

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



Non-Profit Organization
U.S. Postage
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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.

December 2025

STATE REP. KATE HOGAN'S SENIOR NEWS



Giving and Receiving this Holiday Season

The winter holidays provide many opportunities to unite us – chances to come together with friends and family at end-of-year parties, special performances, and festive meals.

Some of us may need extra help this year to provide a complete holiday meal, while some of us are able to help distribute turkey and the trimmings at a local food pantry -- and some of us may do both.

The holidays offer a full menu of opportunities to give and receive, helping us build community or strengthen relationships with family and friends along the way. Here are a few ideas for continuing the spirit into the New Year.

If you are fortunate enough to donate your time or money, there are numerous ways to give in the community:

Volunteer at a local food pantry - Area food pantries, like the Hudson Community Food Pantry, Stow Food Pantry and Open Table, help provide a lifeline for hungry families in our region. Volunteer opportunities are available for many tasks, such as pre-packing orders for house-bound clients, staffing the pantries, and stocking the shelves. These organizations have specialized efforts at the holidays. Call or visit their websites for information on how to get involved.

Donate funds – Many organizations prefer monetary donations because they can buy groceries and items at a reduced price and direct funds to the specific supplies that are needed most. The Healey-Driscoll Administration and United Way have established a hunger relief fund to support food banks across the Commonwealth. Learn more at:

<https://unitedwaymassbay.org/united-response> Consider making a gift in honor of a loved one at the holidays.

If you need extra help this holiday season, or know someone who does, please reach out. Your community is here for you and all inquiries are confidential.

Hudson Community Food Pantry – Located at 28 Houghton St. in Hudson, the pantry is open on Tuesday and Saturday mornings from 9-10:30 am and on the first Thursday of the month from 7-8:30 pm; Call (508) 562-5280 for more information

Open Table – Located at 33 Main St. in Maynard, food is available for pick-up on Tuesday and Thursday afternoons; Call (978) 369-2275 or email info@opentable.org

Hudson Mobile Food Pantry (a partnership between the Hudson Health Department and Open Table) will deliver food to those in need with no requirements or restrictions. Call or email the Health Department to sign up at (978) 562-2020 or health@townofhudson.org

The MetroWest Food Collaborative is an initiative run out of the Hudson Health Department and is an amazing resource for all of the area food programs. Calendars and lists of resources are available at: <https://www.metrowestfoodcollaborative.org/>

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.repkatetohogan.com and on social media at @RepKateHogan.

Hello to Everyone,



A Fair to Remember

We'll be sharing all the exciting details about our Annual Fair in the January newsletter, but for now I just want to say a huge THANK YOU to everyone who made it such a success.

We need to thank our Amazing Friend's Organization for all their hard work getting ready for this major fundraiser, the talented knitters, quilters, crafters and the creative people who made the adorable, knitted animals and dolls. A special shout out to the fabulous apple-peeling crew (with apples generously donated by Carver Hill Orchard in Stow!) and the pie crust pros who rolled out enough dough to make 70 pies – and yes, every single one sold! We are also sending a big thanks to our culinary stars who made homemade chowders, chili, tasty treats, coffee and more. Our many volunteers brought their energy and smiles to make the day a success. We cannot forget the beautifully decorated gift baskets and the generous gift cards donated by our wonderful Hudson businesses – your contributions truly made a difference. A Fair like this takes a village, and thanks to your dedication, teamwork and community spirit, we pulled off something truly special. We cannot wait to share more in January, but for now, please know how grateful we all are.

A very special Thank you to Mr. George Danis for providing another Thanksgiving meal to our seniors

This year marks the 15th year in a row of Mr. George Danis', owner of Plastic Molding Manufacturing in Hudson, generosity. This year he provided his annual Thanksgiving meal to 225 seniors. Jody Heyward and other employees from the company were on hand to help senior center staff hand out the Thanksgiving meal from Buffet Way. The meal was delicious. We have a lot to be thankful for. Thank you, Mr. Danis!

A couple of important reminders:

- December 7th is the last day to review your Medicare health and prescription drug plans for next year.
- Please note that starting in December and going through January, Social Security will be mailing your 2026 Social Security Benefits Statements. This document outlines your financial Social Security benefit for 2026 and is needed for 2026 taxes. It is important to keep this document in a safe place.
- Tues. Dec 16th you don't want to miss Hudson Police and their Drone presentation!
- Holiday Luncheon at Assabet on Dec 17th see details in newsletter
- Dec 19th a little fun with DJ Deb, dancing and light lunch and desserts.

Thank you ~ Janice

Reminder: Closed on Thursday, December 25th and Friday, December 26th for Christmas

"All About Brain Health"

Presented by Kim Church from Right at Home

Monday, December 8th, 2025 at 11am (with a little interactive fun and prize giving)

Right at Home keeping our brains healthy as we age is important. But how do we do this? Join us for a friendly and informative conversation with Kim Church, Community Liaison from Right at Home. In this session, Kim will talk about how we can support brain health in our golden years, including helpful tips, and ideas to foster brain health habits. Whether you're caring for a loved one or just looking to stay sharp yourself, you're sure to walk away with something valuable. Call to sign up!



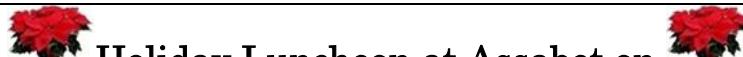
Left, Center, Right and “Nickels” with Diane Friday, December 12th at 1:00 pm – 2:00 pm

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.

Hudson Police presentation on Drones and Public safety On Tuesday, December 16th at 10 AM (You won’t want to miss this!)

The presentation aims to familiarize the community with how the Hudson Police Department is leveraging technology to increase safety, boost public relations, and keep up with an ever-evolving field. By explaining and demonstrating how the department uses drones, we hope that transparency will help community members understand the need for the asset.



Holiday Luncheon at Assabet on Wednesday, December 17th at 11:30am

Please join us for a wonderful Holiday Lunch at Assabet Technical High School. Lunch will be served at 11:30. The menu is a buffet of Fresh Rolls & Butter, Garden Salad, Roast Beef with Pan Gravy, Herbed Salmon with Beurre Blanc, Roasted Fingerling Potatoes, Glazed Baby Carrots, Creamed Spinach and Assorted Desserts. Cost to you is \$10.00. Limited to 80 people

Tickets available in person beginning Wednesday, December 3rd



Good Times Mobile Music

Back by popular demand... DJ Deb returns to provide some music for dancing on Friday, December 19th at 12:30pm



Join us for another fun afternoon of dancing and maybe a sing-along with a couple of festive tunes as DJ Deb returns. Light refreshments and dessert will be served. Limited to 50 people.

Call to sign up beginning Thursday, December 4th.

Medicare Special Enrollment Period for Members whose Medicare Plan is Terminating at the End of 2025

This year, several popular Medicare plans announced that they will be discontinued at the end of 2025. These plans include the Blue Cross Medicare PPO Blue SaverRx, the Tufts Medicare Preferred Access Rx PPO, and the Cigna Healthcare Saver Rx Prescription Drug Plan. If you are on one of these terminating plans, you may be eligible for a Special Enrollment Period to enroll in a new plan, if you did not already do so during Medicare Open Enrollment (Oct 15 - Dec 7). To avoid a gap in coverage, Medicare recommends utilizing this Special Enrollment Period by December 31st. For more information, call 1-800-MEDICARE or call your current plan. You also can make a SHINE appointment for December 8-31 to discuss your options and select a new plan. Again, this Special Enrollment Period may only apply to people whose plans are terminating at the end of 2025.

“Movie Day” at the Center



Here is the listing for the movie in December. 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, Dec 8th & Tuesday, Dec 9th – Downton Abbey: The Grand Finale



The cinematic return of the global phenomenon follows the Crawley family and their staff as they enter the 1930s. When Mary finds herself at the center of a public scandal and the family faces financial trouble, the entire household grapples with the threat of social disgrace. The Crawleys must embrace change as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future.

Rating: PG-13 Runtime: 2hr 3min

Monday, December 22nd – Oh.What.Fun



When an overworked and unappreciated mom finds her family has forgotten to invite her to a special Christmas event, she decides to go on her own adventure. While the family tries to pick up the pieces in her absence, she discovers there's much more to Christmas than the traditions she's known her entire life. Starring Michelle Pfeiffer and Eva Longoria.

Rating: PG-13

“VETS TALK” A program for Veterans

Thursday, December 4th, 11th & 18th 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.

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)

❖ 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!

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



Friday, January 16th 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!!**



15-minute Legal Advice with Christine Boutin Tuesday, December 9th

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



Can a Gift Compromise my MassHealth Eligibility?

By Christine Boutin
Of Counsel, Mirick

A gift is a transfer of property to a person or entity (the “donee”) when the person making the gift (the “donor”) does not receive a good (e.g., a car) or a service (e.g., landscaping) of equal value in return.

For gift tax purposes, a donor is allowed to gift up to the annual gift tax exclusion amount to as many donees as they wish in a calendar year without incurring gift tax or reducing their federal estate tax exemption. Currently, the annual gift tax exclusion is \$19,000 per donee.

For MassHealth (the Massachusetts Medicaid program) purposes, any gifts made in the five (5) years immediately preceding the date the donor applies for MassHealth long-term care benefits are deemed disqualifying transfers. This is more commonly known as the five-year look-back period. MassHealth begins with the assumption that any gifts made during the five-year look-back period were made to reduce assets to qualify for MassHealth benefits. The assumption can theoretically be rebutted by proving that the gift was made for a purpose other than to qualify for MassHealth or by arguing that denying the donor MassHealth benefits would be an undue hardship. Practically, however, MassHealth rarely permits gifts under either of those exceptions.

Thus, while a donor may be able to make gifts that do not incur gift tax, such gifts could have major consequences if that donor enters a nursing home and needs to apply for MassHealth to help pay for such care. If you think nursing home care may be needed in the next five years, or you worry about paying for nursing home, it is best to think twice about making gifts to your loved ones or charities going forward. You can also always consult with a qualified elder law attorney to determine the best path forward.

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

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 lbazarian@gmail.com



Message from the Friends...

Next Friends Meeting: Tuesday, December 16th at 9:30am

This year's Fall Fair was a great success, thanks to all who generously volunteered their time, skills and creative donations.

The Friends will continue in the new year to discuss and plan ways to raise funds throughout the year. Please consider attending a meeting to share ideas and learn about ways to volunteer!

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.

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: December 4th ...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



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, December 1st & December 15th at 1pm

❖ Caregivers Support Group

Thursday, December 4th & 18th at 1pm

Save the Date!



AARP TAX PROGRAM

Get your Taxes Done for Free

AARP Foundation Tax-Aide will again partner with the Hudson Senior Center to offer free income tax assistance and filing. Tax-Aide volunteers are trained and IRS certified to prepare most personal income tax returns except for returns with rental income, crypto-currency exchanges, and other less common types of items. For a complete list of what we can help with and documents needed to complete a tax return, visit aarpfoundation.org/TaxAide. The volunteers work hard to make sure you get every tax credit and deduction you have earned, especially the Massachusetts Senior Circuit Breaker credit of up to \$2,820 for eligible seniors. This program does not discriminate in any way, but is intended for low to moderate income taxpayers, with a focus on the elderly. Volunteers will offer in-person service at the Hudson Senior Center on Tuesday mornings from February 3 thru April 7 **by appointment only**.

Appointments are required; call the Center **AFTER January 15th** to schedule an appointment. AARP Foundation Tax-Aide is the nation's largest volunteer-based free tax preparation service, annually servicing over 1.25 million taxpayers who receive over \$1 billion in income tax refunds.

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, December 3rd

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

Hot Menu: Salmon cake, brown rice and zucchini

Thursday, December 4th

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

Hot Menu: Tomato vegetable soup, Pot roast with gravy, mashed potatoes and brussel sprouts

Wednesday, December 10th

Cold Menu: Falafel sandwich, orzo salad and tomato salad

Hot Menu: Beef vegetable stew, mashed potatoes and garlic spinach

Thursday, December 11th

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

Hot Menu: Butternut squash soup, baked chicken with mushroom sauce, stuffing, peas and carrots

Wednesday, December 17th

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

Hot Menu: Stuffed shells with tomato sauce and green beans

Thursday, December 18th

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

Hot Menu: Mushroom barley soup, roast beef with gravy, potatoes au gratin and brussel sprouts

Wednesday, December 24th

Cold Menu: Turkey BLT sandwich, orzo salad and coleslaw

Hot Menu: Chicken marsala, roasted potato, broccoli and cauliflower

Wednesday, December 31st

Cold Menu: Egg salad, Asian slaw and baby carrots

Hot Menu: Beef stroganoff, egg noodles and mixed vegetables

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

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

Medical Equipment Lending Program

For seniors in need of a wheelchair, walker, shower chair, transfer bench, commode or cane. The Senior Center can provide the item on loan at no charge, based on availability. The Senior Center also has a variety of incontinence pads/underwear that have been donated if anyone is in need. Please call the center to **check on availability** 978-568-9638.



WestRidge Cares has been kind enough to offer help to Hudson seniors who are struggling with the cost of pet supplies. Animals provide companionship and love to their owners and want to provide the best care to their animals. For some, it is difficult to pay for food and pet supplies. Petco gift cards will be donated to the senior center for seniors in need. If you or another senior you know is struggling to meet their animals' need, please call Alex O'Hare to complete eligibility screening.





Hudson Senior Center Trips 2026

Stop by and pick up more information for this exciting trip at the Senior Center

Collette Tours/AAA:



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

Answer key to Sudoku puzzles

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

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

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 Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/month**
(No Chair Yoga on 12/24 & 12/31)
- **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, December 17th at 10:30 am

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.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUNDAS ÀS SEXTAS DAS 9:00 DA MANHÃ ÀS 3:00 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT.19

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.

Número de Pessoas na Família	Rendimento
1	\$ 51,777
2	\$ 67,709

INFORMAÇÃO IMPORTANTE

Se as Escolas Publicas de Hudson estiverem fechadas devido a neve o Senior Center também estará fechado. Por favor não venha ao Senior Center se estiver mau tempo. Estamos preocupados com a segurança dos nossos clientes.

DATAS IMPORTANTES

Dias 3, 10 e 17 de Dezembro - Grupo de croché às 9:30 da manhã. Venha fazer croché com um grupo alegre e fazer amigas novas.

Dia 8 de Dezembro – Palestra grátis sobre “Brain Health” com Kim Church de “Right at Home” às 11:00 da manhã. Telefone para reservar os seu lugar.

Dia 9 de Dezembro - Consulta grátis com o Advogada Boutin à 1:00 da tarde. Para marcar um apontamento, telefone para o Senior Center.

Dia 16 de Dezembro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 16 de Dezembro – Palestra grátis com a Policia de Hudson sobre “Drones and Public Safety” às 10:00 da manhã. Telefone para reservar o seu lugar.

Dia 17 de Dezembro – Almoço de Natal às 11:00 da manhã no “Assabet Valley High School” em Marlborough. O custo é \$10.00 por pessoa. Bilhetes a venda no Senior Center a partir do dia 3 de Dezembro. **Limitado a 80 pessoas.**

Dia 19 de Dezenbro – Festa de Natal grátis da 1:00 às 2:00 da tarde no Senior Center. Comida e Música com DJ Deb. **Limitado a 50 pessoas.** Chama o Senior Center a partir do dia 4 de Dezembro.

Dia 22 de Dezembro- Filme de Natal – “Oh What Fun” às 12:30 da tarde no Senior Center. Telefone para reservar o seu lugar.

Dia 25 e 26 de Dezembro – O Senior Center estará fechado devido ao feriado do Natal.

Dia 1 de Janeiro – O Senior Center estará fechado devido ao feriado do Primeiro do Ano.

BOAS FESTAS PARA TODOS!! HAPPY HOLIDAYS TO EVERONE!

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

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

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



CANDLE
CANDY CANE
CAROLS
CHRISTMAS
DECORATIONS
EGGNOG
ELF ON A SHELF
FIREPLACE
FROSTY
GINGERBREAD
HANNUKAH
HOLIDAY
HOT CHOCOLATE
ICICLE
JINGLE BELLS
MISTLETOE
NUTCRACKER
ORNAMENTS
POINSETTIA
PRESENTS
REINDEER
SANTA CLAUS
SLEIGH
SNOWFLAKE
SNOWMAN
STOCKING
TINSEL
UGLY SWEATER
WINTER
WREATH

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

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

Calendar Raffle

The Friends are excited to offer a Calendar Raffle that will be available to **purchase until December 31st** 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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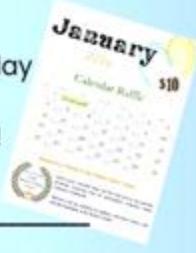


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Name _____
Phone _____
\$10.00

January

2026

Calendar Raffle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Good Luck!			1	2
\$100	\$25	\$25	6	\$25	\$25	\$100
\$100	\$25	\$25	15	\$25	\$25	\$100
\$100	\$25	\$25	20	\$25	\$25	\$100
\$100	\$25	\$25	27	\$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	1	Tuesday	2	Wednesday	3	Thursday	4	Friday	5	
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Chair 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 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Holiday Craft 10:00a Open Paint Studio 01:00p Chess		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Zoom Chair Cardio/Weights 09:30a Zoom Yoga Chair 09:30a Knit and crochet 10:30a Zoom Parkinsons class 11:15a AM Zumba 11:30a Lunch at Center 12:15p 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 AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Quilting 10:00a Gift Shop 10:00a Line Dancing 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 Chair Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 11:00a Brain Health 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day	8	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 09:30a Gift Shop 09:30a Legal Advice 09:30a Stress Reduc. 10:00a Open Paint Studio 12:30p Movie Day 01:00p Chess	9	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 09:30a Gift Shop 09:30a Zoom Chair Cardio/Weights 09:30a Stress Reduc. 10:00a Open Paint Studio 09:30a Gift Shop 09:30a Knit and crochet 10:30a Zoom Parkinsons class 11:15a AM Zumba 11:30a Lunch at Center 12:15p Bingo 01:00p COA Brd Mting	10	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	11	08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Quilting 10:00a Gift Shop 10:00a Line Dancing 12:15p Bridge 12:15p Scrabble 01:00p Left Center Right Dice game	12	
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Chair 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	15	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 09:30a Friends Meeting 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Drones 10:00a Open Paint Studio 01:00p Chess	16	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 09:30a Friends Meeting 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 09:30a Gift Shop 09:30a Knit and crochet 10:30a Genealogy 10:30a Zoom Parkinsons class 11:15a AM Zumba 11:30a Holiday Lunch 11:30a Lunch at Center 12:15p Bingo	17	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	18	08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Quilting 10:00a Gift Shop 10:00a Line Dancing 12:15p Scrabble 12:30p Good times Music	19	
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Chair 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	22	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 01:00p Chess	23	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 01:00p Chess 10:30a Zoom Parkinsons class 11:15a AM Zumba 11:30a Lunch at Center	24	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 08:30a Zoom Chair Cardio/Weights 09:00a Gift Shop 09:30a Knit and crochet 10:00a Walking Club 09:30a Gift Shop 09:30a Knit and crochet 10:30a Zoom Parkinsons class 11:15a AM Zumba 11:30a Lunch at Center	25	08:00a CENTER CLOSED	08:00a CENTER CLOSED	26
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Chair 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	29	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 11:00a iPhone Make Movies 01:00p Chess	30	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 11:00a iPhone Make Movies 01:00p Chess 10:30a Zoom Parkinsons class 11:15a AM Zumba 11:30a Lunch at Center	31					