If you're unable to volunteer at the Fair, the Friends have various other opportunities throughout the year. Simply add your name to the volunteer sign-up sheet, and the Friends will reach out to you. Thank you for your support!

The FRIENDS is a nonprofit organization that raises funds to provide items for the Senior Center and Hudson seniors that are not provided by the Town of Hudson.



### **Fall Fair Saturday, Nov 1<sup>st</sup>, 9am – 2pm at the Hudson Senior Center**



Crafts, baked goods, quilts made by our talented quilters, beautifully knitted and crocheted items, Holiday items, raffle baskets, Raffles, Tarot card readings, baked goods, lunch and much more!

## *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: November 6<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*



### **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, November 3<sup>rd</sup> & November 17<sup>th</sup> at 1pm**

#### **❖ Caregivers Support Group**

**Thursday, November 13<sup>th</sup> & 20<sup>th</sup> at 1pm**

**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

## 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, November 5<sup>th</sup>

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

Hot Menu: Stuffed shells with tomato sauce, green bean and peach crisp

### Thursday, November 6<sup>th</sup>

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

Hot Menu: Pot roast with gravy, mashed potatoes and carrots

### Wednesday, November 12<sup>th</sup>

Cold Menu: Falafel sandwich, orzo salad and tomato salad

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

### Thursday, November 13<sup>th</sup>

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

Hot Menu: Lentil stew, couscous and carrots

### Wednesday, November 19<sup>th</sup>

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

Hot Menu: Beef stroganoff, white rice and mixed vegetables

### Thursday, November 20<sup>th</sup>

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

Hot Menu: Sliced turkey with gravy, mashed potatoes, stuffing and carrots

### Wednesday, November 26<sup>th</sup>

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

Hot Menu: BBQ chicken, mashed potatoes and collard greens

*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 MCOA.*

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)

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

Answer key to Sudoku  
puzzles

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



## 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, 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.

**\*\*Payment Due Now\*\* Waitlist Price: \$136.00**

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

**Sunday, December 7<sup>th</sup> – Monday, December 8<sup>th</sup>**

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)

### **Revised Senior Tax Work off Program**

Thanks to the support of the Select Board and Town Manager, Mr. Tom Gregory, Hudson's Senior Tax Work-Off Program has been improved. Seniors who work 100 hours of service to the Town will receive \$1,500 off their property taxes. To fund this improvement, the Town has allocated \$15,000 for both Fiscal Years 2027 and 2028. There will be a limit of 10 jobs. Looking ahead, we plan to expand the number of available positions so that more eligible seniors can benefit from this opportunity.

**Eligibility:**

- Must be a resident of Hudson.
- Must be 60 years or older at the time of application.
- Preference given to those with a household income of \$52,000.00 or less. Those with incomes over \$52,000.00 will be considered in the order they are received if all 10 slots have NOT been filled.
- Must occupy the property as their primary residence, owned by the applicant
- Must meet job requirements as outlined by the participating Town Department.

### **• Selection Process:**

Participants are selected on a first-come, first-served basis due to limited program slots. Applicants must fill out an application, meet eligibility requirements and have appropriate skills for the position. Please contact Janice Long, Director at the Senior Center for more information at 978-568-9638

## 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*
- **Line Dancing Class** - Fridays 10:00am *Cost is \$10.00/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*



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

Wednesday, November 19<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**



### 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.

**INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO**  
**O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:30 ÀS 3:30 DA TARDE.**  
**O NÚMERO DE TELEFONE É 978-568-9638 EXT.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 requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

<b>Número de Pessoas na Família</b>	<b>Rendimento</b>
1	\$51,777
2	\$67,709
3	\$83,641

### **DATAS IMPORTANTES**

**Dia 1 de Novembro – Feira Anual das 9:00 da manhã às 2:00 da tarde no Senior Center em Hudson.**

**Dia 4 de Novembro – Consulta grátis com o Advogada Christine Boutin à 1:00 da tarde. Para marcar um apontamento, telefone para o Senior Center.**

**Dia 10 de Novembro – Pequeno Almoço grátis para Veteranos às 9:30 da manhã no Hudson Senior Center. Este almoço é só para Veteranos. Limitado a 30 pessoas. Telefone para 978-568-9638 para reservar o seu lugar.**

**Dia 11 de Novembro – O Senior Center está fechado devido ao feriado do “Veteran’s Day”.**

**Dia 18 de Novembro – Renuião dos Amigos do Senior Center às 9:30 da manhã.**

**Dia 21 de Novembro – Jantar “Grab and Go” grátis de “Thanksgiving” às 1:00 da tarde. Este jantar é patrocinado pelo “Plastic Molding Manufacturing”. Telefone para 978-568-9638 a partir do dia 5 de Novembro para reservar o seu jantar. Limitado a 225 pessoas.**

**Dias 27 e 28 de Novembro – O Senior Center estará fechado devido ao feriado do “Thanksgiving”.**

**Dia 2 de Dezembro – Aula de Artesanato Natalino das 10:00 da manhã às 12:00 da tarde. Os participantes pintam e decoram as suas próprias peças de decoração natalícia. O custo é \$20.00 por pessoa. Limitado a**

**20 pessoas. O pagamento tem de ser feito no dia 18 de Novembro.**

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

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

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

# Feeling Grateful

## Word Search

What are YOU thankful for on Thanksgiving Day and all the other days of the year? Here are a few ideas to get you started.

ANIMALS  
BED  
BIRTHDAY  
BOOKS  
CARS  
CHALLENGES  
DAD  
EARTH  
FAMILY  
FLOWERS  
GRANDPARENTS  
HEALTH  
HEARING  
HEART  
HOME  
ICE CREAM  
JOKES  
LAUGHTER  
LUNGS  
MOM  
MOON  
MUSIC  
NATURE  
OXYGEN  
POPCORN

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

RAIN  
READING  
SCHOOL  
SHOES  
SIGHT  
SMELL

STARS  
SUNSHINE  
TASTE  
TEACHER  
TOUCH  
VACATION



## Calendar Raffle

The Friends are excited to offer a Calendar Raffle that will be available to purchase until December 31<sup>st</sup> at the Senior Center. Drawings will be held daily in January. Each day is a specific cash amount. Winners will go back in the pot, thus have a chance to win again! Each ticket price is \$10.00 and available in this newsletter, which you can cut and mail in the with a check or also available at the front desk.

THESE RAFFLE CALANDERS MAKE WONDERFUL GIFTS FOR CHRISTMAS AND HANNUKAH! FUN STOCKING STUFFERS AND A PERFECT "LITTLE SOMETHING" FOR FAMILY AND FRIENDS.

FRIENDS OF THE HUDSON SENIOR CENTER

### Calendar Raffle

Winning tickets will be drawn each day during the month of January 2026. You don't need to be present to WIN!



Name \_\_\_\_\_

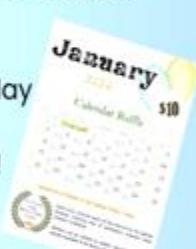
Phone \_\_\_\_\_

**\$10.00**

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Name \_\_\_\_\_

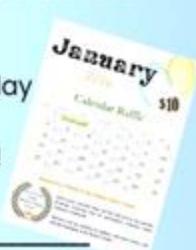
Phone \_\_\_\_\_

**\$10.00**

FRIENDS OF THE HUDSON SENIOR CENTER

### Calendar Raffle

Winning tickets will be drawn each day during the month of January 2026. You don't need to be present to WIN!



Name \_\_\_\_\_

Phone \_\_\_\_\_

**\$10.00**

FRIENDS OF THE HUDSON SENIOR CENTER

### Calendar Raffle

Winning tickets will be drawn each day during the month of January 2026. You don't need to be present to WIN!



Name \_\_\_\_\_

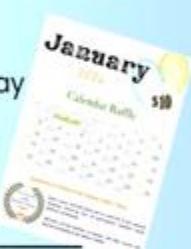
Phone \_\_\_\_\_

**\$10.00**

FRIENDS OF THE HUDSON SENIOR CENTER

### Calendar Raffle

Winning tickets will be drawn each day during the month of January 2026. You don't need to be present to WIN!



Name \_\_\_\_\_

Phone \_\_\_\_\_

**\$10.00**

FRIENDS OF THE HUDSON SENIOR CENTER

### Calendar Raffle

Winning tickets will be drawn each day during the month of January 2026. You don't need to be present to WIN!



Name \_\_\_\_\_

Phone \_\_\_\_\_

**\$10.00**

# January

2026

# Calendar Raffle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Good Luck!			1	2
1	\$25	5	6	7	\$25	\$100
\$100		\$25		\$25		10
11	\$25	12	15	14	15	16
\$100		\$25		\$25		17
18		19	20	21	22	25
\$100	\$25	\$25	\$25	\$25	\$25	\$100
25		26	27	28	29	30
\$100	\$25	\$25	\$25	\$25	\$25	\$100

**Sponsored by Friends of the Hudson Senior Center**

- Every name selected daily returns to the general drawing, so your chances remain the same, even if you've already won.
- **Note:** Winners will be notified via phone, and names will be displayed at the Senior Center.

**Thank you for your continued support!**

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Legal Advice 09:30a Stress Reduc. 10:00a Open Paint Studio 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 10:30a Zoom Parkinsons class 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 08:30a Quilting 10:00a Gift Shop 10:00a Line Dancing 12:15p Bridge 12:15p Scrabble 01:00p Memoir Workshop
10	11	12	13	14
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Vets Breakfast 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	08:00a CENTER CLOSED	08:00a Library 08:30a Billiards 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 Mtng	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 08:30a Quilting 10:00a Gift Shop 10:00a Line Dancing 12:15p Bridge 12:15p Scrabble 01:00p Left Center Right Dice game
17	18	19	20	21
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 11:00a iPhone pictures camera albums 01:00p Chess	08:00a Library 08:30a Billiards 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 Gift Shop 10:00a Line Dancing 12:15p Bridge 12:15p Scrabble 01:00p Thanksgiving Dinner
24	25	26	27	28
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 10:00a Tech Support 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 01:00p Chess	08:00a Library 08:30a Billiards 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 CENTER CLOSED	08:00a CENTER CLOSED