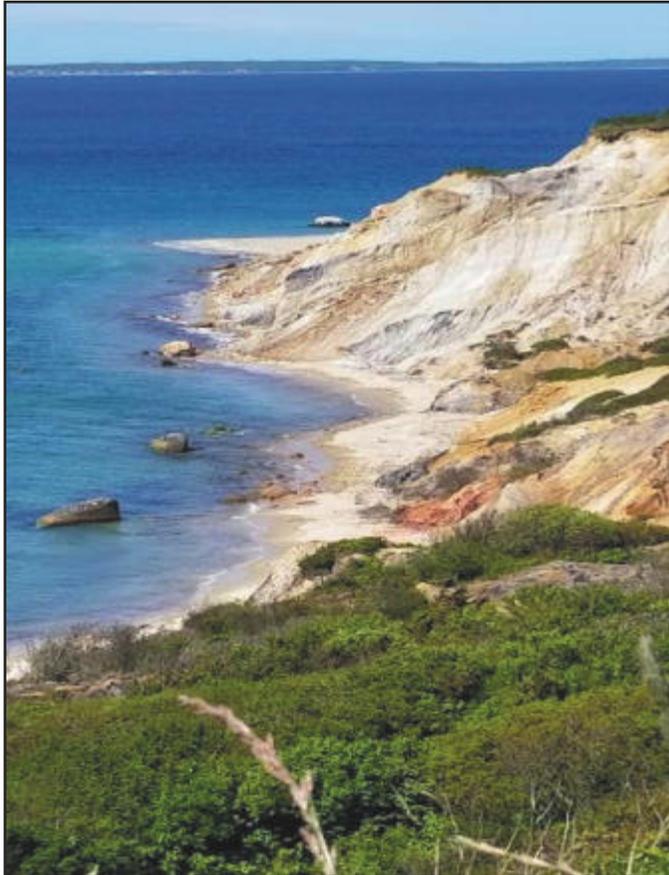


A Publication of the Sudbury Senior Center: the place for information, learning and connection for all older adults!



Aquinnah Cliffs, formally known as Gay Head Cliffs, is a national landmark located on the island of Martha's Vineyard. Photo taken by: Sharon K. Wilkes

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The Heart of the Matter: Heart health, risks, symptoms and recovery

The Corporators & Auxiliary of Emerson Hospital, in partnership with the Sudbury Senior Center, presents a community discussion on Heart Health **via Zoom** on **February 15, 2022 at 1:00 PM**. Join the virtual event to learn more about the warning signs of cardiac distress, risk factors and prevention. Presenter Ginny Dow RN, BSN, BC, CCRP, FAACVPR is a board certified cardiac rehab nurse and manager of the Emerson Hospital Cardiac Rehabilitation and Prevention program. Ginny will discuss real-life experiences to help educate you on the importance of good heart health.



To register for the virtual event and receive a Zoom link, click here. https://emersonhosp-org.zoom.us/webinar/register/8616395715250/WN_0THZ8psERrauRIEo5lByMw . If you have any questions, or need further information, contact the Auxiliary of Emerson Hospital Liaison at 978-287-3084.

The first 25 Sudbury seniors that sign up will receive a goody bag from Emerson Hospital. Sharon Wilkes, Sudbury Senior Center's Program Coordinator will distribute the bags.

A message from Director, Debra Galloway

Hello and Happy Valentine's Day!

The days are getting slightly longer and spring can be seen in the distance. Let's enjoy the beautiful cold brisk weather and take comfort in our friends, neighbors and family.

We encourage you to embrace the challenges of February and make the most of this short month! Visit us in-person, online, or by phone. Take advantage of the Emerson Hospital seminar on Heart Health to honor your heart in celebration of Valentine's Day. Learn something new, join us for Cribbage on Mondays, or try out our Great Courses lectures on Zoom. Remember we have volunteers ready to walk you through the steps needed to learn how to use Zoom.

If you need a ride to the Senior Center for the luncheon, a movie or a meeting, or to another location in town, please contact Outreach Specialist Ana Cristina Oliveira, for information on transportation options. The Sudbury Connection van is available, as well as the Transportation Committee's pilot programs offering Taxi rides for medical appointments and Uber rides for other needs.

Continue to be prepared for severe weather and power outages as winter is likely to continue into March. Keep your cell phone charged, sign up for Sudbury Emergency Notifications, maintain water and food supplies, keep in contact with friends and family ahead of storms, have a plan in place! As the weather has brought more intense storms, Sudbury Fire and Police may be dealing with road closures, and downed trees. If you have an emergency, call them at 911. If you have a non-emergency, but urgent need or question, call the business lines at Sudbury Fire: 978-440-5301 or Sudbury Police: 978-443-1042.

Take good care, *Debra*



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- Year-round activities: book club, movie mavens, current events discussions, French conversation, and a 6-week summer program

All courses are held at Temple Shir Tikva in Wayland

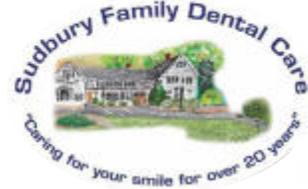
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The Great Courses DVD Series
The Concerto –Part 3 - Zoom

Tuesdays, 9:30—10:30 AM
 October 12 - March 22

February 1

Lec 17 - The Russian Concerto
 Part 1

February 8

Lec 18 - The Russian Concerto
 Part 2

February 15

Lec. 19 - The Concerto in France

February 22

Lec. 20 - Bartok



The Great Courses DVD Series
In the Footsteps of Vincent van Gogh - Zoom

Mondays, 10:00—11:00 AM
 February 7 - March 28

February 7

Lec. 1 - The world of Vincent van Gogh
 Lec. 2 - Early Years in Brabant

February 14

Lec. 3 - The Turn toward Art
 Lec. 4 - The Nuenen Period

February 21—no class

February 28

Lec. 5 - Vincent in Antwerp
 Lec. 6 - The Paris Art Scene in the 1880s

Sign up once, for any of the Great Courses DVD series. You will then receive the link each week and have the flexibility to pick and choose what lectures you want to watch.

Email Chery Finley at finleyc@sudbury.ma.us.

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

Picture from the 12/21/21 Tea Party



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

Wednesday, 9:30—10:30 AM
 December 22 - February 23

February 2

Lec. 13 - Kitty Hawk to Tranquility
 Lec. 14 - Cold War

February 9

Lec. 15 - National Tragedy
 Lec. 16 - For the Greater Good

February 16

Lec. 17 - Woman Making History
 Lec. 18 - The Power of Portraits

February 23

Lec. 19 - Two Centuries of American Style
 Lec. 20 - Hollywood



Newsletter Mailing List Renewal



If you live out-of-town, and would like to receive our monthly newsletter via the mail, please send a check payable to "Town of Sudbury" for \$12.00 along with your name and address mail it to Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776. Alternatively, you can pick up the newsletter at the Senior Center or view it on our website.

Get the Newsletter via email

To sign up for the emailed newsletter from the Town of Sudbury homepage, click on "Email Lists", enter your name and email address, and choose "Senior Center-General Information" and click "Sign up". You will automatically receive our monthly newsletters and occasional Senior Center updates via email. Your email address will never be shared.

SPRING 2022
ADVENTURES in
LIFELONG LEARNING

Enjoy remote courses for seniors 60+ on Zoom!

Tuesdays, April 5, 12, 26 and May 3
Visit our website to join the mailing list and learn more.
www.bit.ly/Adventures-FSU
Registration will open on Tuesday, March 8, at 11am.

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 Framingham Cultural Council, Marlborough Cultural Council, and Natick Cultural Council.



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Low Vision Support Group

Thursday, February 3 at 1:00 PM

Meets on the first Thursday of the month.



Cribbage

Meets every Monday

10:00—12:00 PM

No class Feb 21

Please sign up by calling 978-443-3055

Turn the Page Book Group

Via Zoom

Date: Wednesday, February 16

Time: 1:00 PM

Book: The Premonition:
A Pandemic Story

Author: Michael Lewis



CANASTA

Meets every Thursday at the Senior Center from 1:00—3:45 PM.

We are Looking for new and experienced players.

Please call the Senior Center at 978-443-3055 to register.

MAHJONG

We are playing Mahjong every Monday
1:00 - 3:00 PM

No Class Feb 21

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



Intermediate Bridge



Playing every Wednesday

1:00—3:30 PM

Please sign up by calling 978-443-3055

Wonderful Watercolors



Class is temporarily on hold

Short Story Book Group

2nd Thursday of the month at 1:00 PM



via Zoom

Email Sharon K. Wilkes at
Wilkess@sudbury.ma.us

S.A.I.L.

Staying Active & Independent for Life

8 Thursdays from 9:15 – 10:00 AM

Jan 6, 13, 20, 27, Feb 3, 10, 17, 24



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.



Fit for the Future

Mondays, Wednesdays & Fridays
11:00 - 11:45 AM in the Fairbank Gym

No class Feb 21 & Feb 25



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

- Instructor Lois Leav has been teaching *Fit for the Future* for the past 30 + years
- \$4.00 per class - Exact Change Only
- Limited to the first 18 people who sign up.
- During February school vacation week, class will be held in the VH room at the Senior Center
- Must check-in at the Senior Center front desk

T'AI CHI

8 Mondays from 2:15 - 3:00 PM
Feb 28, March 7, 14, 21, 28 April 4, 11, 18

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.

CHAIR YOGA

8 Fridays from 9:30 - 10:15 AM
Jan 14, 21, 28, Feb 4, 11, 18, 25 & March 4.

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

- TO REGISTER email Chery Finley at finleyc@sudbury.ma.us.
- Make check payable to "Town of Sudbury"
- Mail your check to Chery Finley, Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776.
- The Zoom link and password will be sent to you the day before the class.

If you need financial assistance, please call us at 978-443-3055.

VOLUNTEER



Become a volunteer SHINE Counselor

Like to help people? Do you like technical information? Have some spare time? If so, you may be the perfect SHINE volunteer. It's also a plus if you speak multiple languages.

SHINE volunteers offer free, confidential counseling on Medicare options to beneficiaries and their families. If you become a certified counselor, we are sure that you will find SHINE a rewarding as well as a challenging volunteer experience.

To volunteer, you must participate in a 10-day training and pass a state certification test. There are also monthly meetings where you can connect with your fellow SHINE counselors. If you are interested in training this year, please contact us at metrowest-shine@needhamma.gov or 781-453-8076 by the end of February.



Trips Coordinators Needed!

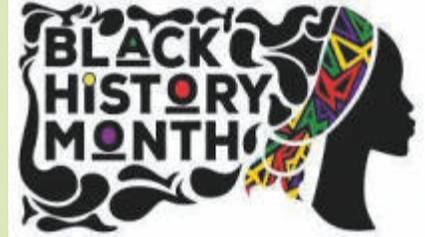
Interested in a fun volunteer position at the Senior Center?

Are you looking for a new opportunity to give back to the community? Do you like organizing trips, communicating with trip companies and with participants who are interested in trips?

Why not consider being a Volunteer Trips Coordinator? Ideally, we are looking for two people to team up for this job. For more information, please contact us at senior@sudbury.ma.us or 978-443-3055.

DID YOU KNOW... ?

In 1976, President Gerald Ford, officially recognized the month of February as Black History Month.



Tax Season is nearly here!

AARP-Sponsored Tax Return Preparation Schedule
March 7 - April 12, 2022

As of Friday, February 4th - Appointments can be scheduled on Mondays and Tuesdays with Emil Rago-nes, Fred Taylor, and Dave Calder, our AARP trained and certified Tax Return Volunteers this year.

For people who **don't** have brokerage accounts, appointments will start on **Monday, March 7.**

For those with brokerage accounts, including people with stocks, appointments will begin on **Monday, March 21.**

Be sure to bring the year-end tax documents you got in the mail from banks, brokerage accounts, pension plans and other sources of income, and a *copy of your last year's tax return*. Also, bring IRS issued Letter 6475 or Notice 1444-C (to be mailed in early 2022) which indicates the amount of your Third Economic Impact Payment that you would have received earlier this year.

Beginning February 4th, you may make an appointment by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Plan to arrive 15 minutes before your scheduled appointment time, for preregistration paperwork.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
	9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (17) 1:00 Bingo 2:00 Caregiver Support Group	9:30 Experiencing America (13 & 14) 11:00 Fit for the Future 1:00 Intermediate Bridge	9:00 Coffee Hour 9:15 Tap Dance (2) 9:15 Staying Active for Life (5) 10:00 Current Events 1:00 Canasta 1:00 Low Vision Support Group 2:30 Connection Circle	9:30 Chair Yoga (4) 11:15 Uber Tech Clinic 11:00 Fit for the Future
7	8	9	10	11
10:00 Cribbage 10:00 Vincent van Gogh (1 & 2) 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (7)	9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (18) 1:00 Legal Clinic 1:00 Bingo 4:00 COA Board mtg	9:30 Experiencing America (15 & 16) 11:00 Fit for the Future 1:00 Intermediate Bridge	9:00 Coffee Hour 9:15 Tap Dance (3) 9:15 Staying Active for Life (6) 10:00 Current Events 1:00 Notary Services 1:00 Canasta 1:00 Short Story Group 2:30 Connection Circle	9:30 Chair Yoga (5) 9:30 Hearing Clinic 11:00 Fit for the Future 11:15 Uber Tech Clinic 1:00 Movie :Best of Enemies
14	15	16	17	18
10:00 Cribbage 10:00 Vincent van Gogh (3 & 4)  10:00 Stamp Club 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (8)	9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (19) 1:00 The Heart of the Matter 1:00 Bingo	9:30 Experiencing America (17 & 18) 11:00 Fit for the Future 1:00 Turn the Page Book Group 1:00 Notary Services 1:00 Intermediate Bridge	9:00 Coffee Hour 9:15 Tap Dance (4) 9:15 Staying Active for Life (7) 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga (6) 11:15 Uber Tech Clinic 11:00 Fit for the Future
21	22	23	24	25
Presidents' Day  Senior Center Closed	9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (20) 12:00 Spaghetti Luncheon 1:00 Bingo	9:30 Experiencing America (19 & 20) 11:00 Fit for the Future 1:00 Intermediate Bridge	9:00 Coffee Hour 9:15 Tap Dance -No Class 9:15 Staying Active for Life (8) 10:00 Current Events 1:00 Canasta 2:00 Friends of Sudbury Senior Citizens Mtg 2:30 Connection Circle	9:30 Chair Yoga (7) 11:15 Uber Tech Clinic 11:00 Fit for the Future - NO class 1:00 Movie: The Help
28				
10:00 Cribbage 10:00 Vincent van Gogh (5 & 6) 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (1)			FONT COLORS: Zoom Events in BLUE On Site events in BLACK No class events in PURPLE	go to: https://goodnowlibrary.assabetinteractive.com/calendar/dementia-friends-information-session-2/

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From Janet Lipkin, Volunteer Program Coordinator

The wind blows, the snow falls, and we are smack in the middle of winter. Despite the cold temperatures outdoors, things at the Senior Center are brewing with warm energy and excitement, as classes, programs, and events take place, and volunteer work abounds. The volunteer services provided are often invaluable to the recipients, who, in turn, are so appreciative! Whenever I meet with an individual interested in becoming a volunteer, I thank them for thinking of helping others. It is so nice to see the community coming together to assist residents in need.

Highlighted Programs:

Sand Buckets: If you are in need of a filled sand bucket so that you can apply the sand to your walkways and/or driveways, please contact Janet Lipkin at 978-639-3223. Once the request is placed, a volunteer will deliver the sand bucket to you within a few days. Please do not wait until you are almost out of sand to put in your request—the deliveries are not done on an urgent basis.

Tech Support: One-on-one technology support is offered to learn how to use Zoom and Facetime. Our volunteers will provide the support via phone call, Zoom, or if possible, in-person at the Senior Center. To request a Tech Support appointment, call Janet Lipkin at 978-639-3223.

Meals on Wheels: A mid-day hot lunch is delivered by volunteers to older residents who are unable to leave home. Registration through BayPath Elder Services (508-573-7200).

Loan Closet: Durable medical equipment is available, on a non-urgent basis, for loan at no cost. Inventory changes all the time but generally includes walkers, wheelchairs, shower chairs, tub transfer benches, crutches, knee scooters, transport chairs, canes, plus more!



Name Badges: Our new volunteer name badges feature a photo of the volunteer on it and are worn on a lanyard around the neck. All volunteers are required to wear their name badge when doing volunteer work for the Senior Center.

Submission from a senior helped by one of our Phone Buddy Volunteers:

“Each week she [my Phone Buddy] calls me. We laugh, tell stories about growing up and growing older. I consider her a real friend. Now we are reading the same book so that we can talk about the characters and if we like the way the plot is written. I look forward to her calls...” - Anonymous

Do you know someone who might be interested in becoming involved in community service? Would you like more information about the volunteer opportunities that the Senior Center offers? If so, please contact Janet Lipkin, Volunteer Program Coordinator, at 978-639-3223; LipkinJ@sudbury.ma.us.

Quotes of note:

“Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud.” – Helen Dyer

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.” – Leo Buscaglia

Thank you to our valued team of volunteers!- Janet Lipkin



Volunteers at 2019 Holiday Luncheon

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, check the income eligibility below or call the senior center and ask to speak with Ana Cristina Oliveira, Outreach Information Specialist at 978-443-3055

Household size	Annual Income
1	\$39,105
2	\$51,137
3	\$63,169
4	\$75,201
5	\$87,233

IMPORTANT PHONE NUMBERS

BayPath Elder Services
508-573-7200

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

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



Ana Cristina Oliveira, Outreach and Information Specialist, provides assistance to individuals age 60 and over in the areas of food, utilities assistance, Medicare counseling, caregiver support, transportation, and information/referral on a variety of other services.

SERVICES/INFORMATION & RESOURCES

The following are services and resources available:

- SHINE Counseling (Serving the Health Needs of Everyone on Medicare)
- Assistance in Applying for SNAP (Food Stamps)
- Used Furniture Assistance
- Legal Assistance/Referral
- Low- Income Home Energy Assistance Program
- BayPath Elder Services Referral
- Transportation application assistance
- Caregiver Support Group
- Massachusetts Good Neighbor Energy Fund
- Home Services Information
- Assisted Living Information

Home Modification Loan Program

The Home Modification Loan Program is a state funded program. Loans are available up to \$50,000 to homeowners and \$30,000 to mobile or manufactured home owners both with a 0% interest deferred loan payment.

Our mission is helping homeowners and/or their loved ones live independently and safely in their homes.

For more information, please reach out to Amy Cowan, Program Coordinator, SMOC , 508-326-5349 or by emailing acowan@smoc.org.

SUDBURY SENIOR TRIPS 2022

April 19, 2022—Newport Playhouse (Royal Tours) a full buffet luncheon, a comedy show called "Social Security," and a cabaret show. Cost per person \$114 (includes gratuities).

June 23, 2022—The Patsy Cline Tribute Show and luncheon (Best of Times) Davenport Yacht Club, Danvers, MA. Cost per person \$101 (includes gratuities).

July 21, 2022—Icons & Legends (Best of Times) Fosters, York, ME The Ultimate Tribute Show, includes a traditional Maine Lobster bake & transportation. Cost per person \$101.00 (includes gratuities).

Cruises

Aug 19—26, 2022—Boston to Bermuda to Boston cruise with Norwegian Cruise line.

Sept 18—25, 2022— Boston to Canada to Boston cruise with the Royal Caribbean cruise line.

Repositioning Cruise

Oct 15—27, 2022—Boston to Miami with Celebrity Cruise line.

To sign-up call Joe Bausk, Trip Coordinator at 978-443-8963.

Caregiver Support Group - in Person

FEBRUARY 1 at 2:00 PM

Caregivers often feel like they are alone. Support groups develop a sense of community through shared feelings and experiences.

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 first Tuesday of the month.

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

COFFEE HOUR



Every Tuesday & Thursday

9:00 - 11:00 AM



February Movies

Friday, February 11 at 1:00 PM



The Best of Enemies PG-13, 2 hours

A timely drama that centers on an unlikely relationship between Ann Atwater, an outspoken civil rights activist, and C.P. Ellis, a local Klan leader who reluctantly co-chaired a community summit, battling over the desegregation of schools in Durham, North Carolina during the racially-charged summer of 1971. The incredible events that unfolded would change Durham and the lives of Atwater and Ellis forever.

Friday, February 25 at 1:00 PM



The Help - PG-13 , 2.5 hours

In 1960s Jackson, Miss., aspiring writer Eugenia Phelan crosses taboo racial lines by conversing with Aibileen Clark about her life as a housekeeper, and their ensuing friendship upsets the fragile dynamic between the haves and the have-nots.

Spaghetti Luncheon

Sudbury Senior Center volunteer Ron Ragno has offered to create his specialty, homemade spaghetti and meatballs, with a side of garlic bread for lunch!

Tuesday, Feb. 22 at 12:00 PM.

Snow date is March 1.

The luncheon is limited to 20 participants.

Sign-up begins on Feb 8 at 9:00 AM
by calling 978-443-3055

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.

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/>

Valentines Day Recipe



- 4 small kisses
- 6 giant hugs
- 1 cup of kindness
- 3 cups of love
- 5 tsp of happiness
- 8 caring hearts

Mix together and spread the **LOVE**

Hearing Clinic

Friday, February 11

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 Friendly Sudbury: Dementia Friends Info Session on Zoom

Thursday, February 10 at 2:00 PM

Goodnow Library and The Dementia Friendly Sudbury Action Team is hosting a Dementia Friends Info Session. In this one-hour zoom discussion, you will learn:

- What dementia is and what it's like to live with it
- Five key messages about living with dementia

The Goodnow Library Zoom link is : <https://goodnowlibrary.assabetinteractive.com/calendar/dementia-friends-information-session-2/>



Do you need some assistance this winter?

Maybe you could use some help paying for your utilities, food or rent?

If so, contact

St. Vincent De Paul Society

(978) 443-2647

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 on the needs, promote services to fill these needs, and support any other programs which are designed to assist older adults in the community.

Uber Clinic Technology Support
 Tuesdays 3:00-4:00 PM & Fridays 11:15 - 12:15 and
 Friday 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.

SUDBURY COUNCIL ON AGING

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 Patricia Lewis
 Robert Lieberman
 Anna Newburg
 Donald Sherman
 Dr. Patricia Tabloski

NOTARY SERVICES

Free notary services provided By: Joe Bausk on the following dates at 1:00 PM:
February 10 & March 10



SUDBURY SENIOR CENTER STAFF

Director
 Debra Galloway

Administrative Coordinator
 Chery Finley

Outreach/Information Specialist
 Ana Cristina Oliveira

Program Coordinator
 Sharon K. Wilkes

Receptionist
 Tia Kelly

S.H.I.N.E. Counselors
 Wayne Antion
 Marc Hertzberg

Tax Work-off Coordinator
 Josephine King

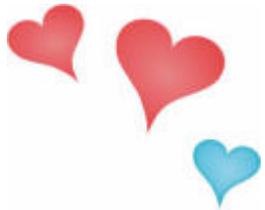
Trip Coordinators
 Joe Bausk
 Joanne Bennett

Van Drivers
 Linda Curran
 Ron DeMarco

Volunteer Program Coordinator
 Janet Lipkin

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<p><u>Consultation</u></p> <p>Outreach and Information Information about resources and services for older adults, caregivers, and their families in Sudbury. Free consultation by appointment.</p> <p><u>Legal Clinic</u> Free 20-minute phone consultation by appointment.</p> <p>S.H.I.N.E. (Serving the Health Information Needs of Everyone on Medicare) Free consultation on Medicare health insurance by appointment.</p>	<p><u>Community Services</u></p> <p>Phone Buddies Volunteers make weekly calls to older adults who would like to socialize.</p> <p>Friendly Visitor Program Volunteers make weekly visits to seniors unable to leave their homes to socialize.</p> <p>Grocery Shopping Volunteers make weekly visits to supermarket and bring food to the door.</p> <p><u>Lockbox</u> Lockbox - A small key safe with the owner's housekey is affixed to the home for emergency access by the Fire Department. Sponsored by Sudbury Firefighters IAFF Local 2023.</p>	<p><u>Nutrition</u></p> <p>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.</p> <p><u>Safety</u></p> <p>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.</p>
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BINGO
 We are playing Bingo
 every Tuesday
 at the Senior Center
 1:00—3:00 PM

**INTERMEDIATE
 TAP DANCE**

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
 Jan 27, Feb 3, 10, 17, March 3, 10, 17, 24

No Class Feb 24

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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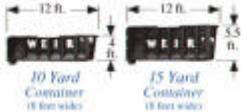


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Sudbury, Massachusetts 01776-1681

<http://sudburyseniorcenter.org>



The Senior Scene



Or Current Occupant



Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

Senior Center hours: Monday through Friday 9:00 AM to 4:00 PM

Memory Care at New Horizons



Peace of mind can be a tall order for people with Alzheimer's and dementia. Discover a better life with New Horizons' Memory Care program, where a team of dedicated caregivers is ready to help residents:

- Stay physically active
- Honor traditions and spirituality
- Enjoy frequent social interaction
- Feel connected to the community
- Participate in stimulating activities
- Be treated with dignity and compassion

Our program is supported by a full-time director, social worker, and activities director who are fully invested in maximizing each resident's quality of life.

New Horizons

- Explore new activities; have new adventures
- Choose from program options tailored to meet each resident's wants and needs
- Enjoy three daily home-cooked meals, prepared according to each diner's dietary needs
- For new residents, we will guarantee no increase for **six years** to the basic monthly fee!

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