

**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

**April**

**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

**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.*

April 2024

## STATE REP. KATE HOGAN'S SENIOR NEWS



### Talking Book Library

Do you, or does someone you know, have trouble reading traditional print because of a disability? Whether the print is too small and strains your eyes; or you have trouble holding a book or turning pages; or if you have a reading disability, like dyslexia, you are eligible for free library services from The Worcester Talking Book Library.

The Worcester Talking Book Library provides free services to Massachusetts residents of any age who are unable to read traditional print materials due to a visual or physical disability. Library services are available for Massachusetts residents who:

- Are blind or have a visual impairment that makes them unable to comfortably read books
- Have a perceptual or reading disability
- Have a physical condition that makes holding or reading a book difficult.

### Free Audio Books, Large Print Books & DVDs delivered to your home

Providing mail-order service by telephone, as well as service on a walk-in basis, the Worcester Talking Book Library serves customers from 9 months to over 100 years old. There are many kinds of reading materials available in the Talking Book Library collection, including fiction and nonfiction, for both children and adults. Bestsellers, biographies, self-help, romances, mysteries, and magazines are just some of the materials that borrowers may select. In addition to books, patrons can also access described DVDs, magazines, NEWSLINE news service, and instructional music materials. The materials are mailed directly to your door and returned for free. Membership includes an easy-to-use audio player for books on cartridge with simple instructions. Patrons can also choose to download talking books onto their smartphone or tablet.

The Worcester Talking Book Library is located at the Worcester Public Library and is funded through an annual legislative appropriation administered by the Massachusetts Board of Library Commissioners. To apply for service, download an Application for Service from the TBL website, <https://talkingbook.mywpl.org/>, or request one by calling 1-800-762-0085.

If loss of vision or a physical or reading impairment is keeping you, or someone you know, from enjoying your favorite reading materials, please contact the Talking Book Library by calling (508) 799-1730 or (800) 762-0085, email [talkbook@mywpl.org](mailto:talkbook@mywpl.org), or visit <https://talkingbook.mywpl.org/>. You can also call my office for more information at (617) 722-2600.

**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.

**Upcoming Office Hours:** April 19, 12 - 1 pm at the Pompositticut Community Center, Stow

*Hello to Everyone!*



Happy Spring!!! April is going to be a very busy month. Senator Jamie Eldrige is hosting his Senior Conference on Thursday, April 18, 2024 at Assabet Regional Technical High School from 7:30 am – 2pm. See the flyer in our newsletter. That is such a fun event!

- We also want to let you know that we have openings in our Beginner Plus Line Dancing Class on Fridays at 11:00 am. If you are interested please call senior center.
- Our DayBreak Social Day Program has openings at the Hudson Senior Center. If interested please call the Hudson Senior Center at 978-568-9638.
- The Hudson Senior Center Gift Shop is looking for donations of custom and vintage jewelry; we appreciate any and all donations.
- We are offering a trip to Target, instead of Walmart, on Thursday, April 4<sup>th</sup>!! Enjoy 😊

~Janice

**Reminder: The Senior Center is CLOSED on Monday, April 15<sup>th</sup> for Patriots' Day**



**Hiking Day**  
**Friday, April 5<sup>th</sup> at 10 am**  
**at Wachusett Reservoir Aqueduct**

**Meet at the Aqueduct at 10am** Go past Clinton High School and parking lot is on right and Wachusett reservoir across the street from Parking lot. Clinton High School address is 200 West Boylston Street Clinton.

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



**Learn how to get FREE books, audiobooks, music, movies from the Hudson Library (Hoopla)**

**Tuesday, April 9<sup>th</sup> 2pm at the Hudson Senior Center**

Do you want free books, audiobooks, music, movies, or television programs without having to come to the library? Many digital materials are available to Hudson residents for free through the Hudson Public Library. Library staff will visit the Senior Center on Tuesday, April 9<sup>th</sup> at 2 PM to present on how to use Hoopla. Bringing your library card and device to the presentation will be helpful in setting up your Hoopla account. An email address is required to set up a Hoopla account. Call 978-568-9638 to sign up!!! You will love this!!

**Discover If You Qualify for the Medicare Savings Programs (MSP)**

**Friday, April 12<sup>th</sup> at 10am**

Join Holly and Ana for an informative session about the **Medicare Savings Programs (MSP)**. These programs are designed to assist individuals in paying for their **Medicare Part B Premium**, which currently stands at **\$174.70**. But that's not all—MSPs may also cover other costs, including **Part A and Part B deductibles, coinsurance, and copayments**. Don't miss out on potential benefits that could make a significant difference in managing your healthcare expenses.

Call 978-568-9638 to sign up for this informative presentation.

This event is partially funded by the kind donation of Joanne Frias of Hudson. We appreciate her generosity.



Buffet Way Catering is doing a Grab and Go meal on  
Friday, April 12<sup>th</sup>

Pick up time at the senior center is 1pm

Menu is: Chicken supreme with sauce on the side, rice pilaf, green beans and brownies. Cost to you is \$5.00

Signs up start on: Thursday, April 4<sup>th</sup> Limited to 70 people

What are the costs of a Funeral and how do you pre-plan for a Funeral.  
Tuesday, April 16<sup>th</sup> at 12:30 pm

Join us as Mr. Tom Grasso from Tighe Hamilton Funeral Home, in Hudson, will discuss the costs and options for funerals, guidelines for pre-paid funerals, how the funds are held and what the options are for pre-planning. Light refreshments will be served. Bring your questions. Please register for this presentation at the front desk or by calling 978-568-9638.



The Hudson Senior Center will sponsor a Baked Potato Bar on  
Tuesday, April 23<sup>rd</sup> at 12:00pm, cost is \$5.00

Potato toppings will include broccoli, cheese, bacon, chili, onions, sour cream.

Signups start on: Thursday, April 4<sup>th</sup> Limited to 50 people

This event is partially funded by the kind donation of Joanne Frias of Hudson. We appreciate her generosity.

*Save the date...* Mother's Day Tea Party at the Senior Center  
Friday, May 17<sup>th</sup> at 11:30am Cost is \$5

Menu is: Spinach salad, cucumber canapé (large size), chicken salad vernique croissant, roast beef mini knot sandwich with garlic aioli, kettle chips, raspberry lemonade tea with lemon garnish and gourmet assorted mini desserts including: cheese cake, cannoli, dipped strawberries.

Wear a Tea Party Hat to make this more festive! Limited to 50 people

Only 2 Tickets per person

Signups start: Tuesday, May 7<sup>th</sup>



“VETS TALK” A program for Veterans  
Thursday, April 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup> at 9am  
*Every Thursday except the 4<sup>th</sup> 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.

SENATOR JAMIE ELDRIDGE PRESENTS:  
**43rd Senior Conference**

**Thursday, April 18, 2024  
7:30 AM - 2 PM**

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

For more information, visit  
**SenatorEldridge.com/seniors**

Questions?  
**Bianca.DeSousa@masenate.gov**



**43RD SENIOR CONFERENCE | SENATOR JAMIE ELDRIDGE**



The Hudson Garden Club is sponsoring the presentation:

**“Blueberries In Your Home Garden” featuring Barb McIntosh  
Monday, April 15, 2024 at 6:00pm  
at the Hudson Senior Center**

She will be sharing her knowledge about how to successfully select, plant, grow and prune blueberry bushes. This event is open to the public, parking is free, refreshments will be served following the presentation and we kindly request a **\$5 per person donation from non-club members to help defray costs.**

Barb has been a gardener for over 40 years and a Master Gardener since 2016. She is a former volunteer Head Steward in the Trial Garden at Massachusetts Horticultural Society’s Gardens at Elm Bank. She is also a principal contributor in the Northeast Correctional Center in Concord MA in which she trains inmates on vegetable and landscaping techniques to assist them in securing a job when released. Barb also mentors Master Gardener students.

Should you have any questions, please contact me via email or phone at 978-621-9665. Thank you for your anticipated cooperation in submitting this information in your column.

Thank you,  
Diane Durand  
Publicity Chairperson, Hudson Garden Club



**15-minute Legal Advice with Attorney Arthur Bergeron**

**Tuesday, April 9<sup>th</sup> from 9:30am-11:30am (*Phone appointments only*)**

Attorney Bergeron will be available for private 15-minute sessions the second Wednesday of the month. 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. Thank you

## ***“Movie Day” at the Center***

Here is the listing for the movies in April. **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, April 8<sup>th</sup> – Nyad**



The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida. It stars Annette Bening as Nyad, with Jodie Foster and Rhys Ifans in supporting roles.

***Rating: PG-13 Runtime: 2hr 1min***

### **Monday, April 22<sup>nd</sup> – A Million Miles Away**



A Million Miles Away is an American biographical drama film detailing the life of José M. Hernández, a Mexican-American astronaut, who is played by Michael Peña. A biopic about his path from a farm worker to becoming an engineer and an astronaut. A tale of perseverance, community and sacrifice to accomplish a seemingly impossible dream.

***Rating: PG Runtime: 2hr 1min***

## **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, April 1<sup>st</sup> & April 22<sup>nd</sup> at 1pm**

### **❖ Caregivers Support Group**

**Thursday, April 11<sup>th</sup> & April 25<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

## **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.**



## Hudson Senior Center Trips 2024

### **Tuesday, April 9<sup>th</sup> Encore Casino**

Departs at 7:45am and returns around 4:15pm. Travel with your friends to New England's newest and most extravagant showcase, The Encore Boston Casino. With world class art and entertainment, Encore raises the bar! You will receive a Casino Bonus of \$20.00 Slot Play on arrival. Good luck to all!

**Price: \$35.00pp**

### **Wednesday, April 24<sup>th</sup> The Beach Boys Ultimate Tribute Show**

Best of Times Travel celebrates "America's Band" with the ultimate Beach Boys tribute show featuring Still Surfin. Still Surfin has been performing the greatest hits of the Beach Boys for over 20 years. Their performances are as true to form as the originals in concert, featuring the incredible five-part harmonies of the Beach Boys, so much so you just might forget this is a tribute show. Plated luncheon at Lake Pearl in Wrentham, MA with your choice of Stuffed Breast of Chicken or Vegetarian Lasagna served with salad, potato, vegetables, breads, dessert, coffee/tea. No refunds for cancellations received after 03/22/24.

**Price: \$129.00pp**

### **Monday, July 22<sup>nd</sup> Newport Playhouse Lobsterfest and "Nunsense: A Musical!"**

Enjoy a lunch buffet which includes, 1 1/4 lb. Boiled lobster, Mussels, corn on the cob, Roasted Chicken, BBQ Chicken and much more. You will also enjoy a cabaret and the play, "Nunsense". Nunsense is a hilarious spoof about the misadventures of five nuns trying to manage a fundraiser. Sadly, the rest of the sisterhood died from botulism after eating vichyssoise prepared by Sister Julia Child of God. Thus, the remaining nuns stage a talent show in order to raise the money to bury their dearly departed.

**Price: \$139pp**

### **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! In the tradition of legendary Doo Wop revivalists Sha Na Na, every Corvettes show is more than a concert - it's an all out Doo Wop Celebration! Plated Luncheon at Lake Pearl in Wrentham, MA with your choice of Chicken Piccata or Wild Mushroom Risotto served with salad, potato, vegetables, reads, dessert and coffee/tea. No refunds for cancellations received after 07/06/24

**Price: \$125.00pp**

### **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!

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

### *More trips to come*

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

## Message from the Friends...

### Next Friends Meeting: Tuesday, April 9<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 will have openings on the board for President and Vice President starting in July of 2024. Nominations will take place at the April meeting (4/9/24) and elections will be held in May (5/13/24). Please consider attending the April meeting to learn more!

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.



## Shred Days 2024

Shred Days are a great way to reduce the risk of identity theft and help the environment through recycling unwanted documents. To help make it easy for you, Avidia Bank is hosting a series of community shred days in 2024. E.L. Harvey & Sons, a professional document destruction company will be on site. Bring in your old mail, receipts, personal forms, credit card statements, and any other paperwork with your personal information and shred away. We want to help you protect your family's assets and privacy and keep you safe from identity theft, so the shredding is on us!

All shred day events are held on Saturdays from 9:00 am to 12:00 pm.

### 2024 Dates and Locations

- 4/20/24 – [Shrewsbury](#)
- 4/27/24 – [Northborough](#)
- 5/11/24 – [Avidia Financial Center, Pope St., Hudson](#)
- 6/1/24 – [Clinton](#)
- 9/7/24 – [Framingham](#)
- 9/14/24 – [Marlborough](#)
- 09/28/24 – [Leominster](#)
- 10/12/24 – [Westborough](#)

## 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 -Cost: no charge**  
*\*\* (No Class on April 16<sup>th</sup>)\*\**
- **Walking Club: every Wednesday leaving the Center for 9:00am**
- **Zumba with Linda: Wednesdays at 11:15am – Cost: \$10/month**
- **Yoga w/ Sharon: Wednesdays at 2:30pm – 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.

- **Beginners Line Dancing Class - Fridays 10:00am** Cost is \$10.00 a month
- **Beginner Plus: Beyond Beginner Line Dancing - Fridays 11:00am** Cost is \$10.00 a 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 Blecker- Tues. at 10:30-11:30am- No charge**

## *Transportation News...*

**Food Shopping Days** Food shopping days are Tuesdays and Thursdays for all Hudson seniors regardless of where you live.



### **Tuesdays & Thursdays**



**New**

- Market Basket: pick-ups beginning at 9am
- Stop and Shop, Shaws or Walmart: pick-ups beginning at 10am
- Stop and Shop, Shaws or Target: pick-ups beginning at 10am (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*

### **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, April 3<sup>rd</sup>**

Cold Menu: Egg salad, squash, zucchini, red onion salad & pea salad

Hot Menu: Mini ravioli, spinach alfredo sauce, chicken meatball

#### **Thursday, April 4<sup>th</sup>**

Cold Menu: Turkey, swiss cheese, macaroni salad & beet salad

Hot Menu: Cod w/ Dijon wine sauce, quinoa pilaf & riviera blend

#### **Wednesday, April 10<sup>th</sup>**

Cold Menu: Vegetarian chef salad w/ Italian dressing & tri-color pasta salad

Hot Menu: Pot roast stroganoff over buttered egg noodles & blend vegetables

#### **Thursday, April 11<sup>th</sup>**

Cold Menu: Tuna salad, quinoa tabbouleh salad & broccoli slaw

Hot Menu: Mixed bean and vegetable stew and broccoli & cauliflower

#### **Wednesday, April 17<sup>th</sup>**

Cold Menu: Egg salad over tossed garden salad w/ Italian dressing & garden shell pasta salad

Hot Menu: Salmon w/ honey mustard sauce, lo mein noodles & stir fry vegetables

#### **Thursday, April 18<sup>th</sup>**

Cold Menu: Chicken Caesar salad, potato salad & root vegetable salad

Hot Menu: Shepherd's pie and spinach

#### **Wednesday, April 24<sup>th</sup>**

Cold Menu: Roast beef, provolone, coleslaw and garden shell pasta salad

Hot Menu: Broccoli & cheese stuffed chicken sour cream & chive mashed potatoes & blend veggies

#### **Thursday, April 25<sup>th</sup>**

Cold Menu: Chicken salad, balsamic past salad & carrot raisin salad

Hot Menu: Beef pot roast w/gravy, Italian roasted white potatoes & roman blend veggies

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



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

Wednesday, April 17<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

**1<sup>st</sup> Friday of the Month from 1-3pm**

We have a writing group that meets at our center every Friday. 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

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, 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

### Medicare Savings Programs (MSPs)

MSPs (formerly known as the Mass Health Senior Buy-in and Buy in programs) are programs that can assist with Medicare premiums, deductibles, copays and coinsurance. There are different levels of MSP that offer different benefits. MSPs are run by Mass Health.

MSPs are NOT insurance plans, they are programs designed to help lower your Medicare costs.

MSPs work in conjunction with your Medicare or Medicare Advantage Plan benefits. It is important to understand that MSPs are not the same as Mass Health standard, or CommonHealth, which offer full comprehensive coverage, and can offer additional benefits beyond your Medicare.

If approved for the Specified low-income Medicare Beneficiary (SLMB) or Qualifying Individual (QI) benefit, Mass Health would pay for your Medicare Part B premium. The current cost of this premium for 2024, is \$174.70. Yes, that means if you were eligible for this benefit, you would not have the \$174.70 taken out of your social security benefit, and you would be able to keep your full check! If eligible for the Qualified Medicare Beneficiary (QMB), Mass Health would pay for your Part A Premium (if you didn't qualify for premium free Part A), pay for your part B premium of \$174.70, but also assist with your Medicare Part B cost sharing, such as deductibles, coinsurance under original Medicare, but also assist with copays if you have a Medicare Advantage plan. If eligible for any of these programs, in addition to receiving assistance with your Medicare costs, you would also automatically qualify for Full Extra Help with your prescription costs, which can save hundreds of dollars or more per year.

Why is this so significant now? Well, in the past there have always been income as well as asset limitations for these programs which would unfortunately disqualify many beneficiaries. As of March 1, 2024, the asset limitations have been removed. What does that mean? That means that we now only look at your income to screen for this program, and no longer your assets. To qualify, your countable income must now be:

Single: below \$2,385 monthly for the QMB program, and under \$2,824 for the SLMB/QI program.

Married: below \$3,237 monthly for QMB and under \$3,833 for SLMB/QI.

If you are interested in getting more information about these benefits, how it could affect your coverage, and want us to screen you to see if eligible call the Senior Center at 978-568-9638 and ask to speak to a SHINE counselor.

## 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.

### PROGRAMAS de ECONOMIA DE CUSTOS DE MEDICARE (MSPs)

Os MSPs (conhecidos anteriormente como os programas MassHealth Buy-In e Senior Buy In), são programas que cobrem alguns ou todos os prêmios, copagamentos e cosseguros dos beneficiários do Medicare. Os MSPs não são planos de seguro. São programas criados para ajudar a reduzir os custos da sua cobertura do seguro do Medicare. Os MSPs são sempre combinados com o Medicare e não oferecem nenhuma cobertura ou serviços adicionais que o Medicare não forneça. A ajuda é baseada nos rendimentos da pessoa/casal. Os limites máximos são os seguintes:

Pessoa Solteira		Casal	
Rendimentos		Rendimentos	
190% FPL	\$2,385 por mês	190% FPL	\$3,237 por mês
225% FPL	\$2,824 por mês	225% FPL	\$3,833 por mês

Para obter mais informações sobre este programa telefone para o Senior Center e fale com Ana Terra-Salomão.

### CONFERÊNCIA GRÁTIS PARA PESSOAS IDOSAS no “ASSABET VALLEY HIGH SCHOOL”, LICEU em MARLBORO

No dia 18 de Abril de 2024 das 7:30 da manhã às 2:00 da tarde haverá uma conferência grátis para pessoas idosas no “Assabet Valley High School” em Marlboro, MA patrocinada pelo Senador James Eldridge. Muita informação, comida e prêmios. Para mais informação viste: [SenatorEldridge.com/seniors](http://SenatorEldridge.com/seniors)

### DATAS IMPORTANTES

Dias 3, 10, 17 e 24 de Abril - Grupo de croché às 9:00 da manhã. Venha fazer croché com pessoas amigas. O grupo é para qualquer nível.

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

Dia 9 de Abril – Consulta grátis com o Advogado Bergeron entre às 9:30 e 11:30 da manhã por telefone. (15 minutos de consulta) Telefone para o Hudson Senior Center para marcar o seu apontamento.

Dia 15 de Abril – O Senior Center estará fechado devido ao feriado de “Patriots Day”.

Dia 18 de Abril – Conferência grátis para pessoas idosas no “Assabet Valley High School” em Marlboro, Ma com o Senador James Eldridge das 7:30 da manhã às 2:00 da tarde. Muita informação, comida e prêmios.

Dia 12 de Abril - “Grab and Go” Almoço à 1:00 da tarde no Hudson Senior Center. O menu é peito de galinha frita, arroz, feijão verde e “brownie”. O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 4 de Abril para reservar o seu almoço. Limitado a 70 pessoas.

Dia 23 de Abril – Almoço ao Meio-dia no Hudson Senior Center de Batata Assada (“Baked Potatoe Bar”) com queijo, brócolos, bacon, cebola, chili e sour cream. O custo é \$5.00 por pessoa. Telefone para o Hudson Senior Center – 978-568-9638 a partir do dia 4 de Abril para reservar o seu almoço. Limitado a 50 pessoas.

Dia 17 de Maio – Festa de Chá do Dia da Mães no Senior Center às 11:30 da manhã. O menu é chá, sandes e doces. O custo é \$5.00 por pessoa. Os bilhetes estarão a venda no Senior Center a partir do dia 7 de Maio. Limitado a 50 pessoas.

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





Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>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 01:00p Bereavement Group</p>	<p>2</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 09:30a Stress Reduc. 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess</p>	<p>3</p> <p>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 Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>4</p> <p>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 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>5</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 09:30a Hiking Trip 10:00a Beginners Line Dancing 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 01:00p Memoir Workshop</p>
<p>8</p> <p>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</p>	<p>9</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a AARP TAXES 09:00a Food Shopping 09:30a Friends Meeting 09:30a Stress Reduc. 10:00a Library Presentation 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Bergeron Advice 01:00p Chess</p>	<p>10</p> <p>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 Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 01:00p COA Brd Mtng 02:30p PM Yoga</p>	<p>11</p> <p>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 Gift Shop 10:15a Stretch break 11:30a Blood Pressure 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Caregiver Support 01:00p Parkinsons Exer. pm</p>	<p>12</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Quilting 09:30a Gift Shop 10:00a Beginners Line Dancing 10:00a Medicare Savings Programs 11:00a Beginner Plus Line Dance 12:15p Scrabble 12:30p Bridge 01:00p Grab and Go Meal</p>
<p>15</p> <p>08:00a CENTER CLOSED 06:00p Garden Club event Blueberries in gardens</p>	<p>16</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:45a Billiards League 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:30p Funeral Costs 01:00p Chess</p>	<p>17</p> <p>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 Knit and crochet 10:00a Gift Shop 10:30a Genealogy 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>18</p> <p>08:00a Library 08:00a Senior Conference 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 11:30a DayBreak 11:30a Lunch at Center 12:00p Mah Jong 01:00p Parkinsons Exer. pm</p>	<p>19</p> <p>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 Scrabble 12:30p Bridge</p>
<p>22</p> <p>08:00a Library 08:30a Billiards 08:30a Cardio/Weights 08:30a Cribbage 08:30a Zoom Cardio/Weights 09:30a Gift Shop 09:30a Mon. Chair Pilates 09:30a Zoom Chair Pilates 12:00p Crafting 12:00p Mah Jong 12:30p Movie Day 01:00p Bereavement Group</p>	<p>23</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:45a Billiards League 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 12:00p Baked Potato Bar 01:00p Chess</p>	<p>24</p> <p>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 Knit and crochet 10:00a Gift Shop 11:15a AM Zumba 11:30a Lunch at Center 12:30p Bingo 02:30p PM Yoga</p>	<p>25</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:00a Mat Pilates 09:00a Quilting 09:30a Blood Pressure 09:30a Gift Shop 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</p>	<p>26</p> <p>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 Scrabble 12:30p Bridge</p>
<p>29</p> <p>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</p>	<p>30</p> <p>08:00a Library 08:30a Billiards 08:30a Cribbage 09:00a Food Shopping 09:30a Stress Reduc. 09:45a Billiards League 10:00a Open Paint Studio 10:30a Zoom Parkinsons class 01:00p Chess</p>			