

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



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Permit #55



2026

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



Medicare and Medicaid Update

The impact of the Trump Administration's 'Big Bill' on Medicaid and Medicare will begin to be felt in the year ahead.

It's impossible for Massachusetts, or any state, to make up for the federal government's funding cuts, but our economic leaders are watching the situation very carefully. In the Legislature, my colleagues and I have already allocated funds for a public awareness campaign to inform vulnerable populations about new Medicaid work requirements put in place by the federal spending bill.

Here's a summary of expected changes:

Medicare – www.medicare.gov, 1-800-MEDICARE (1-800-633-4227)

- **Medicare Advantage (MA) plans:** Expect higher costs, fewer \$0 premium plans.
- **Supplemental benefits:** Some plans will include fewer benefits, like coverage for over-the-counter items and nutrition benefits.
- **Special Needs Plans (SNP):** Some plans will have reduced offerings for services like medical nutrition therapy, in-home support, and caregiver support.

Medicaid (MassHealth) - www.mass.gov/topics/masshealth, 1-800-841-2900

- **Potential coverage loss:** It's estimated that 326,000 Massachusetts residents could lose insurance coverage, with the state facing an estimated \$1.97 billion in Medicaid funding cuts by 2029.
- **Work requirements:** While the vast majority of Medicaid recipients are already working or would qualify for an exemption, new work requirements will typically see people lose coverage because they don't provide the necessary paperwork.
- **More paperwork overall:** States will now be required to redetermine enrollees' eligibility for MassHealth twice a year instead of annually.
- **Impact on hospitals:** Cuts are expected to significantly affect hospitals, especially rural and safety-net hospitals that rely heavily on Medicaid funding, potentially leading to service reductions or closures.

In addition to the websites and phone numbers listed above, if you have questions or need help with applications, the good folks at your Council on Aging (COA) can put you in touch with SHINE counselors to help with questions about Medicare.

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

Upcoming Office Hours: January 13 from 5 – 6 pm at the Bolton Public Library, Community Room

Hello to Everyone,

I hope you all had memorable times with your family and friends this holiday season. Looking back, the senior center had a busy year in 2025 with activities and programs. Here is a snapshot of what we accomplished from Jan 2025 through Dec. 2025.

1. Social Service: Holly, Ana, and Janice, provided essential support to 1093 individual seniors, with a total of 5291 interactions; from January 1, 2025 through December 22, 2025. These appointments covered a wide range of services, including SHINE (serving health insurance needs of elders), fuel assistance, SNAP benefits application assistance, housing application support, community case management, referrals, and collaborative efforts with other elder service agencies.

2. Transportation Program: Our transportation program supported 160 Hudson seniors this year, providing more than 5,593 round trips between Hudson and Marlborough, Virginia, who manages the front desk and oversees daily dispatch, coordinates with our skilled drivers, Lennie and John, to ensure every rider arrives safely and on time. Their teamwork and dedication make it possible for seniors to attend medical appointments, run errands, and stay engaged in the community. We are also grateful for the State Formula Grant, which helps fund additional part-time driver hours. This support allows us to expand services such as food shopping trips, special outings, and other essential transportation needs.

3. Event Planning: We organized events/programs that attracted 1533 people to our center, resulting in over 19,173 interactions. These events fostered community engagement and enriched the lives of our seniors.

4. DayBreak Social Day: In calendar year 2025, our DayBreak Program continued to thrive thanks to generous grant funding from Springwell Elder Services and the Massachusetts Councils on Aging. This vital program provides respite for caregivers while offering participants socialization, lunch, and engaging activities.

5. Infrastructure Enhancement: This year, the DPW, in collaboration with Architect Glenn Davis, prepared a comprehensive bid package for significant improvements to our building. The project includes major repairs to the deck and flat roof. These upgrades were made possible through earmarked funding secured by State Representative Kate Hogan for Senior Center improvements, along with generous support from The Friends of the Hudson Senior Center, Inc.

6. Our Friends Organization continues to be an active and invaluable partner. They recently hosted a successful Fall Fair, raising essential funds for our center and contributed to this year's deck improvement project.

7. Our Council on Aging Board remains a strong source of support and guidance. Their dedication is deeply appreciated by all of us.

Sometimes “thank you” hardly feels sufficient. I am truly grateful for everyone who contributes—directly or indirectly—to the operations of this Senior Center. Together, and only together, we make everything we do possible. Congratulations to everyone involved in our 2025 accomplishments. Your commitment to serving seniors is inspiring. I am thankful for all the wonderful memories we created this year and wish everyone a happy and prosperous New Year.

Thank you ~ Janice

**Reminder: Closed on Thursday, January 1st for New Years Day &
Monday, January 19th for MLK day**



Left, Center, Right and “Nickels” with Diane

Friday, Januray 9th 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. **Call to sign up!**



Please join representatives from Avidia Bank for a presentation on:

Crimes Against Elders.

Tuesday, January 20th at 10 am-11:00 am

Discussion will focus around:

- Elder Financial Exploitation
- Elder Theft and Elder Scams
- Common Elder Scam Typologies
- Statistics on the Volume of Events and Losses
- Program is Designed to be an Interactive Event

Please sign up for this informative program by calling 978-568-9638



Hiking/ Snowshoe Day

Monday, January 26th at 10:00am at Delaney pond in Stow, Mass

Bring walking sticks and appropriate attire. If snow levels permit, anyone wishing to snowshoe may do so by wearing their own snowshoes/poles or borrowing one of the 5 sets available at the Senior Center. Others may choose to walk with their own micro spikes if desired. Please notify Virginia at the Senior Center if you plan on borrowing snowshoes/poles. Call to sign up!

Tammy Arbour's New Workshop "LET IT SNOW (man)"

At the Hudson Senior Center

Tuesday, January 27th 11am to 1pm



Workshop details:

- Cost is \$20.00 per participant
- You must sign up by January 19th with your choice of snowman
- All paints, supplies and materials are provided with guided step by step instruction with Tammy.



Mindfulness & Pooh.

Meditation with Erica Zeiger

The Hudson Library is sponsoring:
Mindfulness & Pooh

Tuesday, January 20th at 6:30 pm
at the Hudson Senior Center

This meditation experience invites you to slow down just as Pooh would--through quiet reflection, cozy journaling, and calming tea meditation touched with a hint of honey (of course!)

Patrons should bring a yoga mat and/or blanket for extra comfort.

This program is for adults only. Register at: huds.pl/events or call 978-568-9644



Valentine's Day Lunch at Assabet Epicurean Room

Wednesday, February 4th at 11:30am

Menu: Fresh Rolls & Butter, Garden Salad, Roasted Chicken with Gravy, Baked Haddock, Rice Pilaf, Mashed Sweet Potato, Sautéed Green Beans and Assorted Desserts. Cost to you is \$10.00 Limited to 80 people.

[Purchase tickets in-person beginning on Wednesday, January 21st](#)

“Movie Day” at the Center



Here is the listing for the movie in January. 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, January 12th – Jay Kelly



This film follows famous movie actor Jay Kelly (George Clooney) and his devoted manager Ron (Adam Sandler) as they embark on a whirlwind and unexpectedly profound journey through Europe. Along the way, both men are forced to confront the choices they've made, the relationships with their loved ones, and the legacies they'll leave behind.

Rating: R Runtime: 2hr 12min

Monday, January 26th – Wake Up Dead Man: A Knives Out Mystery



Detective Benoit Blanc teams up with an earnest young priest to investigate a perfectly impossible crime at a small-town church with a dark history.

Rating: PG-13 Runtime: 2hr 24min

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



Friday, February 6th 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!! ****Please Note that the January 16th Tech date has been Cancelled****

“VETS TALK” A program for Veterans

Thursday, January 8th, 15th & 29th 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.

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



15-minute Legal Advice with Christine Boutin Tuesday, January 13th

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.



For the New Year: Tax Number and MassHealth Updates for 2026 By Christine Boutin, Of Counsel Mirick

Although the end of 2025 brings holiday celebrations and best wishes for new beginnings, it also brings questions about financial changes in 2026. We've gathered the numbers for you below. Thinking about gifting in the new year? In 2026, the maximum annual tax-free gift amount remains at \$19,000 per recipient. Married persons can gift up to \$38,000 to the same beneficiary. There is no limit to the number of people to whom up to \$19,000 can be gifted. Gifts over \$19,000 per year to an individual are allowed but a gift tax return will need to be filed with your income tax return. However, you will pay no tax unless the total lifetime amount gifted to all individuals exceeds \$15,000,000 (as of 2026). As a reminder, there is no tax in Massachusetts on gifts made or received.

Looking at income taxes, the standard deduction for the tax year of 2025 is now \$31,500 for a married couple filing jointly, \$15,750 for a single individual or a married persons filing separately and \$23,625 for head of household. For the tax year of 2026, the standard deduction rises to \$32,200 for a married couple filing jointly, \$16,100 for a single individual or a married persons filing separately and \$24,150 for head of household. The additional senior deduction is \$2,000 per individual or \$1,600 per married spouse, if eligible, although the One Big Beautiful Bill brings a temporary increase to \$6,000 per person and \$12,000 per married couple, depending upon eligibility.

As for Massachusetts estate taxes, the state estate tax exemption in Massachusetts remains at \$2,000,000 per deceased individual. For 2026, the federal estate tax exemption as combined with the gift tax exemption (as mentioned above) rises to \$15,000,000 per individual.

For those individuals needing to qualify for MassHealth in 2026, the countable asset limit for the applicant remains at \$2,000 while the countable asset limit for the spouse remaining at home is projected to increase to \$162,660 (excluding the primary residence). The maximum non-countable equity of the primary residence is projected to rise to \$1,130,000.

Additionally, the One Big Beautiful Bill includes eligibility changes to MassHealth starting in 2026 and rolling out through 2028. Beginning in 2027, seniors can expect to see a reduced period of retroactive benefits coverage and further potentially concerning changes to eligibility rules. The Commonwealth of Massachusetts anticipates losing \$3.5 billion dollars in MassHealth funding annually from the federal government due to the changes enacted by the One Big Beautiful Bill. We will continue to provide updates in this space as more information is available.

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.



Message from the Friends...

Next Friends Meeting: Tuesday, January 6th at 9:30am

Friends Annual Fair Update: Congratulations to our Friends group for raising around \$8000 at the 2025 Annual Fair! This incredible achievement wouldn't have been possible without the dedication and hard work of our amazing volunteers. Words cannot fully express our gratitude to everyone who participated in this event. When we all work together, great things happen. On behalf of the Hudson Senior Center, thank you all so much!

The Friends will continue in the new year to discuss and plan ways to raise funds throughout 2026. 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: January 8th...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

ONCE AGAIN THE ANNUAL DUES ARE DUE IN JANUARY.

Please provide updated information and emergency contact!

THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2026!

Payable to The Friends of the Hudson Senior Center

(This helps with the postage and sending of the monthly newsletter, thank you)

Friends of the Hudson Senior Center 2026 Dues

NAME _____

DUES \$ _____

ADDRESS _____

DONATION \$ _____

TELEPHONE _____

TOTAL \$ _____

EMAIL _____

EMERGENCY CONTACT _____

RELATIONSHIP _____

PHONE _____



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, January 5th & 26th at 1pm

❖ Caregivers Support Group

Thursday, January 8th & 22nd at 1pm



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 through April 7 **by appointment only**.

Appointments are required; call the Center BEGINNING Friday, January 16th 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.

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 to 11am
- ❖ 5th Thursday with TBA 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.



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, January 7th

Cold Menu: Falafel sandwich, orzo and tomato salad

Hot Menu: BBQ chicken, mashed potatoes and collard greens

Thursday, January 8th

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

Hot Menu: White bean soup, pesto chicken, pasta and carrots

Wednesday, January 14th

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

Hot Menu: Salmon Cake, orzo and zucchini

Thursday, January 15th

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

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

Wednesday, January 21st

Cold Menu: Turkey BLT sandwich, orzo and coleslaw

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

Thursday, January 22nd

Cold Menu: Tuna salad sandwich, corn salsa and pickled beet salad

Hot Menu: Cream of spinach soup, herb roasted chicken, brown rice pilaf and roasted root vegetables

Wednesday, January 28th

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

Hot Menu: Stuffed shells with tomato sauce and green beans

Wednesday, January 29th

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

Hot Menu: Mushroom barley soup, pot roast with gravy, mashed potatoes and garlic spinach

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

Winter Weather



If the Hudson Public Schools are Closed or Delayed then the Senior Center will also be closed or delayed.

*****If it is snowing or sleet and the schools are NOT closed, for your safety, we ask that you please delay coming to the center by at least 1 hour** to allow town employees the time needed to shovel and treat walkways and ramp and to allow the bus driver time to clear the bus. Also, please call the center before you come to see if your class or program instructor is on schedule or has cancelled due to inclement weather. Thank you!



Hudson Senior Center Trips 2026

Stop by and pick up more information for these exciting trips at the Senior Center

Best of Times Travel:

- **Tuesday, March 10th Andy Cooney Irish Celebration**

The sights and sounds of Ireland come alive with Andy Cooney featuring The Guinness Irish band and Emerald Fire Irish Dance. This is a show that showcases Ireland's music, song, comedy and dance. Enjoy a plated luncheon at Danversport with your choice of Corned Beef and Cabbage or Baked Schod. Price includes transportation, plated lunch and show ticket. **Price: 142.00pp**

No refunds for cancellations received after 2/16/26

- **Thursday, April 16th Viva Las Elvis Tribute Show**

Dan Fontains is national award-winning tribute artist, recreating the look, sound, and feel of Elvis like no other. This concert features the Memphis Sun Mafia band bringing the show to life! Plated luncheon at Castleton Banquet Center in Windham, NH with your choice of Chicken Parmesan or Vegetable Lasagna. Price includes transportation, plated lunch and show ticket. **Price: 138.00pp**

No refunds for cancellations received after 3/15/26

- **Wednesday, June 24th Country Jamboree**

The national touring show is a trip down memory lane that takes you back to the glory day of country music. This song and dance spectacular is fully costumed and choreographed in the tradition that gave the music city its name. Hear songs by greats like Johnny Cash, Tammy Wynette as well as today's stars like Garth Brooks, Reba McEntire, Toby Keith, Miranda Lambert and more. Plated luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken Parmesan or Vegetable Lasagna. Price includes transportation, plated lunch and show ticket.

No refunds for cancellations received after 6/2/26

Price: 138.00pp

- **Tuesday, July 14th Tall Ships 2026**

Experience the wonder and excitement as we sail through Boston's historic harbor on the Provincetown II, capturing magnificent views of the fleet from the best vantage point - the water. This package includes a buffet brunch menu of French toast, quiche, bacon, breakfast potatoes, chicken picatta, pastries, orange juice and coffee at Danversport. Price includes transportation, Buffet brunch, Entertainment and Harbor Cruise. **Price: 165.00pp**

No refunds for cancellations received after 6/12/26

- **Thursday, September 3rd Boston Harbor BINGO Cruise**

This all-Inclusive escorted trip combines a gourmet buffet luncheon, live entertainment and competitive three rounds of bingo while sailing on The Spirit of Boston.

Price: 149.00pp

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)

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**
No yoga in January
- **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**
- **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, January 21st 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

Friday, January 9th at 1pm

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 12:15pm

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.

The year has come to an end, and you realized that you forgot to review your insurance for the following year. What happens now?

You may still be in luck to make changes during the Medicare Advantage Open Enrollment Period which is from January 1 until March 31. This Medicare Advantage Open Enrollment Period is ONLY for those who are enrolled in a Medicare Advantage Plan (HMOs, PPOs for example), not for those enrolled in a stand-alone drug plan with a Medigap (Medex for example). You MUST be enrolled in a Medicare Advantage Plan on January 1 to use this MA OEP (Medicare Advantage Open Enrollment). This can be used ONCE, and the new plan effective date is the first of the following month.

What can you do during this Medicare Advantage OEP? You can switch to another Medicare Advantage plan (with or without drug coverage), you can leave your Medicare Advantage plan and join original Medicare (with or without supplement) and receive a coordinating Part D special enrollment. Your current plan is cancelled with enrollment into your new plan.

There are also SEPs (Special Enrollment Period) for those with plans that are not renewing for next year. If your plan is not renewed for the next contract year, you have a SEP between December 8, 2025 and February 28, 2026 to change to another PDP or MA-PD.

There are also Extra Help/LIS SEPs. If you have this benefit of Extra help, you would have a monthly SEP to:

- Disenroll from a Medicare Advantage Plan and enroll in a PDP
- Disenroll from one PDP and enroll in another PDP
- It does **NOT** allow someone to move from PDP to MA-PD or between MA-PDs.

Remember the MA-OEP period of time is only from January 1-March 31 so don't delay. If you are not in a Medicare Advantage plan and have missed the Open Enrollment Period, contact the SHINE department to see if you qualify for a Special Enrollment to make a change to your insurance, or see if you qualify for an assistance program that may provide a Special Enrollment for you during the year.

As always, be on the lookout for our future newsletters as the income guidelines for many public benefits such as Medicare Savings Programs, change in March, and we do write about these changes and how it could affect you.

Happy New Year!

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

Answer key to Sudoku puzzles

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

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

“MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD”

De 1 de Janeiro de 2026 a 31 de Março de 2026, as pessoas com “Medicare Advantage Plan” (com Tufts, Harvard, Fallon, Blue Cross, etc.) podem trocar de plano de seguro. Durante este período pode mudar o seu plano de “Medicare Advantage” para outro “Medicare Advantage Plan” ou Medicare tradicional com um plano separado de medicamentos (“Medicare Part D”). **Caso tenha algumas perguntas, não hesite em contactar o Senior Center.**

PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as despesas 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

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

Dia 6 de Janeiro – Reunião do Amigos do Senior Center às 9:30 da manhã.

Dia 13 de Janeiro – Consulta grátis com o Advogado Boutin à 1:00 da tarde. Telefone para marcar um apontamento.

Dia 16 de Janeiro – Primeiro dia para marcar um apontamento pelo ajuda grátis com os seus impostos do IRS. Os apontamentos são nas Terças de manhã do dia 3 de Fevereiro à 7 de Abril. Telefone para o Senior Center – 978-568-9638 para marcar o seu apontamento.

Dia 19 de Janeiro – O Senior Center estará fechado devido ao feriado do “Martin Luther King”.

Dia 20 de Janeiro – Palestra grátis sobre “Scams – Crimes Against Elders” com Avidia Bank às 10:00 da manhã. Telefone para marcar o seu lugar.

Dia 4 de Fevereiro – Almoço de “Valentine’s Day” às 11:30 da manhã no Liceu do “Assabet Valley” em Marlboro, MA. O custo é \$10.00 por pessoa. Telefone para os Senior Center, 978-568-9638 a partir do dia 21 de Janeiro para reservar os seu almoco. **Limitado a 80 pessoas.**

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

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

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

Card Games

Word Search



ANACONDA
 BACCARAT
 BLACKJACK
 BRIDGE
 CANASTA
 CASINO
 CONCENTRATION
 CRIBBAGE
 EUCHRE
 GO FISH
 HEARTS
 NERTZ
 NINETY-NINE
 OLD MAID
 PIG
 PINOCHLE
 POKER
 RUMMY
 SLAPJACK
 SNAP
 SOLITAIRE
 SPADES
 SPOONS
 TEXAS HOLD EM
 UNO
 WAR
 WHIST

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
			08:00a CENTER CLOSED	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shoppe 10:00a Line Dancing 12:15p Bridge 12:15p Scrabble
5	6	7	8	9
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shoppe 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 Friends Meeting 09:30a Gift Shoppe 09:30a Stress Reduc. 10:00a Open Paint Studio 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 09:00a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Yoga Chair 09:30a Gift Shoppe 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 Shoppe 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 09:30a Gift Shoppe 10:00a Line Dancing 12:15p Bridge 12:15p Scrabble 01:00p Left Center Right Dice game 01:00p Memoir Workshop
12	13	14	15	16
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shoppe 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 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 Shoppe 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 Food Shopping 09:00a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Yoga Chair 09:30a Gift Shoppe 09:30a Knit and Crochet 11:15a AM Zumba 11:30a Lunch at Center 12:15p 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 Shoppe 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 09:30a Gift Shoppe 10:00a Line Dancing 10:00a Tech Support 12:15p Bridge 12:15p Scrabble
19	20	21	22	23
08:00a CENTER CLOSED	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shoppe 09:30a Stress Reduc. 10:00a Financial Exploitation 10:00a Open Paint Studio 01:00p Chess 06:30p Mindfulness & Pooh	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shoppe 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 Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shoppe 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 09:30a Gift Shoppe 10:00a Line Dancing 12:15p Bridge 12:15p Scrabble
26	27	28	29	30
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shoppe 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 10:00a Snowshoe Hike 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 Shoppe 09:30a Stress Reduc. 10:00a Open Paint Studio 11:00a Snowman Craft 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 08:30a Mat Pilates 08:30a Quilting 09:00a Walking Club 09:00a Zoom Yoga Chair 09:30a Gift Shoppe 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 Shoppe 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 09:30a Gift Shoppe 10:00a Line Dancing 12:15p Bridge 12:15p Scrabble