

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



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Hudson, MA 01749
Permit #55



2019

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 BayPath 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
- Virginia Figueiredo, Administrative Secretary
- Holly Richardson, Social Service Advocate
- Ana Terra-Salomão, Bilingual Social Service Advocate
- Jim Klotz, Full Time Bus Driver
- Walter Correia & Jack Veo, Part-time Bus Drivers

Social Activities:

Line Dancing, AM Fitness, PM Fitness, Yoga, Tai Chi, Stress Reduction, Parkinson's Exercise, Chair Pilates, Chair Yoga, Walking Club, Stretch Break Class, Flex & Tone Class, Zumba, Bingo, Quilting, Knit and Crochet, Painting Class, Bridge, Billiards, Mahjong, Chess, Cribbage, Day and Overnight Trips, Educational Programs, Lending Library, Gift Shop, Friday's Music Jam, Morning coffee and pastry.

Members of the Council on Aging Board:

- John Gill- Chair - 978-568-1107
- Trisha Desmond - Vice Chair 978-562-2492
- Melissa Esteves - Secretary - 978-568-1791
- Nina Smith - Treasurer - 978-562-3077
- Vinny Giombetti - 978- 562-6343
- Tony Monteiro - 978-562-6185
- Edward Silveira - 978-568-3438
- Charles Corley - 978-568-8840
- Diane M. Durand - 978-621-9665

Meetings:

The Council on Aging Board –1st Wednesday of each month at 1:00pm (No meetings in July & Aug)

The Friends of Hudson Seniors - 2nd 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.



November 2019

REP. KATE HOGAN'S SENIOR NEWS

November is here: time for family, football, and your favorite Thanksgiving fixings. With Medicare Open Enrollment ongoing, many of you will also be making time this month to re-think your insurance coverage. Navigating the health plans and pharmaceutical benefits available to you and deciding which one best meets your pocket book and lifestyle is no easy feat. That is why this month I want to highlight two critical state programs that can help simplify the process and provide cost (and health) savings.

SHINE (Serving the Health Insurance Needs of Everyone)

One-on-one help to demystify your insurance coverage, choices, and affordability

When you are comparing health plans and MassHealth coverage options, it can be difficult to know which plan will best support your healthy aging. The state SHINE program connects you to a counselor who gets it – and who will work with you one-on-one and free-of-charge on insurance coverage selection and cost-lowering programs. SHINE counselors are available to meet with you by appointment at the Hudson Council on Aging (COA). Call the COA at (978) 568-9638 to get started.

Massachusetts College of Pharmacy and Health Sciences (MCPHS) Pharmacy Outreach Program

Medication questions? Licensed pharmacists and caseworkers just a phone call away

When you are holding onto a new prescription slip in the doctor's office, it is easy to feel confident that you understand how the medication fits into the big picture of your health goals and insurance coverage. Then, in the days and weeks to follow, the real-world questions start to emerge: *Am I taking this right? Why is this not covered? How can I make this more affordable for the long-term?* This gap between the doctor's office and reality, when explanations from providers might be out of reach, affects all of us; however, it can be particularly troublesome for seniors who are often managing multiple medications on a fixed income.

The Pharmacy Outreach Program, a joint initiative of the Massachusetts Executive Office of Elder Affairs and the MCPHS, promotes understanding and accessibility in senior medication management – and it is only a free phone call away. Licensed pharmacists, case managers, and students work with seniors on Medicare (or Medicare-eligible) and their caregivers towards the goal of helping you afford your medication and understand just how to take it and why. This includes education on strategies and programs that can help you cut prescription costs and a “medication check-up,” where you can review your prescriptions with a pharmacist. The program is available through a toll-free hotline, appointments at the MCPHS campus, and in community outreach settings. Call 1-866-633-1617 to get started.

Looking ahead: As Medicare Open Enrollment continues until December 7th, please do not hesitate to reach out to my Maynard office at (978) 897-1333 for assistance. Our healthy communities begin with a healthy you – and we are in it together, this fall and for the long-term.

Rep. Hogan's Office Hours

- **Hudson Office Hours** will be held on Friday, November 22nd from 10:30 to 11:30 a.m. at the Vintage Café, 246A Main Street, Hudson

If you are unable to attend office hours, please call my State House office at (617) 722-2199 to schedule an appointment. In addition to Rep. Hogan's office hours, staff is also available at the District Office on Thursdays from 10 a.m. to 3 p.m.

Kate H —

Kate Hogan, State Representative

Proudly represents Bolton, Hudson, Maynard, and Stow

State House, Room 163, Boston, MA, 02133 / Phone: (617) 722-2199 / Kate.Hogan@mahouse.gov

District Office: Maynard Town Hall, 195 Main Street, Maynard, MA 01754 / Phone: (978) 897-1333



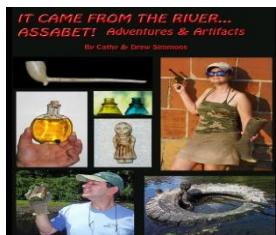
Building Resilience: Bounce Back Strong as You Age

Tuesday Nov. 12th 10:30 – 11:30 at our center

Presented by:

Malka A Young, LICSW, Director of Allies in Aging, JFS Elder Care Solutions

Resilience is the ability to recover from setbacks and adversity. Resilient people persevere when the going gets tough. You can acquire skills that can improve your resilience. This workshop will introduce you to 4 tools that will help you become more flexible, adaptable and positive when facing the challenges of growing older and dealing with change. **You must sign up for this by calling 978-568-9638 or stop at the front desk!** We can all benefit from being more RESILIENT.



Don't miss this very interesting presentation by the Authors of the book:

It came from the River Assabet: Adventures & Artifacts

Friday, November 15th 1:30pm-3pm

at the Hudson Senior Center

Antique bottles, marbles, clay pipes, creepy dolls, bowling balls... A leg? What will they find next? Fourteen years of kayaking, mudlarking and river cleanup have produced a fascinating collection of items that tell tales of older times in New England. This 8.5" x 11" book contains 362 color photos of hundreds of interesting objects they've found, and stories of their many adventures along the way. Come along with Drew and Cathy, on a site by site journey down a Massachusetts river! The program consists of a talk, accompanied by a digital slide show, an artifact display, and a game of "What is it?" (Artifacts are passed around and people try to guess what they are!) Book signing after the program.



Please join Mr. George Danis for his 8th Annual FREE Thanksgiving Dinner at the Hudson Senior Center Sunday, November 24th at Noon

We would like to thank Mr. George E. Danis and his company, ResTech Plastic Molding, located at 34 Tower Street for sponsoring this most generous event. Just like last year, employees from his company will volunteer to serve and clean up! **Please come in to fill out a raffle ticket for a chance to enjoy Thanksgiving with George and Karen Danis and their wonderful employees!** Please bring something for the food pantry as a donation. Doors will not be open until 11:30am. **Two names per raffle ticket and only one raffle entry per person or couple.**

Tickets will be available on Wednesday, November 6th through Friday, November 15th. Names will be posted at the front desk on Monday, November 18th. Please call or stop by to see if your name is chosen! Those chosen: we ask that you bring in a toiletry item for the collection box at the Center for the Homeless Shelters.



Special Holiday Centerpiece you can make for just \$10.00

Please join our friends from Bemis Farms Nursery on **Tuesday, Dec 3rd at 12noon** at the Senior Center to make a mini tree from boxwood clippings then decorate it in your own style to match your décor. This could be a great holiday centerpiece.

Your cost is \$10.00; the Hudson Senior center is subsidizing another \$10.00.

Have fun and be creative for the holidays with Tina from Bemis Farms. You must sign up for this by November 26th.



Christmas luncheon at Assabet Epicurean Room

Tuesday, December 17th at 11:30am (Cost: \$10.00)

Rolls and butter, house salad, steak tips or chicken piccata, roasted vegetables medley (carrots, zucchini, squash, peppers, pearl onions) with mashed potatoes and chocolate mousse cup for dessert.

Tickets on sale beginning Tuesday, Nov 12th

HOLIDAY PARTY AT THE CENTER (Free)

Friday, December 20th at 12:30pm

(Wear your ugly holiday sweater)



Please join us for some light appetizers and fun! Cheese and crackers, spinach and artichoke dip with pita cracker, stuffed mushrooms, pot stickers, petite teriyaki beef skewers and more. You can bring chips, cookies or something not prepared at home.

You must sign up for this event.



Assabet Technical High School's Tech Savvy students are back again to answer your technology questions on Wednesday, November 6th at 10am

Mr. Steven Pleau, Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your **Ipads, Cell phones and Tablets**. Please bring in your devices and learn from the experts how to transition from iphones to androids and vice/versa, use and manage apps, emails and Facebook and much more. You must sign up for this. **Call the Center at 978-568-9638 to reserve your seat.**

Special note for Hudson residents:

During the Town Hall Renovation Period the Overnight Drop Box in the front of the building will not be accessible.

For Hudson Light and Power Payments there is an Overnight Drop Box at the 49 Forest Avenue Location.

Medicare Open Enrollment is from October 15th to December 7th.

This year your SHINE appointment's for Open Enrollment, with Holly, Ana or Janice, may be longer. This is due to changes CMS made to the Official Medicare website and plan finder tool. SHINE Counselors use inform Medicare beneficiaries of their plans specific information.

Medicare would like you to create a Medicare Account that requires a user name and password. Creating a Medicare Account is the only way you can do a "personalized search". A "personalized search" will save information like your current medication list, prescription drug plan and health plan.

If you do not create a Medicare Account, you can still get information by doing a "generalized search". The "generalized search" allows you to list your medications compare plans and enroll, but it will not save your information. In the future if you need to check or change your health or prescription drug plan you will have to enter everything again.

If you already have a Medicare Account, please bring in your username and password for your appointment with us. If you need help creating a Medicare Account we can do that. Please bring in your new Medicare card, health and drug insurance cards and a list of your medications including the dosage and quantity.

Important Reminders:

Don't forget to come to the Friends Fall Fair on Saturday, November 2nd!

- No congregate meals on Tuesday, November 5th
- Do not forget the Nov 5th FREE lunch by Marlborough Hills and the FREE Veterans breakfast. You must sign up for this!!
- The Center will be closed on Monday, November 11th, Thurs, November 28th and Friday, November 29th.

Bye for now.....*Janice* ☺



The time has finally come to update and review your insurance for the year 2020. This period of time is called the Open Enrollment Period. PLEASE see Janice Long's page for NEW updates and changes to the Medicare website which affects how we access your information, and how we are able to assist you during this time.

As many of you know, your medical and prescription drug plans can change from year to year. It is very important to have your health insurance plan reviewed for next year, regardless of how well you think it has been for you for this past year. Premiums can change, copayments can change, and even the list of medications a plan will cover next year, can change. It is essential to have your coverage reviewed by a SHINE counselor every year. The Open Enrollment Period is from October 15th through December 7th each year. This is the time that you can make any changes to your plan for the following year in 2020.

If you are interested in having your insurance reviewed for next year, please contact your local SHINE department. The Hudson SHINE counselors can be reached at 978-568-9638. Please take notice that we are unable to take walk-in appointments for this as it is a very busy time! Please call or leave the pre-enrollment form for us so we can call you back to schedule an appointment.

Enclosed in this newsletter is the Pre-Enrollment form, which we will include in the newsletter for October, November and December as well. By using this form, it gives us your contact information, and allows you to write your list of medications and doctors before we meet with you in person. This allows us to get accurate information from you beforehand, but also allows us to prepare for our meeting with you. It would be greatly appreciated if you could submit these prior to our appointment, or bring it with you when you come in so we have your updated information.

FUEL ASSISTANCE UPDATE: SMOC has changed the dates of when a person can apply for fuel assistance. NEW applicants are now able to apply TODAY instead of having to wait until November 1 to get this application. If you or someone you know is interested, you can now contact us earlier in the heating season to apply for assistance. Call 978-568-9638 to see if you are eligible for this benefit.

Thank you, and see you soon!

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

MUDANÇAS NOS SEGUROS DE SAÚDE DO “MEDICARE”

Durante os meses de Outubro até Dezembro é tempo de rever os vossos seguros de saúde e ver se ainda é o seguro melhor para a sua situação. Pode mudar o seu plano de seguro do Medicare entre o dia 15 de Outubro até o dia 7 de Dezembro de 2019, para ser efectivo no dia 1 de Janeiro de 2020.

Se precisar de ajuda, telefone para marcar um apontamento com Ana Terra-Salomão.

PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as depressas de aquecimento? O programa do “Smoc” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2019 até o dia 30 de Abril de 2020. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família

Rendimento

1	\$37,360
2	\$48,855
3	\$60,351

INFORMAÇÃO IMPORTANTE

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

DATAS IMPORTANTES

Dia 2 de Novembro – Feira de Natal do Senior Center das 9:00 manhã às 2:00 tarde.

Dia 5 de Novembro – Pequeno Almoço grátis para Veteranos às 9:00 da manhã no Assabet Valley High School. **Este almoço é só para Veteranos. Limitado a 50 pessoas.** Telefone para reservar o seu lugar.

Dia 5 de Novembro – Almoço grátis ao meio-dia patrocinado pelo “Marlborough Hills” no Senior Center. Telefone para marcar o seu lugar.

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

Dia 12 de Novembro – Renuião dos Amigos do Senior Center às 9:30 da manhã.

Dia 13 de Novembro – Consulta grátis com o Advogado Bergeron à 1:00 da tarde. Para marcar um apontamento, telefone para o Senior Center.

Dia 24 de Novembro – Almoço grátis de “Thanksgiving” ao meio-dia (Domingo). Este almoço é patrocinado pelo George e Karen Danis. Rifas estarão desponíveis entre o dia 6 de Novembro até o dia 15 de Novembro. (1 rifa por 2 pessoas) Os nomes dos vencedores estarão desponíveis no dia 18 de Novembro no Senior Center.

Dias 28 e 29 de Novembro – O Senior Center estará fechado devido ao feriado do “Thanksgiving”.

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

Message from the Friends...



**Next Friends Meeting:
Tuesday, November 12th at 9:30am**

Calendar Raffle

The Friends are excited to offer a Calendar Raffle that will be available to purchase from November 2nd 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! Ticket price is \$10.00. This is a new endeavor and hopefully will be successful in raising funds for new programs.



Hudson Senior Center Fall Fair Saturday, November 2nd, 9am – 2pm

at the Hudson Senior Center

****NEW THIS YEAR.... 15 min Readings for \$15 from a Medium and a Psychic****

Crafts, baked goods, quilts made by our talented quilters, crafty painted items by our talented painters, beautifully knitted and crocheted items, Holiday items, Raffles and much more.



Bolton Repair Café – Saturday Nov 9, 2019

What do you do with a broken toaster or lamp? Or with a shirt or blouse with a seam that is ripped out? Toss it? No way! Bring them to the Bolton Repair Café. The Rotary Club of Nashoba Valley, with help from Bolton Local, will host the next Bolton Repair Café on Saturday, Nov 9, from 9 a.m. to 1 p.m. Residents of Bolton and surrounding towns are invited to come and find out what a Repair Café is all about. The event will be held in the cafeteria of the Florence Sawyer School, 100 Mechanic Street in Bolton. The school is located behind the Emerson School, which is on the same driveway/street.

Bring your items that need repair, and knowledgeable volunteers will help you try to fix them for free. The volunteers can work on items such as clean mendable clothing, knitted and crocheted items, lamps, small appliances, computers and other electronics, bikes, outdoor power equipment, toys, and jewelry. They can also sharpen knives, scissors, and garden tools. You only pay for needed parts. If you know what parts are needed, please get them ahead of time and bring them to the Repair Café to save time.

Do you have an old toy which is too broken to fix and is ready for recycling? Local author J. Anthony Garreffa will be in attendance and asking families to bring by a broken toy for proper recycling. He will also be signing copies of his newly released book "I Caught Santa – Book 2: Respect Your Toys". Come by for repairs, meet the author, and help Santa and the Elves save the North Pole!



**Please join the Jim Culhane Memorial Bridge group
at the Hudson Senior Center
November 4th & 18th from 6:00 PM to 8:45 PM.**

We will have a power-point session by Edward Jeffrey Newcombe, then 2+ hours of bidding and playing. It is organized in "duplicate" style, in a relaxed, friendly and informal setting. The card fee is \$5/ person for players; but, visitors are very welcome to observe at no charge. There are plenty of seats. For more information or questions please contact Edward at EJNewcombe@msn.com



"Mobile Library" at the Center Monday, November 4th at 10am



Look for our "Mobile Library" every month. Our traveling library will head to the Hudson Senior Center for people to check out books, DVDs, Books on CD, Playaways, and more. You can also bring in your books that you would like to return!



"VETS TALK"

A program for Veterans

Please join us at the Senior Center for talk, coffee and pastries on...

Thursday, November 7th & 21st at 9am

Vets Talk is a chance for only veterans to get together to talk about what's going on in the world or anything else that comes to mind over coffee. 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.

With Respect and Honor We Thank You
VETERANS!



"Capturing Photographs with Your Phone" Assabet Valley Camera Club Program



On **Wednesday, November 6**, the Assabet Valley Camera Club (AVCC) is pleased to host Melissa Fraser, Chairman of the Creative Smart Phone Group at the Greater Lynn Photographic Association. This informative presentation will cover how to use your native camera app to its fullest potential, will highlight various accessories that will enhance your phone photography experience, and will review a few shooting and creative editing apps. While examples focus on iPhone capabilities, references to tools and accessories for other smart phones will also be covered.

Anyone interested in photography and expanding their pictorial skills is welcome to attend the next meeting of the Assabet Valley Camera Club (AVCC) on Wednesday, November 6th. AVCC meetings are held in the Great Room at the Hudson Senior Center, 29 Church Street, Hudson, and officially begin at 7:30 PM. The "**Capturing Photographs with Your Phone**" program will follow a short business meeting. Melissa Fraser's work has been accepted into multiple juried art exhibitions displayed at the Cape Cod Art Association and the Cape Cod Cultural Center. She has photographed weddings and social events such as the Medical University of SC graduation, Cancer Survivor Day, and SC Aquarium events. Her new passion with smart phone photography has led her to teaching workshops in the New England area. To see more of Melissa's work, please visit her website www.melissamfraserphotography.com. The presentation is free and open to the general public. AVCC welcomes anyone interested in learning more about photography as a visual art and its practical application as a science. Members benefit from the hands-on experiences, from the knowledge presented in programs, and from having their work critiqued. For more information check out the AVCC website at assabetvalleycc.com or contact John Gill, club president, at 978-293-5192.



Legal Clinics with Arthur Bergeron

Tuesday, November 19th at 1pm

Making the Last Year of Your Life as Good as it Can Be: Oftentimes, prior to death, seniors start to decline in the last year or so of their lives. The good news is that with modern medical technology, doctors are now able to detect a decline in health well in advance. How do we plan to make this remaining time as good as it can be? Join elder law attorney Arthur Bergeron and his guests, including a geriatric care manager and other professionals in your area, as they discuss the options available within your community.

You must sign up for this clinic by the week before



Elder Law with Frank and Mary by Arthur P. Bergeron

Arthur P. Bergeron is an elder law attorney
in the Trusts and Estates Group at Mirick O'Connell.

GIVE YOUR SPOUSE A FINAL GIFT: ASSET PROTECTION

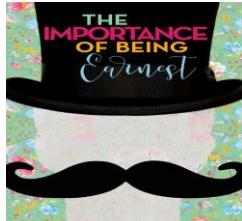
I often meet with a recently widowed man or woman together with one or more of their children. Typically, I am asked how the surviving parent's assets can be protected should he or she later need nursing home care. Unfortunately, at that point, all that the surviving spouse can do is give away assets, either to the children or to an irrevocable trust for their benefit, and wait five years. I usually avoid bringing up the hard truth that had the deceased spouse done some asset protection prior to death, the widow or widower's assets would be safe, even if it was done only months or even weeks before.

If you are married, no matter how sick you are, you have the ability to give your spouse a wonderful gift: greater economic security. If you execute a will saying that, at your death, the assets that you were going to leave to your surviving spouse anyway will instead be left in trust for his or her benefit and you name a trustee (such as one or more of your children or anyone else other than your surviving spouse), then all the assets that are in your name at the time of your death will be safe, non-countable and non-lienable should your surviving spouse later need to qualify for MassHealth, even if he or she needs to qualify the day after your death. There is no five year wait.

You need to make sure, of course, that the assets you want to protect are in your name at the time of your death and that the assets will therefore go into this "testamentary trust" (a trust that is created through and is part of your will). So if your assets are held jointly with your spouse, you want to make sure someone has the presence of mind (and the legal power) to transfer the assets to your name alone before you die. If you have assets such as IRA or 401(k) accounts that name a death beneficiary, you want to make sure that the death beneficiary is changed to be the testamentary trust under your will for the benefit of your spouse. You want to make sure you have executed a Power of Attorney (POA), and that you tell the person named in the POA to get this done before you die if it has not been done already. The point, though, is that these transfers into your name can be done at the last minute, sometimes on the day you die, as long as you have already completed your will.

So whether you are sick or well, it's never too late to protect your spouse, so long as you do it before you are gone. Just don't wait too long. It's always too early until it's too late. If you need more information on this, you can contact me at (508) 860-1470 or abergeron@mirickoconnell.com. You can also view my 10-minute Q&A Fireside Chats on Frank and Mary's YouTube Channel, www.youtube.com/elderlawfrankmary and find more in-depth commentary on legal issues on Mirick O'Connell's Trusts and Estates blog, "Getting All Your 'Docs' in a Row".

HUDSON HIGH SCHOOL DRAMA SOCIETY PRESENTS



The Importance of Being Ernest
FRIDAY, NOVEMBER 8 – 7pm
SATURDAY, NOVEMBER 9 – 7pm

PERFORMANCES AT HUDSON HIGH
SCHOOL (69 BRIGHAM ST, HUDSON MA) –
tickets available at the door.

Tickets: \$10, Senior Citizens \$5

GENERAL SEATING, ALL AGES SHOW, HANDICAP ACCESSIBLE

HUDSON HIGH SCHOOL DRAMA SOCIETY PRESENTS



Mamma Mia!
FRIDAY, NOVEMBER 22 – 7pm
SATURDAY, NOVEMBER 23 – 7pm
SUNDAY, NOVEMBER 24 – 2pm
TUESDAY, NOVEMBER 26 – 7pm

PERFORMANCES AT HUDSON HIGH
SCHOOL (69 BRIGHAM ST, HUDSON MA) –
tickets available at the door.

Tickets: \$10, Senior Citizens \$5

DayBreak Now at the Hudson, Northborough and Marlborough Senior Centers

A Social Day Program Providing Respite for Caregivers

Professional staff will provide a healthy lunch and engaging activities for those who require some supervision. You can participate one, two or three days per week. DayBreak provides a structured, quality time for your loved ones at three locations:

- Northboro Senior Center 119 Bearfoot Road Tuesdays 11:30am-2:30pm.
- Marlboro Senior Center 40 New Street Wednesdays 11:30am-2:30pm.
- Hudson Senior Center 29 Church Street Thursdays 11:30am-2:30pm.

Support for this project provided in part by the MetroWest Health Foundation.

A suggested voluntary donation of \$15 would be appreciated but not necessary to participate in the program.



**** Days/HoursChanges ****

Hudson Senior Center Gift Shoppe Hours

Wednesdays 9:30am until 12:30pm

Thursdays 9:30am until 12:30pm

Friday 9:30am -12:00pm

WE ARE NOT ACCEPTING CHRISTMAS CARDS AT THIS TIME



Scrabble on Fridays at 12:15pm!

Challenge your mind while enjoying a relaxing afternoon of conversation and play. All skill levels welcome.



Calling all Bingo players!

Games start at 12:30pm

Mondays and Wednesdays!



Genealogy Family Research with Charles Corley

Wednesday, November 20th at 10:30am

Genealogy class is open to everyone who is interested in researching their ancestry. Beginners welcome!

Painting Classes



Open Painting Studio:

Tuesdays at 10am -1pm in the craft room.

Joy of Oil:

Tuesdays at 1pm

Cost \$10.00 paid directly to the instructor.



Water Color Class

Wednesdays 10 am to 12 noon

Cost: \$6.00 per class paid directly to the instructor. Class on the 2nd floor in the Craft Room.

*****No water color class on Nov 6th *****

Volunteers Needed for Tax Preparation

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available. Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3 million taxpayers avail themselves of Tax-Aide services. Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season – Feb 1st to Apr 15th. Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information, go to <<https://aarp.org/taxaide>>



The Senior Center Lending Library appreciates all of the donations made to our Library. We ONLY accept books with a Copyright date after 2009. A special thank you to all of the volunteers. Check out our new Large Print section!

Stress Reduction with

Qigong Class

Classes meet on Tuesdays
from 9:30am to 10:30am

Sign up at the front desk

FRIENDS MEETING ~ Tuesday, November 12th at 9:30am

Tuesday is "Movie Day" at the Center

Here is the listing of movies for October. Come and join us at 12:30pm for the following movies:



Viewer's Choice

November 12th – Chicago



Murderesses Velma Kelly (a chanteuse and tease who killed her husband and sister after finding them in bed together) and Roxie Hart (who killed her boyfriend when she discovered he wasn't going to make her a star) find themselves on death row together and fight for the fame that will keep them from the gallows in 1920s Chicago.

Rating: PG-13 Runtime: 1hr 53min

November 19th – The Art of Racing in the Rain



A dog named Enzo wants to be reincarnated into a human. The dog reflects on his life and relationship with a Formula One race car driver who understands that the techniques needed on the racetrack can also be used to successfully navigate everyday life.

Rating: PG Runtime: 1 hr 49min

In Memory Of...

The Hudson Senior Center is appreciative of Donations made on behalf of Margaret "Peggy" Cronin and Evelyn Mullane. Our thoughts and prayers are with their Family and Friends.



Stress Reduction with

Qigong Class

Classes meet on Tuesdays
from 9:30am to 10:30am

Sign up at the front desk

Pool Room

Come play on our 2 beautiful pool tables Monday-Friday.

Open play except on Monday & Wednesday from 10am-12pm for the Senior Pool League.

Knit and Crochet Mondays at 9:30am

Come to the Center and meet some talented ladies! Share your talent and ideas!

Experienced Line Dancing

Every Monday at 10am.

Cost is \$3.00 paid to the instructor. Please call 978-568-9638 to enroll

Blood Pressure

Come in every Thursday from 9:30-11am and have your blood pressure checked at our Senior Center.

No appointment necessary ☺ ☺

The Podiatrist Monday, December 9, 2019

Starting at 9am.

Please call for an appointment at 978-568-9638

SILVER THREADS QUILTING GROUP

Thursdays & Fridays at 10am!

Hudson Silver Threads are a wonderful group of women who are fun, warm and friendly. ☺

Fiscal year 2020 Fitness Programs

AM Fitness 3 Mornings a week Cost: \$12/month for all 3 classes

- Monday mornings 8:30am Cardio and Weights
- Tuesday mornings 8:30am Cardio
- Thursday mornings 8:30am Cardio and Weights

PM Fitness 3 Evenings a week Cost: \$12/month for all 3 classes

- Mon evenings 4:30pm Cardio and Weights
- Tues evenings 4:30pm stretch
- Thurs evenings 4:30pm-Cardio and Weights

AM Yoga: Wednesday mornings 8:30am. Cost: \$10.00 per month

This gentle yoga class includes breath work, grounding seated stretches, key standing poses and guided meditation using essential oils.

PM Yoga: Wednesday evenings 5:30pm. Cost: \$5.00 per class paid to instructor

Flex and Tone: **No Flex & Tone Nov. 6th **

Wednesdays at 9:30am Cost: \$5.00 per month This class will use props- blocks and straps - along with a variety of stretching methods to improve flexibility, range of motion, promote circulation and improve strength and flexibility.

Stretch Break : Fridays at 9am :

Cost is \$5.00/month or Free if you are taking 3 or more fitness classes

This 45 minute class will consist of mat-based stretches for the entire body. If you find yourself sitting a lot during the day, weak lower back, tight chest and neck soreness, this is the class for you. This class will help you to become more flexible, strengthen your lower back and abdominals and rid yourself of neck and shoulder pain.

Stress Reduction With Qigong Class: Tuesdays at 9:30am. Cost is \$3.00 per class, payable to the instructor. Are you interested in reducing the stress in your life and in better coping with the day-to-day activities making demands on your time? This class may be right for you. The class utilizes both a western approach based on the work of Dr. Herbert Benson, of Harvard University, and Dr. Jon Kabat-Zinn, of UMass, in combination with simple, easy to learn Chinese Qigong exercises.

Zumba : Thursday at 11:00am Cost is \$10.00 per month. **No Zumba on November 14th **

Zumba Your Way: Zumba dance to a little Latin, a bit of Big Band, some Broadway Show Tunes and get in shape the fun way!

Chair Pilates: Mondays at 9:30am & Fridays 11:15am Cost: \$12.00 per month

Chair Pilates takes the benefits of pilates with the help of a chair for those who have trouble getting on and off the floor. The class is designed to restore strength and balance in the core retraining the body to function more effectively. Give this a try and meet Jennifer Davidson certified yoga / pilates instructor and massage therapist.

Fitness program designed for Parkinson's but works for everyone:

Tuesdays at 10:40am and Thursdays at 1pm

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.

Chair Yoga : Wednesdays at 2pm Cost is \$10 per month **No class on November 27th **

Classic Yoga poses and postures both seated and standing to increase strength and flexibility, improving overall well-being. First half seated stretching and warm-ups, second half standing and balancing poses and flows along with a modified sun salutation using the chair for support. This Yoga class offers mindful movements coordinated to your breath. Adaptations are offered so that students with varying levels of abilities and physical limitations may participate to the best of their ability.

Hudson Senior Center Trips 2019



***Payment is now due*.....**

Wednesday, December 4th Salem Cross Inn w/ Yankee Candle and Bright Lights (Wait list only)

Enjoy a luncheon at the Salem Cross Inn, a restored 18th century farmhouse nestled in 600 acres of New England countryside. Entrée choices of Roast Pork Loin w/ pan gravy or Classic Yankee Pot Roast and includes soup du jour, rolls, bread, vegetable, potato, dessert and coffee/tea. Then it's on to one of New England's most popular attractions, Yankee Candle where you can visit the Bavarian Village, Alpine Holiday town, the Waterfall Courtyard and Nutcracker Castle. Finish your day with a riding tour of Bright Nights in Springfield, MA and enjoy the spectacular holiday light display. **Price includes luncheon, transportation and driver gratuity!**

Price: \$99. 00 pp

Tuesday, December 31st An American Bandstand New Year's Eve Day

Enjoy the repertoire of the Tom LaMark Orchestra that cover over 60 years of great line dances, to the best of American bandstand from the 50's, 60's, 70's and 80's. Trip includes transportation to Lake Pearl in Wrentham, Ma, luncheon, gratuity, entertainment, party favors and a champagne toast. Luncheon will include your choice of Sliced Steak or Baked Stuffed Chicken Breast or Baked Scrod accompanied by salad, roasted red bliss potato, vegetable, NY style cheesecake, rolls and coffee or tea.

Price: \$89.00pp

***New* Thursday, March 12th Emmett Cahill's Ireland**

Join the this young tenor and star of the PBS phenomenon Celtic Thunder to celebrate St. Patrick's at the Venus De Milo in Swansea, MA. Emmett is also joined by The Emerald String Quartet and The Dublin City Dancers. Includes plated Luncheon of your choice of Corned Beef and Cabbage or Baked Haddock, Show and transportation.

Price: \$92. 00 pp

***New* May 15th – 22nd Boston to Bermuda Cruise**

Board the Norwegian Gem out of Boston and discover the quaint neighborhoods and pristine pink beaches of Bermuda. This trip includes roundtrip transfers, 8day/7night cruise, Beverage package, Luggage handling fees plus much more!! Full payment is due by January 4th.

Price: starting at \$1199pp

Tropical Costa Rica: April 25- May 3 2020



For bookings made after Oct 25, 2019 call for rates. (price reflects the \$100 savings) Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$315 per person

Highlights: San Jose, Coffee Plantation, Guanacaste, Monteverde Cloud Forest, Choice on Tour, Arenal Volcano, Lake Arenal Cruise, Cano Negro Refuge, Zarcero

Save the Date.....Collette Travel Presentation: Tuesday, February 25, 2020

Come find out more about this Great New Trip!

Rome & the Amalfi Coast : October 29 – November 7, 2020



Book Now & Save \$200 Per Person: Double \$3,599* Single \$3,899 Triple \$3,549. For bookings made after Apr 30, 2020 call for rates. (prices reflect \$200 savings)

Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers. Not included in price: Cancellation Waiver and Insurance of \$315 per person.

- In Minori, sample some of the local specialties at a family-owned limoncello factory.
- Enjoy a tasting and lunch at a local winery at the foot of Mount Vesuvius.
- Discover the amazing mountaintop monastery of Montecassino.
- Tour a buffalo milk mozzarella factory.
- Visit the fascinating National Archaeological Museum in Naples.
- Take a panoramic tour of Classical Rome featuring an in-depth, guided visit of the spectacular Colosseum.
- Visit the seaside resort town of Sorrento.
- Discover the excavated ruins of Pompeii at the foothills of Mount Vesuvius.

Informational Flyers available at the front desk

Transportation News...

Do not forget about Food Shopping days!

Food shopping days are Tuesdays and Thursdays for all Hudson seniors regardless of where you live. Pick-ups begin at 10am.



Tuesdays choose from the following grocery stores: Stop and Shop, Shaws or WalMart.

Thursdays is Market Basket.

To sign up, please call 978-568-9638 the day before. Limited to 13 people.

Another cold lunch option at our center...just for you!

BayPath is now offering cold lunches every day at our center. In order to participate you need to sign up at least the day before (before 12:30pm) at the center with the kitchen staff or call the center 978-568-9638 and ask for the kitchen ext. 14 and leave a message. Cost is a \$3.00 donation. If you are busy at the center with activities and its lunch time, this is a great option to pick up a quick meal with your friends!

Cold Menu NOV 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1-Nov
				Chicken w/Peach Salsa Pasta Salad Sesame Cucumber Salad
4-Nov	5-Nov	6-Nov	7-Nov	8-Nov
Sliced Ham Roasted Potato Salad Chick Pea Cilantro Salad	Asian Chicken Salad Asian Pasta Salad Mandarin Oranges	Mixed Greens with Salmon Tangy 4 Bean Salad Roasted Vegetables	Chicken Breast/Red Pepper Pesto Italian Pasta Salad Pineapple	Chicken Caesar Salad Mediterranean Rice Salad Peaches
11-Nov	12-Nov	13-Nov	14-Nov	15-Nov
Veteran's Day Holiday No Meals Served	Chef's Salad Roasted Potato Salad Mixed Fruit	Sliced Turkey Breast Quinoa w/Risted Veggies Sesame Cucumber Salad	Tortellini & Turkey Salad Beet & Onion Salad Broccoli Salad	Bourbon Chicken Salad Chick Pea Cilantro Salad Roman Blend Veg Salad
18-Nov	19-Nov	20-Nov	21-Nov	22-Nov
Cilantro Chicken Corn & Black Bean Salad Sesame Cucumber Salad	Mixed Greens with Salmon Tangy 4 Bean Salad Peaches	Roast Beef Wild Rice Salad Broccoli Salad	Ham Salad Quinoa w/Roasted Veggies Roman Blend Veg Salad	Egg Salad Potato Salad Pineapple
25-Nov	26-Nov	27-Nov	28-Nov	29-Nov
Roast Beef Mediterranean Rice Salad Beet & Onion Salad	Ranch Chicken Chick Pea & Cilantro Salad Roman Blend Veg Salad	Egg Salad Potato Salad Tropical Fruit	Thanksgiving Holiday No Meals Served	No Meals Served

What's Going on...

- **Senior Center Closed:** Monday, Nov 11th, Thurs Nov 28th and Friday, Nov 29th
- **Hudson Mobile Library:** Mon, Nov 4th at 10am
- **Beg. Duplicate Bridge:** Mon, Nov 4th & 18th at 6pm
- **FREE Lunch sponsored by Marlborough Hills:** Tuesday, Nov. 5th at 12 noon
- **Tech Savvy:** Wednesday, Nov 6th at 10am
- **Vets Talk:** Thursday, Nov 7th & 21st at 9am
- **Friends Meeting:** Tuesday, Nov 12th at 9:30am
- **Hearing Clinic:** Tues. Nov 12th at 9:30am by appt only
- **Building Resilience:** Tuesday, November 12th 10:30am
- **Movie Day:** Tuesday, Nov 12th & 19th at 12:30pm
- **Atty Bergeron Advice:** Wed Nov 13th by 1pm-3pm appt only
- **It Came from the Assabet:** Fri, Nov 15th 1:30pm
- **Genealogy:** Wednesday, Nov 20th at 10:30am
- **Thanksgiving Dinner:** Sunday, Nov 24th at Noon
- **Podiatrist:** Monday, Dec 9th by appt only
- **Cribbage:** Every Day except Thursday
- **Food Shopping Days:** Tuesdays and Thursdays 10:00 am
- **AM Fitness:** Mon. Tues & Thur. mornings 8:30 AM
- **Chair Pilates:** Monday at 9:30am & Friday at 11:15am
- **Knit and Crochet:** Mon. at 9:30 am
- **Line Dancing:** Mondays at 10am. Cost \$3.00 per person.
- **Bingo:** Monday and Wed 12:30 pm. See you there!!!
- **Mah Jong:** Mondays and Thurs. at the center 12pm to 3:15pm
- **Bridge:** Every Tues. 9:30am and Friday at 12:30pm
- **PM Fitness Classes:** Mon. Tues & Thurs. 4:30 pm
- **Stress Reduction with Qigong:** Tues. at 9:30 to 10:30
- **Open Studio for Painting:** Tuesdays at 10am
- **Joy of Oil:** Tuesdays at 1pm beginning Oct 8th
- **Gift Shoppe:** OPEN Wednesdays 9:30am -12:30pm and Thursdays 9:30 am - 12:30pm and Fridays 9:30-12:00pm
- **Chess Club:** meeting every Tues at 1pm
- **Parkinson's Exercise:** Tues. 10:40am & Thurs. 1pm
- **AM Yoga:** every Wednesday 8:00am
- **Walking Club:** Every Wednesday meet at 9:00am
- **Flex and Tone:** Wednesdays at 9:30am
- **Water Color Class:** Wed. 10a -12 noon
- **Chair Yoga:** Wednesdays at 2pm
- **Blood Pressure:** Thursdays 9:30am - 11:00am
- **Zumba:** Thursdays at 11am
- **DayBreak** every Thursday 11:30am - 2:30pm
- **Stretch Break:** Fridays at 9am
- **Music Jam:** Fridays at 11:30 am
- **Scrabble:** Fridays at 12:15pm
- **Camera Club:** 1st & 3rd Wednesday of the month



The Hudson Senior Center Bus begins running at 8am and ends at 3:30pm between Hudson and Marlborough Mon –Fri. **Call 978-568-9638 the day before** your schedule appointments and call 2 days before appointments if you need **the wheelchair lift**. This is a FREE service but donations are greatly appreciated! Give us a call ☺

Come play chess at The Hudson Senior Center
Chess Tuesdays are at 1 pm at the Hudson Senior Center. All levels are welcome. *Come on down!*

Free Legal Advice with Attorney Bergeron
15 minutes of Free Advice

Wednesday, November 13th
1pm-3pm~by appointment only

Volunteer for Meals on Wheels

Meals on Wheels is currently looking for **DRIVERS.!!**
Please call **508-573-7200** and ask for Meals on Wheels.



All musicians wanted

If you play an instrument come to the Senior Center on Fridays and join our Music Jam Session at 11:30am! It is very entertaining! All are welcome. PLEASE COME AND SHARE YOUR TALENT.

Hearing Clinic
Tuesday, November 12th

Starting at 9:30am
With Michael Drennan from
Rogers Hearing Solutions
Call 978-568-9638 for an appointment

To cancel please call: 508-573-7246

Natick, Sherborn, Sudbury, Wayland November 2019 Ashland, Holliston, Hopkinton, Dover, Hudson

Menu Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</i>	<i>Meals are based on a No Added Salt diet (3,000-4,000mg) for healthy older adults. Higher sodium items are marked with an asterisk* (>500mg)</i>	<i>All Meals include 1% Milk: 110 Calories, 125mg Sodium</i>		1 Na+ White Bean Chicken Chili 260 Brown Rice 5 Peas & Carrots 72 Marble Rye 127 Fresh Fruit 1
				Total Sodium (mg): 590 Calories: 563
4 Three C Soup Homestyle Chicken Drumstick Yukon Gold Potatoes Multigrain Bread Sliced Peaches Yogurt	Na+ 5 Pollock w/Lemon Dill Sauce Wild Rice Pilaf Mixed Vegetables Wheat Bread Cherry Apple Crisp D: 1/2 cherry apple crisp	Na+ 6 Navy Bean Soup *Chicken w/Francaise Sauce Garlic Mashed Potatoes Pumpernickel Bread Fresh Fruit	7 Beef Stew Brussels Sprouts Buttermilk Biscuit Mixed Fruit	8 Na+ Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Wheat Bread 170 Fig bar 65 D: Lorna Doones 100
Total Sodium (mg): 1097 Calories: 645	Total Sodium(mg): 739 Calories: 735	Total Sodium(mg): 1161 Calories: 710	Total Sodium(mg): 687 Calories: 696	Total Sodium (mg): 997 Calories: 731
11 	12 High Sodium Na+ Minestrone Soup *Chicken Parmesan Cavatappi Pasta Whole Wheat Roll Pear Halves	13 Na+ Sloppy Joe O'Brien Potatoes Winter Vegetable Mix Hamburger Roll Fresh Fruit	14 Na+ White Bean Kale Soup Chicken & Rice Bake Wheat Bread Oatmeal Cookie D: Apple Cinn Grahams	15 Na+ Pork w/Rosemary Gray Mashed Sweet Potatoes Mixed Vegetables Multigrain Bread Fruit Cup 10
No Meals Served	Total Sodium (mg): 1248 Calories: 788	Total Sodium(mg): 678 Calories: 650	Total Sodium (mg): 1032 Calories: 720	Total Sodium(mg): 574 Calories: 623
18 Vegetable Soup Sweet and Sour Meatballs White Rice Wheat Bread Fortune Cookie Pineapple	Na+ 19 Shepherd's Pie w/Gravy Carrots Multigrain Bread Fruit Crunch Bar D: Lorna Doones	Na+ 20 SPECIAL Roast Turkey w/Herb Gravy Whipped Potatoes Bread Stuffing Maple Cinn Butternut Squash Wheat Dinner Roll Pumpkin Pudding D: SF Pumpkin Pudding	Na+ 21 Corn Chowder Homestyle Chicken Drummer Baked Beans Rye Bread Mandarin Oranges Yogurt	Na+ 22 Potato Pollock 273 Tartar Sauce 100 Quinoa & Roasted Veg 23 Brussels Sprouts 12 Multigrain Bread 164 Fresh Fruit 1
Total Sodium(mg): 880 Calories: 695	Total Sodium(mg): 654 Calories: 777	Total Sodium(mg): 1177 Calories: 758	Total Sodium(mg): 1131 Calories: 780	Total Sodium(mg): 697 Calories: 696
25 *Lasagna Roll w/Sauce Italian Vegetable Blend Wheat Bread Mixed Fruit	Na+ 26 BBQ Pork Rib Red Bliss Potatoes Cabbage Grinder Roll Gingerbread Cake D: 1/2 portion cake	Na+ 27 *Honey Mustard Chicken Potato Wedges Peas and Carrots Multigrain Bread Fresh Fruit	Na+ 28 THANKSGIVING No Meals Served	Na+ 29  Day after Thanksgiving
Total Sodium (mg): 971 Calories: 633	Total Sodium(mg): 1048 Calories: 600	Total Sodium (mg): 1168 Calories: 599		No Meals Served

2020 SHINE Pre-Enrollment Information Sheet

Please print

Name: _____ Date: _____

Address: _____ Zip code: _____

Phone: _____

Date of Birth: _____

Your current medical insurance coverage:

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

Are you a member of Prescription Advantage (Massachusetts' state pharmacy assistance program)?

Yes **No**

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

If "No", is your income below \$1,561 for a single person or \$2,114 for a couple?

Yes **No**

If "Yes", are your assets below \$14,390 for a single person or \$28,720 for a couple? **Yes** **No**

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

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

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

Name of Primary Care Physician: _____

Name of Specialist: _____

Please list your current medications below

Use additional paper if necessary

Do not list over-the-counter drugs (e.g., vitamins)

Print clearly

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

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

For SHINE Counselor only: