

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



**Hudson Senior Center**

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



**2024**

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

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

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

**Social Services:**

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

**Senior Center Staff:**

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

## December 2024 STATE REP. KATE HOGAN'S SENIOR NEWS



### Massachusetts Legislature Acts to Transform Long-Term Care

I'm very proud to share information on *An Act to improve quality and oversight of long-term care*, a comprehensive bill that marks the first major **legislative reform to Massachusetts' long-term care and assisted living facilities** in over a quarter of a century.

This legislation, developed in response to recommendations made by the 2020 Nursing Facility Task Force, will improve care and save lives, prevent abuse by eliminating bad actors, strengthen the workforce, and allow basic health services in assisted living residences (ALRs).

Highlights from the newly-enacted bill include:

**Enhanced state oversight and compliance**, including requirements that long-term care facilities file response plans with DPH to ensure they have measures in place to prevent the spread of disease, as well as requirements that DPH inspect facilities annually and review financial and litigation history, and a provision allowing DPH to install a temporary manager at a facility that fails to comply with state and federal law

A requirement that MassHealth and commercial insurers create a common transfer form to **speed up discharges and transfers**, and a two-year pilot program requiring prior authorization requests related to hospital discharges be completed by the next business day, even over the weekend, instead of the current two-day timeline

Programs to ensure that both long-term care facilities and assisted living residences are able to deliver basic health services and administer medication to residents

A new state fund to help the industry invest in both **workforce growth and capital improvements**

**A limit on MassHealth's estate recovery** to the minimum required by federal law and removal of estate recovery for residents receiving assistance under CommonHealth and Personal Care Attendant (PCA) services

A requirement that MassHealth study the cost and feasibility of changes to the eligibility requirements for Medicaid long-term care services with the goal of **reducing the time applicants spend awaiting discharge** from acute care

A streamlined process for licensing **small house nursing homes**

Protections to **prevent discrimination of LGBTQ+ seniors**, including employee training and a ban on discrimination for admission, care, access and room assignments

The legislation also includes a provision that I filed that offers **financial assistance to disabled seniors** through the use of pooled trusts, restoring the ability of disabled seniors to receive support from special needs pooled trusts for care and needs that are not covered by MassHealth.

For more detail on this important legislation, see <https://www.mass.gov/news/governor-healey-signs-bill-improving-access-to-high-quality-care-for-older-residents> and, as always, please contact my office with questions or if you need assistance.

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

*Hello to Everyone,*



## **Our Annual Fair was a success!**

We will report on the success of our Annual Fair in our January newsletter. However, I would like to personally thank everyone involved. The success of our Fair was the result of many dedicated individuals. Thank you to the Friends' Officers, the knitters, quilters, crafters, painters and those who created knitted animals and dolls, special thanks to the ladies who peeled apples, generously donated by Carver Hill Orchard in Stow, and rolled out enough pie crust to fill 60 pies! We are also grateful to those who made chowders, chili, sandwiches, coffee, and other delicious foods and those who volunteered on the day of the fair. The beautifully decorated gift baskets and numerous donated gift cards from Hudson businesses, significantly contributed to the success of this fair. Organizing and running a fair takes a tremendous amount of hard work, and only together can we achieve great things. We look forward to sharing the full report of the success of the Friends' Fair in our January newsletter. Thank you so much for your contributions and support!

### **A very special Thank you to Mr. George Danis for providing another Thanksgiving meal Hudson seniors**

This year marks the 14<sup>th</sup> year in a row of Mr. George Danis', owner of Plastic Molding Manufacturing in Hudson, generosity. This year he provided his Annual Thanksgiving meal to 175 Hudson seniors. Mr. Danis, Jody Heyward, and others from Plastic Molding Manufacturing were on hand to help senior center staff hand out the Thanksgiving meal from Buffet Way. The meal was delicious. We have a lot to be thankful for. Thank you, Mr. Danis!

### **A Heartfelt Thank You to the Hudson Rotary Club and Rail Trail Restaurant**

Our Hudson Rotarians and Rail Trail Restaurant teamed up to provide a delightful Free Breakfast for Hudson Seniors. They supplied and prepared a delicious meal including eggs, pancakes, bacon, fruit cups, juice, coffee, and more. Arriving at our center at 6:30 a.m. to start cooking, they served over 60 seniors! We are deeply grateful for their generosity and the time they spent making this wonderful meal possible. Thank you, Hudson Rotary Club and Rail Trail Restaurant.

### **A couple of important reminders:**

- December 7<sup>th</sup> is the last day to review your Medicare health and prescription drug plans for next year.
- 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.
- Mindfulness and Self empowered living classes return Monday Dec 16<sup>th</sup>. See the write-up in this newsletter



**Thank you ~ Janice**

*The Senior Center staff would like to wish everyone a wonderful Holiday season!!*

**Reminder: The Senior Center is CLOSED on Wednesday, December 25<sup>th</sup> for Christmas and Wednesday, January 1<sup>st</sup> for New Years Day.**



## Hiking Day at Gates Pond

**Monday, December 9<sup>th</sup> at 9:30 am**

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



## creativebug

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

Library staff will visit the Senior Center on **Tuesday, December 10<sup>th</sup> at 2 PM** 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!**

**Sold out**

## Worcester Men of Song; a Holiday Performance

**at the Hudson Senior Center**

**Wednesday, December 11<sup>th</sup> at 7pm -8pm**

**Doors will open at 6:30 pm**



Join us for a wonderful Holiday performance by the Worcester Men of Song as they sing our favorite holiday songs in perfect harmony. They sing as a group of over 20 men and in individual quartets. This will surely get you in the holiday spirit.



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

**Friday, December 13<sup>th</sup> at 10am**

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



## Holiday Luncheon, Buffet –Style,

**at Assabet's Epicurean Room Wednesday, December 18<sup>th</sup>**

**Starting at 11:30am. Cost to you is \$10.00**



Buffet Menu is: Bread, salad, chicken francese, haddock florentine, roasted vegetables, roasted potatoes and chef's choice for dessert. Limited to 75 people.

**Tickets available in person beginning Wednesday, December 4<sup>th</sup>**

## Left Center Right Dice Game with Diane Durand

**Friday, December 20<sup>th</sup> 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**



## 15-minute Legal Advice with Christine Boutin

**Tuesday, December 10<sup>th</sup> from 9:30am-11:00am**

Attorney Boutin will be available for private 15-minute sessions one Tuesday a month by appointment only. To book your private session please call the Hudson Senior Center at 978-568-9638 and leave a message on extension 471 or the front desk.





## **Mindful living with Lisa Campbell**

**Mondays 10am to 11am starting on Dec. 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> and January 6<sup>th</sup>.**

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

## **Self-Empowerment Group with Kathy Quinton**

**Mondays 11am to 12pm starting on Dec. 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> and January 6<sup>th</sup>.**

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



## **New Year's Eve Gathering at the Senior Center Tuesday, December 31<sup>st</sup> from 1pm- 2pm**

Let's ring in the New Year with a small get-together to enjoy each other's company and share the new year spirit with music, light catered appetizers and sandwiches. Feel free to bring in already packaged chips, snacks, cookies etc. You MUST sign up for this by calling 978-568-9638. Limited is 50 people. Only those who sign up can attend.

## **Beginner Back to Basics with your iPhone or iPad Monday January 13<sup>th</sup> 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.

## **"VETS TALK" A program for Veterans**

**Thursday, December 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> at 9am**



Vets Talk is a group of veterans who get together to talk about what's going on in the world or anything else that comes to mind. There's no agenda or structure, just the opportunity to shoot the breeze in a way only those who have served can do and understand.



## 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](https://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 16<sup>th</sup> to schedule an appointment.**

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



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

### 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.

**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 [lbbazarian@gmail.com](mailto:lbbazarian@gmail.com) for more information.**

## ***"Movie Day" at the Center***



Here is the listing for the movie in December. **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, December 16<sup>th</sup> & Tuesday, December 17<sup>th</sup>- It Ends With Us**



A woman who overcomes a traumatic childhood to embark on a new life in Boston and chase a lifelong dream of opening her own business. A chance meeting with charming neurosurgeon Ryle Kincaid sparks an intense connection, but as the two fall deeply in love, Lily begins to see sides of Ryle that remind her of her parents' relationship. When Lily's first love, Atlas Corrigan, suddenly reenters her life, her relationship with Ryle is upended, and Lily realizes she must learn to rely on her own strength to make an impossible choice for her future.

***Rating: PG Runtime: 2hr 10min***

### **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, December 2<sup>nd</sup> & December 16<sup>th</sup> at 1pm**

#### **❖ Caregivers Support Group**

**Thursday, December 5<sup>th</sup> & December 19<sup>th</sup> at 1pm**

### **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, December 4<sup>th</sup>**

Cold Menu: Turkey, swiss cheese, Greek pasta salad and coleslaw

Hot Menu: Beef stew and fiesta blend vegetables

#### **Thursday, December 5<sup>th</sup>**

Cold Menu: Roast beef, provolone, barley raisin salad and carrot pineapple salad.

Hot Menu: Chicken & pasta alfredo, zucchini and tomatoes.

#### **Wednesday, December 11<sup>th</sup>**

Cold Menu: Tuna salad, 3-bean salad and cucumber carrot onion salad

Hot Menu: Lasagna roll, tomato sauce, chicken meatballs and brussel sprouts.

#### **Thursday, December 12<sup>th</sup>**

Cold Menu: Hamm, swiss, ziti broccoli salad

Hot Menu: Beef pot roast w/ gravy, Italian roasted red bliss potatoes, honey glazed carrots & parsnips

#### **Wednesday, December 18<sup>th</sup>**

Cold Menu: Roast beef, provolone, English pea salad and beet salad

Hot Menu: Broccoli egg bake, roasted potatoes w/ red peppers & onions and stewed tomatoes

#### **Thursday, December 19<sup>th</sup>**

Cold Menu: Chicken salad, orzo vegetable salad and roman blend salad

Hot Menu: Roast turkey w/ gravy, butternut squash and brussel sprouts

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

Cold Menu: Tuna salad, broccoli feta orzo salad and purple cabbage coleslaw

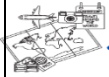
Hot Menu: Chicken a L'Orange over herbed brown rice and green beans & red peppers

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

***Menu is subject to change***



## Hudson Senior Center Trips 2025



### Travel Presentation

Tuesday, January 21<sup>st</sup> 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!



#### Monday, March 10<sup>th</sup> 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 23<sup>rd</sup> Supreme Reflections: The Ultimate tribute to the music of Diana Ross & The Supremes

Join us at the newly renovated Venus de Milo in Swansea, MA for a 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**

*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.*

#### 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)

*Informational flyers available at the front desk*



## Message from the Friends...

**Next Friends Meeting: Tuesday, December 10<sup>th</sup> at 9:30am**

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.

## Calendar Raffle

The Friends are excited to offer a Calendar Raffle that will be available to purchase until December 30<sup>th</sup> at the Senior Center. Drawings will be held daily in January. Each day is a specific cash amount. Winners will go back in the pot, thus have a chance to win again!

Calendar Raffle January 2025				1	2	3	4
5	6	7	8	9	10	11	
\$100	\$25	\$25	\$25	\$25	\$25	\$100	
12	13	14	15	16	17	18	
\$100	\$25	\$25	\$25	\$25	\$25	\$100	
19	20	21	22	23	24	25	
\$100	\$25	\$25	\$25	\$25	\$25	\$100	
26	27	28	29	30	31		
\$100	\$25	\$25	\$25	\$25	\$25		



**Ticket price is \$10.00 and available in this newsletter, which you can cut and mail in the bottom portion with a check or also available at the front desk.**

**THESE RAFFLE CALANDERS MAKE WONDERFUL GIFTS FOR CHRISTMAS AND HANNUKAH! FUN STOCKING STUFFERS AND A PERFECT "LITTLE SOMETHING" FOR FAMILY AND FRIENDS.**

## 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: December 5<sup>th</sup>...1<sup>st</sup> Thursday of the Month only!**)

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

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



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

## 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***  
(\*\*No Classes in December\*\*)
- **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***
- **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/mo***
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am - *No charge***
- **Zoom Parkinson's Class with Mike Bleecker- Tues. at 10:30-11:30am- *No charge***

**\*\*Annual Class Holiday Party on December 19th \*\***



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

**Wednesday, December 18<sup>th</sup> at 10:30am**

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

### Creative Groups

#### Craft Group

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

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

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

#### Knit & Crochet Group

**Wednesdays 9:30am**

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

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

#### Memoir Group

**No class in December**

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

#### Open Painting Studio

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

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

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

#### Silver Threads Quilting Group

**Thursdays and Fridays 9:00am**

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

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

### Senior Center Lending Library

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

### Group Activities

#### Bingo



**Wednesdays 12:30pm**

#### Bridge

**Fridays 12:15- 3pm**

#### Chess

**Tuesdays 1:00pm**

#### Cribbage

**Monday – Friday 8:30-11:30am**

#### Mah Jong

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

#### Billiard Room



**Monday – Friday 8:30-3:30pm**

2 tables available

#### Scrabble

**Fridays 12:15pm**



### Gift Shoppe

**Open: 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!

**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**



**PROGRAMA DO “SMOC” PARA AJUDAR COM O AQUECIMENTO**

Este inverno, precisa ajuda com as depressas 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
3	\$ 79,470

**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**

Dias 4, 11 e 18 de Dezembro - Grupo de croché às 9:30 da manhã. Venha fazer croché com um grupo alegre e fazer amigas novas.

Dia 10 de Dezembro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 10 de Dezembro - Consulta grátis com o Advogado Boutin à 1:00 da tarde. Para marcar um apontamento, telefone para o Senior Center.

Dia 18 de Dezembro – Almoço de Natal às 11:30 da manhã no “Assabet Valley High School” em Marlborough. O custo é \$10.00 por pessoa. Bilhetes a venda no Senior Center a partir do dia 4 de Dezembro. **Limitado a 75 pessoas.**

**Dia 25 de Dezembro – O Senior Center estará fechado devido ao feriado do Natal.**

Dia 31 de Dezenbro – Festa de Ano Novo grátis da 1:00 às 2:00 da tarde no Senior Center. **Limitado a 50 pessoas.** Telefone para o Senior Center para reservar o seu lugar.

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

**BOAS FESTAS PARA TODOS!! HAPPY HOLIDAYS TO EVERONE!!**

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

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

Answer key  
to Sudoku  
puzzles

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



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

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

8

# 12 Days of Christmas

1

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

6

2

9

7

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

3

10

5

12

CALLING BIRDS  
CHRISTMAS  
DAYS  
DRUMMERS  
DRUMMING  
FRENCH HENS  
GEESE

11

GOLDEN RINGS  
LAYING  
LEAPING  
LORDS  
MAIDS  
MILKING  
PARTRIDGE

4

PEAR TREE  
PIPERS  
PIPING  
SWANS  
SWIMMING  
TURTLE DOVES  
TWELVE



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group	<b>3</b> 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	<b>4</b> 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	<b>5</b> 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	<b>6</b> 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
<b>9</b> 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 Holiday Craft 12:00p Crafting 12:00p Mah Jong	<b>10</b> 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 01:00p Chess 02:00p Library Presentation	<b>11</b> 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 01:00p COA Brd Mting 07:00p Worcester Men of Song	<b>12</b> 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm	<b>13</b> 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
<b>16</b> 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 12:30p Movie Day 01:00p Bereavement Group	<b>17</b> 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	<b>18</b> 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 10:30a Genealogy 11:15a AM Zumba 11:30a Holiday Lunch 11:30a Lunch at Center 12:30p Bingo	<b>19</b> 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	<b>20</b> 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 01:00p Left Center Right Dice game
<b>23</b> 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	<b>24</b> 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Gift Shop 10:00a Open Paint Studio 01:00p Chess	<b>25</b> 08:00a CENTER CLOSED	<b>26</b> 08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Quilting 09:30a Blood Pressure 09:30a Gift Shop 10:15a Stretch break 10:15a Zoom Stretch Break 11:30a Lunch at Center 12:00p Mah Jong	<b>27</b> 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
<b>30</b> 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	<b>31</b> 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 01:00p New Years Eve			

# Calendar Raffle

## January 2025

5	6	7	8	9	10	11
\$100	\$25	\$25	\$25	\$25	\$25	\$100
12	13	14	15	16	17	18
\$100	\$25	\$25	\$25	\$25	\$25	\$100
19	20	21	22	23	24	25
\$100	\$25	\$25	\$25	\$25	\$25	\$100
26	27	28	29	30	31	1
\$100	\$25	\$25	\$25	\$25	\$25	

SPONSORED BY: FRIENDS OF HUDSON SENIOR CENTER

Calendar

**RAFFLE TICKET**

WINNERS WILL BE CONTACTED DAILY  
THROUGHOUT JANUARY 2025

NAME

PHONE