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

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_0THZ8psERrauRIEo5IByMw. 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.
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
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

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

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.
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.
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

C A N A S T A

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.

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.
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 Ragones, 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.
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>9:00 Coffee Hour</td>
<td>9:00 English Learner</td>
<td>9:30 Experiencing America (13 &amp; 14)</td>
<td>9:00 Coffee Hour</td>
<td>9:30 Chair Yoga (4)</td>
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<tr>
<td>9:00 English Learner</td>
<td>9:30 The Concerto (17)</td>
<td>11:00 Fit for the Future</td>
<td>9:15 Tap Dance (2)</td>
<td>11:15 Uber Tech Clinic</td>
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<td>1:00 Bingo</td>
<td>1:00 Intermediate Bridge</td>
<td>11:00 Fit for the Future</td>
<td>9:15 Staying Active for Life (5)</td>
<td>11:00 Fit for the Future</td>
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<tr>
<td>2:00 Caregiver Support Group</td>
<td>9:00 Coffee Hour</td>
<td>10:00 Current Events</td>
<td>1:00 Canasta</td>
<td>9:15 Hearing Clinic</td>
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<td>9:15 Tap Dance (2)</td>
<td>1:00 Notary Services</td>
<td>1:00 Low Vision Support Group</td>
<td>11:00 Fit for the Future</td>
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<td>11:00 Fit for the Future</td>
<td>1:00 Canasta</td>
<td>2:30 Connection Circle</td>
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<td>10:00 Intermediate Bridge</td>
<td>1:00 Short Story Group</td>
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<td>1:00 Movie: Best of Enemies</td>
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<td>10:00 Vincent van Gogh (1 &amp; 2)</td>
<td>9:00 English Learner</td>
<td>9:00 English Learner</td>
<td>9:15 Tap Dance (3)</td>
<td>9:30 Chair Yoga (6)</td>
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<tr>
<td>11:00 Fit for the Future</td>
<td>9:30 The Concerto (18)</td>
<td>9:30 The Concerto (15 &amp; 16)</td>
<td>9:15 Staying Active for Life (6)</td>
<td>11:15 Uber Tech Clinic</td>
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<tr>
<td>1:00 Mahjong</td>
<td>1:00 Legal Clinic</td>
<td>11:00 Fit for the Future</td>
<td>10:00 Current Events</td>
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<td>2:15 Tai Chi (7)</td>
<td>1:00 Bingo</td>
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<td>1:00 Notary Services</td>
<td>11:15 Uber Tech Clinic</td>
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<td>4:00 COA Board mtg</td>
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<td>1:00 Canasta</td>
<td>1:00 Movie: The Help</td>
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<td>9:30 Chair Yoga (6)</td>
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<td>10:00 Vincent van Gogh (3 &amp; 4)</td>
<td>9:00 English Learner</td>
<td>9:00 English Learner</td>
<td>9:15 Tap Dance (4)</td>
<td>11:15 Uber Tech Clinic</td>
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<td>10:00 Stamp Club</td>
<td>9:30 The Concerto (19)</td>
<td>9:30 The Concerto (17 &amp; 18)</td>
<td>9:15 Staying Active for Life (7)</td>
<td>11:00 Fit for the Future</td>
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<td>11:00 Fit for the Future</td>
<td>1:00 The Heart of the Matter</td>
<td>11:00 Fit for the Future</td>
<td>10:00 Current Events</td>
<td>11:15 Uber Tech Clinic</td>
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<td>1:00 Mahjong</td>
<td>1:00 Bingo</td>
<td>1:00 Turn the Page Book Group</td>
<td>1:00 Canasta</td>
<td>1:00 Movie: The Help</td>
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<td>9:30 The Concerto (20)</td>
<td>9:30 The Concerto (19 &amp; 20)</td>
<td>9:15 Staying Active for Life (8)</td>
<td>11:00 Fit for the Future - NO class</td>
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<td>12:00 Spaghetti Luncheon</td>
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<td>10:00 Current Events</td>
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**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/

**Available For a Limited Time!**

**Advertise Here Now!**

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

**Contact Lisa Templeton to place an ad today!**

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

**www.maryannmorse.org**

Mary Ann Morse Home Care provides skilled home health services throughout Metro West: 508-433-4479
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:**

“Our 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.

<table>
<thead>
<tr>
<th>Household size</th>
<th>Annual Income</th>
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<tbody>
<tr>
<td>1</td>
<td>$39,105</td>
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<tr>
<td>2</td>
<td>$51,137</td>
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<td>3</td>
<td>$63,169</td>
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<td>4</td>
<td>$75,201</td>
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<tr>
<td>5</td>
<td>$87,233</td>
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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**

### 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

**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.
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.

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.

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.

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).

C O F F E E   H O U R
Every Tuesday & Thursday
9:00 - 11:00 AM

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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.

C O F F E E   H O U R
Every Tuesday & Thursday
9:00 - 11:00 AM
**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

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**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 **L O V E**

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**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


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**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/](https://sudburyseniorcenter.org/services/transportation/)

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**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.

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**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.

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.

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

SUDBURY COUNCIL ON AGING
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Outreach/Information Specialist Ana Cristina Oliveira
Program Coordinator Sharon K. Wilkes
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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

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.

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.

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.

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

Lockbox
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.
**BINGO**

We are playing Bingo every Tuesday at the Senior Center 1:00—3:00 PM

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**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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**Sudbury, MA Emergency Mgmt. Authority**

**Sign up for the Sudbury, MA Emergency Alert System.**

You will receive important messages & emergency alert notifications sent directly to your phone.

Click on the link below:

https://www.smart911.com/smart911/ref/reg.action?pa=SudburyMa

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The Senior Scene

Or Current Occupant