

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



Hudson Senior Center

Non-Profit Organization
U.S. Postage
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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
(No board meeting in July & August)

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.

JULY 2024 STATE REP. KATE HOGAN'S SENIOR NEWS



Memorial Day 2024

Following are remarks that State Representative Kate Hogan delivered on Memorial Day 2024 at Hudson's Memorial Day ceremony.

To all the Veterans here today, your families, our Commonwealth and a grateful nation thank you for your service and your sacrifice.

Last week, I was proud to vote to pass legislation in the Massachusetts House of Representatives that features more than a dozen reforms to modernize and increase access to benefits for Bay State veterans. The bill broadens the definitions of "veteran" to expand benefits eligibility; improves Massachusetts Veterans Memorial Cemeteries; specifies recognition of Gold Star families and when flags are to be flown at half-staff to recognize those killed in action; and includes local property tax abatements for Veterans, employer tax credit for hiring returning heroes, and RMV Sales Tax abatement, and many other updates, reforms and initiatives for our Veterans and their families. It is the most comprehensive veterans' services bill in 20 years.

On this Memorial Day, as we honor our Heroes, let us re-dedicate ourselves as Americans, to the ideals they stood up for and laid down their life to defend. For America's bedrock principle - that all men and women are created equal and free - still needs defending.

There is a rising disdain for our democratic ideals and institutions in places near and far. Around the world we see the rise of authoritarianism. Here at home attacks on the freedoms guaranteed and enshrined in our constitution occur in increasing numbers. Extremist activity, insurrection, harassment, hate speech, and violence has reached historic levels.

I can't think of a better way to commemorate the brave men and women who fought in the name of our country, and in service to her constitution and ideals than to understand that their sacrifice leaves us - all of us - a responsibility to keep fighting - in our own way. Let's honor our fallen service members by working as peacemakers and problem-solvers - wherever we are.

And let all of us better understand the lessons of history. Let us ensure that anti-semitism and racism - hate crimes of any kind - do not take root here, have no home and no friends here, and that they are not normalized or accepted. Let us remember and honor the fallen, and those who love them, by heeding to the ideals that they stood for: freedom, liberty, and democracy.

Now, and forever, those brave soldiers, sailors, aircrews, and marines, some as young and 18 or 19 years old, who have laid down their life for our country (and continue to do so) are the essence of all that is great about our country and it is their lives we grieve, but their decency, courage, and bravery we honor.

Their sacrifice is the true spirit of Memorial Day. As we listen to taps, stop and feel the humility that comes from standing here, together, and understanding the magnitude of their sacrifice for us. May their devotion and sacrifice instill among us the character, integrity, and courage we need to continue to build and protect a country with liberty and justice for all.

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

Hello to Everyone!



Summer is here and we are expecting some very hot days. If you do not have air conditioning, the Senior Center is an excellent place to cool off during the week. Just give us a call we will arrange to pick you up. Do not forget to stay hydrated by drinking plenty of water!

- Please join us on Friday, July 12th at 11:00 for the fascinating presentation of the book called **The Ammo Dump: A taking of Heritage**. Please see the write up in this newsletter. A light lunch is available for \$5.00. This presentation is recommended by the Hudson Historic Committee.
- Pleasant Hill Retirement Community will return with the Trombetta's ice cream truck on Friday, July 12th from 1:00-1:30. Thank you for this treat.
- Do not forget to sign up for our **Friends' Annual Cookout which is Friday, July 19th at the Marlborough Fish and Game at 1 Muddy Lane Marlborough MA 01752**. This is always a fun event. Cost is still only \$3.00. We look forward to seeing you there!!
- On Tuesday July 30th you will want to attend the **Mediterranean Diet!** This presentation also comes with a Specialty Mediterranean style boxed lunch. Cost is \$10.00 and limited to 30 people. Dave, the presenter, is GREAT!
- You will not want to miss an exciting afternoon of **Magic with Illusionist Lyn Dillies on Monday, August 12th at 1:30 at our center**. She is outstanding and you will have a great time. Cost is 10.00 don't forget to sign up for this!

The Hudson Senior Center extends heartfelt gratitude to the Westridge Cares group for their fundraising efforts. Their successful fundraising efforts allowed them to purchase Petco gift cards to help people facing difficulties affording pet food or supplies. For more details please see the Westridge Cares write up in this newsletter.

~Janice

Reminder: The Senior Center is CLOSED on Thursday, July 4th and Friday, July 19th for the Friends' Annual Cookout!



Hiking Day in Clinton at Reservoir/Dam Monday, July 8th at 9:00am

Small parking lot on right side of the road as soon as you pass
Clinton High School at 200 W. Boylston St. Clinton, MA.
Bring walking sticks and appropriate attire. Call to sign up!

Light Lunch and Learn Ammunition Dump

Friday, July 12, 2024 at 11:00am

Join us for an afternoon of local lore and history with the authors of a new and fascinating book, *The Ammo Dump: A Taking of Heritage*. Co-authored by Maynard historian Paul Boothroyd and his sons Paul Boothroyd, Jr. and Todd Boothroyd, the book explores the U.S. Army's seizure by eminent domain of some 3,100 acres of land spanning Maynard, Stow, Sudbury and Hudson in the spring of 1942.

Explore the who, how, and why. Learn about close-knit families in Maynard, Stow, Sudbury, and Hudson, Massachusetts, who lost their farms, their livelihoods. They not only had to find new places to live and work, they had to deal with the loss of all they had built. Their heritage was taken.

Croissant sandwiches, chips and water will be served. **Limited to 30 people. Cost to you is \$5.00**



Thank you to Pleasant Hill Retirement Community
Pleasant Hill Retirement Community will sponsor another visit from Trombetta's ice cream truck to the Hudson Senior Center on Friday, July 12th between 1pm-1:30pm.
Come by and enjoy a refreshing treat!



Grab and Go with Buffet Way
Monday, July 15th 1pm pick up at the Senior Center
Healthy Chicken Caesar salad with watermelon wedge.
Limited to 70 people. Cost to you is \$5.00 at pick up
Call to Sign up beginning: Wednesday, July 3rd



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!

Therapy Gardens Offers Options to Enhance Healthy Living
Join us as they present:



The Mediterranean Diet with a Mediterranean style boxed lunch
Tuesday, July 30th at 11:30am to 12:30pm
at the Hudson Senior Center

Did you know that the Mediterranean Diet helps prevent cancer, heart disease, and diabetes? It's the one diet that is definitively proven to work and has become the bedrock of healthy eating. Not only that, but the food is delicious! If this sounds good, then come learn how to put it into practice. Topics covered include how to follow the Mediterranean Diet, healthy eating, and some fantastic recipes. Great for people looking to follow a healthy and flavorful diet.

Limit is 30 people and cost to you is \$10.00 to help cover the cost of presentation and boxed lunch.

Tickets available in person beginning on: Wednesday, July 10th



"VETS TALK" A program for Veterans
Thursday, July 11th & 18th 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.

Save The date....



AN EXCITING AFTERNOON OF MAGIC WITH ILLUSIONIST LYN DILLIES

MONDAY, AUGUST 12TH 1:30pm

From the grand stages of New York's Lincoln Center to the glitter of Hollywood's magic castle, Lyn Dillies wows her audiences with her powers of prestidigitation. She is the highest awarded female illusionist in the country. Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, the enchanting personality of Lyn Dillies. Her show is guaranteed to fill your heart with magic!

Cost is \$5. Tickets available in person beginning Wednesday, July 24th



15-minute Legal Advice with Christine Boutin

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

Attorney Boutin will be available for private 15-minute sessions the second Tuesday of the 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. *Wait-list only*



Christine Boutin
Elder Law Attorney
Mirick O'Connell

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



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!

“Movie Day” at the Center

Here is the listing for the movies in July. **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, July 8th & Tuesday, July 9th – Arthur The King



Over the course of ten days and 435 miles, an unbreakable bond is forged between pro adventure racer Michael Light (Mark Wahlberg) and a scrappy street dog companion dubbed Arthur. Based on an incredible true story, ARTHUR THE KING follows Light, desperate for one last chance to win, as he convinces a sponsor to back him and a team of athletes (Simu Liu, Nathalie Emmanuel, and Ali Suliman) for the Adventure Racing World Championship in the Dominican Republic. As the team is pushed to their outer limits of endurance in the race, Arthur redefines what victory, loyalty and friendship truly mean.

Rating: PG-13 Runtime: 1hr 47min

Monday, July 22nd & Tuesday, July 23rd – The Boys in the Boat



The Boys in the Boat is a sports drama based on the #1 New York Times bestselling non-fiction novel written by Daniel James Brown. The film, directed by George Clooney, is about the 1936 University of Washington rowing team that competed for gold at the Summer Olympics in Berlin. This inspirational true story follows a group of underdogs at the height of the Great Depression as they are thrust into the spotlight and take on elite rivals from around the world.

Rating: PG-13 Runtime: 2hr 4min

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, July 1st & July 15th at 1pm

❖ Caregivers Support Group

Thursday, July 11th & 25th 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 **Payment due now** **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, July 9th 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.

Hudson Farmers' Market



Dates: June 18th - September 24th (no Market on 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.

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.



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.



July 10th - [The Baratas](#)

Four Friends coming together to play music we love from the 60s to now with our own twist

July 24th - [KO Trio](#)

Presenting an eclectic mix of Jazz, Blues, R&B, and Pop music spanning nearly a century.

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

- **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**
(No Chair Yoga Class on July 10th)
- **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**
(No Class on July 2nd)

Transportation News...

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



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 (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

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, July 3rd

Cold Menu: Tuna salad, potato salad and spinach w/mandarin orange salad

Hot Menu: Cheeseburger, zucchini & summer squash and macaroni salad

Thursday, July 4th ~Center Closed~

Wednesday, July 10th

Cold Menu: Tuna salad, potato salad, squash, zucchini and red onion salad

Hot Menu: Pot roast beef burgundy, mashed potatoes and green beans

Thursday, July 11th

Cold Menu: Turkey, swiss cheese, mayo, broccoli feta orzo salad, chickpea and cucumber & tomato

Hot Menu: Hot dog, coleslaw and baked beans

Wednesday, July 17th

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

Hot Menu: Chicken w/ creamy Italian sauce over buttered orzo and Scandinavian vegetables

Thursday, July 18th

Cold Menu: Turkey, swiss cheese, potato salad, squash zucchini and red onion salad

Hot Menu: Pot roast w/ gravy, mashed potatoes, peas and carrots

Wednesday, July 24th

Cold Menu: Egg salad, 3 bean salad, spinach & mandarin orange salad

Hot Menu: Alaskan Pollock, herbed rice and brussel sprouts

Thursday, July 25th

Cold Menu: Roast beef, provolone, broccoli slaw, garden shell pasta salad

Hot Menu: Macaroni & cheese, broccoli and cauliflower

Wednesday, July 31st

Cold Menu: Roast Beef, provolone, macaroni salad and spinach mandarin orange salad.

Hot Menu: Shepherd's pie and spinach

Suggested Voluntary Donation of \$3

Menu is subject to change



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, July 17t 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, 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!

OUTREACH

HOLLY RICHARDSON



Summer Safety

With the summer now upon us, it is important to be prepared for the hot weather, but also, the possibility of heavy storms. You should be staying informed of any weather updates; have a family emergency plan, prepare your home (secure any furniture that might be outside, remove dead or rotting trees that could fall during a storm) and I think most importantly, make an emergency kit. I think having an emergency kit is beneficial to have throughout the whole year. When creating an emergency kit, it is recommended to have the following items:

- Bottled water (they recommend a minimum of 3 days worth)
- Food- at least a 3 day supply of non-perishable items that don't need cooking (granola bars, cereal, dried fruit, nuts, crackers etc.)
- Tools/supplies- can opener, radio, flashlight, batteries, cell phone/charger
- Personal items- prescription medications, eyeglasses, dentures, clothes, shoes, personal care items, extra insulin, oxygen, medical alert bracelets if you have one
- Pets (if you own any)- collar, leash, crate, food, bowls
- First Aid kit

In addition to having all of these items in an emergency kit, it would be recommended to have any durable medical equipment readily available in case of emergency. These items would be canes, walkers, wheelchair/scooters. You should have your eyeglasses and hearing aids close as well.

Keep paths clear throughout the house in case of emergency!

In addition to being prepared for storms it is important to keep yourself safe during the hot weather!

Be sure to stay hydrated, use sunscreen, wear weather appropriate clothing, and be mindful of "cool" centers. If you don't have air conditioning or fans, be aware of centers/facilities that have air conditioning and that might be cooler than your home. The Hudson Senior Center has air conditioning, so come to our Center to stay cool!

Farmer's Market:

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. **We have not yet received these booklets, but hope to soon!**

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

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

DICAS DE SEGURANÇA DE VERÃO PARA OS IDOSOS

Os dias quentes de verão estão a chegar. O verão traz com ele alguns perigos para os idosos. Aqui estão algumas dicas para ajudar os idosos durante o tempo quente de verão:

- 1) **Beba bastante água.** O calor pode desidratá-lo rapidamente, por isso é importante beber bastante água durante o dia.
- 2) **Proteja a sua pele.** Use protetor solar quando estiver fora por um período prolongado durante o dia.
- 3) **Limite a sua atividade física e exercício.** Faça pausas regulares quando possível se tem que trabalhar ao ar livre e limite o exercício e atividade física durante o dia.
- 4) **Faça pausas frequentes para esfriar.** Quando passar muito tempo na rua no sol, é importante tomar pausas para permitir o seu corpo tempo para esfriar num local fresco.

DATAS IMPORTANTES

Dia 4 de Julho – O Senior Center estará fechado devido ao feriado do 4 de Julho (4th of July).

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

Dia 12 de Julho – Palestra sobre “Ammo Dump” com almoço às 11:00 da manhã. O custo do almoço é \$5.00 por pessoa. Patrocinado pelo “Pleasant Hill Retirement Community”. Limitado a 30 pessoas.

Dia 12 de Julho - Gelado grátis da 1:00 a 1:30 da tarde. Patrocinado pelo “Pleasant Hill Retirement Community”.

Dia 15 de Julho – “Grab and Go” Almoço a 1:00 da tarde do “Buffet Way” no Hudson Senior Center. O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 3 de Julho para reservar o seu almoço. Limitado a 70 pessoas.

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 “Marlboro Fish and Game Club” em Marlboro. O custo é \$3.00 por pessoa. O Hudson Senior Center estará fechado nesse dia. Bilhetes limitados a venda no Senior Center.

Dia 30 de Julho – Palestra sobre “Mediterranean Diet” com almoço às 11:30 da manhã no Senior Center. O custo do almoço é \$10.00 por pessoa. Limitado a 30 pessoas. Bilhetes a venda a partir do dia 10 de Julho.

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

6		8	1	2	3		7	9
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BARBECUE

BEACH

COOKOUT

FIRECRACKER

FIREWORKS

FLAG

FLIP FLOPS

FOURTH

FREEDOM

HEAT

HIKING

ICE CREAM

INDEPENDENCE

LEMONADE

OUTDOOR

PARADE

PARK

PATRIOTIC

S'MORES

SUMMER

SUNBURN

SUNSCREEN

SUNSHINE

SWIMMING

TRAVEL

WATERMELON

WATERPARK



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

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

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom 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 01:00p Bereavement Group	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 01:00p Chess	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 Gift Shop 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	08:00a CENTER CLOSED	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
8	9	10	11	12
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 10:00a Mindful Living 11:00a Self Empowered Living 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a 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	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:30a Gift Shop 09:30a Knit and crochet 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a 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	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 Ammunition Dump 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 01:00p Ice Cream Truck 01:00p Memoir Workshop
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22	23	24	25	26
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