

**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



# 2024

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

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

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

### **Social Services:**

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

### **Senior Center Staff:**

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

### **Social Activities:**

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

### **Members of the Council on Aging Board:**

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

### **Meetings:**

**The Council on Aging Board** –2nd Wednesday of each month at 1:00pm  
(No board meeting in July & August)

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

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

**August 2024**

## **STATE REP. KATE HOGAN'S SENIOR NEWS**



### **Massachusetts Sales Tax Holiday Weekend**

This month, Massachusetts will once again have a sales tax-free weekend August 10 - 11.

The annual summer shopping tradition goes back many years and began as a way to boost local business.

In 2018, the weekend of relief for shoppers became statutorily-required as part of state legislators' "Grand Bargain" that also raised the minimum wage, created a state paid family and medical leave program, and phased out time-and-a-half pay on Sundays and holidays.

The sales tax holiday for 2024 will be held on Saturday, August 10 and Sunday, August 11. Most retail items of up to \$2,500, purchased in Massachusetts for personal use on these two days, will be exempt from collection of the state 6.25% sales tax.

The sales tax holiday applies only to eligible retail items bought online or in-person for personal use by residents. It does not apply to purchases of some specific goods or services, including:

- motor vehicles and motorboats
- meals
- alcoholic beverages, tobacco products and marijuana products
- telecommunications services like prepaid calls
- natural gas, steam, or electricity
- any single item whose price is more than \$2,500

All businesses that normally make taxable sales of tangible property in Massachusetts or to purchasers in Massachusetts and are open for business on August 10 and 11 must take part in the sales tax holiday.

If you were charged tax in error, the business that you bought your item from is responsible for giving you a refund of the tax you paid. To determine the amount of your refund, you should provide the business with proof of purchase.

Additional questions are answered on the Massachusetts Department of Revenue webpage at: <https://www.mass.gov/info-details/sales-tax-holiday-frequently-asked-questions>

**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.repkatehogan.com](http://www.repkatehogan.com) and on social media at @RepKateHogan.

## ***Hello to Everyone,***

I hope you are all enjoying the summer. With more hot days expected in August, it's important to stay cool. If you do not have air conditioning or inadequate air conditioning, call the senior center. We are happy to provide transportation so you can cool off at our center. You can relax in our library or engage in activities going on for the day. Please give us a call we are here to help!

The Hudson Senior Center is thrilled to share our participation numbers for fiscal year 2024 (July 1, 2023 – June 30, 2024).

**Transportation:** We provided 164 seniors with a total of 5,460 rides between Hudson and Marlborough.

**Social Services:** Our team assisted 1,094 seniors over 5,400 times.

**Events/Programs:** We had 1,594 people attend our various events and programs for a total of 18,427 times.

**Trips:** 130 People enjoyed day trips to destinations like the Encore Casino, Neil Diamond, The McCartney Years, Mama Mia and Newport Playhouse.

Overall, the Senior Center provided social services, programs, events, rides and more to 1,866 individual seniors over 30,352 times in FY24

A heartfelt thank you to our wonderful staff, fitness and wellness instructors, and everyone else who contributed to this outstanding achievement. Everyone's dedication has a tremendous impact at our center.

**Thank you ~ Janice**



### **Hiking Day at Gates Pond**

**Monday, August 5<sup>th</sup> at 9:00am**

Meet at Gates Pond. Bring walking sticks and appropriate attire.  
Call to sign up!

### **AN EXCITING AFTERNOON OF MAGIC WITH ILLUSIONIST LYN DILLIES**

**MONDAY, AUGUST 12<sup>TH</sup> 1:30pm**

From the grand stages of New York's Lincoln Center to the glitter of Hollywood's magic castle, Lyn Dillies wows her audiences with her powers of prestidigitation. She is the highest awarded female illusionist in the country. Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, the enchanting personality of Lyn Dillies. Her show is guaranteed to fill your heart with magic! **Cost is \$5. Tickets are still available**



### **Hudson Public Library Presents How to Download or Stream FREE Music**

**Tuesday, August 13<sup>th</sup> at 2PM**

Do you want to download or stream free music without having to come to the library? With your library card you have access to over 15 million songs in over 200 genres from Sony Music artists. Library staff will visit the Senior Center on Tuesday, August 13 at 2 PM to present on how to use Freegal. Bringing your library card and device to the presentation will be helpful in setting up your Freegal account. Please call 978-568-9638 to sign up. Don't miss this opportunity to get FREE Music.



Let's try something NEW

### Left Center Right Dice Game with Diane Durand

Friday, August 16<sup>th</sup> at 1:00 pm – 2:00 pm

Left Center right is a dice game of luck and strategy. Players start with a few chips and then take turns rolling the dice to determine which direction they should pass their chips. The first player rolls the three Left Center Right dice and what happens next is determined by what the dice reveal. Rolling a LEFT indicates how many tokens you pass to the LEFT. Rolling a STAR indicates how many tokens you put in the center. The object of LCR is to be the only player with any remaining chips. 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



Join us for an Ice Cream Social at the Hudson Senior Center  
Hosted by Sarah Turcotte from Bridges by EPOCH,  
Memory Care Assisted Living  
On Tuesday, August 20<sup>th</sup> at 1pm

In addition, Hudson Senior Center member Loretta Rosetti who just published her first book, a children's book about friendship will be on hand to briefly talk about her book. Don't miss this delightful afternoon of ice cream and fun conversation with friends. Please call 978-568-9638 to sign up! Limit 40 people



### Grab and Go with Buffet Way

Tuesday, August 27<sup>th</sup> at 12 noon pick up at the Senior Center

Chicken cordon bleu on a brioche roll, bow-tie pasta salad and a brownie cookie with white chocolate chips.

Limited to 70 people. Cost to you is \$5.00 at pick up

**Call to Sign up beginning: Wednesday, August 14<sup>th</sup>**



Hudson Appliance is sponsoring a FREE luncheon  
at the Senior Center



Tuesday, Sept 10<sup>th</sup>, 12 noon to 1pm

This luncheon will include: your choice of a grilled hamburger, cheeseburger or hot dog, and will be accompanied with potato salad, coleslaw, chips, water and dessert. Please call 978-568-9638 to sign up for this. We want to thank Hudson Appliance for this generous event and the volunteers who will be grilling and serving the food. Please let us know at the time of sign up your meal choice.

Limit of 50 people. ~ Sign up beginning Wednesday, August 21<sup>st</sup>.



**“VETS TALK” A program for Veterans**  
Thursday, August 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> & 29<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.

A special trip to the Auschwitz Exhibit in Boston  
Auschwitz, not long ago, not far away.  
An exhibit to shake the conscience of the World

**Monday, September 9<sup>th</sup> 2024**

In its regional premiere, more than 700 original objects are shown in the first traveling exhibition about the Auschwitz concentration camps. Through this daunting selection of objects from the Auschwitz-Birkenau State Museum in Poland, as well as more than 20 institutions and museums all over the world, this exhibition portrays the complex reality of the notorious camp while sharing first-hand stories from those who survived, and those who perished. **Cost to you is \$35.00**

The Hudson Senior Center will pay for the bus, thanks to the financial gift of Mr. Arthur Walker. Here are the details:

- Please arrive at the senior center by 9:15 am. We'll be leaving promptly at 9:30 am.
- Our tour starts at 11:00 am and will conclude between 12:30 pm and 1:00 pm.
- We'll depart from Boston by 1:30 pm.
- Enjoy a bagged lunch with a turkey and cheese sandwich, chips, and a refreshing drink for the ride home.

**Payments must be received at registration. Limit 30 people.**

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**Save the date:**

Learn how to make hearty homemade soups for the fall and winter with this Popular workshop by Therapy Gardens

**Tuesday, September 17<sup>th</sup> at 1pm**

Sign up with your payment beginning Wednesday, September 4<sup>th</sup>

Not only will you get great recipes but samples will be available. Cost is \$5.00



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

Here is the listing for the movies in August. 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, August 19<sup>th</sup> & Friday, August 23<sup>rd</sup> – Ezra**



EZRA follows Max Bernal (Bobby Cannavale), a stand-up comedian living with his father (Robert De Niro), while struggling to co-parent his autistic son Ezra (introducing William Fitzgerald) with his ex-wife (Rose Byrne). When forced to confront difficult decisions about their son's future, Max and Ezra embark on a cross-country road trip that has a transcendent impact on both their lives.

*Rating: R Runtime: 1hr 40min*

### **Monday, August 26<sup>th</sup> & Friday, August 30<sup>th</sup> – Unsung Hero**



Based on a remarkable true story, Unsung Hero follows David Smallbone as he moves his family from Australia to the States, searching for a brighter future after his successful music company collapses. With nothing more than their seven children, suitcases, and their love of music, David and his pregnant wife Helen set out to rebuild their lives. Helen's faith stands against all odds and inspires her husband and children to hold onto theirs. With their own dreams on hold, David and Helen begin to realize the musical prowess in their children, who would go on to become two of the most successful acts in Inspirational Music history: five-time GRAMMY Award®-winning artists for KING + COUNTRY and Rebecca St. James.

*Rating: PG- Runtime: 1hr 52min*



### **15-minute Legal Advice with Christine Boutin**

**Tuesday, August 13<sup>th</sup> from 9:30am-11:00am**

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



Christine Boutin  
Elder Law Attorney  
Mirick O'Connell

### **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, August 5<sup>th</sup> & August 19<sup>th</sup> at 1pm**

#### **❖ Caregivers Support Group**

**Thursday, August 1<sup>st</sup> & 15<sup>th</sup> at 1pm**

### **Nursing/Blood Pressure Clinic on Thursdays**



- ❖ 1<sup>st</sup> Thursday with Kathy 9:30am to 11am
- ❖ 2<sup>nd</sup> Thursday with Michelle 11:30am-12:30pm
- ❖ 3<sup>rd</sup> Thursday with Kathy 9:30am to 11am
- ❖ 4<sup>th</sup> Thursday with Janet 9:30am- 11am
- ❖ 5<sup>th</sup> Thursday with TBD 9:30am to 11am

Save the date...Hudson Senior Center presents..  
Travel Presentation on the following trips on Monday, September 30<sup>th</sup>

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**

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



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**Candlepin Bowling at Harvard Lanes**



The candlepin bowling alley in Harvard recently underwent a renovation and now has new lanes,  
balls, pins and a cafe seating area. Their website is here: <https://harvardlanescandlepin.com/>. They  
have recently told us that they are having a senior bowling day on **Wednesdays at 10am**. The cost is  
\$12 per week for up to 2 hours of bowling, and it includes complimentary coffee as well! There is no  
need to sign up, you can simply arrive at 204 Ayer Road in Harvard, MA (right off Route 2) on  
Wednesdays at 10am. There is no long term commitment either. You can email  
[hello@harvardlanescandlepin.com](mailto:hello@harvardlanescandlepin.com) or call (978) 456-0777 if you have any questions.



## Hudson Senior Center Trips 2024

### Wednesday, August 7<sup>th</sup> The Corvettes Doo Wop Revue

The Corvettes Doo Wop Revue is dedicated to preserving and performing the greatest music ever made - the music of the 1950's Doo Wop era. Their incredibly entertaining show and comical stage antics have left many a happy audience screaming for more! Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken Piccata or Wild Mushroom Risotto served with salad, potato, vegetables, breads, dessert and coffee/tea. [wait list only](#) Price: \$125.00pp

### Wednesday, October 23<sup>rd</sup> Rod Stewart- The Ultimate Tribute Show

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

Price: \$129.00pp

### Monday, October 28<sup>th</sup> -Thursday, October 31<sup>st</sup> The Ultimate Gambling Getaway

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

Price: \$1399.00pp double/ \$1899 single

### Wednesday, November 13<sup>th</sup> The Sicilian Tenors- Downton Abbey

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

Price: \$129.00pp

### Wednesday, December 4<sup>th</sup> Kenny & Dolly: A Smokey Mountain Christmas

"A Smoky Mountain Christmas", starring Wendy T and Dave Karl recreates the magic of Country Music's Favorite Couple - Kenny Rogers and Dolly Parton. This incredible show recreates their incredible - Once Upon A Christmas Album and their subsequent CBS special in 1984 titled Kenny & Dolly: A Christmas to Remember. Of course, no show would be completed without the full list of their greatest hits such as: The Gambler, Lady, Lucille, We've Got Tonight, Jolene, 9 to 5, I Will Always Love You, Coat of Many Colors, Islands in the Stream, and so many more. Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken parmesan or eggplant rollatini Also served with salad, potato, veggie, dessert and coffee/tea. No refunds for cancellations received after 10/31/24. No refunds for cancellations received after 10/10/24

Price: \$129.00pp

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

## Message from the Friends...

### Next Friends Meeting: Tuesday, August 13<sup>th</sup> at 9:30am

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

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

Please access Friends' activities and volunteer opportunities on our Facebook page: <https://www.facebook.com/profile.php?id=100086411695011> or send an email to: [friendsofhudsonseniorcenter@gmail.com](mailto:friendsofhudsonseniorcenter@gmail.com) for more information.

The FRIENDS is a nonprofit organization that raises funds to provide items for the Senior Center and Hudson seniors that are not provided by the Town of Hudson.

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

### Medical Equipment Lending Program



For seniors in need of a wheelchair, walker, shower chair, transfer bench, commode or cane. The Senior Center can provide the item on loan at no charge, based on availability. The Senior Center also has a variety of incontinence pads/underwear that have been donated. Please call the center to check on availability 978-568-9638.

### Hudson Farmers' Market



Dates: June 18<sup>th</sup> - September 24<sup>th</sup>

When: Tuesdays 3:30- 6:30pm

Where: Hudson Town Hall

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

**WestRidge Cares** has been kind enough to offer help to Hudson seniors who are



struggling with the cost of pet supplies. Animals provide companionship and love to their owners and want to provide the best care to their animals.



For some, it is difficult to pay for food and pet supplies. Petco gift cards will be donated to the senior center for seniors in need. If you or another senior you know is struggling to meet their animals' need, please call Alex O'Hare to complete eligibility screening.

### 2024 Wood Park Summer Concert Schedule

When: Wednesdays at 6:30pm weather permitting

Location: Wood Park - 65 Park Street, Hudson



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

#### August 7th - Slack

A multi-piece band, based in Hudson, playing Rock, Country, and Americana covers and originals

#### August 21st - Rhythm

A three-piece vocal band that some have compared to the "Manhattan Transfer" offering great dance and easy listening music from the roaring 40s to the 90s.

## 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*
- *line dancing* 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
- <sup>No Zumba  
Aug 7<sup>th</sup> &  
14<sup>th</sup>)</sup> Zumba with Linda: Wednesdays at 11:15am – *Cost: \$10/month*
- Mat Pilates with Jennifer: Thursdays at 9:00am -*Cost: \$10/month*

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

- Stretch class with Sharon - Thursdays 10:15 -11:00am  
(The class will be limited to 20 people)

- Afternoon Parkinson's Exercise class Thursdays at 1pm - *Cost: no charge*

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

- Mat-based Yoga w/ Sharon: Fridays at 8:30am – Cost: \$10/month
- <sup>No line  
dancing  
Aug 30<sup>th</sup>)</sup> Beginners Line Dancing Class - Fridays 10:00am Cost is \$10.00/month
- Beginner Plus: Beyond Beginner Line Dancing - Fridays 11:00am Cost is \$10.00/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*

- <sup>Chair</sup> Zoom Chair Pilates with Jennifer Davidson – Mondays at 9:30am. *Cost: \$10/month*
- <sup>Yoga on  
Aug 14<sup>th</sup>)</sup> Zoom Chair Stretch Yoga with Rebecca Reber - Wednesdays at 9:00am. *Cost: \$10/mo*

- Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am - *No charge*
- Zoom Parkinson's Class with Mike Bleecker- Tues. at 10:30-11:30am- *No charge*

## Transportation News...

**Food Shopping Days** Food shopping days are Tuesdays and Thursdays for all Hudson seniors.    **\*\*\*No Shopping on Tuesday, August 6<sup>th</sup> and Thursday, August 8<sup>th</sup>\*\*\***



### 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  
(1<sup>st</sup> Thursday of the Month only!) **NO Target for August**

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

### Lunches at the Center on Wednesday & Thursday at 11:30am

You must call at least the day before (before 11am) to order

*Call Kitchen to sign up at 978-568-9638 option #3 (meal on wheels)*

#### Thursday, August 1<sup>st</sup>

Cold Menu: Egg salad, Italian pasta salad and coleslaw

Hot Menu: Fish w/ Mediterranean sauce, buttered seasoned orzo and brussel sprouts

#### Wednesday, August 7<sup>th</sup>

Cold Menu: Chicken curry salad, squash, zucchini, red onion salad and 3 bean salad

Hot Menu: Tuna noodle casserole, Italian blend and vegetables

#### Thursday, August 8<sup>th</sup>

Cold Menu: Roast beef, provolone, balsamic pasta salad and cucumber dill salad

Hot Menu: Chicken broccoli divan over white rice and vegetable blend

#### Wednesday, August 14<sup>th</sup>

Cold Menu: Roast beef, provolone, barley raisin salad and tomato zucchini salad

Hot Menu: bbq chicken sandwich w/ mozzarella cheese and red onion

#### Thursday, August 15th

Cold Menu: Turkey, swiss cheese, mayo, lettuce, English pea salad, beet salad

Hot Menu: Pot roast with gravy, mashed potatoes, and jardinière blend vegetables

#### Wednesday, August 21st

Cold Menu: Egg salad, mayo, lettuce, barley raisin salad, and summer squash salad

Hot Menu: Pot Roast stroganoff over buttered noodles, cabbage and carrots

#### Thursday, August 22nd

Cold Menu: Chicken Salad, lettuce, Italian pasta salad, spinach mandarin orange salad

Hot Menu: Roast Turkey w/gravy, whipped butternut squash, zucchini and cauliflower

#### Wednesday, August 28<sup>th</sup>

Cold Menu: Roast beef, provolone, mayo, lettuce, potato salad, tomato zucchini salad

Hot Menu: Chicken stir fry, herbed white rice

#### Thursday, August 29th

Cold Menu: Turkey, swiss cheese, lettuce, balsamic pasta salad, carrot pineapple salad

Hot Menu: Fiesta fish, Italian roasted white potatoes, summer/spring blend

*Suggested Voluntary Donation of \$3*

*Menu is subject to change*



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

### No Class in August

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

**Friday, August 2<sup>nd</sup>  
from 1-3pm**

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

### Open Painting Studio

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

No teacher, but creative artists, willing to support others and work in different mediums of painting.  
2<sup>nd</sup> Floor - Craft Room

### Silver Threads Quilting Group

**Thursdays and Fridays 10:00am**

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

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 12:30- 3pm**

### Chess

**Tuesdays 1:00pm**

### Cribbage

**Monday – Friday 8:30-11:30am**

### Mah Jong

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

### Billiard Room



**Monday – Friday 8:30-3:30pm  
2 tables available**

### Scrabble

**Fridays 12:15pm**



## Gift Shoppe

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

### **Wednesdays 10am-1pm**

Looking for Crafts and Handmade items for the Gift Shoppe.

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

# OUTREACH

## HOLLY RICHARDSON



### SMOC update

We have noticed that SMOC is still processing some applications and appeals from the previous heating season of 2023-2024. If you have NOT heard back from SMOC at this point, please let us know so we can follow up accordingly. We have also been informed that there is somewhat of a delay in payments being posted and showing on accounts for those with gas heat. This does not apply for those with electric and oil. Please be advised that we have not yet been given the income guidelines for this upcoming season of 2024-2025. This will be posted in a future newsletter once this information has been made available to us. For applicants that are reapplying for this heating season, be on the lookout as they \*should\* start to send out your recertification applications in the coming months. If you would like assistance in completing these applications once you receive them, you can contact the Hudson Senior Center at 978-568-9638 and schedule an appointment with Ana, Holly or Janice. We will update you if there are any changes. Please be advised that as a NEW applicant, the heating season does not begin until November, and applications to apply for the first time are not available until closer to that time. There is NO age limit on this program, anyone can apply for this whether they are a senior or not.

### Farmer's Market Coupons

We still have a very limited amount of farmer's market coupons available. These can be used with participating farmers at approved Massachusetts Farmer's Markets, to purchase fruits, vegetables, fresh cut herbs and honey. These are \$50 booklets that can be used through October 31. These coupons cannot be used at the grocery store. Income guidelines do apply. Please contact Ana or Holly for eligibility and availability of coupons.

### HomeCare

If you are interested in learning more about homecare services and possible assistance you could be eligible for, call to schedule an appointment at the Hudson Senior Center. Help can be acquired by privately paying for services, or you can obtain homecare services through an organization if you meet the eligibility requirements. If one was interested in getting services through an ASAP (Aging Service Access Point) the agency that covers the Hudson area is Springwell Elder Services (formerly BayPath). There may be a wait list to get services, so if you are in need, it's a good idea to start the process sooner rather than later as we can't say how long the wait could be.

Springwell Elder Services also provides the Elder Nutrition Program, which offers Meals on Wheels to homebound seniors, and they also offer the same meal at the congregate lunch sites. Hudson is a congregate meal site for those that may not be aware, and we offer the meals twice a week on Wednesday and Thursday. If you are interested in getting meals delivered to your home as a homebound senior, there may be eligibility requirements you need to meet. Call the Hudson Senior Center to get more information, or call Springwell Elder Services directly by calling 508-573-7200 and ask to speak to someone in the Information and Referral Dept.

## INFORMAÇÃO DADA POR ANA TERRA-SALOMÃO

O MEU HORÁRIO É O SEGUINTE : SEGUNDA À SEXTA DAS 9:30 DA MANHÃ ÁS 3:30 DA TARDE. O NÚMERO DE TELEFONE É 978-568-9638 EXT. 476.

### DIAS DE IR ÀS COMPRAS!!

Os dias de ir às compras são terças-feiras e quartas-feiras para todos os idosos de Hudson a partir das 10:00 da manhã. Às **terças-feiras** pode escolher entre os seguintes supermercados: Stop & Shop, Shaws ou Walmart.

Às **quartas-feiras** vamos ao Market Basket a partir as 9:00 da manhã. **Limitado a 13 pessoas.** Por favor telefone para **978-568-9638** no dia anterior para marcar o seu lugar.

### GIFT SHOPPE

Venha visitar o nosso Gift Shoppe no Senior Center, segundo andar. As horas são Segundas, Terças, Qunitas e Sextas das 9:30 da manhã às 1230 da tarde. Quartas as 10:00 da manhã à 1:00 da tarde.

### DATAS IMPORTANTES

Dias 7,16, 21 e 28 de Agosto – Grupo de croché às 9:30 da manhã. Venha fazer croché.

Dia 12 de Agosto – Espectáculo de Magia com Lyn Dillies à 1:30 da tarde no Senior Center. O custo é \$5.00 por pessoa. Bilhetes a venda no Senior Center.

Dia 13 de Agosto - Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dia 13 de Agosto – Consulta grátis de 15 minutos com a Advogada Christine Boutin das 9:30 às 11:30 da manhã. Telefone para o Senior Center para marcar um apontamento.

Dia 20 de Agosto – Gelados grátis (Ice Cream Social) no Senior Center à 1:00 da tarde. Telefone para reservar o seu lugar. **Limitado a 40 pessoas.** Patrocinado pelo “Bridges by EPOCH”.

Dia 27 de Agosto – Almoço “Grab and Go” às 12:00 da tarde no Senior Center. O custo é \$5.00 por pessoa. **Telefone para o Senior Center – 978-568-9638, a partir do dia 14 de Agosto para reservar o seu almoço.** Limitado a 70 pessoas.

**Dia 2 de Setembro – O Senior Center está fechado para o feriado do “Labor Day”.**

Dia 10 de Setembro – **Almoço grátis** no Senior Center ao meio-dia. Patrocinado pelo “Hudson Appliance”.

O menu é hamburger, cheeseburger ou hot dog com salada de batata, coleslaw, chips e sobremesa. **Limitado a 50 pessoas.** **Telefone para o Senior Center a partir do dia 21 de Agosto 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!**

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ADVENTURE  
AMUSEMENT PARK  
AUGUST  
BACK TO SCHOOL  
BACKYARD  
BICYCLE  
CAMPFIRE  
CAMPING  
CORN ON THE COB  
FARMERS MARKET  
FIREFLY  
FLOWERS  
FRUIT  
FUN  
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PLAYGROUND  
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RELAXATION  
ROAD TRIP  
SAILBOAT  
STATE FAIR  
SUMMER  
SUNFLOWER  
SUNNY

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