

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



2026

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:

- Diane Durand- Chair - 978-621-9665
- Charles Corley – Vice Chair 978-568-8840
- Janet Saluk - Secretary -- 978-618-7124
- Nina Smith - Treasurer - 978-562-3077
- Trish Desmond - 508-654-0348
- John Gill – 978-568-1107
- Tony Monteiro - 978-562-6185
- Edward Silveira - 978-568-3438
- Susan Bleecker - 904-502-6114

Meetings:

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

The Friends of Hudson Seniors -1st Tuesday of each month at 9:30am

February 2026

STATE REP. KATE HOGAN'S SENIOR NEWS



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.



2 STEPS TO SAVE A LIFE

1 Call 911.

2 Push hard & fast in the center of the chest



Learn Hands-Only CPR.
Save a Life.

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

We have had a cold and snowy January. During snow events, your safety is our **top priority**. Please call the senior center before going out to make sure the parking lot, ramp and walkways have been cleared of snow and treated for ice. It's also a good idea to check whether your class or program has been cancelled or delayed, as winter weather may cause postponements.

Revised Senior Tax Work off Program

Thanks to the support of the Select Board and Town Manager, Mr. Tom Gregory, Hudson's Senior Tax Work-Off Program has been improved. Seniors who work 100 hours of service to the Town will receive \$1,500 off their property taxes. To fund this improvement, the Town has allocated \$15,000 for both Fiscal Years 2027 and 2028. There will be a limit of 10 jobs. Looking ahead, we plan to expand the number of available positions so that more eligible seniors can benefit from this opportunity.

To qualify you:

- Must be a resident of Hudson and 60 years or older at the time of application.
- Preference given to those with a household income of \$52,000.00 or less. Those with incomes over \$52,000.00 will be considered in the order they are received if all 10 slots have NOT been filled.
- Must occupy the property as their primary residence, owned by the applicant
- Must be able to do the work as outlined by the participating Town Dept.
- Selection Process: Participants are selected on a first-come, first-served basis due to limited program slots.
- Please contact Janice Long, Director at the Senior Center, 978-568-9638 for more information and simple application. Thank you

Breakfast Program Brainstorming Session with Janice & Staff Friday, February 20th at 9:30am

Join us for a delightful morning of coffee, light breakfast which includes western skillet- onion, pepper, eggs, cheddar, potato and french toast casserole with pecans on the side and engaging conversation. We want to hear your thoughts on new programming, activities, and presentations; what you like, what you'd like more of and how we can make future programs even better. Your input is important, and this is your opportunity to help shape our upcoming offerings. Come and enjoy good food, good company and great ideas! We can't wait to see you and hear your thoughts. You must call to sign up!

Elder Law Attorney Christine Boutin and Financial Advisor Katie Moore will present:

**What to do if your spouse manages the assets and you don't!
Wednesday, March 4th at 10:00**

Has your spouse or partner always managed the money in your relationship? Worried that you could not take over the money management if necessary? Join Elder Law Attorney Christine Boutin and Financial Advisor Katie Moore to learn strategies for planning for and protecting your own financial future. Bring your questions! Please call to sign up for this informative presentation.

iPhone learning series with KevTech and instructor Gus Dantas

Join us for a series of hands-on workshops that'll turn you into a smartphone superstar.

4 Different classes. Sign up for one, two or all four! At the Hudson Senior Center.

- **Wednesday, March 11th at 10:00am-11:15pm**

iPhone Essentials: Control Center and Files

This class covers essential features included in the iPhone and iPad. We learn to use tools such as a flashlight, timer, calculator, and alarm. We also explore the Files app, where we can scan documents and organize files.

- **Friday, March 27th at 11:00am -12:30pm**

iPhone Essentials 2: Find My, Wallet, and Translate

This class covers a variety of tools and features built into the iPhone and iPad. We learn to share our locations with our friends and family, make safe, secure payments with our phones, and converse in different languages using the Translate app.

- **Wednesday, April 8th at 10:00am – 11:15am**

Understanding iCloud and Your Apple Account

This class provides a general overview of the iPhone and iPad Settings app. We learn where to find information on our Apple accounts, manage the information stored on iCloud, and synchronize our devices.

- **Monday, April 27th at 11:00am – 12:30pm**

Navigating the Settings on iPhone and iPad

In this class, we explore the Settings app, examining ways to adjust our devices to suit our individual needs. We learn to access important information about our devices, update the software, and customize important features like Do Not Disturb, Face ID, and notifications.

Save the Date....



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



Wednesday, March 18th at 11:30

Corned beef, cabbage, carrots, potatoes, Irish bread/rolls, salad and a dessert buffet. Cost to you is \$10.00

Tickets available to purchase in person beginning Wednesday, March 4th

Limited to 80 people



Left, Center, Right and "Nickels" with Diane

Friday, February 13th 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. **Call to sign up!**



Hiking/ Snowshoe Day

Monday, February 23rd at 10:00am at Delaney pond

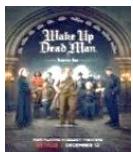
316 Harvard Rd Stow, MA

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 the Senior Center if you plan on borrowing snowshoes/poles. **Call to sign up!**



“Movie Day” at the Center

Here is the listing of the movies in February. Due to the limited space, you must sign up by calling 978-568-9638. Come and join us for the following movies at 12:30pm.



Make up from the snow day....

Monday, February 9th – Wake Up Dead Man: A Knives Out Mystery

Detective Benoit Blanc teams up with an earnest young priest to investigate a perfectly impossible crime at a small-town church with a dark history.

Rating: PG-13 Runtime: 2hr 24min



Monday, February 23rd – Eleanor The Great

In Eleanor The Great, June Squibb brings to vivid life the witty and proudly troublesome 94-year-old Eleanor Morgenstein, who after a devastating loss, tells a tale that takes on a dangerous life of its own. Scarlett Johansson's directorial debut is a comically poignant exploration of how the stories we hear become the stories we tell.

Rating: PG-13 Runtime: 1hr 38min



SOUPS ON!

Join us for **Soup and a Movie** on **Monday February 23rd**.

Enjoy a cup of hot Italian Wedding soup, crackers and a cookie!

You must call to sign up. Space is limited.



“VETS TALK” A program for Veterans

Thursday, February 5th, 12th & 19th at 9am

Every Thursday except the 4th Thursday of the month

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.

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.

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 MCOA.

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

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

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

**Answer key to Sudoku
puzzles**



15-minute Legal Advice with Christine Boutin

Tuesday, February 10th

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.



How to Qualify for MassHealth if You Have Missed the Five-Year Look-Back

By Christine Boutin, Of Counsel

Mirick

MassHealth (the Massachusetts Medicaid program) has the right to review all financial transactions for an applicant applying for long-term care benefits and the applicant's spouse in the five years prior to the application. This is called the "five-year look-back" period. MassHealth looks for "disqualifying transfers," which are transactions made for less than fair market value; in other words, a transfer of assets where a good or service of equal value was not received for the money exchanged. The most common example of a disqualifying transfer is gifting to children, grandchildren, or charities. When possible, clients work against the five-year look-back period by transferring assets to an individual or qualifying trust and then wait the five-year look-back period before applying for MassHealth.

What happens, though, when nursing home care is imminent, and you do not have five years to protect your assets? The good news is all is not lost. Protecting assets in this scenario depends on whether the applicant is married or not.

For a married applicant, the applicant retitles all possible assets into the name of the spouse who will remain at home. The spouse can then maintain the principal residence in their sole name and no more than \$162,660 of liquid assets (this amount changes each year). All excess liquid assets are transferred into a Medicaid-compliant annuity, which converts excess countable assets to a non-countable stream of income.

For a single individual, the applicant must liquidate all possible assets and transfer them into a pooled trust (also known as a d4C Trust, based on the federal statute that allows them).

MassHealth allows transfers into pooled trusts within the five-year look-back period because any assets remaining in the pooled trust upon the applicant's death will be paid in part to the non-profit that runs the pooled trust and in part to MassHealth, to reimburse them for expenses paid on the applicant's behalf during the applicant's lifetime. Any remaining funds can be paid to the beneficiaries designated by the applicant.

There may be additional planning options for applicants whose children live with them, siblings live with them, or who have a child or grandchild with disabilities. There are a lot of traps for the unwary with this type of planning, so it is always best to work with an experienced professional.

Editor's note: This column will appear in future newsletters. If you have a general probate, MassHealth or estate planning question that you would like answered in a future newsletter, please feel free to call Ellen Ganley at 508.860.1542 or email eganley@miricklaw.com with your question.



Message from the Friends...

Next Friends Meeting: Tuesday, February 3rd at 9:30am

We are working on our plans for 2026 and welcome all new and returning Friends' members!

This month our Gift Shop will feature handmade items with a Valentine's Day— American Heart Month theme. Please check us out! The Gift Shop is open Mon-Thurs from 930am-1230pm and Fridays from 10am-1pm.

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 and other items!

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.

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 5th...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

ONCE AGAIN THE ANNUAL DUES ARE DUE IN JANUARY.

Please provide updated information and emergency contact!

THEY ARE STILL ONLY \$7.00 PER PERSON FOR 2026!

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 2026 Dues

NAME _____

DUES \$ _____

ADDRESS _____

DONATION \$ _____

TELEPHONE _____

TOTAL \$ _____

EMAIL _____

EMERGENCY CONTACT _____

RELATIONSHIP _____

PHONE _____



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 2nd & 23rd at 1pm

❖ Caregivers Support Group

Thursday, February 5th & 19th at 1pm

AARP TAX PROGRAM

Get your Taxes Done for Free



INCOME TAX SEASON IS HERE

It is time to file your federal and state income tax forms. Many seniors think they no longer need to file tax forms. But perhaps they should. There are tax breaks that are available only to those who file tax returns. Among the best tax breaks is the Massachusetts Senior Circuit Breaker which provides up to \$2820 to qualified seniors – both homeowners and renters. Filing a tax return also prevents someone from using your Social Security number to commit tax fraud.

The AARP TaxAide program provides free income tax service at the Senior Center on Tuesday mornings. Certified TaxAide Volunteers can prepare most personal income tax returns including for a personal business. Some exceptions are for rental property; the sale of digital/crypto assets; personal businesses with inventory, employees, or depreciation including a home office. For a complete list of what we can help with and documents needed to complete a tax return, visit aarpfoundation.org/TaxAide.

The service is by appointment only. Appointments go fast! Call the center for an appointment now, even if you don't want an appointment until April. When you schedule your appointment, you will be asked to pick up instructions and a packet of forms to complete before your appointment.

Nursing/Blood Pressure Clinic on Thursdays. All weeks 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 to 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.

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 (meals on wheels)

Wednesday, February 4th

Cold Menu: Falafel sandwich and tomato salad

Hot Menu: Chicken marsala, roasted potato, broccoli and cauliflower

Thursday, February 5th

Cold Menu: Nicoise pasta salad with tuna and orzo mixed bean salad

Hot Menu: Chicken meatballs, pasta with sauce and mixed vegetables

Wednesday, February 11th

Cold Menu: Tomato herb pasta salad with chicken and pickled beet salad

Hot Menu: Beef stroganoff, egg noodles and mixed vegetables

Thursday, February 12th

Cold Menu: Honey mustard turkey sandwich, tomato pesto pasta salad and corn salsa

Hot Menu: Chicken parmesan, pasta with sauce and broccoli

Wednesday, February 18th

Cold Menu: Roast beef sandwich, potato salad and cucumber salad

Hot Menu: BBQ chicken, mashed potatoes and collard greens

Thursday, February 19th

Cold Menu: Tuna salad sandwich, corn salsa and pickled beet salad

Hot Menu: Pesta chicken, pasta and carrots

Wednesday, February 25th

Cold Menu: Chicken salad sandwich, corn and pickled beet salad

Hot Menu: Salmon cake, orzo and vegetable squash blend

Wednesday, February 26th

Cold Menu: Chicken Caesar salad, macaroni salad and cucumber salad

Hot Menu: Pot roast with gravy, mashed potatoes and garlic spinach

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



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!



Hudson Senior Center Trips 2026

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

Best of Times Travel:

- **Tuesday, March 10th Andy Cooney Irish Celebration**

The sights and sounds of Ireland come alive with Andy Cooney featuring The Guinness Irish band and Emerald Fire Irish Dance. This is a show that showcases Ireland's music, song, comedy and dance. Enjoy a plated luncheon at Danversport with your choice of Corned Beef and Cabbage or Baked Schod. Price includes transportation, plated lunch and show ticket. **Price: 142.00pp**

No refunds for cancellations received after 2/16/26

- **Thursday, April 16th Viva Las Elvis Tribute Show**

Dan Fontains is national award-winning tribute artist, recreating the look, sound, and feel of Elvis like no other. This concert features the Memphis Sun Mafia band bringing the show to life! Plated luncheon at Castleton Banquet Center in Windham, NH with your choice of Chicken Parmesan or Vegetable Lasagna. Price includes transportation, plated lunch and show ticket. **Price: 138.00pp**

No refunds for cancellations received after 3/15/26

- **Wednesday, June 24th Country Jamboree**

The national touring show is a trip down memory lane that takes you back to the glory day of country music. This song and dance spectacular is fully costumed and choreographed in the tradition that gave the music city its name. Hear songs by greats like Johnny Cash, Tammy Wynette as well as today's stars like Garth Brooks, Reba McEntire, Toby Keith, Miranda Lambert and more. Plated luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken Parmesan or Vegetable Lasagna. Price includes transportation, plated lunch and show ticket.

No refunds for cancellations received after 6/2/26

Price: 138.00pp

- **Tuesday, July 14th Tall Ships 2026**

Experience the wonder and excitement as we sail through Boston's historic harbor on the Provincetown II, capturing magnificent views of the fleet from the best vantage point - the water. This package includes a buffet brunch menu of French toast, quiche, bacon, breakfast potatoes, chicken picatta, pastries, orange juice and coffee at Danversport. Price includes transportation, Buffet brunch, Entertainment and Harbor Cruise. **Price: 165.00pp**

No refunds for cancellations received after 6/12/26

- **Thursday, June 25th Lake Winnipesaukee & Castle in the Clouds**

This adventure begins with a narrated scenic cruise on Lake Winnipesaukee while enjoying a buffet lunch as you soak in the breathtaking views of the surrounding mountains and islands. Later, journey to the mountaintop estate of Castle in the Clouds, a stunning Arts & Crafts mansion. Explore the mansion, learn about its fascinating history, and experience the grandeur of this turn-of-the-century masterpiece. Our Best of Times Tour Manager will provide engaging commentary throughout the day, enriching your experience with local insights and historical context. **Price: 199.00pp**

- **Thursday, September 3rd Boston Harbor BINGO Cruise**

This all-Inclusive escorted trip combines a gourmet buffet luncheon, live entertainment and competitive three rounds of bingo while sailing on The Spirit of Boston.

Price: 149.00pp

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**
No yoga in February
- **Line Dancing Class - Fridays 10:00am 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*
- **Zoom Chair Pilates with Jennifer Davidson – Mondays at 9:30am. Cost: \$10/month**
- **Zoom Chair Yoga with Rebecca Reber - Wednesdays at 9:00am. Cost: \$10/month**
- **Zoom Stretch class with Sharon - Thursdays 10:15 -11:00am - No charge**
- **Zoom Parkinson's Class with Mike Bleecker-Wed. at 10:30-11:30am- No charge**



Genealogy Family Research with Charles Corley at the Senior Center

Wednesday, February 18th at 10:30 am

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

Creative Groups

Craft Group

Mondays 12:00-3:00pm

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

2nd Floor - Craft Room

Knit & Crochet Group

Wednesdays 9:30am

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

2nd Floor - Craft Room

Memoir Group

Friday, January 9th at 1pm

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 12:15pm

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: Monday- Thursday 9:30am - 12:30pm

Friday

10am -1pm

Looking for Crafts and Handmade items for the Gift Shoppe.

Terminating Plans:

If you realized that you were one of the plans that was terminated for 2026, you are coming on the last few weeks to enroll into a new plan, due to the loss of your previous coverage. You have until February 28, 2026 to enroll into a new plan, whether or not it is a new Medicare Advantage Plan, or a PDP (Drug Plan) with supplemental. If your plan did not renew for the year, you currently only have original Medicare, so keep this in mind when going to any appointments, that you will be responsible for the set Medicare deductibles and coinsurance with any service.

Hudson Light and Power:

Hudson Light & Power will be offering a new low-income residential rate to customers that meet specific qualifications. This rate will be 20% off the rate portion of your electric bill. Contact the Hudson Senior Center or Hudson Light and Power for more information.

MA-OEP Reminder:

We are still in the Medicare Advantage Open Enrollment Period which is from January 1 until March 31. This Medicare Advantage Open Enrollment Period is ONLY for those who are enrolled in a Medicare Advantage Plan (HMOs, PPOs for example), not for those enrolled in a stand-alone drug plan with a Medigap (Medex for example). You MUST be enrolled in a Medicare Advantage Plan on January 1 to use this MA OEP (Medicare Advantage Open Enrollment). This can be used ONCE, and the new plan effective date is the first of the following month.

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

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

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

Mass Health Update:

Be on the lookout for mail from Mass Health. We have seen in the last few months eligibility reviews, but also, a change in requirement for proof of citizenship. In previous years this was not required if you were enrolled into Medicare, but recently, they have sent out letters asking for proof of citizenship by sending in either proof of birth certificate or passport. Once they have it on file, they stated they will not have to ask for this again. If you get a letter in the mail that seems rather vague and doesn't seem to request specific documentation, **DON'T** ignore it. Please call Holly or Ana for an appointment and we can assist with making sure the proper follow-up is taken.

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 2026 a 31 de Março de 2026, 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 2025 até o dia 30 de Abril de 2026. Para requerer este auxílio telefone para o Senior Center e fale com Ana Terra-Salomão.

Número de Pessoas na Família	Rendimento
1	\$51,777
2	\$67,709

DATAS IMPORTANTES

Dia 3 de Fevereiro – Reunião dos Amigos do Senior Center às 9:30 da manhã.

Dias 4, 11, 18 e 25 de Fevereiro - Grupo de crochê às 9:30 da manhã. Venha fazer crochê com um grupo alegre.

Dia 10 de Fevereiro – Consulta grátis com a Advogada Boutin às 9:30 da manhã. Telefone para marcar um apontamento.

Dia 16 de Fevereiro – O Senior Center estará fechado devido ao feriado do “President’s Day.”

Dia 20 de Fevereiro – Café com Janice e “staff” às 9:30 da manhã. Venha falar connosco sobre as suas ideias para os programas do Senior Center. Telefone para reservar o seu lugar.

Dia 23 de Fevereiro – Sopa e um Filme “Eleanor The Great” às 12:30 da tarde no Senior Center. Telefone para reservar o seu lugar.

Dia 4 de Março – Palestra grátis com Advogada Boutin e Finanical Advisor Katie Moore às 10:00 da manhã sobre finanças. 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!

	4	6	9		8
2				7	
5	8	1	2		
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		6	7	5	3
				8	
9		6			5
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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	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
O	G	V	O	A	H	E	C	U	B	Y	A	W	I	R
V	O	G	R	V	C	C	U	R	E	N	R	E	E	I
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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

POEM

HEARTS

RED

HUG

ROMANCE

I LOVE YOU

ROSES

KISS

SWEETHEART

LOVE

VALENTINE

PINK



Monday	2	Tuesday	3	Wednesday	4	Thursday	5	Friday	6
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shoppe 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 01:00p Bereavement Group		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 09:30a Friends Meeting 09:30a Gift Shoppe 09:30a Stress Reduc. 10:00a Open Paint Studio 01:00p Chess		08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Yoga Chair 09:30a Gift Shoppe 09:30a Knit and Crochet 11:15a AM Zumba 11:30a Lunch at Center 11:30a Valentine Lunch 12:15p Bingo		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shoppe 10:15a Stretch break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 10:00a Gift Shoppe 10:00a Line Dancing 10:00a Tech Support 12:15p Bridge 12:15p Scrabble 01:00p Memoir Workshop	
	9		10		11		12		13
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shoppe 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00n Crafting 12:00p Mah Jong 12:30p Movie Day		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 09:30a Gift Shoppe 09:30a Legal Advice 09:30a Stress Reduc. 10:00a Open Paint Studio 01:00p Chess		08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Yoga Chair 09:30a Gift Shoppe 09:30a Knit and Crochet 11:15a AM Zumba 11:30a Lunch at Center 12:15p Bingo 01:00p COA Brd Mtng		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shoppe 10:15a Stretch break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 10:00a Gift Shoppe 10:00a Line Dancing 12:15p Bridge 12:15p Scrabble 01:00p Left Center Right Dice game	
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08:00a CENTER CLOSED		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 09:30a Gift Shoppe 09:30a Stress Reduc. 10:00a Open Paint Studio 01:00p Chess		08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Yoga Chair 09:30a Gift Shoppe 09:30a Knit and Crochet 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:15p Bingo		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shoppe 10:15a Stretch break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Coffee w/Janice & Staff 10:00a Gift Shoppe 10:00a Line Dancing 12:15p Bridge 12:15p Scrabble	
	23		24		25		26		27
08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shoppe 09:30a Mon. Chair Pilates 09:30a Snowshoe Hike 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 09:30a Gift Shoppe 09:30a Stress Reduc. 10:00a Open Paint Studio 01:00p Chess		08:00a Library 08:30a Billiards 08:30a Cribbage 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:00a Walking Club 09:00a Zoom Yoga Chair 09:30a Gift Shoppe 09:30a Knit and Crochet 11:15a AM Zumba 11:30a Lunch at Center 12:15p Bingo		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Quilting 09:00a Vets Talk 09:30a Blood Pressure 09:30a Gift Shoppe 10:15a Stretch break 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm		08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 10:00a Gift Shoppe 10:00a Line Dancing 12:15p Bridge 12:15p Scrabble	