

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



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



2025

Hudson Council on Aging
A Multi-Service Center

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

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

Social Services:

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

Senior Center Staff:

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

Social Activities:

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

Members of the Council on Aging Board:

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

Meetings:

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

The Friends of Hudson Seniors - 2nd Tuesday of each month at 9:30am

Executive Office of Elder Affairs partially funds this newsletter. Postage is paid by The Friends of Hudson Senior Center Inc. Occasionally the center provides speakers to help inform seniors regarding current senior issues. This type of forum is educational and allows seniors to ask questions for themselves. At no time is this to be construed as an endorsement from the Hudson Senior Center.



February is American Heart Month

Each year, more than 350,000 cardiac arrests occur outside of a hospital in the United States. More than 70% of those occur at home. When a person experiences cardiac arrest, survival depends on immediately receiving CPR from someone nearby. Especially if performed immediately, CPR can double or triple a cardiac arrest victim's chance of survival. Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work or in public.

Hands-Only CPR has two simple steps, performed in this order:

Step 1: Call 911 immediately if you see a teen or adult suddenly collapse.

Step 2: Push hard and fast in the center of the chest to the beat of a song with 100 beats per minute (i.e., "Staying Alive").

Throughout American Heart Month, join me and the American Heart Association in raising awareness about the importance of knowing how to perform CPR. Find more resources, including the Heartsaver® virtual training course, at cpr.heart.org. Learn CPR. Save a life. The power is in YOUR hands.



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

Upcoming Office Hours: February 7, 12 - 1 pm at the Hudson Public Library, Tavares Room and March 7, 12 – 1 pm at the Bolton Public Library, Community Room

Hello to Everyone,



February is Healthy Heart Month.

Kickstart your heart-healthy routine with the Hudson Senior Center's diverse range of fitness classes tailored to all fitness levels.

Your Heart Health Journey Starts Here at the Hudson Senior Center!

- **Chair Pilates:** Strengthen your core and improve flexibility while seated.
- **Chair Yoga:** Enhance your balance and mindfulness with gentle movements.
- **Stretch Class:** Increase your range of motion and reduce muscle tension.
- **More Exciting Classes:** Discover additional fitness options to keep you active and engaged.
- **Walking Club:**

In addition to physical fitness, we provide wellness programs designed to support your overall well-being:

- **Stress Reduction Class:** Learn techniques to manage stress effectively.
- **Meditation Class:** Cultivate mindfulness and inner peace through guided meditation.

For fun we offer:

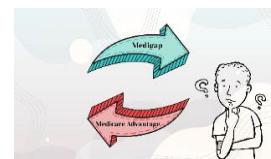
- **Line Dancing classes:** for beginners and beginners plus. A great form of exercise and fun as well. There are openings in both classes.

For more details, visit the fitness page in our newsletter and embark on your heart-healthy journey today!

A couple of special reminders:

- **Medicare Advantage Open Enrollment**

If you have a Medicare Advantage plan and forgot to make a change during Open Enrollment...Now's your second chance! From January 1st to March 31st, anyone with a Medicare Advantage plan is eligible to switch Advantage plans or revert to Original Medicare. Call the senior center and ask for a SHINE counselor to discuss your options. We can compare costs and benefits to help you decide which choice may be best for you.



If for some reason you do not have Medicare Part B, you can enroll now during the General Enrollment Period which is January through the end of March. You can call the senior center and ask for a SHINE Counselor for assistance.

- **Social Security Statement**

You should have received your 2025 Social Security Benefits Statement already. 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. If you need to contact the Framingham Social Security Office you can call them directly at 844-587-1390. Their office is located at 1 Clarks Hill, Suite Ste 101, Framingham, MA 01702

Thank you ~ Janice

**Reminder: The Senior Center is CLOSED on Monday, February 17th
for Presidents' Day**



Valentine's Day Brunch at the Senior Center

Friday, February 14th at 10:30am

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

Limited to 50 people. \$10/person

Tickets and payment in person start Wednesday, February 5th

Limit 4 tickets per person.



“Left, Center, Right” and “Nickels with Diane

Friday, February 7th at 1:00 pm – 2:00 pm

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

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



Hiking/ Snow Shoe Day

Monday, February 10th at 9:30am at Delaney pond in Stow, Mass

Bring walking sticks and appropriate attire. If snow levels permit, anyone wishing to snowshoe may do so by wearing their own snowshoes/poles or borrowing one of the 5 sets available at the Senior Center. Others may choose to walk with their own micro spikes if desired. Please notify Virginia at the Senior Center if you plan on borrowing snowshoes/poles. Call to sign up!

Back by popular demand...



creativebug

Tuesday, February 11th 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!**



Remember When.... Through Music

Friday, February 21st at 12:30 PM

**Experience the magic of music from the past with Mark Lanen,
one man bringing music to the stage.**

Sing along, dance, and enjoy classics from Elvis, Sinatra, Louis Armstrong, Nat King Cole, The Beatles, The Rolling Stones, Bob Seger, Billy Joel, Elton John,

Ray Charles, Van Morrison, Jerry Lee Lewis, Chicago, Paul Simon, The Mamas and the Papas, and some one-hit wonders! He will end with a patriotic song or two in honor of our country and veterans. Mark is a keyboard player, singer, and pop musician who has opened for the Doobie Brothers and Earth, Wind & Fire; a lifelong performer of dance and pop music. You don't want to miss this event!! Light refreshments and lots of fun! \$5.00 per person and max of 50pp

Ticket available in person beginning Tuesday, February 11th

KevTech Services class on 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!



What is Springwell Elder Services?

What Services do they provide and how can you access those services?

Please join Larry Poirier, Springwell's Outreach Manager on

Friday, February 28th at 11:00am

for an in-depth overview of Springwell Elder Services.

Springwell is the local Area Agency on Aging appointed by the Massachusetts Executive Office of Elder Affairs for the residents of Hudson. The agencies goal is to provide information, services and support in order to assist elders in the securing and maintaining of **independent living in a home environment**. This presentation will give a detailed overview of all the services that Springwell provides and how you can access those services. Please call to sign up



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

Friday, March 7th 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!!**



Movement for Osteoporosis Workshop presented by Debbie Ward, Yoga Instructor

Monday, March 10th 11am-12pm

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

SAVE THE DATE:



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



Wednesday, March 19th at 11:30am

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

Cost to you is \$10.00.

More information in the March newsletter on when to purchase tickets

15-minute Legal Advice with Christine Boutin

Tuesday, February 11th 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.



"VETS TALK" A program for Veterans

Thursday, February 6th, 13th & 20th 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 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

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, February 10th & February 24th at 1pm

❖ Caregivers Support Group

Thursday, February 6th & February 20th at 1pm

“Movie Day” at the Center

Here is the listing for the movie in February. 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, February 10th - Knox Goes Away



When a contract killer has a rapidly evolving form of dementia, he is offered an opportunity to redeem himself by saving the life of the adult son with whom he had been estranged. Directed and starring Michael Keaton. Also starring Al Pacino. Some violence and strong language.

Rating: R Runtime: 1hr 54min

Monday, February 24th -White Bird



Struggling to fit in at his new school after being expelled for his treatment of Auggie Pullman, Julian is visited by his grandmother and is transformed by the story of her attempts to escape Nazi-occupied France during World War II. Starring Helen Mirren, this movie is based on R.J. Palacio's book, White Bird: A Wonder Story is an uplifting movie about how one act of kindness can live on forever.

Rating: PG-13 Runtime: 2h 1min

SAVE THE DATE: April 17th, 2025 Senator Eldridge Presents the 44th Annual Senior Conference

State Senator Jamie Eldridge Presents:

44th Annual Senior Conference

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

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

 Workshops, Food, Raffle Prizes, & more!

 JBE
State Senator Jamie B. Eldridge
Massachusetts State Senate

Questions? Email: Bianca.DeSousa@masenate.gov

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, February 5th

Cold Menu: Italian tuna salad, quinoa tabbouleh salad, squash zucchini & red onion salad.
Hot Menu: Beef burgundy, garlic mashed potatoes and root vegetables

Thursday, February 6th

Cold Menu: Deli roast beef, provolone, balsamic pasta salad and cucumber carrot onion salad
Hot Menu: Swedish chicken meatballs, egg noodles and brussel sprouts

Wednesday, February 12th

Cold Menu: Deli roast beef, provolone, barley raisin salad & tomato zucchini salad
Hot Menu: Stuffed shells with tomato sauce, chicken meatballs and roman blend vegetables

Thursday, February 13th

Cold Menu: Chicken salad, orzo vegetable salad and broccoli slaw
Hot Menu: Broccoli & cheese stuffed chicken breast, whipped sweet potatoes and jardinere blend

Wednesday, February 19th

Cold Menu: Chicken Caesar salad and root vegetable salad
Hot Menu: Spinach & red pepper frittata, turkey sausage, red bliss potatoes and brussel sprouts

Thursday, February 20th

Cold Menu: Tuna salad, Italian pasta salad, spinach & mandarin orange salad
Hot Menu: Pollock w/ Dijon wine sauce, cous cous, peas and pearl onions

Wednesday, February 26th

Cold Menu: Mediterranean turkey pasta salad and roman blend salad
Hot Menu: Greek chicken, seasoned orzo and riviera blend veggies

Thursday, February 27th

Cold Menu: Deli roast beef, provolone cheese, potato salad and coleslaw
Hot Menu: Black bean & barley chili and fiesta blend veggies

Suggested Voluntary Donation of \$3

Menu is subject to change

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

*Answer key to
Sudoku puzzles*

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



Hudson Senior Center Trips 2025

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

Best of Times Travel:

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

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 plated luncheon meal choice of stuffed breast of chicken or baked schrod. Also includes minestrone soup, potato, vegetables, breads, dessert, coffee and tea. Price includes meal, show, transportation and tax **Price:\$136.00**

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 • Bus Driver Gratuities Not Included Program Price : Just \$3499pp Double, \$4149 Single, \$3399pp Triple/Quad Occupancy

Tuesday, June 17th Fleetwood Macked: Ultimate tribute to Fleetwood Mac

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

Tuesday, September 16th Rocky Mountain High: John Denver Tribute

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

Friday, October 24th Always Olivia: An Olivia Newton-John Tribute

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

Collette Travel/AAA Travel:

Sunny Portugal Departing November 9, 2025



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

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

Canyon Country featuring Arizona & Utah Departing April 17, 2026



Highlights....Scottsdale • Kaibab National Forest • Grand Canyon • Choice on Tour: Rafting on Horseshoe Bend or Rainbow Bridge Tour Bryce Canyon National Park • Zion National Park • Las Vegas 8 Days • 11 Meals: 6 Breakfasts • 2 Lunches • 3 Dinners. **Per Person Rates: Double \$3,999; Single \$4,999; Triple \$3,949** Included in Price: Roundtrip Airfare, Attraction, Miscellaneous, \$50 Offer (Air Booking Bonus BOS- (Dollar amount per person)), Air Taxes, Hotel Transfers. Not included in price: Insurance (\$429.00)

Transportation News...

Food Shopping Days Food shopping days are Tuesdays and Thursdays for all Hudson seniors.



Tuesdays & Thursdays

- Market Basket: pick-ups beginning at 9am
- Stop and Shop, Shaw's or Walmart: pick-ups beginning at 10am
- Stop and Shop, Shaw's or **Target**: pick-ups beginning at 10am
(Target: February 6th ...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 sleet and the schools are NOT closed, for your safety, we ask that you please delay coming to the center by at least 1 hour to allow town employees the time needed to shovel and treat walkways and ramp and to allow the bus driver time to clear the bus. Also, please call the center before you come to see if your class or program instructor is on schedule or has cancelled due to inclement weather. Thank you!

Medical Equipment Lending Program



For seniors in need of a wheelchair, walker, shower chair, transfer bench, commode or cane. The Senior Center can provide the item on loan at no charge, based on availability. 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, February 11th at 9:30am



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

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

Our annual Winter Sale will take place the first two weeks of March: 3/3/25----3/14/25. Handmade hats, mittens, scarves and afghans will be half price, along with selected red tag items. Please come and check out the Gift Shop. We are open Monday-Friday from 930am-1230pm.

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*
- **Chair Pilates with Jennifer Davidson** - Mondays at 9:30am. *Cost: \$10/month*
- **Stress Reduction with Qigong w/ Lou** - Tuesdays from 9:30 to 10:30am - *No charge*
- **Walking Club**: every Wednesday leaving the Center for 9:00am
- **Zumba with Linda**: Wednesdays at 11:15am – *Cost: \$10/month*
- **Mat Pilates with Jennifer**: Thursdays at 9:00am - *Cost: \$10/month*

This is a basic Mat Pilates class for those who are looking for a good workout to build overall muscle strength starting with the core using your own body weight. It will improve posture, flexibility and balance. Must complete Chair Pilates before enrolling in this class.

- **Stretch class with Sharon** - Thursdays 10:15 -11:00am
(The class will be limited to 20 people)
- **Afternoon Parkinson's Exercise class** Thursdays at 1pm - *Cost: no charge*

The first half of the class is conducted with participants in the seated position and work on optimizing, flexibility, range of motion and balance. The second half of the class is done standing up and emphasizes correct posture, balance, dexterity, flexibility and walking techniques.

- **Mat-based Yoga w/ Sharon**: Fridays at 8:30am – *Cost: \$10/month*
*(**Yoga will return on February 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*



Online Zoom fitness classes:

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

- **Zoom Cardio & Weights Class with Sharon** -Mondays and Wednesdays 8:30-9:15am
This class will consist of a small total body warm up, then an overall conditioning, toning and core strengthening workout. You should have a set of at least 5lb hand weights and a mat or comfortable rug for lying on. * There will be modifications for each exercise for those with orthopedic issue. *Cost: \$12/month*
- **Zoom Chair Pilates with Jennifer Davidson** – Mondays at 9:30am. *Cost: \$10/month*
- **Zoom Chair Stretch Yoga with Rebecca Reber** - Wednesdays at 9:00am. *Cost: \$10/month*
*(**No Chair Yoga on Wednesday, February 19th **)*
- **Zoom Stretch class with Sharon** - Thursdays 10:15 -11:00am - *No charge*
- **Zoom Parkinson's Class with Mike Bleecker**- Tues. at 10:30-11:30am- *No charge*



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, February 19th 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

1st Friday of the Month

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

Open Painting Studio

Tuesdays 10:00-12:00pm

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

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.

Annual Winter Sale

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

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

“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 e falar com Ana Terra-Salomao – 978-568-9638 x 476.

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.

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

DATAS IMPORTANTES

Dias 5, 12, 19 e 26 de Fevereiro - Grupo de croché às 9:30 da manhã. Venha fazer croché com um grupo alegre.

Dia 11 de Fevereiro – Consulta grátis com a Advogada Boutin das 9:30 às 11:00 da manhã. Telefone para marcar um apontamento.

Dia 11 de Fevereiro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 14 de Fevereiro – Brunch de “Valentine’s Day” às 10:30 da manhã no Senior Center. O custo é \$10.00 por pessoa. Telefone para os Senior Center, 978-568-9638 a partir do dia 5 de Fevereiro para reservar os seu lugar. **Limitado a 50 pessoas.**

Dia 17 de Fevereiro – O Senior Center estará fechado devido ao feriado do “President’s Day.”

Dia 21 de Fevereiro – Música com Mark Lanen às 12:30 da tarde no Senior Center. O custo é \$5.00 per pessoa. **Bilhetes a venda a partir do dia 11 de Fevereiro. Limitado a 50 pessoas.**

Dia 28 de Fevereiro – Palestra grátis sobre os serviços do “Springwell Elder Services” com Larry Poirier às 11:00 da manhã no Senior Center. Telefone para reservar o seu lugar.

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

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



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

ADORE
AFFECTION
ARROW
BE MINE
BELOVED
BOYFRIEND

CANDY
CHAMPAGNE
CHERUB
CHOCOLATE
CUPID
DARLING
DEAREST
FLOWERS

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

GIFTS
GIRLFRIEND
HEARTS
HUG
I LOVE YOU
KISS
LOVE
PINK

POEM
RED
ROMANCE
ROSES
SWEETHEART
VALENTINE



Monday	Tuesday	Wednesday	Thursday	Friday	
08:00a Library 08:30a Billiards 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 Self Empowered Living 12:00p Crafting 12:00p Mah Jong	3 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 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	4 08:00a Library 08:30a Billiards 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	5 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	6 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 Bridge 12:15p Scrabble 01:00p Left Center Right Dice game 01:00p Memoir Workshop	
08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Mindful Living 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Snowshoe Hike 09:30a Zoom Chair Pilates 10:00a Self Empowered Living 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group	10 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 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 01:00p Chess 02:00p Creativebug	11 08:00a Library 08:30a Billiards 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 01:00p COA Brd Mtng	12 08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break	13 08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 08:30a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break	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 10:30a Valentine Brunch 11:00a Beginner Plus Line Dance 12:15p Bridge 12:15p Scrabble
08:00a CENTER CLOSED	17 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 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	18 08:00a Library 08:30a Billiards 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 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo	19 08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Zoom Cardio/Weights 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	20 08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Food Shopping 08:30a Mat Pilates 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Bridge 12:15p Scrabble 12:30p Piano Man	21
08:00a Library 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 11:00a KevTech Iphone health and emergencies 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group	24 08:00a Library 08:30a Cribbage 09:00a AARP TAXES 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	25 08:00a Library 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	26 08:00a Library 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 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	27 08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Mat Pilates 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 11:00a Springwell Elder Services 12:15p Bridge 12:15p Scrabble	28