Holiday Luncheon

Tuesday, December 14
12:00 noon

Join us at the Senior Center for lunch. We are serving turkey, stuffing, mashed potatoes, butternut squash and dessert. Entertainment will be provided by the Steve Taddeo Swing Senders Trio. Thank you to the Friends of Sudbury Seniors for sponsoring this event. Sign up by Tuesday, December 7, 2021 by calling the Senior Center at 978-443-3055. Space is limited.

11/10/21 Veterans Breakfast Grab N’ Go

Thank you to the Lt. Scott Milley Fund for sponsoring this delightful event!
As we approach the holidays and the new year, I’d like to welcome you to visit us at the Senior Center. We continue to offer programs both in-person and virtually. Our in-person programming is purposefully offered to small groups, to ensure space and time for cleaning. Join us for a smaller version of our annual Holiday Luncheon on Tuesday, December 14 at 12:00 PM, and for our Afternoon Tea and Cookie social on Tuesday, December 21 at 1:00 PM.

Winter weather has been slower to arrive than usual this year, but it will surely come! Be prepared for snow, cold, and possible power outages. Here are a few things to do:

- Sign up for the Town’s Emergency Notification system. You or a family member can sign up on the Town of Sudbury website at [www.sudbury.ma.us](http://www.sudbury.ma.us), click on the RED Emergency Alert button. You should add your home and cellular phone numbers.
- Develop a habit of charging your cell phone every night. This will help to increase the chance that your cell phone will be charged during a power outage.
- Make a plan with family, friends and/or neighbors. Exchange phone numbers, keep both a written list, and cell phone listing.
- Follow recommendations for Emergency Preparation. Recommendations are available at: [https://www.redcross.org/get-help/how-to-prepare-for-emergencies/older-adults.html](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/older-adults.html). You can also request a written list from Senior Center Outreach Specialist, Ana Cristina Oliveira, at 978-639-3268 or oliveiraa@sudbury.ma.us.

Wishing you a joyful holiday season from all of us at the Sudbury Senior Center!

Debra Galloway, Senior Center Director
### The Great Courses DVD Series

#### The Concerto via Zoom

**Tuesdays, 9:30—10:30 AM**

| December 7 | Lec 9 - The Romantic Concerto |
| December 14 | Lec 10 - Hummel and Chapin |
| December 21 | Lec. 11 - Mendelssohn and Schumann |
| December 28 | Lec. 12 - Romantic Masters |

| December 6 | Lec. 21 - The Medici Chapel Sculpture, Part 3 |
| December 13 | Lec. 22 - The Laurentian Library |
| December 20 | Lec. 23 - Florence—A Republic under Siege, 1527-34 |
| December 27 | Lec. 24 - Inventing a New Aesthetic—The Non-Finito |

#### History of the Ancient World: A Global Perspective via Zoom

**Wednesday, 9:30—11:30 AM**

| December 1 | Lec. 19 - Philip of Macedon—Architect of Empire |
| December 8 | Lec. 21 - Unifiers of India |
| December 15 | Lec. 23 - Earliest Historians of Greece and China |

To sign up for any of the Great Courses DVD series, email Chery Finley at finleyc@sudbury.ma.us

A Zoom link will be emailed to everyone who has signed up the day before each class.

The same Zoom link is used for the duration of the series and we stream the class for 1—50 attendees; no need to notify us if you can't participate.

### Experiencing America - A Smithsonian Tour through American History via Zoom

**Wednesday, 9:30—11:30 AM**

| December 22 | Lec. 1 - The Star Spangled Banner |
| December 29 | Lec. 2 - Presidents and Generals |
| December 22 | Lec. 3 - Conscience and Conflict |
| December 29 | Lec. 4 - The Growth and Spread of Slavery |

### Low Vision Support Group

**Thursday, December 2 at 1:00 PM**

Meets on the first Thursday of the month. Sign up by calling the Senior Center at 978-443-3055.
Dear Contributors:

On behalf of the Friends of Sudbury Senior Citizens, our thanks for your generous response to our annual appeal. Your gifts will find their way into the new Community Center where we will be adding items to the Senior Center portion using the funds we have been given by folks like you.

Our annual appeal for financial support has been met each year by gifts that we can put to good use in the Senior Center and we are so grateful for your support!

Thank you,

Bob Diefenbacher, President
Friends of Sudbury Senior Citizens, Inc.

Q & A with Board of Health Nurse

Thursday, December 9 at 10:00 AM

Visit with Board of Health Nurse Patty Moran at the Senior Center. Patty will share the latest information about the pandemic, flu and other pertinent news, as well as take your questions. What health topics would you like her to focus on? She will schedule future talks based on your input.

Sign up by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.
**MEDICARE OPEN ENROLLMENT**

**ENDS DECEMBER 7**

If you want to make a change to your Medicare plan, don’t wait. Tuesday, December 7 is the last day of Open Enrollment to make any changes for 2022.

Time is running out to review your options and see if there is a better plan for you for next year. Some drug plans have changed, including big premium increases. Some plans have low cost insulin. There are some additional Medicare Advantage plan options and two plans that have terminated.

Our trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

To schedule a SHINE phone appointment, contact Ana Cristina Oliveira, Senior Center Outreach Specialist, at 978-639-3268 or at oliveiraa@sudbury.ma.us.

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**MAHJONG**

We are playing every Monday from 1:00 - 3:00 PM.

We have a few spots open, please call 978-443-3055 to register.

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**Afternoon Tea**

Stop by the Sudbury Senior Center for some tea, cookies and conversation.

**Tuesday, December 21**

**at 1:00 PM.**

Call the Senior Center at 978-443-3055 to register.

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**Wonderful Watercolors**

8 Fridays, 11:30-1:30 or 1:45-3:45 PM

Class fee: $65

Dec, 3, 10, 17, Jan 7, 14, 21, 28, Feb 4

**Hybrid Class**

Build your skills in a relaxing and inspiring workshop. If there is enough demand, we will continue to offer both classes, if not, we will only offer the 1:45 PM class. To register, contact Chery Finley at 978-639-3269 or email finleyc@sudbury.ma.us.

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**C R I B B A G E & S C R A B B L E**

**PLAYERS WANTED**

We have people interested in playing. Call the Senior Center to sign up!

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**TURN THE PAGE Book Group**

**Wednesday, December 15**

**at 1:00 PM**

**Via Zoom**

**Book:** The Paris Library

**Author:** Janet Skleslien Charles

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**C A N A S T A**

Meets every Thursday at the Senior Center from 1:00—3:45 PM. No meeting on Dec 23

Looking for new and experienced players.

Please call the Senior Center at 978-443-3055 to register.
**S.A.I.L.**  
Staying Active & Independent for Life

8 Thursdays from 9:15 – 10:00 AM  
Dec 30, Jan 6, 13, 20, 27, Feb 3, 10, 17  
No Class Dec 23  
On ZOOM - cost $40.00

Instructor Derry Tanner is a retired nurse and certified personal trainer.  
SAIL is a 45-minute, safe and effective fitness class.  
Learn research-tested strength, balance and flexibility exercises that can help to make you stronger, make you feel better, and improve your balance.

This class is marked **SAFE** for beginners.

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**T’AI CHI**

8 Mondays from 2:15 - 3:00 PM  
Dec 13, 20, Jan 3, 10, 17, 24, 31, Feb 7  
No class Dec 27  
On ZOOM - cost $40.00

Jon Woodward is a certified T’ai Chi instructor with many years of experience and teaches at several local fitness clubs and senior centers in the MetroWest area.

T’ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being.

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**CHAIR YOGA**

8 Fridays from 9:30 - 10:15 AM  
Oct 29, Nov 5, 12, 19, Dec 3, 10, 17, Jan 7  
No Class Dec 24 & 31  
On ZOOM - cost $40.00

Join Rebecca Reber for a gentle and relaxing class, with stretching. Yoga is excellent for loosening muscle tension and maintaining range of motion for the joints. Most of the class takes place while sitting.

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**REGISTRATION**

for S.A.I.L, T’ai Chi and Chair Yoga

Please register by emailing Chery Finley at finleyc@sudbury.ma.us.

- Mail your check to Chery Finley, Sudbury Senior Center, 40 Fairbank Rd., Sudbury, MA 01776.
- New participants will be asked to complete a fitness waiver form.
- The Zoom link and password will be sent to you the day before the class.

Please sign up at least 2 days before class starts. If you need financial assistance, please contact the Senior Center.
Featured Profile: Cindy Lauer
Written by Christine Washburn, Senior Center Volunteer

To paraphrase Vincent Van Gogh, “Art is a gift that gives meaning to our lives while helping us understand our world.” Studies have also shown that art helps people through depression, anxiety or illness, as well as improves memory, reasoning, and resilience in many populations. Cindy Lauer, a Sudbury resident and student in the popular “Wonderful Watercolors” course, would agree. The Sudbury Senior Center has offered the acclaimed two-hour course, taught by local artist Sandy Wilensky, for more than ten years. Cindy Lauer discovered the class in 2016 through a friend and has been a regular ever since. Now retired from her marketing role at Babson College, Cindy always had an affinity for art. She grew up in a “craftsy” family learning to knit and sew and later took a couple of silkscreen printing courses in college. A longtime member of the Wayside Quilters, Cindy also enjoys creating quilts, both non-traditional and traditional patterns.

“The idea of delving into watercolor painting had been percolating in the background for a long time, and the Senior Center class became the perfect outlet for pursuing that interest.”

Serious artists love watercolors for the ability to achieve painting effects that no other medium can match. From vibrating, light-filled canvases to cascading wet washes and staccato dry brush effects, watercolors can stun the viewer with their immediacy and energy. Cindy notes that many people find watercolor a “less forgiving medium” than oil or acrylic but has found that Sandy’s playful approach makes it doable and enjoyable for all levels.

“Sandy somehow makes it all work,” explains Cindy. “The class is structured to meet students where they are. You don’t have to have background in art, and you don’t need a lot of fancy, expensive supplies. We even had a student show up with a kid’s watercolor set and produce amazing work.”

While the class doesn’t have a formal syllabus, Sandy starts every session with a photo or still life as a focus for painting. “Sometimes Sandy offers inspiration through a particular theme that will carry over several weeks. Recently she provided photos of doors from all around the world, which was quite fun.”

Sandy’s teaching style encourages students to learn from each other. A part of every class is spent looking at others’ work and commenting in a constructive, supportive manner. “I really like how you captured that light in the leaf” or “I love the movement in your painting - I never would have thought of applying the strokes that way,” are typical of the conversation in many classes. Sandy also helps students develop drawing techniques to better “see” and create their watercolors.

“It’s really more than just an art class,” Cindy continues. “In a world often fraught with anxiety and day-to-day challenges, Sandy has created a refuge where we can all decompress together and focus on the joy in the act of creating. She sets the tone for a welcoming, companionable environment where we all feel comfortable being wherever we are in that process.” Sandy encourages us to not take ourselves too seriously. As she is fond of saying, “It’s only paper.”

Classes are scheduled for 11:30 am and 1:45 pm every Friday and typically have anywhere from 8-12 students. During COVID, the classes continued over Zoom and now include a mix of remote and in-person students at the Senior Center. Remote or “in person,” Sandy works hard to find a way to make the class accessible—even for a former student who has now moved to another state.

Current plans are for the staging of an exhibit at the Goodnow Library in January that will showcase students’ work on a series of paintings around the theme of “This Land Is Your Land” that last year’s watercolor classes created just before the pandemic hit. Sandy herself has a studio at Maynard Artspace where she often exhibits her work.

“I can’t say enough good things about Sandy,” Cindy concludes. “She’s combined her teaching expertise with her passion for art to bring out the creativity in others far beyond the potential many thought they were capable of as artists. Sandy and her “Wonderful Watercolors” class is a Senior Center gem!”

Watercolor by: Cindy Lauer
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>9:30 History of the Ancient World (19 &amp; 20) 9:00 Boxwood Workshop 11:00 Fit for the Future 1:00 Quilting (6)</td>
<td>8:30-9:30 BP walk-in clinic 9:00 Coffee Hour 9:15 Tap Dance (1) 9:15 Staying Active for Life (6) 10:00 Current Events 1:00 Canasta 1:00 Low Vision Support Group 2:30 Connection Circle</td>
<td>11:15 Uber Tech Clinic 11:30 Watercolors (1) 11:00 Fit for the Future 1:00 Movie – Here Today 1:45 Watercolors (1)</td>
<td></td>
</tr>
<tr>
<td>10:00 Michelangelo (21 &amp; 22) 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (8, last)</td>
<td>9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (9) 1:00-3:00 BINGO</td>
<td>9:30 History of the Ancient World (21 &amp; 22) 11:00 Fit for the Future 1:00 Quilting (7)</td>
<td>8:30-9:30 BP walk-in clinic 9:00 Coffee Hour 9:15 Tap Dance (2) 9:15 Staying Active for Life (7) 10:00 Q&amp;A BOH Nurse 10:00 Current Events 1:00 Canasta 1:00 Short Story Group 2:00 Dementia Friends 2:30 Connection Circle</td>
<td>9:30 Chair Yoga (5)</td>
</tr>
<tr>
<td>10:00 Michelangelo (23 &amp; 24) 10:00 Stamp Club 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (1)</td>
<td>9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (10) 12:00 Holiday Luncheon 1:00 Legal Clinic 1:00-3:00 BINGO 2:00 Caregiver mtg 4:00 COA Board mtg</td>
<td>9:30 History of the Ancient World (23 &amp; 24, last) 11:00 Fit for the Future 1:00 Turn the Page Book Group 1:00 Quilting (last class) 1:00 Notary Services</td>
<td>8:30-9:30 BP walk-in clinic 9:00 Coffee Hour 9:15 Tap Dance (3) 9:15 Staying Active for Life (8) 10:00 Current Events 1:00 Canasta 2:00 Friends of Sudbury Senior Citizens Meeting ?? 2:30 Connection Circle</td>
<td>9:30 Chair Yoga (6)</td>
</tr>
<tr>
<td>10:00 Michelangelo (25 &amp; 26) 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (2)</td>
<td>9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (11) 1:00 Tea &amp; Cookies 1:00-3:00 BINGO</td>
<td>9:30 Experiencing America (1 &amp; 2)</td>
<td>11:00 Fit for the Future</td>
<td>9:30 Chair Yoga (7) 11:15 Uber Tech Clinic 11:00 Fit for the Future 11:30 Watercolors (3) 1:00 Movie – News of the World 1:45 Watercolors (3)</td>
</tr>
<tr>
<td>10:00 Michelangelo (27 &amp; 28) 11:00 Fit for the Future 1:00 Mahjong No Tai Chi today</td>
<td>9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (12) 1:00-3:00 BINGO</td>
<td>9:30 Experiencing America (2 &amp; 3)</td>
<td>11:00 Fit for the Future</td>
<td>Christmas Eve Holiday Senior Center Closed</td>
</tr>
<tr>
<td></td>
<td>9:30-9:30 BP walk-in clinic 9:00 Coffee Hour 9:15 Tap Dance (1) 9:15 Staying Active for Life (6) 10:00 Current Events 1:00 Canasta 1:00 Low Vision Support Group 2:30 Connection Circle</td>
<td>9:30 Chair Yoga (5) 11:15 Uber Tech Clinic 11:30 Watercolors (1) 11:00 Fit for the Future 1:00 Movie – Here Today 1:45 Watercolors (1)</td>
<td></td>
<td>New Years Eve Holiday Senior Center Closed</td>
</tr>
</tbody>
</table>

**Contact Lisa Templeton to place an ad today!**
litempleton@lpicommunities.com or (800) 477-4574 x6377

**Mary Ann Morse Home Care**
Independent Living, Assisted Living, Memory Care & Mental Health, Adult Social Day Program
747 Water Street, Framingham
508-665-5300
www.maryannmorse.org
Mary Ann Morse Home Care provides skilled home health services throughout Metro West: 508-433-4479

**508-433-4404**

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**Zoom programs In Blue**

**At The Senior Center Black**

**Staff Holiday Gathering**
Senior Center Closes at 12:30
December’s cold weather does not squelch the warmth of the work being done by our valued team of volunteers. They are true heroes. Be it a phone call offering friendship or tech support, a visit, an outdoor repair, or a delivery of meals, library materials, sand buckets or groceries, the volunteers are positively impacting seniors’ lives. I am very grateful for all they do!

Sand Buckets: Our volunteer Sand Bucket Brigade is all geared up! This is a collaborative effort of the Wayside Inn (which donates the empty buckets), the Department of Public Works (which fills the empty buckets with sand), and our Senior Center volunteers who make the deliveries to seniors that request sand. The sand can then be applied by the homeowner to the walkways and driveways to help prevent slips and falls. A huge thank you, in advance, to our Sand Bucket Brigade, for helping to keep our seniors safe. If you are in need of a sand bucket for the winter, please call Janet Lipkin at 978-639-3223, and we will have a volunteer deliver it to you within a few days of the request made.

Many of our volunteers have participated in a virtual Dementia Friends Information Session hosted by the Dementia Friendly Sudbury Action Team. The Info Session is an interactive way to learn a little about dementia and how it can affect people’s lives. The session lasts 45-60 minutes and covers five key messages that everyone should know about dementia through activities and discussion. Please contact Janet Lipkin if you would like more information about future dates of the Info Session. It is a wonderful way to support the community members affected by dementia.

HUGE thanks go to the Girl Scouts, Boy Scouts, Cub Scouts, volunteers from Warm Hands, the Chinese-American Association of Sudbury, and general members of the community, both young and old, who carried out wonderful acts of kindness to help our seniors during the month of November.

This is further testimony as to how community members really come together to help each other.

Submission of an act of kindness:

“I was having dinner in a local restaurant one afternoon and a couple came in with 2 young boys. After awhile the boys approached me and the older one asked if I would like some company. I glanced at the parents and assumed it was ok. So we talked a little and the older one said he goes to school in Sudbury and would like to buy my dinner. He told me he had the money to pay because he mowed lawns all summer. It was so heartwarming that he wanted to do something for me to share the gift of buying my dinner with the fruits of his labor. In this day of upset and turmoil this kind young man wanted to share in the fruit of his labor. May he keep the kindness he showed to me all his life.” DL

If you have a story about how volunteerism has impacted your life, please feel free to submit it to me at LipkinJ@sudbury.ma.us. You can decide if you want your name mentioned as the author, or to have it be anonymous.

A special thanks to volunteer Christine Washburn for the wonderful write-up of featured senior Cindy Lauer on page 7. If you would like to become involved in writing up interviews you have with people we are featuring in our newsletter, please contact me—we can use some volunteers in this role! It is a wonderful way to put your writing skills to good use.

Our greatest volunteer needs:

**Grocery Shoppers**– weekly food shopping for a senior unable to get to the store.

**Meals on Wheels Drivers** (back-up)

**Greeters**– welcoming people as they enter and sign in at the Senior Center, and engaging in conversation with seniors in the lobby. A wonderful way to meet people.
The Massachusetts Good Neighbor Energy Fund is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.

Income eligibility guidelines for 2021-2022 are as follows:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>Total Gross Yearly Income</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>$40,952 - $54,601</td>
</tr>
<tr>
<td>2</td>
<td>$53,552 - $71,401</td>
</tr>
<tr>
<td>3</td>
<td>$66,152 - $88,201</td>
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<tr>
<td>4</td>
<td>$78,752 - $105,001</td>
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<tr>
<td>5</td>
<td>$91,352 - $121,801</td>
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<tr>
<td>6</td>
<td>$103,952 - $138,601</td>
</tr>
<tr>
<td>7</td>
<td>$106,315 - $141,752</td>
</tr>
<tr>
<td>8</td>
<td>$108,677 - $144,901</td>
</tr>
</tbody>
</table>

Sudbury residents can apply for assistance by contacting Ana Cristina Oliveira, Outreach/Information Specialist, at oliveiraa@sudbury.ma.us or 978-639-3268.
**SUDBURY SENIOR TRIPS**

**Bermuda**, March 1, 2022  
**Costa Rica Tour** - March 7 -15 , 2022  
**Repositioning Cruises** leaving out of Boston  
June 1, 2022—Canada  
Aug 19-26, 2022—Bermuda  
Sept 18-25, 2022—Canada  
Oct 15-27, 2022—Miami

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**COFFEE HOUR**

Every Tuesday & Thursday  
9:00 - 11:00 AM  
All are welcome! Let’s chat!

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**Movies at the Senior Center**

**Caregiver Support Group** - in Person  
December 14 at 2:00 PM

Caregivers often feel like they are alone. Support groups develop a sense of community through shared feelings and experiences. People feel connected with one another which can assist them in addressing their personal concerns and their need to ask questions.

People feel comfortable to have a good laugh and rejuvenate through inspiring, and often comical stories that are shared between members.

Come join us if you’re caring for a loved one with memory loss. We are meeting in person at the Senior Center on the second Tuesday of the month. Hope to see you!

To register please call the Sudbury Senior Center at 978-639-3268 or email Ana Cristina Oliveira at oliveiraa@sudbury.ma.

**Friday, December 3 at 1:00 PM**  
Here Today PG-13, 2 hours

Veteran comedy writer Charlie Burnz forms an unlikely yet hilarious and touching friendship with New York lounge singer Emma Payge. Emma unexpectedly wins a lunch with the comedy legend, and their friendship gets off to an extremely rocky start (think seafood allergy, a hospital visit, and an epi pen). Before long, each finds in the other a sort of soul mate, forging a deep bond that kicks the generation gap aside and redefines the meaning of friendship, love, and trust.

**Friday, December 17 at 1:00 PM**  
News of the World - PG-13, 2 hours

Five years after the Civil War, Captain Jefferson Kyle Kidd moves from town to town as a non-fiction storyteller. In the plains of Texas, he crosses paths with a 10-year-old girl taken in by the Kiowa people and raised as one of their own. Kidd agrees to deliver the child where the law says she belongs. As they travel hundreds of miles into the unforgiving wilderness, the two face tremendous challenges of both human and natural forces as they search for a place they can call home.
### Blood Pressure Clinic

Patty Moran, Board of Health Nurse will be offering a walk-in Blood Pressure Clinic at the Senior Center every Thursday from 8:30-9:30 AM

No Clinic on 12/23 & 12/30

### Dial-a-Ride

The Dial-a-Ride Van Service is available on Tuesdays and Thursdays from 4:00-7:00 PM and is handicapped accessible.

Rides are also available to Framingham to catch the Boston Hospital Shuttle on Tuesdays (early morning, return midday or early evening.)

Reservations must be made at least 2 business days in advance. Note: Holidays are not considered a business day.

If you’re a registered van rider, please call the MWRTA Call Center at 508-820-4650, Monday-Friday, 8:00AM-4:00PM to schedule a ride.

### Sudbury Connection Van Service

Are you a Sudbury resident who is aged 60+, or under 60 with a disability?

The Sudbury Connection Van Service provides wheelchair, accessible transportation to and from medical appointments, as well as to shopping and errands in Sudbury and surrounding towns from Monday – Friday 9:00-4:00. One passenger per trip.

Medical appointment destinations include: Sudbury, Marlborough, Concord, Wayland and Framingham.

Shopping and errand destinations include: all stores in Sudbury, Stop and Shop Town Center in Wayland, Target plaza in Marlborough and Market Basket Plaza in Maynard. Please complete the application to become a registered rider.

You can find the application at: [https://sudburyseniorcenter.org/services/transportation/](https://sudburyseniorcenter.org/services/transportation/)

### Hearing Clinic

Friday, December 10
9:30 - 11:00 AM

Michael Drennan, BC-HIS, of Rogers Hearing Solutions offers complimentary wax and hearing screenings at the Senior Center. Please call us at 978-443-3055 to schedule your appointment.

### Dementia Friends Info Session on Zoom

**Thursday, December 9 at 2:00 PM**

The **Dementia Friendly Sudbury Action Team** is hosting a Dementia Friends Info Session. In this one-hour discussion, you will learn the following:

- What dementia is and what it’s like to live with it
- Five key messages about living with dementia
- Simple things you can do to make a difference in your community.

The link to register is: [https://goodnowlibrary.assabetinteractive.com/calendar/dementia-friends-information-session-2/](https://goodnowlibrary.assabetinteractive.com/calendar/dementia-friends-information-session-2/)

### Bridges by Epoch

**Virtual Caregiver Programs on Zoom**

**Caregiver Support Group**
December 15th at 11:00 AM

**Early Stage Support Group**
December 15 at 4:40 PM

Please RSVP with Cindy Gerante at 978-261-7007 or email cgerente@bridgesbyepoch.com.
The Sudbury Council on Aging is a nine member Town Committee, appointed by the Sudbury Select Board, to identify the needs of Sudbury's older residents, educate the community and enlist the support of all residents concerning these needs, promote services to fill these needs, and promote and support any other programs which are designed to assist older adults in the community.

SUDBURY COUNCIL ON AGING

Chairperson:
Jeffrey Levine
Board of Directors:
Margaret “Peg” Espinola
State Rep. Carmine Gentile
Sandy Lasky
Patricia Lewis
Robert Lieberman
Anna Newburg
Donald Sherman
Dr. Patricia Tabloski

SUDBURY SENIOR CENTER STAFF

Director
Debra Galloway
Administrative Coordinator
Chery Finley
BayPath Meal site Manager
Debbie Peters
Outreach/Information Specialist
Ana Cristina Oliveira
Program Coordinator
Sharon K. Wilkes
Receptionist
Veneta “Tia” Kelly
S.H.I.N.E. Counselors
Wayne Antion
Marc Hertzberg
Sudbury Board of Health Nurse
Patty Moran 978-440-5477
Tax Work-off Coordinator
Josephine King
Town Social Worker (DPW Building)
Bethany Hadvab 978-440-5476
Trip Coordinators
Joe Bausk
Joanne Bennett
Van Drivers
Linda Curran
Ron DeMarco
Volunteer Program Coordinator
Janet Lipkin

Production and distribution of this monthly newsletter are partially funded by the State Formula Grant from the Executive Office of Elder Affairs.

Consultation
Outreach and Information
Information about resources and services for older adults, caregivers, and their families in Sudbury. Free consultation by appointment.

Legal Clinic
Free 20-minute phone consultation by appointment.

S.H.I.N.E. (Serving the Health Information Needs of Everyone on Medicare)
Free consultation on Medicare health insurance by appointment.

Community Services
Phone Buddies
Volunteers make weekly calls to older adults who would like to socialize.

Friendly Visitor Program
Volunteers make weekly visits to seniors unable to leave their homes to socialize.

Grocery Shopping
Volunteers make weekly visits to supermarket and bring food to the door.

Lockbox
Lockbox - A small key safe with the owner’s housekey is affixed to the home for emergency access by the Fire Department.

Nutrition
Home Delivered Meals
Hot lunch delivered to older residents who are unable to leave home. $3 suggested donation. Registration through BayPath Elder Services: 508-573-7200.

Safety
Home Safety Checks
Collaboration with the Sudbury Fire Dept. to ensure working smoke and CO alarms, for older Sudbury homeowners who have a non-urgent need.
Feeling lucky?
We are playing Bingo
every Tuesday
at the Senior Center
From 1:00—3:00 PM
Come on down!

TAP DANCE—INTERMEDIATE
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