

*A Publication of the Sudbury Senior Center: the place for
information, learning and connection for all older adults!*



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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!**

A message from Director, Debra Galloway

As we approach the holidays and the new year, I'd like 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, 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>. 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



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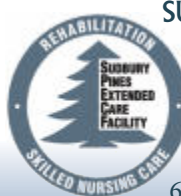
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*The Great Courses DVD Series****The Concerto via Zoom***

Tuesdays, 9:30—10:30 AM

October 12 - February 15

December 7Lec 9 - The Romantic
Concerto**December 14**

Lec 10 - Hummel and Chapin

December 21Lec. 11 - Mendelssohn and
Schumann**December 28**

Lec. 12 - Romantic Masters

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.

*The Great Courses DVD Series****Experiencing America - A Smithsonian Tour through American History via Zoom***

Wednesday, 9:30—11:30 AM

December 22 - January 26

December 22

Lec. 1 - The Star Spangled Banner

Lec. 2 - Presidents and Generals

December 29

Lec. 3 - Conscience and Conflict

Lec. 4 - The Growth and Spread of Slavery

*The Great Courses DVD Series****Genius of Michelangelo via Zoom***

Mondays, 10:00—11:00 AM

September 20 - January 24

December 6

Lec. 21 - The Medici Chapel Sculpture, Part 3

Lec. 22 - The Laurentian Library

December 13

Lec. 23 - Florence—A Republic under Siege, 1527-34

Lec. 24 - Inventing a New Aesthetic—The *Non-Finito***December 20**

Lec. 25 - Michelangelo's Drawings, 1520-40

Lec. 26 - *The Last Judgement***December 27**Lec. 27- *The Last Judgement*, Part 2

Lec. 28 - The Pauline Chapel

*The Great Courses DVD Series****History of the Ancient World:******A Global Perspective via Zoom***

Wednesday, 9:30—11:30 AM

September 22 - December 15

December 1

Lec. 19 - Philip of Macedon—Architect of Empire

Lec. 20 - Alexander the Great Goes East

December 8

Lec. 21 - Unifiers of India

Lec. 22 - Shi Huangdi

December 15

Lec. 23 - Earliest Historians of Greece and China

Lec. 24 - The Hellenistic World

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:

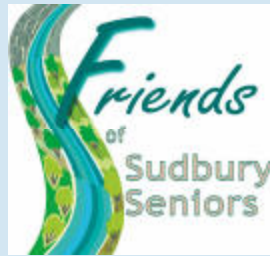
On behalf of the Friends of Sudbury Senior Citizens, our thanks for your generous response to our annual appeal.

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.

ADVENTURES in LIFELONG LEARNING

JOHN L. HEINEMAN INTERSESSION 2022



Framingham
State University

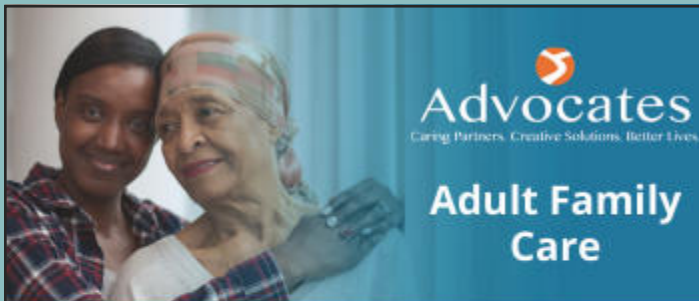


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look here first.

Enjoy remote courses for seniors 60+!

Visit our website to join the mailing list and learn more about our January courses.
www.bit.ly/Adventures-FSU

Adventures in Lifelong Learning courses are free to all participants, thanks to partial funding support from the Older Americans Act as granted by BayPath Elder Services, Inc., and grants from Ashland Cultural Council, Framingham Cultural Council, Marlborough Cultural Council, Natick Cultural Council and Sudbury Cultural Council.



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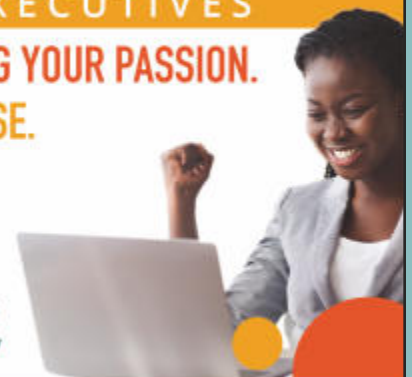
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MEDICARE OPEN ENROLLMENT

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.

TURN THE PAGE Book Group

Wednesday, December 15
at 1:00 PM

Via Zoom

Book: *The Paris Library*

Author: Janet Skleslien Charles



CANASTA

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.



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.

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.



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

No Class Dec. 24 & Dec 31

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.

CRIBBAGE & SCRABBLE PLAYERS WANTED

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



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 **S A F E** for beginners.

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.

Fit for the Future

Mondays, Wednesdays & Fridays
from 11:00 - 11:45 AM

No class Dec 24 & 31

Class takes place in the Gym.



Sign up on Friday morning beginning at 9:00 AM
for next week's classes.

\$4.00 per class - *Exact Change Only*

- Limited to the first 15 people who sign up
- Must check-in at the Senior Center front desk
- Class is first-come, first-serve
- Wear a mask and social distance yourself as you wait to be checked in
- New students need to complete a fitness waiver
- Instructor Lois Leav has been teaching the *Fit for the Future* class for the past 30 + years.

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.

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 long-time 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 canvasses 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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
Zoom programs In Blue At The Senior Center Black		9:30 History of the Ancient World (19 & 20) 9:00 Boxwood Workshop 11:00 Fit for the Future 1:00 Quilting (6)	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	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)
6	7	8	9	10
10:00 Michelangelo (21 & 22) 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (8, last)	9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (9) 1:00-3:00 BINGO	9:30 History of the Ancient World (21 & 22) 11:00 Fit for the Future 1:00 Quilting (7)	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&A BOH Nurse 10:00 Current Events 1:00 Canasta 1:00 Short Story Group 2:00 Dementia Friends 2:30 Connection Circle	9:30 Chair Yoga (6) 9:30 Hearing Clinic 11:00 Fit for the Future 11:15 Uber Tech Clinic 11:30 Watercolors (2) 1:45 Watercolors (2)
13	14	15	16	17
10:00 Michelangelo (23 & 24) 10:00 Stamp Club 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (1)	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	9:30 History of the Ancient World (23 & 24, last) 11:00 Fit for the Future 1:00 Turn the Page Book Group 1:00 Quilting (last class) 1:00 Notary Services	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	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)
20	21	22	23	24
10:00 Michelangelo (25 & 26) 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (2)	9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (11) 1:00 Tea & Cookies 1:00-3:00 BINGO	9:30 Experiencing America (1 & 2) 11:00 Fit for the Future	8:30-9:30 BP walk-in clinic 9:15 No Tap Dance Staying Active for Life: no class 10:00 Current Events Senior Center Closes at 12:30 Staff Holiday Gathering *	Christmas Eve Holiday Senior Center Closed
27	28	29	30	31
10:00 Michelangelo (27 & 28) 11:00 Fit for the Future 1:00 Mahjong No Tai Chi today	9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (12) 1:00-3:00 BINGO	9:30 Experiencing America (2 & 3) 11:00 Fit for the Future	8:30-9:30 BP walk-in clinic 9:00 Coffee Hour 9:15 Staying Active for Life (1) 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	New Years Eve Holiday Senior Center Closed

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From Janet Lipkin, Volunteer Program Coordinator

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:

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

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

Low-income Home Energy Assistance Program (LIHEAP)

The **Low-income Home Energy Assistance Program (LIHEAP)** has been available in Massachusetts to low-income households since 1977.

Also known as Fuel Assistance, this program helps income-eligible households pay a portion of their heating bills between November 1 and April 30.

To see if you qualify, call the Sudbury Senior Center and ask to speak with Ana Cristina Oliveira, Outreach Information Specialist, at 978-443-3055.



RESOURCES

BayPath Elder Services 508-573-7200

Meals on Wheels (BayPath): 508-573-7246

Caregiver Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020

Elder Abuse Hotline: 1-800-922-2275

Metro West Legal Services: 508-620-1830

MA Executive Office Elder Affairs: 1-800-243-4636

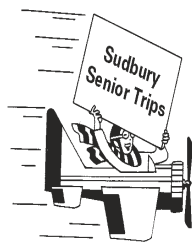
Sudbury Housing Authority: 978-443-5112

MWRTA -508-820-4650

Social Security: 1- 800-772-1213

Sudbury Community Food Pantry- 978-443-7725

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

COFFEE HOUR



Every Tuesday & Thursday

9:00 - 11:00 AM

All are welcome! Let's chat!

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.



Movies at the Senior Center



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/>

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/>

Bridges by Epoch

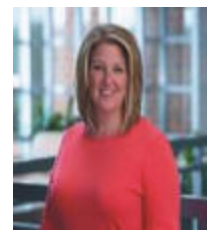
Virtual Caregiver Programs on Zoom

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 cgerante@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

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Janet Lipkin



Uber Clinic Technology Support

Tuesdays 3:00-4:00 PM & Fridays 11:15 - 12:15 PM and 1:00 - 2:00 PM.

Call 978-443-3055 to schedule an appointment.

NOTE: The Sudbury Senior Center hosts many special programs, some with guest speakers or moderators. Each guest may present their own views or opinions. The Senior Center does not approve, recommend or reject any of these views. In addition, while we very much appreciate the advertisers who support this newsletter, we cannot endorse any products or services.

NOTARY SERVICES

Free service provided By: Joe Bausk

December 15 at 1:00 PM

January 14 at 1:00 PM



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.



B I N G O

Feeling lucky?
We are playing Bingo
every Tuesday
at the Senior Center
From 1:00—3:00 PM
Come on down!

TAP DANCE—INTERMEDIATE

Learn new steps and practice what you know in a fun, relaxed atmosphere with instructor Susan Craver.

Class will run for 8 Thursdays at 9:15 AM

on Dec 2, 9, 16, Jan 6, 13, 20, 27, Feb 3.

No class on Dec 23

Please pay \$48.00 when you register for the class.

If you have any questions, please contact us at 978-443-3055 or email senior@sudbury.ma.us.



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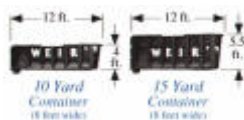
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<http://sudburyseniorcenter.org>



The Senior Scene



Or Current Occupant



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