

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



Hudson Senior Center

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



2024

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
- Jack Veo, Part-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.



JUNE 2024 STATE REP. KATE HOGAN'S SENIOR NEWS

Support for LGBT Seniors

June is Pride month - a time to celebrate and honor the lives and rights of lesbian, gay, bisexual, transgender and queer people in our communities.

Local pride celebrations are beautiful displays of support that demonstrate how all members of a community are seen, welcome, and loved. That support extends to LGBT adults who are dealing with the challenges of growing older. This month I'd like to share some resources, many with virtual options, available to LGBT seniors and their loved ones in our communities:

- **LGBTQ+ Aging Project**— a non-profit organization ensuring that lesbian, gay, bisexual and transgender older adults have equal access to life-prolonging benefits, protections, services and institutions. Phone: (857) 313-6590 Email: information@fenwayhealth.org
- **SAGE**— a national advocacy and services organization that provides information and resources about LGBT friendly housing, and care providers. Additionally, SAGE advocates on the federal level for all LGBT individuals. They also run the National Resource Center on LGBT Aging. Phone: (212) 741-2247 24/7 Hotline: (877)360-5428
- **National Resource Center on LGBT Aging**— a resource center that is improving the quality of services and supports offered to LGBT older adults. They provide training, technical assistance and educational resources to aging providers, LGBT organizations and LGBT older adults. Phone: (212) 741-2247 Email: info@lgbtagingcenter.org
- **LGBT National Senior Hotline**— provides telephone peer-support, as well as provide local senior resource information for cities and towns across the United States. All services are free and confidential. Phone: (888) 234-7243 Email: help@LGBThotline.org
- **Greater Boston PFLAG**— a local chapter of the national organizations PFLAG that offers support groups, community forums and evening programs, and confidential telephone support and information to LGBTQ individuals, their families, friends and allies. Phone: (781) 891-5966 Email: info@gbpflag.org
- **GLBTQ Legal Advocates & Defenders GLAD**— a local legal advocacy organization that is committed to providing legal services, information, and resources to lesbian, gay, bisexual, transgender people and people living with HIV. Phone: (617) 426-1350 Email: gladlaw@glad.org
- **Bisexual Resource Center**— is a local organization that provides information and resources to bisexual individuals, and their families and allies. Resources include local and national support groups, brochures, research information as well as information for parents and bisexual youth. Phone: (617) 424-9595 Email: brc@biresource.org
- **The Network/La Red**— a non-profit agency that provides emergency housing, domestic violence support, advocacy, support groups and legal assistance to individuals of all ages in the LGBTQ community throughout the Boston area. Phone: (617) 695-0877 Hotline (617)742-4911 Email: info@tnlr.org
- **GLMA**— a national organization committed to ensuring health equity for lesbian, gay, bisexual, transgender, queer (LGBTQ) and all sexual and gender minority (SGM) individuals, and equality for LGBTQ/SGM health professionals in their work and learning environments. Phone (24/7): 1-877-565-8860
- **JFS Patient Navigator**— the Jewish Family Services Patient Navigator LGBTQ+ Extension is a trusted ally at medical appointments. Phone: (508) 875-3100 x110
- **Springwell's LGBTQIA+ Initiative** has staff available to answer questions, provide information and referrals, and offer programs and events for LGBTQIA+ older adults, their family members, as well as trainings for local professionals in greater Boston and MetroWest. Phone: (508) 573-7200 or <https://springwell.com/service/lgbtqia-initiative/>

We want to ensure that all seniors have access to the resources they need and that our LGBT friends and family members feel supported and embraced as they navigate the aging process.

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

Upcoming Office Hours: June 7, 11:30 am – 12:30 pm at the Hudson Senior Center

Hello to Everyone!



Join us for a variety of engaging programs in June at the Hudson Senior Center

- New Real Estate Rules and You - dive into the latest regulations on Tuesday, June 4th at 10:30am
- Trombetta's Ice Cream Truck Friday, June 14th between 1-2 pm, sponsored by Pleasant Hill Retirement Community.
- Buffet Way Grab and go Friday, June 14th pick up 11:30am. As always cost to you is \$5.00
- Proactive Brain Health; Tuesday, June 18th at 11:00am with healthy refreshments courtesy of Bridges by EPOCH
- Tech Essentials for seniors, Friday, June 28th at 10:00am. Part one of our Technology series this summer. You will become more tech savvy with these fun programs.
- Explore the history of Army Combat Uniforms from the Korean War to present. Thursday, June 27th
- Our Audio-Visual enhancement project, funded by a generous \$25K grant from Mass Councils on Aging, commenced in late May. This upgrade will significantly improve both in person and hybrid (zoom) experiences for all participants.

Father's Day: A day to recognize the unique and irreplaceable role that Fathers have in our lives and to show them how much they mean to us! Father's Day Luncheon is June 21st

~Janice

Reminder: The Senior Center is CLOSED on Wednesday, June 19th for Juneteenth.

**New Real Estate Rules & You
Presented by:**

David Dowd of Keller Williams Realty and founder of Sell Mom's House.



Tuesday, June 4, 2024 at 10:30am

New Real Estate Rules & New Ways to Save Money When Selling a Home

Alert: Pending Realtor compensation rules are confusing buyers, sellers and Realtors alike. Learn in simple terms what these regulatory changes mean to you. Hear what changed on how Realtors are paid and what remains the same. Discover how simple choices may reduce the commission you pay when selling your home.

We will discuss decisions both buyers and sellers will be asked to make. Sign up at front desk.



Grab and Go with Buffet Way

Friday, June 14th 11:30am pick up at the Senior Center

Delicious grilled chicken, bacon, ranch sandwich on a bulky roll, with potato chips and a cookie. Limited to 70 people. Cost to you is \$5.00 at pick up

Call to Sign up beginning: Thursday, June 6th

Thank you to Pleasant Hill Retirement Community



Pleasant Hill Retirement Community will sponsor a visit from Trombetta's ice cream truck to the Hudson Senior Center on

Friday, June 14th between 1pm and 2pm.

Come by and enjoy a refreshing treat!



HAPPY FATHER'S DAY!

Father's Day lunch at the Hudson Senior Center

Friday, June 21st at 12pm

Lunch provided by Buffet Way will include:

Fresh dinner rolls, baked potato with butter, sour cream and bacon bits, 4 oz Hawaiian chicken teriyaki with vegetable garnish and 6oz steak tips. **Limited to 50 people. Cost to you is \$10.00.**

Tickets can be purchased in person beginning Wednesday, June 5th
(2 tickets per person)

Proactive Brain Health

Tuesday, June 18th, 2024 at 11:00am



By implementing proactive habits, individuals can help reduce their risk of cognitive decline. Seniors will learn lifestyle changes to help keep their minds sharp for tomorrow. Risks to brain health, lifestyle factors, diet, sleep, exercises, and connections between heart and brain will be discussed. Please join presenter Sarah Turcotte from Bridges by EPOCH for this great topic. Healthy refreshments to be served. **Please call to sign up for this FREE event!**



Mindful living with Lisa Campbell

Mondays 10am to 11am starting on June 24th, July 1st, 8th, and 15th.

Mindful Living: Boost Your Happiness and Wellbeing. Join us for an incredible four weeks where we'll take happiness to the next level with a fantastic blend of mindfulness, community spirit, and research-backed techniques for greater happiness and wellbeing from UC Berkeley's Greater Good Science Center. Get ready for lively discussions, soothing meditations, and an Awe Walk that will have you embracing each moment with pure joy and awareness. We're talking about boosting your resilience, cultivating more happiness, and filling you with wonder and awe every step of the way! But that's not all – by the end of our journey together, you'll not only feel happier, but you'll also have a whole new group of friends!

Self-Empowerment Group with Kathy Quinton

Mondays 11am to 12 pm on the following dates: June 24th, July 1st, 8th and 15th

Explore what emotional wellness means, how we were taught to take care of ourselves early on in life until now, how that may have changed or not over time. We look at ways to care for ourselves physically, mentally/emotionally and spiritually. We create a safe space for rich discussions about what it means to give ourselves permission to listen to our own needs that arise from our internal voice rather than the expectations of others. Each participant is invited to ponder areas in their lives that could use more of their attention and tending to. We then explore and learn ways to tend to these areas with loving-kindness.

Tech Essentials for Seniors

Friday, June 28th at 10am at the Senior Center



This class is designed specifically for older adults, this session demystifies the internet and apps that are essential in our daily lives. From Shopping to Amazon to staying connected on social media, or enjoying podcasts, videos, and the life changing artificial intelligence of Chat GPT, we've got you covered. With a focus on practical skills and safety, including knowledge of cookies, password protection and more, you will leave with the confidence to navigate the digital world more effectively and plenty of time for questions and answers. Come enhance your digital literacy and stay connected in today's tech driven society. Call to sign up!



The Friends' Annual Summer Cookout
Friday, July 19th at 11am
At the Marlborough Fish and Game Club
1 Muddy Ln, Marlborough, MA 01752



Please do not forget to sign up for our annual summer cookout. Burgers, hotdogs, potato salad, baked beans and more! It will be fun as usual. Cost \$3.00

The Center will be closed this day for all activities. Bussing to Cookout only
Come in to get your ticket and reserve your spot!

Hiking Day at Delany Pond in Stow
Monday, June 10th at 9:00 am

Meet at Delaney Pond at parking lot with boat launch.

316 Harvard Road in Stow

Bring walking sticks and appropriate attire. Call to sign up!



"VETS TALK" A program for Veterans
Thursday, June 6th, 13th, 20th & 27th 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.

Natick Soldier
Systems Center

249th Army Birthday
& Flag Day Celebration

OPEN HOUSE

Public Welcome

Free Entry

Saturday, June 15, 2024

10 General Greene Ave.

Doors Open at 10 a.m.

Opening Ceremony at 11 a.m.

Closing at 2 p.m.

Learn about the NSSC Mission.
See technology developed on the installation
to support American service members.

Historical Reenactors | Outdoor Activities
Food Trucks | Morse Institute Library
Inflatables | Pat Patriot & Former Patriots Players



Presentation Army combat uniforms from the Korean War up to now
Thursday, June 27, 2024 at 9:30am
at the Hudson Senior Center

Representatives from the US Army Combat Capabilities Development Command – Soldier Center (DEVCOM-SC). Dave Accetta will bring Army combat uniforms from the Korean War up to now and talking about their evolution, development and the work done at Natick Labs. **Call to sign up!**



15-minute Legal Advice with Christine Boutin

Tuesday, June 11th from 9:30am-11:00am

Attorney Boutin will be available for private 15-minute sessions the second Tuesday of the month. 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.



Elder Law with Frank & Mary

I would like to introduce you to my colleague Christine Boutin, who will be taking over my elder law programs in Hudson. Christine is an experienced trusts and estates attorney. Her primary focus is to work with elder clients to execute estate planning documents designed to provide advanced asset protection in the event of future nursing home admission, including preparation of and processing of MassHealth applications once nursing home admission is necessary. Christine also specializes in special needs planning.

I turned 74 this year, and while I'm not quite ready to retire just yet, I have decided to focus my efforts on lifetime and legacy gifting. I will be providing information and local resources for "smart tax" approaches to giving back to your community. Hudson is a fabulous community – let's work together to keep it that way!

In the meantime, sign up for one of Christine's free legal advice clinic at the Senior Center – you won't be disappointed, she's wonderful!

~ Arthur Bergeron



Christine Boutin
Elder Law Attorney
Mirick O'Connell



RETIRED MEN'S ASSOCIATION

THE RETIRED MEN'S ASSOCIATION OF BOSTON/METROWEST (RMA) is an organization designed to provide retirees with opportunity to participate in a variety of activities with other retirees. Members of the RMA come from over 20 central Massachusetts communities, including several from Hudson. The group meets on the second Friday of the month at the First Baptist Church in Sudbury at 10: am. Each meeting features a speaker who discusses interesting topics.

In addition to the monthly meetings, RMA also has a luncheon group, a discussion group and a hiking group. There are also frequent organized trips and events. Recent examples include the MIT museum of Science, Woosox baseball game and open rehearsals of the Boston Symphony. Spouses and guests are welcome! The RMA offers retirees, camaraderie, friendship and events that stimulate, educate and entertain. We welcome new members and would be pleased to have you attend even as a guest.

If you are interested in RMA please email rmena.acct@gmail.com and you will be contacted by a member. Thank you!



2024 Wood Park Summer Concert Schedule for June

When: Wednesdays at 6:30pm weather permitting

Location: Wood Park - 65 Park Street, Hudson

All performances are supported in part by the Town of Hudson and a grant from the Hudson Cultural Council, a local agency, supported by Mass Cultural Council, a state agency.

June 12th - Vinyl Fix

A High Energy Class Rock Party Band, playing 70s, 80s, and beyond

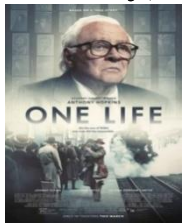
June 26th - Elastic Five

Rock and Roll Quintet that specializes in the original authentic arrangements of Rock, Pop, and Folk Songs of the latter 20th century.

"Movie Day" at the Center

Here is the listing for the movies in June. Due to the limited space for each viewing, you must sign up by calling 978-568-9638. Come and join us at 12:30pm for the following movies:

Monday, June 10th & Tuesday, June 11th – One Life



Based on the life of Sir Nicholas Winton, ONE LIFE tells the incredible, emotional true story of Nicholas 'Nicky' Winton (Johnny Flynn), a young London broker who visits Prague in December 1938. In a race against time, Winton convinces the British Committee for Refugees in Czechoslovakia to rescue hundreds of predominantly Jewish children before Nazi occupation closes the borders. Fifty years later, Nicky (Anthony Hopkins) is haunted by the fate of the children he wasn't able to bring to safety in England. It's not until the BBC show "That's Life!" re-introduces him to some of those he helped rescue that he finally begins to come to terms with the guilt and grief he carried -- all the while skyrocketing from anonymity to a national hero.

Rating: PG Runtime: 1hr 49min

Monday, June 17th & Tuesday, June 18th – Ordinary Angels



Based on a remarkable true story, ORDINARY ANGELS centers on Sharon Steves (Hilary Swank), a fierce but struggling hairdresser in small-town Kentucky who discovers a renewed sense of purpose when she meets Ed Schmitt (Alan Ritchson), a widower working hard to make ends meet for his two daughters. With his youngest daughter waiting for a liver transplant, Sharon sets her mind to helping the family and will move mountains to do it. What unfolds is the inspiring tale of faith, everyday miracles, and ordinary angels.

Rating: PG Runtime: 1hr 56min

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, June 3rd & June 17th at 1pm

❖ Caregivers Support Group

Thursday, June 13th & June 27th at 1pm

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 lbbazarian@gmail.com for more information.



Hudson Senior Center Trips 2024

Monday, July 22nd Newport Playhouse Lobsterfest and “Nunsense: A Musical!”

Enjoy a lunch buffet which includes, 1 1/4 lb. Boiled lobster, Mussels, corn on the cob, Roasted Chicken, BBQ Chicken and much more. You will also enjoy a cabaret and the play, “Nunsense”. Nunsense is a hilarious spoof about the misadventures of five nuns trying to manage a fundraiser. Sadly, the rest of the sisterhood died from botulism after eating vichyssoise prepared by Sister Julia Child of God. Thus, the remaining nuns stage a talent show in order to raise the money to bury their dearly departed. *Payment due now* **Price: \$139pp**

Wednesday, August 7th The Corvettes Doo Wop Revue

The Corvettes Doo Wop Revue is dedicated to preserving and performing the greatest music ever made - the music of the 1950's Doo Wop era. Their incredibly entertaining show and comical stage antics have left many a happy audience screaming for more! In the tradition of legendary Doo Wop revivalists Sha Na Na, every Corvettes show is more than a concert - it's an all-out Doo Wop Celebration! Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken Piccata or Wild Mushroom Risotto served with salad, potato, vegetables, breads, dessert and coffee/tea. No refunds for cancellations received after 07/06/24 **Price: \$125.00pp**

Wednesday, October 23rd Rod Stewart- The Ultimate Tribute Show

This is the ultimate Rod Stewart tribute by Rick Larrimore. Fronted by the astoundingly Rod-like Rick Larrimore, the show covers the rock legend's entire career from his early years, through the disco 80's, to Rod Stewart's latest venture into great American classics. Fueled by a dynamic five piece band, dancing girls, and state of the art sound and lights, this is the most authentic Rod Stewart tribute concert as you could ever imagine. Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken Piccata or Wild Mushroom Risotto served with salad, potato, vegetables, breads, dessert and coffee/tea. No refunds for cancellations received after 09/20/24. **Price: \$129.00pp**

Monday, October 28th -Thursday, October 31st The Ultimate Gambling Getaway

The perfect combination of fun, excitement, luxury, and sightseeing. Enjoy incredible first-class 4-Star/4-Diamond accommodations at three amazing casino's - Windcreek Casino & Resort / Live Casino & Resort / Mohegan Sun Casino Pocono's. Our touring will include the backroads of the Penn Dutch Country, the incredible show DANIEL at Sight & Sound Theatre, Guinness Factory tour, City of Baltimore Tour, Hyde Park, NY with the Home of President Roosevelt, the Vanderbilt Mansion, and more! Sign up Now!! **Price: \$1399.00pp double/ \$1899 single**

Wednesday, November 13th The Sicilian Tenors- Downton Abbey

Coming off their highly successful Nationwide Broadcast – An Evening with the Sicilian Tenors as featured on Downton Abbey and airing once again on PBS Stations across the country. Among the songs performed at select Highclere Castle locales by The Sicilian Tenors are With A Song in My Heart, If You Were the Only Girl in The World, I Hear You Calling Me, Stardust, and the Libiamo ne' lieti calici (from La Traviata). Now is your opportunity to hear the songs and enjoy an amazing reproduction of this special concert live. Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Thanksgiving dinner with all the fixings and sides or Vegetable Lasagna. Also served dessert and coffee/tea. No refunds for cancellations received after 10/10/24. **Price: \$129.00pp**

Information flyers available at the senior center. All trips depart from Riverside Parking lot on Chapin Rd in Hudson. Prices do NOT include driver gratuity.

Message from the Friends...

Next Friends Meeting: Tuesday, June 11th at 9:30am

The Friends is having great success in expanding the Gift Shop with additional hours and items for sale, all with the help of our volunteers!

We will continue to have volunteer opportunities throughout the year as we raise funds to support the Hudson Senior Center.

Please access Friends' activities and volunteer opportunities on our Facebook page:

<https://www.facebook.com/profile.php?id=100086411695011> or send an email to: friendsofHUDSONseniorcenter@gmail.com for more information.

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.

Please consider attending a meeting to see what we're all about. Meetings are held on the second Tuesday of the month at 9:30am.



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. Please call the center to check on availability 978-568-9638.

The Hudson Cultural Council (HCC) needs your input in order to best serve the needs and interests of our community.



The HCC receives state funds annually from the Massachusetts Cultural Council, and local funds from the Town of Hudson. In turn, we evaluate and fund grant requests submitted for projects in the arts, humanities, and interpretive sciences, to benefit Hudson residents.

Our mission: to support and enhance Hudson's diverse heritage and cultural opportunities by supporting activities that enrich the lives of Hudson residents of all ages. You can learn more about us at <https://www.hudsonculturalcouncil.org>.

All survey information is anonymous and confidential. Individual responses will not be included in any reports. The survey should take up to 5-7 minutes of your time. The survey will end after June 30, 2024.

The survey is available in English, Portuguese and Spanish - links below.

<https://s.surveypal.com/jqngfp7a> - English

<https://s.surveypal.com/snyx8fkW> - Portuguese

<https://s.surveypal.com/dik1zs5e> - Spanish

Hudson Farmers' Market



Dates: June 18th - September 24th (except for July 2nd)

When: Tuesdays 3:30- 6:30pm

Where: Hudson Town Hall

The Farmer's Market features both new and returning vendors along with Market Music. In addition to abundant fruits and vegetables, this year's market offers locally sourced meat, cheese, milk, eggs, wine, pasta, soap, honey, greeting cards, preserves, pickles, and sweet and savory baked goods.

Collaboration and creativity came together for our Mother's Day Luncheon



Thank you to the Hudson Garden Club, Susan Rondeau and our talented craft group for the quilted bowl cozies, handmade flower vases and beautiful centerpieces created with the donated flowers from All Occasions Florist!

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 - Cost: 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

- **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.

New day
& time

- **Mat-based Yoga w/ Sharon: Fridays at 8:30am – Cost: \$10/month**
- **Beginners Line Dancing Class - Fridays 10:00am Cost is \$10.00 a month**
- **Beginner Plus: Beyond Beginner Line Dancing - Fridays 11:00am Cost is \$10.00 a 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/mo**
- **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**

Transportation News...

Food Shopping Days Food shopping days are Tuesdays and Thursdays for all Hudson seniors regardless of where you live.



Tuesdays & Thursdays

New

- 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 (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

Nursing/Blood Pressure Clinic on Thursdays



- ❖ 1st Thursday with Kathy 9:30am to 11am
- ❖ 2nd Thursday with Michelle 11:30am-12:30pm
- ❖ 3rd Thursday with Kathy 9:30am to 11am
- ❖ 4th 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, June 5th

Cold Menu: Egg salad, squash, zucchini, red onion salad and English pea salad

Hot Menu: Mini ravioli, spinach alfredo sauce, chicken meatball and Tuscany blend vegetables

Thursday, June 6th

Cold Menu: Turkey, swiss cheese, macaroni salad & Mediterranean salad

Hot Menu: Haddock w/Dijon wine sauce, quinoa pilaf & carrots

Wednesday, June 12th

Cold Menu: Turkey, swiss cheese, quinoa tabbouleh salad & broccoli slaw

Hot Menu: Macaroni & cheese and stewed tomatoes

Thursday, June 13th

Cold Menu: Vegetarian chef salad w/ Italian dressing and tri-color pasta salad

Hot Menu: Pot roast stroganoff over buttered egg noodles and jardinière blend vegetables

Wednesday, June 19th

~Center Closed~

Thursday, June 20th

Cold Menu: Chicken salad, potato salad and root vegetable salad

Hot Menu: Roast turkey w/ gravy, bread stuffing and carrots

Wednesday, June 26th

Cold Menu: Roast beef, provolone, coleslaw and garden shell pasta salad

Hot Menu: Chicken w/ bbq sauce, baked beans and spinach

Thursday, June 27th

Cold Menu: Chicken salad, balsamic pasta salad and carrot raisin salad

Hot Menu: Beef pot roast w/ gravy, Italian roasted white potatoes and roman blend vegetables

Suggested Voluntary Donation of \$3

Menu is subject to change



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, June 26th 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.

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, June 14th, July 12th & August 2nd
from 1-3pm**

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 10:00am

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

2nd Floor - Craft Room

Senior Center Lending Library

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

Group Activities

Bingo

**Wednesdays
12:30pm**



Bridge

Fridays 12:30- 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: Mondays, Tuesday,
Thursdays & Fridays
9:30am - 12:30pm**

Wednesdays 10am-1pm

Looking for Crafts and Handmade items for the
Gift Shoppe.

**Please Stop by and see the new changes
being made to the Gift Shop!**

SMOC update:

The fuel assistance season is now over. What does this mean? This means that you cannot apply for this past heating season which was extended until May 10. There are still a number of applications that are still being processed for this past heating season, which I understand is very frustrating. Due to issues out of our control, the processing of applications this heating season was extremely delayed. SMOC has been doing the best that they can, however they are still working on approving applications for the 2023/2024 season that were submitted prior to the deadline. If your application was deemed incomplete and they request additional documentation, they will allow for this documentation to be submitted still. If you have any questions about the status of your application, please call the Senior Center so we can assist and look into this for you. Please be advised that they typically do send out the Recertification applications for NEXT season by the end of the summer/early fall. This would be for the heating season of 2024/2025. My suggestion is to make appts to resubmit your recert for fuel assistance as soon as you get them in the mail, that way to potentially avoid long wait times for a determination.

Affordable Connectivity Program:

There are some seniors that were receiving a benefit through the Affordable Connectivity Program which was overseen by the Federal Communication Commission. Unfortunately, due to a lack of funding they stopped taking applications as of February 7, 2024, and their last fully funded month was April, 2024. Clients already receiving this benefit will continue to receive it until the funding has run out. Your internet company will notify you of when you will stop seeing this discount on your bill.

Farmer's Market:

With the summer fast approaching that means that we should hopefully be receiving farmer's market coupons soon. Please be aware that we only get a limited amount of farmer's market coupons each year. These can be used with participating farmers at approved Massachusetts Farmer's Markets, to purchase fruits, vegetables, fresh cut herbs and honey. These coupons cannot be used at the grocery store. Income guidelines do apply. Please contact Ana or Holly for eligibility and availability of coupons. Typically, we receive these coupon booklets at the end of June or beginning of July.

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDAS ÀS SEXTAS DAS 9:30 ÀS 3:30 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476.

“PRESCRIPTION ADVANTAGE”

Prescription Advantage é um programa de assistência estatal de medicamentos para a terceira idade e para pessoas com incapacidades e deficiências. Prescription Advantage está disponível para os residentes de Massachusetts que têm 65 anos de idade ou mais e pessoas com menos de 65 anos de idade que qualificarem para incapacidade ou deficiência e são elegíveis para receber cobertura pela Medicare e cujo rendimento anual bruto é inferior a \$3,765 por mês para uma pessoa solteira ou \$5,110 para um casal. O programa de Prescription Advantage é grátis para estas pessoas.

Telefone para 978-568-9638 x 476 para marcar um apontamento com Ana Terra-Salomão.

DATAS IMPORTANTES

- Dias 5, 12, 19 e 26 de Junho - Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.
- Dia 11 de Junho – Reunião dos Amigos do Senior Center às 9:30 da manhã.
- Dia 14 de Junho - Almoço “Grab and Go” às 11:30 da manhã no Senior Center. Telefone para 978-568-9638 a partir do dia de Junho para reservar o seu lugar. O custo é \$5.00 por pessoa. **Limitado a 70 pessoas.**
- Dia 14 de Junho – Sorvete do “Trombetta’s Ice Cream Truck” no Senior Center da 1:00 às 2:00 da tarde. Patrocinado pelo “Pleasant Hill Retirement Community” em Marlborough, MA.
- Dia 18 de Junho – Palestra grátis sobre saúde cerebral com Sarah Turcotte de “Bridges by Epoch” às 11:00 da manhã no Senior Center. Refrescos saudáveis serão servidos. Telefone para 978-568-9638 para reservar o seu lugar.
- **Dia 19 de Junho – O Senior Center estará fechado devido ao feriado de “Juneteenth”.**
- *Dia* 21 de Junho – Almoço do Dia dos Pais no Senior Center ao meio-dia. O custo é \$10.00 por pessoa. **Limitado a 50 pessoas.** Bilhetes a venda no Senior Center a partir do dia 5 de Junho.
- Dia 27 de Junho – Palestra sobre uniformes de combate do “Korean War” até os dias de hoje com Dave Accetta às 9:30 da manhã no Senior Center. Telefone para 978-568-9638 para reservar o seu lugar.
- **Dia 19 de Julho – Picnic Anual dos Amigos do Senior Center** das 11:00 da manhã até às 2:00 da tarde. O picnic terá lugar no Marlborough Fish and Game Club em Marlborough, MA. O custo é \$3.00 por pessoa. **Bilhetes à venda no Senior Center. O Senior Center estará fechado neste dia.**

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

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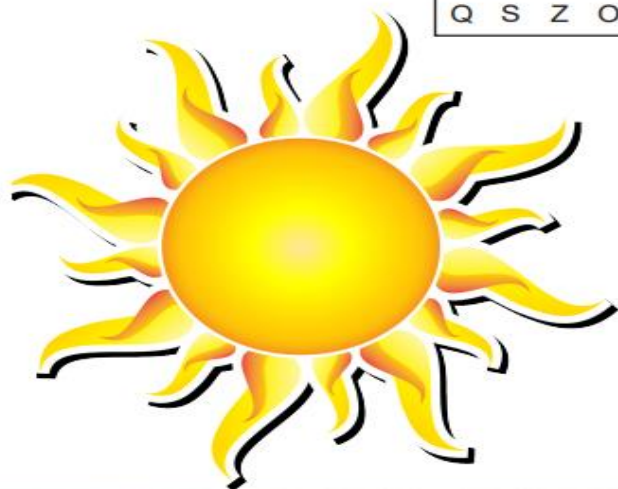
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DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

SUMMER FUN

AUGUST
BASEBALL
BEACH
CAMPING
FRISBEE
GAMES
GARDEN
GRASS
ICE CREAM
JULY

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



JUNE
OCEAN
OUTDOORS
PARK
PICNIC
PLAY
SANDALS

SHORTS
SNORKEL
SUNSHINE
SWIM
THUNDER
VACATION
WATERMELON



Monday	Tuesday	Wednesday	Thursday	Friday
3 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group	4 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 09:45a Billiards League 10:00a Open Paint Studio 10:30a New Real Estate Rules 10:30a Zoom Parkinsons class 01:00p Chess	5 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	6 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	7 08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge
10 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Hiking Trip 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day	11 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:30a Gift Shop 09:30a Legal Advice 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess	12 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mting	13 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 Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a Blood Pressure 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm	14 08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 11:30a Grab and Go Meal 12:15p Scrabble 12:30p Bridge 01:00p Ice Cream Truck 01:00p Memoir Workshop
17 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group	18 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 11:00a Brain Health 12:30p Movie Day 01:00p Chess	19 08:00a CENTER CLOSED	20 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	21 08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:00p Fathers Day Lunch 12:15p Scrabble
24 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 10:00a Mindful Living 11:00a Self Empowered Living 12:00p Crafting 12:00p Mah Jong	25 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	26 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Knit and crochet 10:00a Gift Shop 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	27 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:30a Blood Pressure 09:30a Gift Shop 09:30a Vets Talk Presentation 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	28 08:00a Library 08:30a AM Yoga 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 10:00a Tech Essentials for Seniors 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge