

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



Non-Profit Organization
U.S. Postage
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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.

January 2025 STATE REP. KATE HOGAN'S SENIOR NEWS

Legislative Updates and Priorities for the 194th Session



As the New Year gets underway, it's time to set our goals and intentions for the year ahead. At the State House, 2025 marks the beginning of the 194th session of our general court. As we consider the year ahead, here are a few priorities of interest to senior residents that I expect will be on the agenda:

The Legislature worked hard throughout this past year to enact important legislation on a number of essential fronts, including **housing, clean energy and climate, jobs and economic development, long-term care, and benefits for our Veterans**.

These issues, as well as other **healthcare-related** issues like **prescription drug pricing**, will remain high on our list of priorities as we move forward in the new legislative session and file new bills and consider new spending plans and the annual budget. For our senior constituents, our aim is to embed improvements to current laws that make it easier and more accessible for seniors to safely and affordably remain in their communities.

The Legislature also recently passed a sweeping **Economic Development bill** that aims to strengthen Massachusetts' economic leadership, and also includes new policies to help alleviate the critical workforce challenges facing the health care sector. For example, Massachusetts is now part of the national nurse licensure compact and physicians previously authorized to practice medicine outside the United States are now able to practice in an underserved region of the Commonwealth. Addressing **PFAS contamination** in the Commonwealth remains a top priority of mine. I'm proud to have filed a comprehensive bill in the last session, *An Act to protect Massachusetts public health from PFAS* (or the Mass PFAS Act), that advances many recommendations from the Legislature's PFAS Interagency Task Force, which I created and co-chaired with Senator Julian Cyr, and aims to clean up existing PFAS contamination and prevent future contamination in the Commonwealth. It's rare that a bill is passed through both chambers and signed into law in the same session that it is first filed. The Mass PFAS Act came close and a provision from our bill that eliminates PFAS in firefighting protective gear was passed in a separate bill. We continue to work with counsel to strengthen the remaining omnibus bill and will re-file it in January.

I'm also proud to represent farms in the Third Middlesex District, many of which are family-owned, and to lead a joint legislative Commission on **Farms in the 21st Century**. The Commission held nine hearings over the past year and will soon release a report on our findings, with recommendations for ensuring our farms can adapt to changing economic, climate and energy conditions.

Throughout all of these legislative efforts all is an abiding concern that Massachusetts remains a welcoming and attractive place for all of our constituents, businesses, and visitors – especially our seniors. Please feel welcome to contact my office with any questions as the new legislative session unfolds.

Happy New Year!

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,



I hope you had memorable and happy times with your family and friends this holiday season. As this year ends, I like to reflect on our accomplishments. Here's a snapshot of what we achieved from January through December 2024:

1. **Social Service Team:** Holly, Ana, and Janice supported 1,065 seniors with 5,637 interactions, covering services like SHINE, fuel assistance, SNAP benefits, housing applications, case management, referrals, and collaborations.
2. **Transportation Program:** Assisted 164 Hudson seniors with over 5,455 round trips between Hudson and Marlborough. Virginia, Lennie, John, Jack, and Jim work together to ensure seniors reached their destinations safely and on time. Our State Formula Grant provides additional part time driver hours to support our food shopping program, special trips and to assist our full-time driver on busy days.
3. **Events, Program, Workshops:** Our organized events and programs attracted 1,019 individual senior center members and 608 guests, totaling 18,281 interactions, fostering socialization and education.
4. **DayBreak Social Day Program:** We were awarded a second \$30K grant from Springwell Elder Services to continue providing respite for caregivers and engaging activities for loved ones across Hudson, Northborough, and Marlborough Senior Centers.
5. **Infrastructure Enhancement:** The Friends of the Hudson Senior Center funded a new awning over our ramp. Our Friends group remain active and invaluable.
6. **Support from Council on Aging Board:** Our board continued to be very active, supportive and invaluable to the functions of our senior center.
7. **Audio-Visual Equipment Update:** Received a \$25K grant from Mass Councils on Aging to update our AV equipment, with design support from the Council on Aging Board.

Thank you to everyone involved in our 2024 achievements and wonderful memories. Wishing you all a happy and prosperous new year!

Friends Annual Fair Update: Congratulations to our Friends group for raising around \$9000 at the 2024 Annual Fair! This incredible achievement wouldn't have been possible without the dedication and hard work of our amazing volunteers. Words cannot fully express our gratitude to everyone who participated in this event. When we all work together, great things happen. On behalf of the Hudson Senior Center, thank you all so much!

- ❖ Please note that starting in December and going through January, Social Security will be mailing your 2025 Social Security Benefits Statements. This document outlines your financial Social Security benefit for 2025 and is needed for 2025 taxes. It is important to keep this document in a safe place.

Thank you ~ Janice

Reminder: The Senior Center is CLOSED on Monday, January 1st for New Year's Day & Monday, January 20th for Martin Luther King, Jr Day



Hiking Day at Delany Pond Monday, January 6th at 10am

Delaney pond in Stow same parking lot off Harvard road.
Bring walking sticks and appropriate attire. Call to sign up!



creativebug

Tuesday, January 14th at 2pm

Do you want to learn new craft techniques or improve your artistry?

Library staff will visit the Senior Center to present on how to use Creativebug, a database with thousands of award-winning art & craft video classes taught by recognized design experts and artists. Bringing your library card and device to the presentation will be helpful in setting up your Creativebug account. **You must call to sign up for this!**



Beginner Back to Basics with your iPhone or IPad Monday, January 13th at 1:30 pm

KevTech Services will simplify the process of using your iPhone and iPad. This class is designed for those with a beginner mindset. Whether you're interested in learning to take elegant photos on your phone, or just want to get back to the basics, this class is for you. KevTech Services will explain what the buttons on iPhone and iPad can do as well as other important areas of the devices, and accessing important tools. This class is limited to 20. Call to sign up.

iPhone for health and Emergencies Monday, February 24th at 11:00am

In this class, we learn how the iPhone can help in different emergency situations. We explore emergency contacts, using the SOS feature, voice activation, and more.

Call to sign up for these classes!



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

Friday, January 24th 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!!**



Left Center Right Dice Game with Diane Friday, January 17th at 1:00 pm – 2:00 pm

Left Center right is a dice game of luck and strategy. The senior center will provide snacks, but you could bring your own as well. **Please call to sign up for this so we know how many people will attend. Thank you**



**Travel
Presentation**

Tuesday, January 21st at 1:30pm at the Senior Center

TRAVEL PRESENTATION by Best of Times Travel

Join us for a Travel Talk. Some upcoming tour opportunities include: Dollywood, New York City, Flower shows, Fall foliage and many day trips for the upcoming 2025 year! More information to come in the January newsletter. Sign up at the front desk!

Save the date...



Valentine's Day Brunch

at the Senior Center



Thursday, February 14th at 10:30am

French toast casserole, quiche lorraine, croissant sandwiches and chocolate mousse.

Limited to 50 people. More information in February newsletter.

Sign ups and payment in person start Wednesday, February 5th

15-minute Legal Advice with Christine Boutin

Tuesday, January 14th 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.



Vase Collection

We are still collecting clean, used vases for Barbara Ziemplak's use at All Occasions Florist in Hudson. You may drop them off at the Hudson Senior Center and Diane Durand will gladly bring them to Barbara or you may choose to drop them off at the flower shop on Main St. yourself.

"Thank you for your recycling support!"



"VETS TALK" A program for Veterans

Thursday, January 2nd, 9th, 16th & 30th 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.



AARP TAX PROGRAM

Get your Taxes Done for Free

AARP Foundation Tax-Aide will again partner with the Hudson Senior Center to offer free income tax assistance and filing. Tax-Aide volunteers are trained and IRS certified to prepare most personal income tax returns except for returns with rental income, crypto-currency exchanges, and other less common types of items. For a complete list of what we can help with and documents needed to complete a tax return, visit [//aarpfoundation.org/TaxAide](http://aarpfoundation.org/TaxAide). The volunteers work hard to make sure you get every tax credit and deduction you have earned, especially the Massachusetts Senior Circuit Breaker credit of up to almost \$2500 for eligible seniors.

The program does not discriminate in any way, but is intended for low to moderate income taxpayers, with a focus on the elderly. Volunteers will offer in-person service at the Senior Center on **Tuesday mornings** from February 6 thru April 15.

Appointments are required; call the Center beginning **Thursday, January 16th** to schedule an appointment.

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



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

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.



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 for more information.

Monthly Support Groups at the Senior Center



Led by Alex O'Hare, Community Social Worker for the Town of Hudson

Call the senior center today to reserve a spot with these groups.

❖ Bereavement Group

Monday, January 13th & January 27th at 1pm

❖ Caregivers Support Group

Thursday, January 2nd & January 16th at 1pm



"Birds and Wildlife Photography in Massachusetts and Beyond"

January 8th Program



Shawn Carey, a **wildlife photographer** and teacher for Mass Audubon, will guide us through bird and wildlife photography decisions as he **shares some tricks** of the trade. He will **advise** us on the **correct** photo equipment and **where and when to photograph** in Mass and other locations that are well worth a visit. **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.

Shawn Carey's "Birds and Wildlife Photography in Massachusetts and Beyond" 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 for a Zoom link.



“Movie Day” at the Center



Here is the listing for the movie in January. **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, January 13th & Tuesday, January 14th - Reagan



Dennis Quaid stars as 40th U.S. President Ronald Reagan; who rises from actor to leader of the nation; in this captivating journey told through the voice of a former KGB officer. Also starring Penelope Ann Miller as Nancy Reagan.

Rating: PG-13 Runtime: 2hr 20mi

Monday, January 27th & Tuesday, January 28th - Conclave



CONCLAVE follows one of the world's most secretive and ancient events -- selecting the new Pope. Cardinal Lawrence (Ralph Fiennes) is tasked with running this covert process after the unexpected death of the beloved Pope. Once the Catholic Church's most powerful leaders have gathered from around the world and are locked together in the Vatican halls, Lawrence uncovers a trail of deep secrets left in the dead Pope's wake, secrets which could shake the foundations of the Church.

Rating: PG Runtime: 2hr

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)

Thursday, January 2nd

Cold Menu: Roast beef, provolone, potato salad and beet salad

Hot Menu: Chicken meatballs w/ teriyaki sauce, lo mein noodles and stir fry vegetables

Wednesday, January 8th

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

Hot Menu: Chicken meatballs, tomato basil wine sauce, penne pasta and Italian blend vegetables

Thursday, January 9th

Cold Menu: Roast beef, provolone, macaroni salad and zucchini salad

Hot Menu: Broccoli egg bake, home fries and stewed tomatoes

Wednesday, January 15th

Cold Menu: Roast beef, provolone, English pea salad, squash, zucchini and red onion salad

Hot Menu: Macaroni & cheese, riviera blend

Thursday, January 16th

Cold Menu: Mediterranean Turkey, pasta salad and riviera salad

Hot Menu: American chop suey and broccoli

Wednesday, January 22nd

Cold Menu: Turkey, swiss cheese, garden shell pasta salad and root vegetable salad

Hot Menu: Chicken Diane, seasoned orzo and California blend vegetables

Thursday, January 23rd

Cold Menu: California chicken salad, potato salad, cucumber, feta & onion salad

Hot Menu: Roast turkey w/gravy, mashed potatoes and root vegetables

Wednesday, January 29th

Cold Menu: Chicken romaine salad and broccoli feta orzo salad

Hot Menu: Pork w/ apples, roasted sweet potatoes and green beans

Thursday, January 30th

Cold Menu: Turkey, swiss cheese, garden sell pasta salad and Greek salad

Hot Menu: Chicken w/ sauté vegetable and, jasmine coconut rice

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



Hudson Senior Center Trips 2025



**Tuesday, January 21st at 1:30pm at the Senior Center
TRAVEL PRESENTATION by BEST OF TIMES TRAVEL**

♦ ♦ ♦

Monday, March 10th Celtic Angels Ireland with Celtic Knight Dancers and The Trinity Band Ensemble of Dublin Get swept away in the enchanting harmonies of the Celtic Angels as they present an impassioned homage to their beloved Emerald Isle. Plated meal of Corned beef and cabbage or baked schrod with salad, vegetables, breads, dessert, coffee and tea at Danversport, Danvers MA. Price includes meal, show, transportation and taxes. **Price: \$136.00**

Wednesday, April 23rd 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 loving tribute to the most famous female singing group of all time. 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 taxes. **Price: \$136.00**

The Dollywood Resort Package - May 4th - 9th, 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 • Full Day Admission to Dollywood Theme Park with Time Saver Pass & Reserved Seating at Select shows • Complimentary Shuttle Service to Dollywood Park • Tour of Historic Asheville, NC and the Blue Ridge Mountain Parkway • Tour of Great Smoky Mountains National Park • Admission to Anakeesta Theme Park in Gatlinburg, TN • Admission to the Biltmore Estate - Includes Estate Tour, the Biltmore Gardens, and the Biltmore Winery with Tasting Included • Best of Times Travel Tour Manager (Gratuity Included) • Luggage Handling & Taxes • Bus Driver Gratuities Not Included Program Price : **Just \$3499pp Double, \$4149 Single, \$3399pp Triple/Quad Occupancy**

Collette Travel/ AAA Travel:

Sunny Portugal Departing November 9, 2025



Lisbon, Alentejo, Algarve & Portuguese Riviera with optional 4-Night Madeira Island Post Tour Extension
Highlights....Lisbon • Choice on Tour: "Calcadas" Walking Tour or "The Way of the Cod" Tour • Belem • Cork Factory • Evora Alentejo • Lagos • Algarve • Portimão • Setúbal • Portuguese Riviera • Obidos • Sintra • Choice on Tour: National Palace of Sintra or Walking Tour • UNESCO World Heritage Sites 10 Days • 13 Meals: 8 Breakfasts • 2 Lunches • 3 Dinners

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: January ...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

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 sleeting 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. 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, January 14th at 9:30am

As reported in the December newsletter, this year's Fall Fair was a great success, thanks to all who generously volunteered their time, skills and creative donations. This year's fair raised over \$9000, by far the most successful fair ever!

The Friends will continue in the new year to discuss and plan ways to raise funds throughout the year. Please consider attending a meeting to share ideas and learn about ways to volunteer!

We are currently looking for volunteers to work in the Gift Shop. Our hours are Monday-Friday from 930am-1230pm. Please contact the front desk at 978-568-9638 or Deb DeLuca at 508-494-7225 if you are interested! We can also be reached via email at friendsofhudsonseniorcenter@gmail.com

YARN DONATIONS NEEDED! Our knit and crochet group is looking for donations of baby yarn to create the lovely baby sets, blankets, hats and booties which are on display in the Gift Shop. If you have yarn to donate, please drop off to the Senior Center front desk or call Deb DeLuca 508-494-7225 for pickup.

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.

ONCE AGAIN THE ANNUAL DUES ARE DUE IN JANUARY.

Please provide updated information and an emergency contact!

THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2025!

Payable to The Friends of the Hudson Senior Center

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

Friends of the Hudson Senior Center 2025 Dues

NAME _____

DUES \$ _____

ADDRESS _____

DONATION \$ _____

TELEPHONE _____

TOTAL \$ _____

EMAIL _____

EMERGENCY CONTACT _____

RELATIONSHIP _____

PHONE _____

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**

*(**No Cardio the week on January 20th & 27th. Class will resume on Feb. 3rd **)*

- **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)

*(**No Stretch the week on January 20th & 27th. Class will resume on Feb. 3rd **)*

- **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 7th **)*

- **Beginners Line Dancing Class - Fridays 10:00am Cost is \$10.00/month**

- **Beginner Plus: Beyond Beginner Line Dancing - Fridays 11am Cost is \$10/month**
*(**No class January 10th & 17th **)*



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**

*(**No Cardio the week on January 20th & 27th. Class will resume on Feb. 3rd **)*

- **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**

*(**No Stretch the week on January 20th & 27th. Class will resume on Feb. 3rd **)*

- **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, January 15th 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

No class in January

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

Open Painting Studio

Tuesdays 10:00-12:00pm

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

2nd Floor - Craft Room

Silver Threads Quilting Group

Thursdays and Fridays 9:00am

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

2nd Floor - Craft Room

Senior Center Lending Library

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

Group Activities

Bingo



Wednesdays 12:30pm

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

Looking for Crafts and Handmade items for the Gift Shoppe.

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

SHINE update:

We always make sure we bring a lot of attention to the Medicare Open Enrollment Period, BUT what if you forgot and didn't schedule your appointment to review your insurance? You may still be in luck to make changes during the Medicare Advantage Open Enrollment Period which is from January 1 until March 31. This Medicare Advantage Open Enrollment Period is ONLY for those who are enrolled in a Medicare Advantage Plan (HMOs, PPOs for example), not for those enrolled in a stand-alone drug plan with a Medigap (Medex for example). You MUST be enrolled in a Medicare Advantage Plan on January 1 to use this MA OEP (Medicare Advantage Open Enrollment). This can be used ONCE, and the new plan effective date is the first of the following month.

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

There are also SEPs (Special Enrollment Period) for those with plans that are not renewing for next year. If your plan is not renewed for the next contract year, you have a SEP between December 8, 2024 and the end of February, 2025 to change to another PDP or MA-PD. This applies to the following plans:

Mutual of Omaha PDP, Wellcare Medicare Advantage Plans, Commonwealth Care Alliance MA-PDs, and certain United Healthcare MA-PDs.

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

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

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

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

Answer key to
Sudoku puzzles

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

INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO
O MEU HORÁRIO É O SEGUINTE: SEGUNDAS À SEXTAS DAS 9:30 ÀS 3:30 DA TARDE.
O NÚMERO DE TELEFONE É 978-568-9638 EXT.476

“MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD”

De 1 de Janeiro de 2025 a 31 de Março de 2025, as pessoas com “Medicare Advantage Plan” (com Tufts, Harvard, Fallon, Blue Cross, etc.) podem trocar de plano de seguro. Durante este período pode mudar o seu plano de “Medicare Advantage” para outro “Medicare Advantage Plan” ou Medicare tradicional com um plano separado de medicamentos (“Medicare Part D”). Caso tenha algumas perguntas, não hesite em contactar o Senior Center.

PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO

Este inverno, precisa ajuda com as despesas de aquecimento? O programa do “SMOC” chamado “Fuel Assistance” pode ajudar. O auxílio é baseado no rendimento anual e o número de pessoas na família. Este programa começa no dia 1 de Novembro de 2024 até o dia 30 de Abril de 2025. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$49,196
2	\$64,333

INFORMAÇÃO IMPORTANTE

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

DATAS IMPORTANTES

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

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

Dia 14 de Janeiro – Consulta grátis com o Advogado Boutin às 9:30 da manhã. Telefone para marcar um apontamento.

Dia 16 de Janeiro – Primeiro dia para marcar um apontamento pelo ajuda grátis com os seus impostos do IRS. Os apontamentos são nas Terças de manhã do dia 6 de Fevereiro à 15 de Abril.

Dia 20 de Janeiro – O Senior Center estará fechado devido ao feriado do “Martin Luther King”.

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

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

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

AULD LANG SYNE

BABY

BALL

BALLOONS

CALENDAR

CELEBRATION

CHAMPAGNE

CLOCK

CONFETTI

COUNTDOWN

DANCING

DECEMBER

EVE

FATHER TIME

FIRECRACKER

FIRST

FLUTE

GAMES

Happy New Year!



GOWN	PARTY
HAPPY	RESOLUTION
HAT	SPARKLER
OURGLASS	STREAMER
INVITATION	TIMES SQUARE
JANUARY	TOAST
KISS	TRADITION
MIDNIGHT	TUXEDO
MUSIC	VOW
NOISE MAKER	YEAR

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	1	2	3
		08:00a CENTER CLOSED	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 Caregiver Support 01:00p Parkinsons Exer. pm	08:00a Library 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 Bridge 12:15p Scrabble
6	7	8	9	10
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Mindful Living 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 10:00a Hiking Trip 10:00a Self Empowered Living 12:00p Crafting 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 09:00a Food Shopping 09:30a 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 01:00p COA Brd Mtng	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 12:15p Bridge 12:15p Scrabble
13	14	15	16	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 01:30p Back to Basics	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 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Movie Day 01:00p Chess 02:00p Creativebug	08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 09:00a Food Shopping 09:30a Friends Meeting 09:00a Walking Club 09:00a Zoom Stretch Yoga Chair 09:30a Gift Shop 09:30a Knit and crochet 10:30a Genealogy 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 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 Caregiver Support 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 12:15p Bridge 12:15p Scrabble 01:00p Left Center Right Dice game
20	21	22	23	24
08:00a CENTER CLOSED	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess 01:30p Travel Presentation	08:00a Library 08:30a Billiards 08:30a Cribbage 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 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 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 10:00a Tech Support 11:00a Beginner Plus Line Dance 12:15p Bridge 12:15p Scrabble
27	28	29	30	31
08:00a Library 08:30a Billiards 08:30a Cribbage 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	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 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 Cribbage 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 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 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Bridge 12:15p Scrabble