



The Quail Runner

For and By the Residents
of The Villages of Quail Run



November - December 2021

Began Publishing 2003
www.QuailRunHudson.com

Hudson, Massachusetts

UPCOMING EVENTS

ANNUAL HOLIDAY PARTY

Date: Saturday, December 11th
Where: The Community Center
Time: 7:00 PM

Cost: \$5.00 per person - BYOB
Appetizers and desserts will be provided by the Social Committee. If you wish to participate in our optional gift exchange please bring a NEW wrapped \$10.00 gift.

Please sign up at the Community Center on or before Monday, December 6th, or contact **Marlie Stott** at 978-567-5912.



LIGHT UP YOUR NEW YEAR

HAPPY BIRTHDAY PARTY FOR EVERYONE AND GAME NIGHT

Date: Saturday, January 15th
Where: The Community Center
Time: 7:00 PM
Cost: \$3.00 per person - BYOB



Please sign up at the Community Center on or before Monday, January 10th or contact **Bonnie DeRusha** at 508-481-6315 or **Carol Suslowicz** at 978-212-5141.

Annual Toys for Tots Collection

The Hudson Police will be collecting toys again this year. The time and date for drop-off will be announced to residents via the Quail Run Members email.



Contact person is **Marlie Stott**, 978-567-5912.

Holiday Stroll for the Quail Run Community hosted by the residents of 1-2-3 Autumn Drive on Saturday, December 18th!
Please see all the details on page 10.



Important Safety Information!

If you smell gas, do not wait, leave the premises immediately. Do not use your home phone or cell phone in your home. Do not assume someone else will call!

Move to a safe area and then call 1-800-592-2000 or call 911.

Do not smoke, light a candle or operate switches or appliances in the area. It could cause an explosion!

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The Quail Runner Staff

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 6/11 Autumn **Jane Pugsley**
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 2/4 Strawberry **Nicole Baker**
 5 Strawberry **Lee Rouse**
 6/8 Strawberry **Clare Moschella**
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 4/6 Rotherham **Harry Morgan**

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Newsletter Published the last week of January,
 March, May, July, September and November.

Newsletter Article Deadlines, articles must be sub-
 mitted to the QR editor by the 23rd of the month listed
 above to be included in the newsletter.

**You can view all the back issues of the Quail
 Runner Newsletter on:**
www.QuailRunHudson.com

Vacation Delivery

Give your Circle Reporter or the Editor a long
 envelope with two first class stamps, and print
 your name and vacation address on the envelope.
 Or you can view all published issues online at:
www.QuailRunHudson.com

Editor's Desk, Kareen Shaw

Lots of news this month!
 Please read the article on Windows 10 vs
 Windows 11, and also an article on "Is
 your smartphone going to work in 2022?"



Holiday activities, celebrations, events and singing will
 take place in downtown Hudson on December 4th and
 also will be offered in our Quail Run neighborhood on
 December 18th.

We have an article listing many of the activities and
 programs offered at the Hudson Senior Center that you
 may not be aware of.



We have a new advertiser for the *Quail
 Runner Newsletter* - Audiology Affiliates,
 159 Union Street, Marlborough. See page
 12 for details.

*Searching for an Advertising Manager for the Quail
 Runner Newsletter. If interested, please contact
 Kareen Shaw, kareenshaw@comcast.net.*

Real Estate at Quail Run

For Sale - 9C Autumn Drive, A Style,
 \$399,900
 - Submitted by **Barbara Kansky**



*Su Bohall and Bev Minot will be collecting
 2022 calendars, note pads, and greeting
 cards for the Veterans again this year.
 Please drop off your donated items on the
 front porch at 8F Strawberry Lane.
 Thank You!*

Our Board of Governors

Mike McCormack Mocrown@verizon.net 978-562-
 1266
Dave Bernhardt dbernhardt@twotonedog.com 978-
 568-1671
Pat Ritter-Waltrup ritterwaltrup@gmail.com 978-562-
 5227
Klaus Schneller kssmet@verizon.net 978-562-1779
Diane Bemis dianegbemis@yahoo.com 978-310-7676

This information appears on page 2 in the *Quail Run
 Directory*.

*BOG Monthly Meetings are open to all Quail Run
 unit owners, please check for dates and times on the
 Quail Run website.*

HEALTHY LIVING

by Peggy Rittenhouse

SILENT HEART ATTACKS



According to the *Harvard Health Letter*, silent heart attacks (SMI's) account for a shocking 45-50% of all heart attacks.

They're called "silent" because their signs and symptoms are commonly minor or brief. When SMI's do present with chest discomfort it's typically mild. That's why these attacks are often ignored, or mistakenly attributed to other causes such as heartburn or muscle pain. SMI's can create scar tissue in the heart and raise the risk of a second and even more dangerous heart attack. The good news is that you can be better equipped to recognize the warning signs should you or a loved one face this situation.



Knowing these 7 Commonly Missed Warning Signs of Silent Heart Attacks can help:

1. Shortness of breath
2. Weakness
3. Dizziness
4. Nausea or vomiting
5. Unusual fatigue
6. Indigestion
7. Unexplained pain in the back, jaw, or elsewhere

If you have any of these symptoms, it would be important to check with your primary care physician or your cardiologist and they would most likely want to see you and then run some tests to rule out a heart attack.

12 Days of Christmas Mayhem

By the end of the Twelve Days of Christmas song, your home is filled with many flying birds, hyperactive people and many gifts.

How many birds, people and gifts did you receive?

Write the down your answers:

Number of Birds _____

Number of People _____

Number of Total Gifts _____

See the answers on page 6.

Want to spend some money and save some other money?

We offer both checking and savings accounts.

Honest to goodness.  Avidia Bank

Member FDIC |  Member DIF | NMLS# 422902 | avidia.com

Quail Run Directory August 2021 Update

- * Adele Fontana: adele.fontana1@verizon.net
- * Cheryl Presley Baker: cherylpresley9@gmail.com, 617-233-8491

Symphony Pro Musica

The Symphony Pro Musica Concert at Mechanics Hall on Sunday, November 14th received rave reviews from the Worcester Telegram.

<https://www.telegram.com/story/entertainment/2021/11/15/symphony-pro-musica-zlatomir-fung-live-concert-mechanics-hall/8631069002/>



The orchestra plans to perform live music again on January 29 and 30th. Of course this will depend on the Covid regulations. They plan to perform Lily Boulanger, D'un matin de printemps, Bartok, Piano Concerto No.3, Benjamin Hochman, soloist, and Tchaikovsky, Symphony No.6 "Pathetique".

Group rate tickets will be available from **Phyllis Novick**, phyllisnovick8@gamil.com or 978-621-3993. More information will be sent to Quail Run residents by email as the dates get closer.

ROMEO's

Retired Old Men Eating Out

Peter Recklet is checking out the options for the next lunch. He will send an email with the details.

Please contact Peter at 978-562-2721 or precklet@live.com if you plan to attend. The group is open to all men at Quail Run.



Quail Run Birthdays

December

Tammy Plaza-2
 Rocco Malloy-5
 Barbara Carvalho-6
 Richard Ebens-6
 Barry Brown-7
 Cheryl Pearson-8
 Susan Clarke-Roser-9
 Jan Painter-10
 Susan Lalli-14
 Theresa Bosio-19
 Renee Kossuth-21
 Diane Bemis-21
 Linda Driscoll-21
 Libby Brown-22
 Mike Bleecker-23
 Jean Meola-28
 Ken Spears-29
 Marilyn Hoffman-29



To include a birthday, contact your Circle Reporter or the Editor

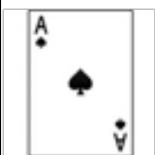
January

Fred Hennessey -2
 Magdi Ishak-7
 David Simpson-13
 Barbara Kansky -17
 Peggy Rittenhouse-20
 Shirley O'Connell-27
 Linda Palmer-30
 Bob Bemis-31
 Karen Hart-31

Stitch & Knit



The Stitch & Knit Group meets at the Community Center the 4th Tuesday of every month from 2:00 - 4:00 PM. New members are welcome! Contact **Marie Kapsalis** at 978-568-0713.



POKER PLAYERS WANTED

Every Monday of each month, 4:00-6:00 PM, at the Community Center. Contact **Lenny Suslowicz** at 978-212-5141

CURTAIN CALL



Meetings are usually held on the first Tuesday of the month, when members of the group meet and select local theater performances to attend.

Please contact me if you would like to be added to the Quail Run Curtain Call Mailing list. **Lorraine Cochran**, (lorrainecochran@comcast.net), 978-568-0165.

Please tell our advertisers you saw their ad in the *Quail Runner Newsletter*

New Resident Information

New owners at 2A Strawberry Lane, **Martha Plaza**, 508-561-6285, email: Anp6911@comcast.net, and **Tammy Plaza**, 508-561-6285.



Please contact **Marlie Stott** at 978-567-5912 or **Carol Suslowicz** at 978-212-5141 if someone new moves to Quail Run.

Transitions

Jan Mudgett, a previous long time resident of Strawberry Lane, passed away peacefully on October 16, 2021. Jan was very active in the community and was a member of the Social Committee for many years.

- Submitted by **Ginny Fullam**

Ginny Fernandes another long time resident who lived on Rotherham Way, passed on November 1, 2021.

- Submitted by **Renee Kossuth**



Eye Glass Donations

The Stow Lions Club collects old eye glasses. If you would like to donate, please contact me. Thank you!

- Submitted by **Arnie Johnson**


The Quail Run Community collects for the Hudson Food Pantry

Items and/or checks can be dropped off at **Barbara Baker's** home at 4 D Autumn Drive.

Thank you so much for your generosity.

- **Barbara Baker**

Store Hours:
 Sunday 10-2* Wed-Friday 10-6
 Monday Closed Saturday 10-4
 Tuesday 10-7 *1st Sunday of month 10-4
 info@waysidesewing.com



Wayside Sewing
Metrowest's full service sewing center

1021 Boston Post Rd. East
 Marlborough, MA 01752

Ph: 508-481-2088
 Fax: 508-481-2188
 http://waysidesewing.com

BERNINA, Husqvarna Viking, Bernette, Singer & Koala

Did You Get Your REAL ID?

Beginning **May 3, 2023**, every air traveler 18 years of age and older will need a REAL ID compliant driver's license or identification card, or another TSA acceptable form of identification (i.e., a passport), for all domestic air travel and to enter certain federal facilities.

Due to the ongoing COVID-19 pandemic, The Department of Homeland Security (DHS) extended the REAL ID full enforcement date from October 1, 2021 to May 3, 2023.

To get a REAL ID you will need to make an appointment and go into an RMV service center or AAA members can visit a AAA office.

The cost to obtain a REAL or Standard driver's license ID card is the same; however, you'll need to provide additional documentation. For a REAL ID card.


You will need to prove and provide your:

- 1) U.S. citizenship or lawful presence and...
- 2) Social Security number and ...
- 3) Massachusetts residency.

All documents must be originals; photocopies and laminated documents will not be accepted.

For more details and to start the process on-line, go to: Mass.Gov/RMV.


(continued)



James J. Morais, GRI-CRS
Realtor Emeritus

Village Real Estate, Inc.
 56 Main Street
 Hudson, Massachusetts 01749

Office 978. 568. 8746
 Facsimile 978. 568. 8748

 MLS Email village-re@verizon.net

(REAL ID continued)
 Scroll down the page and under the banner **What Would You Like to Do?** Click on *Online Service Center* and then under Massachusetts ID's click on *Apply for a Real ID*.

News from Hudson Light & Power (HLP)

In case you missed it...

1. HLP has a new **Outage Hotline: 1-888-404-HLPD or 1-888-404-4573.**
2. HLP announced new hours for their business office this summer. The office is now open Monday – Thursday 7:00 AM – 5:00 PM. It is closed on Friday.

FYI: Did you know that HLP offers Residential Appliance Rebates for qualifying EnergyStar appliances such as refrigerators, dishwashers, clothes washers, dryers and dehumidifiers. The rebate is given as an account credit and is 10% of the appliance price up to \$50 per appliance. Information can be found on their website.

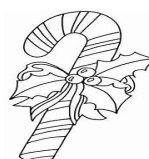
Local FREE Newspapers

For those of you new to Hudson or those of you who miss the now defunct *Hudson Sun* and are looking for a good source of Hudson news you might want to consider *The Community Advocate*. The *Community Advocate* is published weekly and includes local municipal and business news, school and sports updates, obituaries and human-interest features. It is available on-line at communityadvocate.com.

You may also sign up on-line to receive the Marlborough/Hudson edition emailed to you or you can call 508-366-5500 to ask for the Marlborough/Hudson edition be mailed to you. It is a FREE publication!

Another weekly publication that is available on-line only is the *Action Unlimited*. Each edition contains articles about local upcoming events and businesses. The Hudson/Stow edition can be viewed on their website at actionunlimited.com.

- Articles submitted by **Sue Lalli**



November Board of Governors (BOG) News



Hope everyone had a great Thanksgiving holiday. Warm wishes to everyone for a happy and healthy rest of the holiday season.

With COVID-19 cases on the rise again, the Annual Budget Meeting has been cancelled for the second year. While most Quail Run unit owners were initially vaccinated, there is concern with contacting the virus from folks that have not been vaccinated or not had the booster shot.

The Board wants to thank all members of the Building and Grounds Committee for inspecting our property. The Board finds their input of great importance in helping keep our community well maintained. The inspection reports will be summarized in the coming weeks. Due to the holiday season and having many items on the list, this may take some time.

Due to the weather this Summer and the late Fall many items were/are on hold. No spot painting occurred over the Summer and Fall. Repairs to the fence behind Strawberry and Rotherham was delayed.

ARR-MAX will not be at Quail Run until early December. ARR-MAX will only address the most critical road/driveway issues due to the Winter weather conditions.

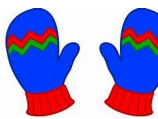
Scott Forbes, our general maintenance contractor, has been making critical repairs to decks, siding, etc. Most items on Scott's list must wait until Spring.

Fall cleanup began on November 18th. The gutters were cleaned, and all street and ornamental trees were fertilized.

The access keypad code to the Community Center and shed were changed. The code will not be published but passed by word of mouth on a need-to-know basis. This is due to the number of missing items. The missing items from the Community Center are a dry board eraser, a cow bell, steak knives, scissors, one slider for moving furniture and ten chairs. Three boxes of scalloped edge cedar shingles and a ladder are missing from the shed.



Winter is here, stay warm!



Since it's the holiday season, hope everyone carefully reads the Rules and Regulations and understands what outside decorations are permitted. Also, as of the first of the year ALL holiday decorations are to be removed even if not specifically specified in the Rules and Regulations.



There are still 20 units that do not have master key access. Per the Association By-laws access must be provided to the Association in cases of emergency or notified scheduled events. The easiest way for everyone to do that is to assure that your front door lock is compatible with the Quail Run master key.

Use of The Dartmouth Group after hours number is for emergencies (e.g., life, blood, fire, etc.) only. All calls to The Dartmouth Group telephone number after 5:00 P. M. Monday through Friday and on weekends go to the after-hours number. Non-emergency after-hour calls and their directly related charges will be billed to the unit owner. If you need to contact The Dartmouth Group about a routine matter, please do so during their weekday daytime office hours.

As of November 15, 2021, Massachusetts Wildlife continues to request that we temporarily remove all bird feeders and bird baths. This is not mandatory but recommended.

Please do not drive beyond the property posted speed limits!

Hope everyone stays safe and observes the current COVID-19 guidelines.



Answers from page 3:



For the 12 Days of Christmas you received:

- 23 Birds
- 50 Hyperactive people
- 364 Gifts in total

Book Club

The group meets the last Wednesday of each month. Please call Phyllis with any questions regarding the time and location for the next meeting. **Phyllis Novick**, 978-263-0659 or phyllisnovick8@gmail.com.



A Few Truisms...

- * I asked my mom if I was a gifted child? She said they certainly wouldn't have paid for me.
- * It was an emotional wedding, even the cake was in tiers.
- * In the room, the curtains were drawn, but the rest of the furniture was real.
- * I got my large circumference from eating too much pi.
- * Frustration is trying to find your glasses without your glasses.
- * The irony of life is that, by the time you are old enough to know your way around, you are not going anywhere.
- * God made man before woman so as to give him time to think of an answer for her first question.
- * I was always taught to respect my elders, but it keeps getting harder to find one.

- Submitted by **Kevin Fitzgerald**

Senior Passes for Parks

Both Massachusetts and the US National Park systems offer low-cost lifetime park passes for seniors age 62 and over.

The Massachusetts pass entitles the vehicle that the senior passholder is riding in, to free vehicle parking. The lifetime pass is issued for a one-time \$10 fee. It does not cover user fees if there are any. Most areas such as Hopkinton State Park only charge for parking. You can download the application at: www.mass.gov/how-to/get-a-senior-parking-pass.

The National Parks offer a senior pass for a one-time \$80 fee. The pass entitles the senior and up to three passengers in the vehicle free entrance to the park and parking. It usually offers a discount on any user fees such as picnicking, camping, or tours. The easiest way to get a pass is to go to a national park headquarters building that issues the passes. The Assabet River Wildlife Refuge Visitor Center on Hudson Road does not issue passes. The nearest location to Hudson is at the Great Meadows National Wildlife Refuge headquarters, at 73 Weir Hill Rd., in Sudbury, MA.

- Submitted by **Dave Bernhardt**

JULIETS NEWS



December 9th, Thursday at 12:30 at the Bolton Street Tavern, Route 85, Marlborough, separate checks. Contacts: **Marie Kapsalis**, 978-568-0713 or **Lorraine Cochran** 978-568-0165.

January 11th, Tuesday at 12:00 (*please note the new time*), at the Horseshoe Pub, South Street, Hudson, separate checks. Contact: **Sally Mauro** 978-568-0821.

Sign-up sheets are available in the Community Center.

QUAIL RUN BOWLERS -

If you are interested in bowling, we bowl at the Acton Bowling Lanes every Wednesday morning. Please call **Carole Mahoney**, 508-746-8635, or **Donna Milot** 978-618-9631 for more information.



QUAIL RUN LIBRARY -

The Community Center Library is open. Please use the baskets when returning the books to the library. Contact person: **Alison Towle**, 978-568-0806.



Please keep your porch and garage lights on during snow storms to assist the snow plow drivers and shovelers!



Keep that rock salt or kitty litter handy, ice is on the way!



P: 978.562.5309
P: 877.7CHAVES
F: 978.562.1026

15 Bonazzoli Avenue
Hudson, MA 01749
www.chaveshvac.com

Intel Please contact **Rachael Hamer** directly for any questions/concerns regarding **Intel** at 978-553-2158, Rachael.hamer@intel.com. You can also call the security line at 978-553-5858.

Town of Hudson Holiday Stroll



You're invited to ring in the holiday season at the annual Hudson Holiday Stroll which will take place **Saturday December 4th** from 3:00 -7:00 PM.

Main Street will be a pedestrian-only zone with the exception of the horse drawn hayride. Activities include a Petting Zoo, Festival of Trees and visits with Santa. At 5:00 pm Santa will preside over the tree-lighting ceremony at Town Hall and at 5:15 you can listen to a Hudson High School choral performance. Most businesses on Main Street and South Street will be offering activities during the celebration. For more details go to: www.discoverhudson.org and scroll down and click on "Celebrate".



After the tree-lighting ceremony Santa will draw the winner of the **50-50 Raffle** which is being sponsored by the Hudson Business Improvement District (HBID) with proceeds going to the Hudson Cultural Alliance to support the Hudson Armory Project. The ultimate goal is to purchase the empty armory and transition it into a performing arts and cultural hub for the Town. Raffle tickets are \$5.00 each and are available now for purchase at the following Hudson businesses: Serendipity, Trusted Tees, Wright Jewelry & Design Co., Hudson Appliance, Avidia Bank and Main Street Bank.

- Submitted by **Sue Lalli**

Company/Tradesmen Recommendations

Computer Repairs: ABI Solutions, 65A Main St., Hudson, 508-425-7006.

Our Windows 10 system died spontaneously and had no pulse whatsoever. In all my years of building and fixing Windows PCs, I've never been baffled until this happened. I took it to ABI. They diagnosed a power supply failure. They also found and fixed the heatsink that I had not realized was loose. The bill for labor and parts was very reasonable, and two business days later I was back online. Very happy customer!

- Submitted by **Dave Bernhardt**

Yale Appliance, Rt. 9, Framingham, 508-861-2860.

We were looking to purchase four appliances for our kitchen. We set up an appointment, talked with Tyrone Robinson, a sales rep., ordered our appliances and they will be delivered in 4 weeks! Awesome service and a great company to work with!

- Submitted by **George Shaw**

Windows 11: Ready, or Not?

By **Dave Bernhardt**

So, you have Windows 10, and as of October 5th Windows 11 was released. Should you "upgrade" to Windows 11?

First, Windows 10 will be supported with security patches for the next four years, so there's no rush.

Second, many computers will not be allowed to run Windows 11 because the CPU is too old - about six years old is now too old? For Windows 10 users, you can see if your system is allowed to up-lev to Windows 11 by doing a "Windows update", where it will tell you if your system is Windows 11 ready. Many are not and won't be supported, so a new computer would be required. Gee thanks Microsoft!

Third, Windows 11 doesn't have much new to offer. There are no life-altering changes. They've fiddled with the Start menu and Task Bar, in ways that will take some getting used to, and Microsoft is adding rounded corners to the task windows (does anyone really care?). Of course, there is a lot of hidden internal housekeeping going on too, which will now require 64GB of disk space, Windows 10 originally needed only 32GB.

Windows 11 will most likely be embraced by folks who need speed and cutting-edge applications, like gamers.

Since Windows 11's release, there have been a lot of "teething problems". You would think that such a nuisance upgrade from Windows 10 would go pretty smoothly, but it hasn't gone well and Microsoft has a lot to explain to folks who bought into the Windows 11 hype.

So, should you upgrade to Windows 11?

In my opinion, it's not ready and you should wait.



PLAY BRIDGE ON MONDAYS

Community Center
1:00 - 3:00 PM

Contact person:
Theresa Bosio, 978-568-1416

***Did You Know....?
Henry Ford and the BBQ***

On June 16, 1903, the Ford Motor Company was established. Henry Ford was the founder. This was not his first rodeo, as he had previously operated the Henry Ford Company. He left that company and took his name with him. What became of the Henry Ford Company? It became known as the Cadillac Motor Company.

What does any of this have to do with anything BBQ related? Hang on, here is the rest of the story.

Ford's Model T, which would number in the millions sold, required 100 board feet of wood to build. Ford despised waste. His motto was reduce, reuse, and recycle. He was also a nature-lover, an environmentalist of his time. His escape from the stress of life was camping in the great outdoors.



Frustrated by the mountains of sawdust his lumber mills created, he and his partners sought a way to utilize the scrap wood and sawdust into a useful (and profitable) product.

An idea came to him one day as he was camped with some friends in the wilds of Michigan. After his party spent a long time collecting sufficient wood for a campfire, an idea formed in Ford's mind. Upon returning back to the lumber mill, he shared the idea with some of his partners and set to work on it.



The idea? Lumping a fistful of sawdust and cornstarch with a bit of tar to form a briquette. After charring it, it performed exactly what Ford imagined it would. He then built a charcoal briquette factory adjacent to his lumber mill where the waste from one became the fuel for the other. A new Model T was now frequently sold with a bonus bag of Ford Charcoal Briquettes, so you could drive into the woods to camp and not worry about finding campfire wood.

So now you know. Ford not only created the modern automobile industry which takes millions to work and back each workday, but he also created the weekend grilling and camping industries.

In 1951, the Ford Charcoal Briquette Company was sold. The new company was named after Ford's real estate partner who helped him find the land to supply wood for building the early Ford automobiles: E.J. Kingsford. Kingsford Charcoal is now the largest producer of charcoal briquettes in the world.

- Submitted by **Pat Ritter-Waltrup**



***Social Committee
Plan Ahead Schedule***

COMMUNITY COFFEE HOUR - Saturday, December 4th, 9:30 - 11:00 AM, \$2.00 per person

ANNUAL HOLIDAY PARTY - Saturday, December 11th, 7:00 PM, \$5.00 per person, BYOB

LADIES COFFEE HOUR - Monday, December 20th, 9:30 - 11:00 AM, \$1.00 per person

COMMUNITY COFFEE HOUR - Saturday, January 8th, 9:30 - 11:00 AM, \$2.00 per person



LIGHT UP YOUR NEW YEAR EVENT - Saturday, January 15th, 7:00 PM, \$3.00 per person

LADIES COFFEE HOUR - Monday, January 17th, 9:30 - 11:00 AM, \$1.00 per person

Keep the following dates on your calendar!
PANCAKE BREAKFAST, February 12th, 9:30 - 11:00 AM
POLAR BEAR DINNER, March 5th, 6:00 PM

New addresses for friends that have recently moved from Quail Run

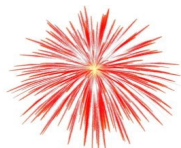
Barbara Langley, 253 Washington St., Unit 3316, Hudson, MA 01749

Jeannine Bensette, 253 Washington St., Unit 3317, Hudson, MA 01749

Marge Carpenter, 253 Washington St., Unit 204, Hudson, MA 01749

Barbara Champine, 65 Washington St., Unit 510, Salem, MA 01970





A Holiday Stroll for the Quail Run Community on December 18th

Your friends and neighbors at 1-2-3 Autumn Drive would like to invite you all to a fun-filled "Holiday Stroll".

Come enjoy some Holiday bites, make a delicious S'More by the fire, have a little taste of Holiday cheer and greet your neighbors and friends. Then we can join together for an hour of Holiday singing and Karaoke! That's always good for lots of laughs! We have some fun and talented folks in our community!

On Saturday, December 18th, some of your neighbors in the 1-2-3 Autumn circle, will open their garages and serve some tasty "tiny bites" or a bit of Holiday cheer. This stroll will be for just one hour so don't miss out! After the stroll, other neighbors will open their garages to host a Holiday Karaoke hour! Come hear some of your favorites and join in on the fun!

Some items being prepared for you include:

- warm mulled wine
- warm mulled Apple cider
- S'Mores by a fire pit
- mini meatballs
- Kielbasa bites
- Eggnog (virgin or spiked)
- cheese and crackers
- some additional items yet to be determined, they will be delicious!!

Date: December 18th

Where: 1-2-3 Autumn Drive

Time: 5:00 - 6:00 PM for the Stroll

6:00 - 7:00 PM for the Karaoke

Though it may be cold, the Holiday spirit will certainly keep you warm!

So, be sure to mark your calendar and **SAVE THE DATE!**

Cribbage



Cribbage Games

The group meets every Friday from 10:00 - 12:00, at the Community Center. Contact person is **Dave Sanderson**, 978-212-5655.

Question: What do you get when you combine a Christmas tree with an IPAD?

Answer: A pineapple of course!

What's coming in our near future?

- 1: Auto repair shops will disappear.
- 2: A gas/diesel engine has 20,000 individual parts. An electric motor has 20, electric cars are sold with lifetime guarantees and are repaired only by dealers and it takes only 10 minutes to remove and replace an electric motor.
- 3: Gas stations will go away and street corners everywhere will have meters that dispense electricity.
- 4: The "Coal Industries" will go away, gasoline/oil companies will go away, drilling for oil will stop. Say goodbye to OPEC... The Middle East is in trouble.
- 5: Homes will produce and store more electrical energy during the day than they use, and it will be sold back to "The Grid". The Grid will store and dispense it to the industries that are high electricity users. Has anybody seen the Tesla roof??
- 6: A baby of today will only see "personal cars" in museums.
- 7: Did you think in 1998 that three years later, you would never take pictures on film again? With today's smartphones, who even has a camera these days?

8: UBER is just a software tool (they don't own any cars), and are now the biggest taxi company in the world. Ask any taxi driver if they saw that coming.

9: AIR-BnB is now the biggest hotel company in the world, (they don't own any properties). Ask Hilton Hotels or the Marriott if they saw that coming!

WELCOME TO TOMORROW: To think, we used to complain about our parents and grandparents being "out of it".

The year '2025' will be totally different from how we know it today.

- Submitted by **George Shaw**

From My Kitchen to Yours

A Chef’s Precision Digital Leave-In Thermometer, is another great OXO product found at Target for your kitchen needs. You select the right kind of meat, and doneness, you set the timer and forget it,until the beeper goes off!! Works all the time to perrrrfection!

- Submitted by **George Shaw**

A New Year's resolution is something that goes in one year and out the other.



Breakfast and Lunch at the Epicurean Room

Less than two miles from Quail Run across Route 85 from Technology Drive is the Assabet Valley Regional Technical High School. Students from Hudson along with students from Berlin, Marlborough, Maynard, Northborough, Southborough, and Westborough comprise the school district.

One of the many vocational options for students is the Culinary Arts and Hospitality Management program. The Epicurean Room is a student-run operation open to the public. It has the ability to service 110 customers through a fully operational kitchen and bake shop. They offer a full-service catering operation.

The restaurant is open for lunch every Wednesday – Friday from 11:00 AM - 12:45 PM and a breakfast buffet on the first Wednesday of every month from 9:00 AM - 12:00 PM. The lunch menu changes weekly and usually offers two soups and salad options, a sandwich option and 3-4 entrees all reasonably priced from \$5 to \$10. To complete your meal, homemade desserts are available!

It is recommended to call in advance to be sure they are serving and to make a reservation. The phone number is 508-263-9865 or 508-485-9430 ext.1119. Address is 215 Fitchburg Street, Marlborough.

- Submitted by **Sue Lalli**

The UPS Store - Hudson
10 Technology Drive
Hudson, MA 01749
Email: Store5001@theupsstore.com

Tel: 978-568-1786, Fax: 978-568-1788
 M-F: 8:00 AM - 6:00 PM, Sat: 9:00 AM - 5:00 PM
 Sun: Closed
 Copies, Fax & Printing, Greeting Cards, Office Supplies, Scanning, Shredding, Stamps, Notary Services

Women’s Circle Brunch

We had our FIRST, of what we hope will become a monthly tradition, a Women’s Circle Brunch! Starting with a picture of Mary Ellen Moynahan (in front, left side), Jo-Ann Woodland, Sharon Berthiaume, Bonnie DeRusha, Sherry Schneller, Nancy Puia, Isabel Jewett, Jaye Donato, Phyllis Novick (hidden), Patti Ruest, Clare Moschella (arrived later: Su Bohall, Lynne Ishak).



- Submitted by **Clare Moschella**

3G Cell Phones Will No Longer Work!

All of the cell-phone carriers (Verizon, etc.) are removing 3G signal capability as of the end of 2021! If you have a phone that supports 4G LTE or 5G you are OK, but if you have an old phone that only supports 3G or CDMA, then it will no longer work. Smartphones that will be affected are any iPhone 5 or earlier, or Samsung Galaxy S4 or earlier. If you’re not sure, you can stop into any cell phone store and they will check it for you. Or you can do it yourself using instructions that are widely available on the Internet. The instructions will explain how to find your IMEI number, and then how to look it up on the internet.

If your phone is being obsoleted, most cell-phone stores will accept it for recycling at no charge.

- Submitted by **Dave Bernhardt**

The Hudson Senior Center

At a recent *Quail Runner Newsletter* staff meeting, it was mentioned by a few folks how helpful the Senior Center was during Medicare Open Enrollment (October 15 - December 7). They took advantage of the free and confidential counseling through the S.H.I.N.E. Program (Serving the Health Information Needs of Everyone) to review their medical and prescription drug plans and decide what changes to make for 2022.

Many of you may be very familiar with the Senior Center located at 29 Church Street but for those of you who are not, we'd like to highlight why you might want to visit.

According to the Senior Center November newsletter you can join in a game of chess, scrabble, canasta or bingo; take a variety of fitness classes including a Parkinson's exercise class, Pilates or Zumba; do some yoga or line dancing; play billiards, create a quilt, paint, watch a movie or create a holiday centerpiece to name a few of the fun activities. But more than just offering fun and social activities, the Senior Center provides activities offering emotional and educational benefits. The November offerings included a presentation by the Hudson Police on how to avoid being scammed and one

(continued)

(The Hudson Senior Center continued)

from Emerson Hospital on managing holiday stress. For those who find the holiday season stressful, there will be a "Holiday Blues Support Group" on December 9 and January 13 led by Alexandra O'Hare, the Town of Hudson Licensed Community Social Worker. Alex is also available every Thursday from 8:00 AM - 3:30 PM for private appointments regarding mental health, family challenges, grief and loss, or resources/services pertaining to those issues. Alex can be reached at 978-568-9638.

Another ongoing program is "Vets Talk" at 9:00 AM every Thursday except the 4th Thursday. Vets Talk is a chance for just veterans to get together with no agenda to discuss what's going on in the world or to shoot the breeze in a way only those who have served can do and understand.

Two events to keep in mind for after the new year that the Senior Center might be able to help you with are the Medicare Advantage Open Enrollment Period and Filing Your Taxes.

If you are currently enrolled in a Medicare Advantage Plan, i.e., an HMO or PPO - and not enrolled in a stand-alone drug plan with a Medigap plan, the SHINE counselors are available to help if you want to make any changes to your health and drug plans.

The Senior Center also pairs with the AARP TAX-AIDE Program to offer a free income tax service to local seniors. Local AARP trained volunteers staff the program, supported by the staff from the Senior Center. The program helps low- and middle-income taxpayers file their Federal and Massachusetts personal income tax returns.

For more information about everything the Senior Center provides, stop by their location on Church Street, or call 978-568-9638, or visit their website at: www.townofhudson.org/senior-center.



- Submitted by Sue Lalli

Audiology Affiliates is proud to be a local source for high-quality hearing services, including diagnostic audiological or hearing evaluations and testing, plus hearing aid evaluations.

They offer many different models and styles of hearing aids with features such as Bluetooth wireless connectivity to your mobile phone or TV/Audio Streamer and Rechargeability in lieu of batteries.

They service most brands in or out of warranty. Conveniently located in the Medical Office Building inside Marlborough Hospital. For an appointment call 508-481-0610.



AUDIOLOGY AFFILIATES

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TEL: 508-481-0610
FAX: 508-481-7542

490 SHREWSBURY STREET
SUITE 2
WORCESTER, MA 01604
TEL: 508-755-1391
FAX: 508-363-4019

Players meet at the Community Center, Wednesday and Friday at 1:30 PM.
Contact person:
Pat Trask, 978-212-5201.



<p style="text-align: center;">Helpful Information - Company/Vendor Recommendations</p> <p><i>The following are companies recommended by the residents of Quail Run. It is the unit owner's responsibility to ensure the company/vendor is insured, licensed and/or certified to perform the work you require.</i></p> <p>Appliances: Yale Appliance Company, Framingham, 508-861-2860.</p> <p>Appliance Repairs: Milton Appliance/repair services. Marlborough, 508-485-3455, and Sudbury, 978-443-3633.</p> <p>Counter tops, flooring, ceramic tile backsplash: DM Marble and Granite, 896 Boston Post Road, Marlborough, 508-460-9032.</p> <p>Computer Repairs: ABI Solutions, 65A Main St., Hudson, 508-425-7006.</p> <p>Dryer vent, duct cleaning, carpet cleaning: AIRTEK, Hudson, 978-567-1072.</p> <p>Electrician: Giombetti Electric, Marlborough, 508-481-3299.</p> <p>Fireplace cleaning and repairs: Massachusetts Gas and Fireplace Repairs, Hopkinton, Matthew McDonald, 508-603-1633, 774-245-2414.</p> <p>Flooring: Post Road Carpet, Marlborough, carpet/vinyl installations, 508-485-2227.</p> <p>Garage Door issues: New England Overhead Door Inc., Hopedale, 508-473-0030, 800-696-7723. McCabe Garage Door Service, 2 Shawmut Ave., Hudson, 978-648-4303, macabegaragedoor.com.</p> <p>Handyman Services: A-Z Handyman, David Provencer, 42 Marlboro Street, Hudson, 978-960-8757, dprovencer42@gmail.com.</p>	<p>Hazardous Waste Disposal: <i>(drop off at company location only)</i>, New England Disposal, 83 Gilmore Dr., Sutton, 508-234-4440</p> <p>Heating/AC: Chaves, 15 Bonazzoli Ave., Hudson, 978-562-5309. Cotti-Johnson, 30 Waverly St., Taunton, 774-786-5154.</p> <p>House/Master Keys: Eldridge Locksmith Company, Warner Eldridge, Hudson, 978-562-7546.</p> <p>Painting: Solutions Painting, wall paper removal, painting, carpentry, Landerson Ferreira, Marlborough, 774-285-1825, contact@solutionspaintinginc.com.</p> <p>Plumbers: Mike Gill Plumbing, 46 Temi Rd., Hudson, 978-568-8086. RJ Curley, Plumbing and Heating, 120 Central St., Hudson, 978-562-2742.</p> <p>Trash and Recycle Company: (DBA Mr. Trashman), 508-278-6910.</p> <p>Windows: Country Glass, Hudson, repair and replace screens, windows, shower doors, 978-562-2332. ColorWorks Paint and Decorating, Acton, wallpaper, window treatments, blinds and repairs, 978-897-3021. Decorex Decorating Center, Marlborough, paints, wallpaper, custom curtains, blinds, 508-481-2546. Reflective Designer, Beverly Ferguson, Stow. The store sells furniture, fabrics, as well as selling and repairing blinds, 978-897-7767.</p>
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Condo Care

The following Condo Care hints and maintenance tips are recommendations by residents of Quail Run.

Ceiling Fan settings - Summer season, set fan to run counter clockwise; Winter season, set fan to run clockwise.

Fireplace cleaning - should be performed every five years.



Furnace/AC Filter - your furnace/AC filter should be changed at least every six months for optimal performance. Maintenance should be performed in the Spring and Fall.

Furnace Humidifier - Aprilaire brand, set handle on the side of the humidifier unit to the "Winter" setting, or "Summer" setting depending on the season.

Garbage Disposal - To clean it, run ice cubes or baking soda and vinegar to scour away any gunky buildup.

Gas Meters - must be changed every seven years. If you are overdue, PLEASE call Eversource Gas Company at 800-592-2000, to replace your meter at no charge to you.

In-House Vacuum cleaner - Do not forget to empty it periodically.

Lights -

Dusk to Dawn LED's, outside garage and porch lights: LED sensor lights can be purchased at Amazon.com, a 3 pack of bulbs for \$18.99. Manufacture is Minger, 7 watts LED sensor bulbs, model no. LSB002.

Kitchen Recessed Light replacements:

Utilitech, is the brand name of a retrofit product that enables you to replace the existing lights. Just remove the metal trim on the light, remove the bulb, and screw in the new unit into the existing socket.

The product is Utilitech, model number is 2700K. Make sure you purchase the correct size that fits the housing unit for a 5 - 6 inch opening as marked on the outside of the box.

Refrigerator maintenance - Cleaning the coils under the refrigerator is important! This cleaning should be done at least once a year. If you have pets and/or abnormal dust, (which our units do because of the forced hot air heating), cleaning the coils should be done twice a year.

Rock salt - please keep some on hand and be careful, ice forms very quickly on the TREX front and back steps, and the walk ways.

Rodent (Ultra Sonic) Repellent Device - They are electronic devices that plug into a wall outlet. These devices send a high frequency noise that critters can't stand. The noise can not be heard by humans (but may bother hamsters or some dogs).

Smoke Alarms - If you have replaced your smoke alarm detectors with new Kidde smoke alarm and carbon monoxide detectors, there is a double A battery in each that needs to be replaced yearly. If your smoke alarm detectors are ten plus years old, they need to be replaced.

Thermostat - Do not forget to change your Thermostat battery twice a year.

Water Detectors - The **Watch Dog Water Alarm** Model BWD-HWA is a small device 3x4x1.5 inches that you place on the floor in an area that you want to monitor for water such as next to a water heater, washing machine, dishwasher or anywhere. It can detect as little as 1/32 of an inch of water. If it detects water it will sound an alarm as loud as a smoke detector.

Water turn-off valves - the next time a plumber visits, ask him to check the water valves under the various sinks and toilets. These can freeze up over time and when there is an emergency such as the toilet flooding, the valve may not work. Also run all your faucets in the spare bathrooms and jacuzzi tub periodically.

Windows - seal out cold drafts around window seams, use MORTITE strips.



2022