

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



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



# 2025

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

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

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

### **Social Services:**

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

### **Senior Center Staff:**

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

### **Social Activities:**

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

### **Members of the Council on Aging Board:**

- Charles Corley - Chair 978-568-8840
- Diane Durand- Vice Chair - 978-621-9665
- Janet Saluk - Secretary -- 978-618-7124
- Nina Smith - Treasurer - 978-562-3077
- Trish Desmond - 978-562-2492
- John Gill – 978-568-1107
- Melissa Esteves-978-568-1791
- Tony Monteiro - 978-562-6185
- Edward Silveira - 978-568-3438

### **Meetings:**

**The Council on Aging Board** –2nd Wednesday of each month at 1:00pm

**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.*



## The Social Security Fairness Act

Before he left office, President Biden signed the **Social Security Fairness Act** into law, expanding social security benefits for millions of Americans, including former fire fighters, police officers, teachers, and other public sector workers, as well as their spouses.

Under policies added to the Social Security Act in 1983, such as the Government Pension Offset (GPO) and the Windfall Elimination Provision (WEP), workers who were eligible for a public pension received reduced amounts of social security. The new law repeals those measures and makes everyone eligible for full social security benefits.

"For decades, the Windfall Elimination Provision (WEP) and Government Pension Offset (GPO) have unfairly reduced the earned Social Security benefits of 116,000+ retired public servants here in Massachusetts. That's why I fought to pass H.R. 82, the Social Security Fairness Act, to repeal these harmful provisions. Now, with H.R. 82 signed into law, retirees that have been impacted by WEP and GPO will see hundreds or even over a thousand dollars returned to their payments each month – money they've been owed for a long, long time. I am continuing to push the Social Security Administration to get that money out the door as soon as possible and will continue to keep retirees informed about any steps they must take to get the relief they deserve. In the meantime, Social Security is encouraging folks to verify that your mailing address and direct deposit information are up to date. For nearly 90 years, Social Security has upheld a sacred promise that if Americans pay into the program over a lifetime of work, it'll be there to help them retire with dignity. That's why as your representative in Congress, I have and will always work to protect Social Security, improve the program, and make it fairer for retirees across the Commonwealth." -- Congresswoman Lori Trahan

Now, more than 2.1 million retirees on Social Security will receive an average increase of \$360 per month. More than 700,000 surviving spouses will see an increase between \$700 and \$1,190 in their monthly benefits, on average. The increased benefits will be retroactive to December 2023. As a result, eligible recipients who previously only received partial benefits will get a full, lump sum payment retroactive to that time.

The Social Security Administration is evaluating how to implement the act. Beneficiaries don't need to take any action to receive the enhanced payments other than verifying that the agency has their current mailing address and direct deposit information. Most people can do that online with their "my Social Security account" without having to call or visiting SSA. More details and updates on the new provision are available online at: <https://www.ssa.gov/benefits/retirement/social-security-fairness-act.html>

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

**Upcoming Office Hours:** March 7, 12 – 1 pm at the Bolton Public Library, Community Room

**Hello to Everyone,**



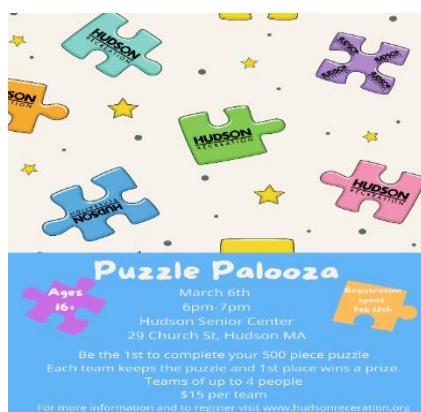
I would like to bring your attention to the Movement for Osteoporosis Workshop we are offering this month, Monday, March 10<sup>th</sup> from 11am -12pm. This workshop is taught by Debbie Ward, Yoga Instructor from Synergy Wellness Center in Hudson. This one-time workshop is beneficial for Osteoporosis in building bone and balance. We still have a couple of openings left, so give us a call ☺

The AARP Tax program is presently full at the Hudson Senior Center; however, you can still call because we do get cancellations. You can also check for openings at the Northborough Senior Center 508-393-5035, Marlborough Senior Center 508-485-6492 and the Marlborough Library at 508-624-6900.

Exciting news! Our pool tables are getting a facelift thanks to the generous contributions from Avidia Bank and Arthur Walker. Due to wear and tear, we will be resurfacing our two 9' Olhausen pool tables with a higher-grade cloth, and the pockets will be tightened. We are incredibly grateful for this donation and look forward to offering our players an enhanced gaming experience.

**Thank you ~ Janice**

**The Hudson Recreation Department is hosting...**



**Puzzle Palooza at the Senior Center on Thursday, March 6<sup>th</sup> from 6pm-7pm.**

Join us for a fun-filled puzzle challenge! Be the first to complete a 500-piece puzzle and win a prize. Each team gets to keep their puzzle. Teams can have up to 4 people, so gather your friends, form a team, and have a blast!

The entry fee is \$15.00 per team. If you bring your own team, that's just \$3.75 per person. You can bring your own snacks and non-alcoholic drinks. You must preregister by calling the Rec Department at 978-568-9642 or register online at [www.hudsonrecreation.org](http://www.hudsonrecreation.org).

**Movement for Osteoporosis Workshop  
presented by Debbie Ward, Yoga Instructor  
Monday, March 10<sup>th</sup> 11am-12pm**

Students will explore safe movement for Osteoporosis in this workshop. Exercise that strengthens bones and improve balance are key to being able to maintain daily life activities. It is important to modify common yoga poses to maintain spine health and consistently work on improving/maintaining balance to avoid falls/fractures. This workshop will include movement that is beneficial for Osteoporosis in building bone and balance.



**“Left, Center, Right” and “Nickels” with Diane  
Friday, March 14<sup>th</sup> at 1:00 pm – 2:00 pm**



Come have some fun playing 2 different dice games with others; “Left, Center, Right” and “Nickels”; both games involving lots of luck and some strategy. Please bring along a few quarters and 6 nickels as well to use for play. Snacks will be provided by the Senior Center but feel free to bring your own as well.

**Please call to sign up for this so we know how many people will attend. Thank you**



## Grab and Go with Buffet Way returns!

Monday, March 17<sup>th</sup> at 11:30am

Chicken Piccata with green beans, rolls and cookies for dessert. Please note the meal will be served cold; you will have to heat up the food when you are ready to eat. You can pick up your meal at the Senior Center at 11:30am. Limited to 75 people. **Cost to you is \$5.00**

~Call to sign up beginning on Wednesday, March 12<sup>th</sup>~

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## Hiking/ Snow Shoe Day

Monday, March 17<sup>th</sup> at 10am at Gates Pond



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!



## St. Patrick's Day Luncheon at Assabet's Epicurean Room



Wednesday, March 19th at 11:30am

Corned beef, cabbage, carrots, potatoes, Irish bread/rolls, salad and a dessert buffet.

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

**Tickets available in-person beginning Wednesday, March 5<sup>th</sup>**

**Only 4 tickets per person**

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## TITANIC THE ARTIFACT EXHIBITION

Friday, April 25, 2025

You will receive a replica boarding pass, assume the role of a passenger and follow a chronological journey through life on *Titanic*. Walk the halls, explore the galleries, peer into cabins and meet passenger and crew throughout the voyage. The 15,000 square foot Exhibition features replica interior rooms and a full-scale re-creation of the Grand Staircase. Visitors will be able to view authentic artifacts, respectfully recovered from two and a half miles below the surface of the North Atlantic which tell the real story behind *Titanic*'s journey from construction to eventual recovery. The personal artifacts on display offer emotional connections to the forever-altered lives of those who were on board *Titanic*.

**You need to arrive at the Senior Center for 9am, the bus will leave by 9:15 am.** We will arrive at Castle Plaza in Boston by 10:45 am and start our *Titanic* experience by 11:00 am. We will depart by 1:15 pm back to the Senior Center. During the ride back, we will all enjoy a bagged lunch with sandwich drink and cookies by Buffet Way Catering.

**Total cost to you is \$40.00.** This trip is being subsidized by our generous Arthur Walker donation and the Hudson Senior Center.

Limited to 40 people.

**Tickets available in-person beginning Tuesday, March 18<sup>th</sup>**

**Assabet Technical High School's Tech Savvy students  
are back again to answer your technology questions  
Friday, April 4<sup>th</sup> at 10am**

Assabet's Computer Programming & Web Development Teacher will have his top tech savvy students come to the center to help you with your **iPad, Cell phones and Tablets**. Please bring in your devices and learn from the experts how to use and manage apps, emails and Facebook and much more. **Call to sign up!!**



**15-minute Legal Advice with Christine Boutin  
Tuesday, March 11<sup>th</sup> from 9:30am-11:00am**

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.

**Attorney Christine Boutin presents:**



**"Have you heard about the evils of probate?"**

**Tuesday, April 8, 2025 at 11:30am at the Senior Center**

Long court delays, high costs and fighting families? Attorney Christine Boutin will demystify the probate process, debunk common myths and explain the basics of what you need to know if you are about to start probate for the estate of a loved one or want to avoid probate for your own estate. This presentation is offered in person and via zoom. **You must call 978-568-9638 to sign up. If you would like to attend via zoom let us know when you call and we will send you the zoom link.**

**DeMystifying Probate! By Christine Boutin Of Counsel, Mirick**



Do you have a Will and wonder what you are supposed to do with it after it is signed? Do you not have a Will and worry about what will happen to your assets upon your death and where they will go? These are common questions I often hear from potential clients. Probate is the court process for obtaining legal authority to transfer assets out of an estate and on to the person or entity (such as a trust or charity) determined by the court to have the legal right to receive them. Without this court process, the assets become "stuck" in the estate and cannot pass to the expected inheritors. Probate can be necessary whether or not you have a Will. You have likely heard of the benefits of "avoiding probate" by transferring assets to a living trust or by naming beneficiaries or joint owners on assets, but this is not always possible or desirable. You likely have also heard of the "horrors" of probate, such as long court delays and high fees. The truth is that the probate process is much more streamlined than it was over a decade ago and there are different probate processes to fit every estate, from a very small estate requiring minimal paperwork, low court filing fees, and a quick turnaround, to a formal probate procedure for larger estates. Come and join me at the seminar "Demystifying Probate and Debunking Probate Myths" on April 8th. I will discuss the basics of the probate process from start to finish, reveal little-known traps, such as owning real estate and failing to create a Will, and correct common misinformation about Wills and probate avoidance. I hope to see you there and be sure to bring your questions! Editor note: This column will appear in future newsletters. If you have a general probate, MassHealth or estate planning question that you would like answered in a future newsletter, please feel free to call 508.860.1542 or email EGanley@miricklaw.com with your question.

## **“Movie Day” at the Center**



Here is the listing for the movie in March. Due to the limited space of 35 people for each viewing, you must sign up by calling 978-568-9638. Come and join us for the following movies:

### **Monday, March 10<sup>th</sup> – Wicked at 11:30am**



**Due to the length of this movie there will be a 20min break around 1pm for a light lunch of a sandwich and chips!**

Wicked, the untold story of the witches of Oz, stars Emmy, Grammy and Tony winning powerhouse Cynthia Erivo (Harriet, Broadway's The Color Purple) as Elphaba, a young woman, misunderstood because of her unusual green skin, who has yet to discover her true power, and Grammy-winning, multi-platinum recording artist and global superstar Ariana Grande as Glinda, a popular young woman, gilded by privilege and ambition, who has yet to discover her true heart. The two meet as students at Shiz University in the fantastical Land of Oz and forge an unlikely but profound friendship. Following an encounter with The Wonderful Wizard of Oz, their friendship reaches a crossroads and their lives take very different paths.

*Rating: PG Runtime: 2hr 40min*

### **Monday, March 24<sup>th</sup> at 12:30pm - Saturday Night**



At 11:30pm on October 11, 1975, a ferocious troupe of young comedians and writers changed television -- and culture -- forever. Directed by Jason Reitman and written by Gil Kenan & Reitman, Saturday Night is based on the true story of what happened behind the scenes in the 90 minutes leading up to the first broadcast of Saturday Night Live. Full of humor, chaos, and the magic of a revolution that almost wasn't, we count down the minutes in real time until we hear those famous words....

*Rating: R Runtime: 1h 49min*

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## **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. 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 Springwell Elder Services.*

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

**Please contact Lisa Bazarian Gardner at 978-568-9638**

**Or email at [lbazarian@gmail.com](mailto:lbazarian@gmail.com) for more information**

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## **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, March 10<sup>th</sup> & March 24<sup>th</sup> at 1pm**

❖ **Caregivers Support Group**

**Thursday, March 6<sup>th</sup> & March 20<sup>th</sup> at 1pm**





## “VETS TALK” A program for Veterans

**Thursday, March 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup> at 9am**

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.

### **Nursing/Blood Pressure Clinic on Thursdays. All weeks now at 9:30am**



- ❖ 1<sup>st</sup> Thursday with Kathy 9:30am to 11am
- ❖ 2<sup>nd</sup> Thursday with Michelle 9:30am to 11am
- ❖ 3<sup>rd</sup> Thursday with Kathy 9:30am to 11am
- ❖ 4<sup>th</sup> Thursday with Janet 9:30am- 11am

### **Lunches at the Center on Wednesday & Thursday at 11:30am**

**You must call at least the day before (before 11am) to order**  
**Call Kitchen to sign up at 978-568-9638 option #3 (meal on wheels)**

#### **Wednesday, March 5<sup>th</sup>**

Cold Menu: Chicken salad, Greek pasta salad and broccoli tomato salad

Hot Menu: Potato pollock, brown rice pilaf and roman blend veggies

#### **Thursday, March 6<sup>th</sup>**

Cold Menu: Egg salad, barley raisin salad and carrot pineapple salad

Hot Menu: Pot roast with gravy, mashed potatoes, peas & carrots

#### **Wednesday, March 12<sup>th</sup>**

Cold Menu: Hummus, quinoa tabbouleh salad, Mediterranean salad & pita bread

Hot Menu: Corned beef stew and boiled parsley potatoes

#### **Thursday, March 13<sup>th</sup>**

Cold Menu: Deli turkey, swiss cheese, pasta vegetable salad, squash, zucchini & red onion salad

Hot Menu: Chicken fajitas, rice & bean, brussel sprouts and tortilla

#### **Wednesday, March 19<sup>th</sup>**

Cold Menu: Deli roast beef, bbq corn & white bean onion salad and summer squash

Hot Menu: beef stroganoff, egg noodles and brussel sprouts

#### **Thursday, March 20<sup>th</sup>**

Cold Menu: Tuna salad, pasta salad w/ cheese, spinach w/ mandarin orange salad

Hot Menu: Turkey pot pie and harvard beets

#### **Wednesday, March 26<sup>th</sup>**

Cold Menu: Chef salad w/ ham and sweet potato salad

Hot Menu: Lentil stew and root vegetables

#### **Thursday, March 27<sup>th</sup>**

Cold Menu: Chicken curry salad, broccoli feta orzo salad and tossed garden salad

Hot Menu: stuffed shells w/ tomato sauce and California blend veggies

***Suggested Voluntary Donation of \$3***

***Menu is subject to change***



## Hudson Senior Center Trips 2025

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

### ***Best of Times Travel:***

**Monday, March 10<sup>th</sup> Celtic Angels Ireland with Celtic Knight Dancers and The Trinity Band Ensemble of Dublin (waitlist only)**

**Wednesday, April 23<sup>rd</sup> Supreme Reflections: The Ultimate tribute to the music of Diana Ross & The Supremes:** Join us at the newly renovated Venus de Milo in Swansea, MA for a plated luncheon meal choice of stuffed breast of chicken or baked schrod. Also includes minestrone soup, potato, vegetables, breads, dessert, coffee and tea. Price includes meal, show, transportation and tax **Price:\$136.00**

**New**

**Date** The Dollywood Resort Package – September 24<sup>th</sup> -29<sup>th</sup>, 2025 with Dollywood's Flower & Food Festival Music, Mountains, & Memories Tour Featuring: Dollywood Resorts & Theme Park, Gatlinburg TN, Great Smoky Mountain National Park, The Blue Ridge Parkway, & The Biltmore Estate • Roundtrip Transfers to Logan Airport • Roundtrip Airfare from Logan Airport • 5 Nights Hotel Lodging at Dollywood's DreamMore Resort • 12 Meals - 6 Breakfasts, 2 Lunches, 6 Dinners • Bus Driver Gratuities Not Included Program Price : Just \$3499pp Double, \$4149 Single, \$3399pp **Triple/Quad Occupancy**

**Tuesday, June 17<sup>th</sup> Fleetwood Macked: Ultimate tribute to Fleetwood Mac**

Enjoy a plated luncheon at Lake Pearl in Wrentham MA with your choice of Chicken Parmesan or Wild mushroom risotto. Also includes salad, potato, vegetables, breads dessert and coffee/tea. **Price: \$136.00**

**Tuesday, September 16<sup>th</sup> Rocky Mountain High: John Denver Tribute**

Plated luncheon at Lake Pearl in Wrentham MA with your choice of baked stuffed chicken or vegetable Lasagna. Also includes salad, potato, vegetables, breads dessert and coffee/tea. **Price: \$136.00**

**Friday, October 24<sup>th</sup> Always Olivia: An Olivia Newton-John Tribute**

Castleton Banquet Center in Windham, NH. Plated luncheon with your choice of Chicken Parmesan or Vegetable Lasagna. A portion of the proceed from every ticket sold is donated in support of the elimination of breast cancer. **Price: \$137.00**

### ***Collette Travel/AAA Travel:***

**Sunny Portugal Departing November 9, 2025**



Lisbon, Alentejo, Algarve & Portuguese Riviera with optional 4-Night Madeira Island Post Tour Extension **Per Person Rates: Double \$3,799; Single \$4,299**

Included in Price: Roundtrip Airfare, Hotel, Miscellaneous, \$200 Offer (Air Booking Bonus BOS - (Dollar amount per person)), Air Taxes, Hotel Transfers. Not included in price: Insurance (\$549.00)

**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)

## 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: March 6<sup>th</sup> ...1<sup>st</sup> Thursday of the Month only!)**

**Please call at least a day ahead before 3:30pm for Shopping as well as all Medical Appointments.**  
*Seatbelts must be worn on the bus*

## Senior Center Bus Policy Review... PLEASE READ!

The Senior Center Bus is a Shared Form of Transportation. We try to accommodate as many people as possible to their appointments. There are times when we have up to five people needing transportation to different locations all at the same time. In this type of situation, we need to group the riders which would mean an earlier pick up for everyone in order to get you all to your destinations. Please note we are NOT a TAXI service. Per our Bus Policy, we have asked that **everyone please be ready \*an hour before your appointment time\*** in the event that we need to call you for an earlier pick up. You may also have to wait a while for your return trip home. That is how a Shared Form of Transportation works. Also, **we will no longer accept requests for nail and hair appointments on Wednesdays and Thursdays.**



## 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!

## 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. Returned or donated medical equipment must be **clean** and in **good/like new condition**. 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.

## Message from the Friends...



Next Friends Meeting: Tuesday, March 11<sup>th</sup> at 9:30am



Welcome to all returning and new Friends members! We are looking forward to a vibrant and successful 2025! The next Friends' meeting is on February 11<sup>th</sup> @ 930am. Please consider attending to learn more about the Friends' activities and upcoming volunteer opportunities!

It's been a year since the Friends' Gift Shop expanded our hours and increased our array of handmade and donated items. All proceeds from the Gift Shop help the Friends support the Senior Center in many ways. We thank all of those who have donated to our Gift shop and those who continue to contribute handmade items to the Shop!

**Our annual Winter Sale will take place the first two weeks of March: 3/3/25----**

**3/14/25.** Handmade hats, mittens, scarves and afghans will be half price, along with selected red tag items. Please come and check out the Gift Shop. We are open Monday-Friday from 9:30am-12:30pm.

*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.*

**SALE Reminder**

Hudson Senior Center Gift Shop Sale  
Begins Monday, March 3, 2025

29 Church Street  
Hudson, MA 01749  
Monday, March 3 - Friday, March 14  
Monday to Thursday: 9:30 AM - 12:30 PM  
Friday: 9:30 AM - 1:00 PM

**These items are 50% off**

Handmade Mittens  
Handmade Gloves  
Handmade Scarves  
Handmade Hats  
Handmade Afghans

Keep an eye out for additional items  
featuring red tag discounts.

**Cash - Checks - Venmo**

**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.



## "The Colors of Spring - New England's Other Foliage Season" March 5th



Program Ed McGuirk, an award-winning landscape and nature photographer, will showcase the beauty of spring foliage as he guides us through how to compose woodland scenes while taking advantage of light and weather conditions. Photographers of all levels will leave this presentation excited to try new strategies and tips that will create more dramatic images. The hybrid meeting, which begins at 7:30 p.m., will be held at the Hudson Senior Center, 29 Church St., in Hudson and via Zoom. Attendance is free, and all persons interested in photography, and in improving their imaging skills, are welcome to attend. Ample parking is available. Ed McGuirk's "The Colors of Spring – New England's Other Foliage Season" is supported in part by a grant from the Hudson Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency. For more information about Assabet Valley Camera Club, please visit the website <http://www.assabetvalleycameraclub.com> or contact the club via email [avcc.digital@hotmail.com](mailto:avcc.digital@hotmail.com) for a Zoom link.



**SAVE THE DATE:** April 17<sup>th</sup>, 2025 Senator Eldridge Presents the 44<sup>th</sup> Annual Senior Conference

*State Senator Jamie Eldridge Presents:*

### 44th Annual Senior Conference

**Thursday, April 17th, 2025**  
**8 AM - 2 PM**

**Assabet Valley Regional Technical High School**  
215 Fitchburg St, Marlborough, MA 01752

Workshops, Food, Raffle Prizes, & more!



**JBE**  
Joint Senior Conference & Expo

Questions? Email: [Bianca.DeSousa@masenate.gov](mailto:Bianca.DeSousa@masenate.gov)

# 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*  
*(\*\*Yoga will return on February 7<sup>th</sup>\*\*)*
- **Beginners Line Dancing Class** - Fridays 10:00am *Cost is \$10.00/month*
- **Beginner Plus: Beyond Beginner Line Dancing** - Fridays 11am *Cost is \$10/month*



## Online Zoom fitness classes:

Call the senior center if you are interested as we need your email address to send out a zoom invitation to start the class.

- **Zoom Cardio & Weights Class with Sharon** -Mondays and Wednesdays 8:30-9:15am  
This class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. \* There will be modifications for each exercise for those with orthopedic issue. *Cost: \$12/month*
- **Zoom Chair Pilates with Jennifer Davidson** – Mondays at 9:30am. *Cost: \$10/month*
- **Zoom Chair Stretch Yoga with Rebecca Reber** - Wednesdays at 9:00am. *Cost: \$10/month*
- **Zoom Stretch class with Sharon** - Thursdays 10:15 -11:00am - *No charge*
- **Zoom Parkinson's Class with Mike Bleecker**- Tues. at 10:30-11:30am- *No charge*



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

**Wednesday, March 19<sup>th</sup> at 10:30am**

Genealogy group is open to everyone who is interested in researching their ancestry.  
Beginners welcome. See you there!

### Creative Groups

#### Craft Group

**Mondays 12:00-3:00pm**

Do you have an unfinished craft project that you would like to see completed? Bring it with you and work on it in a creative environment with a lot of laughter thrown in.

2<sup>nd</sup> Floor - Craft Room

#### Knit & Crochet Group

**Wednesdays 9:30am**

These ladies work wonders with all kinds of yarn. Come share your talent and ideas with them.

2<sup>nd</sup> Floor - Craft Room

#### Memoir Group

**1<sup>st</sup> Friday of the Month**

We have a writing group that meets at our center select Fridays. Walk-ins are also welcome to join this group and perfect your writing skills

#### Open Painting Studio

**Tuesdays 10:00-12:00pm**

No teacher, but creative artists, willing to support others and work in different mediums of painting.

2<sup>nd</sup> Floor - Craft Room

#### Silver Threads Quilting Group

**Thursdays and Fridays 9:00am**

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

2<sup>nd</sup> Floor - Craft Room

### Senior Center Lending Library

Donations made to our Library are appreciated with Copyright date no earlier than 2015.

### Group Activities

#### Bingo



**Wednesdays 12:30pm**

#### Bridge

**Fridays 12:15- 3pm**

#### Chess

**Tuesdays 1:00pm**

#### Cribbage

**Monday – Friday 8:30-11:30am**

#### Mah Jong

**Mondays & Thursdays 12:00pm-3pm**



#### Billiard Room

**Monday – Friday 8:30-3:30pm**

2 tables available

#### Scrabble

**Fridays 12:15pm**



### Gift Shoppe

**Open: Monday- Thursday**

**9:30am - 12:30pm**

**Friday**

**10am -1pm**

Looking for Crafts and Handmade items for the Gift Shoppe.

**Annual Winter Sale**

**March: 3/3/25--3/14/25**

## Medicare Advantage OEP

This is the last month of the Medicare Advantage Open Enrollment Period. The 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). During this period of time, 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. Again, this enrollment period ends March 31, so don't delay if you need to discuss your coverage or need to switch your Medicare Advantage Plan.

## Extra Help SEP (Special Enrollment Period)

A Special Enrollment (SEP) is a time outside of the Open Enrollment Period based upon a qualifying event in your life that allows you to change your Medicare coverage. The following topic I am about to discuss pertains to people that have what is called "Extra Help". Those will Extra Help or also known as LIS, used to have a quarterly SEP which then changed to Monthly. However, there have been some changes to the rules of the SEP for those with LIS and what you are now allowed to do with your SEP. The following is what you are now able to do with this such SEP.

Can switch from

Medicare Advantage to a Prescription Drug Plan (MA → PDP)

Prescription Drug Plan to another Prescription Drug Plan (PDP → PDP)

You can **NO LONGER** switch from

Medicare Advantage Plan to another Advantage Plan (MA → MA)

Prescription Drug Plan to another Medicare Advantage Plan (PDP → MA)

If you need to change your plan and you don't understand if you qualify to, or what you can change to, call the Hudson Senior Center and talk to a SHINE counselor to see what your options are, we would be more than happy to help!

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

*Answer key to  
Sudoku puzzles*

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

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

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

AWAKENING  
BASKETBALL  
BLOSSOM  
DAFFODIL  
DAYLIGHT SAVING  
EASTER.  
EQUINOX  
FLOWER  
FRESH  
GREEN  
GROWTH  
HOLI  
KITE  
LEPRECHAUN  
LUCK  
MADNESS  
MARCH  
PARADE  
POT OF GOLD  
RAIN  
REBIRTH  
RENEWAL  
SHAMROCK  
SHOWERS  
SPRING  
ST. PATRICK'S DAY  
WINDY



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

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

