The Senior Scene

Senior Center Get up Get out Get Active

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



September

2022

# September is Healthy Aging Month

For the last twenty years, the month of September has been recognized as *Healthy Aging Month*, to raise awareness about the positive aspects of growing older.

Healthy aging can be promoted by nutritious eating and exercise, practicing optimism, and staying involved in social activities. However, healthy aging is more than just physical wellness; it also includes a healthy mental, social and financial state.

It's never too late to discover a new hobby or career.



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# Magic with illusionist Lyn Dillies Monday, September 26 at 6:00 PM

From the grand stages of New York City's Lincoln Center to the glitter of Hollywood, Lyn Dillies has captivated audiences of all ages with her spellbinding powers of prestidigitation. She has been hailed as the finest female magician in the land as well as one of America's top illusionists receiving the Merlin Award for Female Illusionist of The Year from the International Magician's Society. Lyn's show is filled with eye-defying illusions, audience participation, and most magical of all, the enchanting personality of Lyn Dillies. Please register by contacting the Senior Center at 978-443-3055. **Cost is \$5.00 at the door.** 

# Community Center Construction Talk



# Monday, September 19 at 11:00 AM

Facilities Director Sandra Duran will be at the Senior Center to share the latest on the Community Center construction project, as well as answer any questions you may have. Light refreshments will be served.

Please register by contacting the Senior Center at 978-443-3055.

# From Director Debra Galloway

Welcome to September - Healthy Aging month! There is a lot of news to share this month.

As September is a traditional back-to-school month, I encourage you to be a student! Consider signing up for a new class or group. We have some wonderful ongoing fitness classes, and a new Mindful Living Meditation class as well as a new history series, "The American West", from the Great Courses. You might also think about one of our brain stimulating and social games, such as Bridge, Canasta, Cribbage or Mah Jong. Other special events include Watch the Red Sox, Grandparents Grab N' Go and an evening with Illusionist Lynn Dillies.

Falls Prevention Day brings a workshop on Falls Prevention from Connections Physical Therapy on September 28 (in-person and Zoom options). And don't forget to make an appointment for a Balance Assessment with Aditi Chandra, DPT, from Longfellow Holistic Health on October 4.

The new Community Center construction continues! Sandra Duran, Sudbury Facilities Director, will be here to share the latest developments on September 19. Please use care when parking in our lot and walking into the Senior Center.

Be on the lookout for Flu Clinic information from the Sudbury Board of Health and Senior Center. Also, the Board of Health will be offering the Walk-in BP Clinic on Thursdays from 9:30 AM -2:00 PM at the DPW Building at 75 Old Lancaster Road, as of September 8. Take good Care, Debra

# ACADEMICS

The Great Courses DVD Series Leonardo da Vinci and the High Renaissance

on Zoom Mondays, 10:00-11:00 AM

Sept. 12, 2022 - Dec. 5, 2022

# September 12

Lec. 1 - Introducing Leonardo da Vinci Lec. 2 - Who was Leonardo? Facts and Fictions <u>September 19</u> Lec. 3 - Leonardo's Artistic Origins Lec. 4 - From Apprentice to Partner <u>September 26</u> Lec. 5 - Annunciation—Leonardo's First Commission Lec. 6 - A New Kind of Portrait—Ginevra de Benci

# The Great Courses DVD Series Understanding the Inventions that Changed the World

on Zoom Wednesdays, 9:30 - 10:30 AM

<u>September 7</u> Lec. 13 - Unlocking the Power of Coal Lec. 14 - Steam Engines and Pin Making

# Final Great Decisions Class

Will be on September 14 at 9:30 AM

# Red Sox's Luncheon — August 3, 2022



# *The Great Courses DVD Series* The Operas of Mozart

on Zoom Tuesdays, 9:30 - 10:30 AM

Aug. 9, 2022 – Jan. 17, 2023

#### September 6

Lec. 5 - Cosi fan tutte, Part Four

September 13

Lec. 6 - Cosi fan tutte, Part Five

September 20

Lec. 7 - Cosi fan tutte, Part Six

September 27

Lec. 8 - Cosi fan tutte, Part Seven

The Great Courses DVD Series The American West: History, Myth & Legacy

# on Zoom Wednesdays, 9:30 - 11:00 AM

Sept 21, 2022 - Dec. 14, 2022

Designed to shine a light on truths about westward expansion and the American frontier, **The American West: History, Myth, and Legacy** is a way for you to experience the grit and grandeur of an epic period in American history.

Professor Patrick N. Allitt's 24 lectures take you from the era of the American Revolution to the beginning of the 20th century. Uncover new perspectives about historical events ranging from the Indian Removal Act to the creation of America's first national parks.

Packed with period maps and artwork, photographs, diary entries and more, this course is an entertaining, eye-opening, balanced look at the achievements and sufferings of a period and place as important as it was wild.

# **GROUPS, CARDS AND GAMES**

# **Low Vision Support Group**

Meets on the first Thursday of the month at 1:00 PM.





# CRIBBAGE

# No class Sept 5

Meets on Monday

10:00—12:00 PM

For experienced players.

# Turn the Page Book Group

Date: September 21

Time: 1:00 PM

**Book:** Nothing to See Here

Author: Kevin Wilson

Group meets on the 3rd Wednesday of the month. Weather permitting, we will meet outside at the Senior Center.

If you have questions or need further information, please contact Sharon K. Wilkes at 978-443-3055.

# **CANASTA**

Meets every Thursday at the Senior Center

1:00 - 3:45 PM.

We are looking for new and experienced players. Sign up by calling 978-443-3055.

# **MAH JONG**

# No class Sept 5

We are playing on Mondays

1:00 - 3:00 PM

Please sign up by calling 978-443-3055



# **Intermediate Bridge**

No Class Sept 28

Playing on Wednesdays

1:00-3:30 PM

Please sign up by calling 978-443-3055.

# **Stamp Club**

Meets on the 2nd Monday of the month at 10:00 AM



Playing



# 1:00 – 3:00 PM

We need a few more players



Short Story Book Group -New day of the week.

Meets on the 2nd Monday of the month at 1:00 PM.

Sign up by emailing Sharon K. Wilkes at wilkess@sudbury.ma.us

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# SAVE THE DATES

Falls Prevention Workshop With Dr. Alicia DeGiso PT, DPT from Connections Physical Therapy Wednesday, September 28 at 1:00PM. On Zoom and in person

Please call 978-443-3055 to sign up.

# **GRANDPARENTS GRAB N' GO**

Tuesday, September 13 from 12:00 PM - 1:00 PM

Come into the Senior Center to pick up a chicken, mozzarella, pesto and roasted red pepper sandwich on ciabatta bread. Lunch contains Nuts.

Sign up by calling 978-443-3055.

# Mindful Living Meditation class with Lisa

Wednesdays, September 14 - November 2

at 1:00 PM - 8 week class - Cost \$ 40.00

Learn practices of mindful awareness and gentle breathing exercises to help manage stress and cultivate deeper gratitude and wellbeing in your life. Connect with like-minded friends and be empowered to live a happier life!

Lisa Campbell is the founder of Mindfulfilled Meditation, LLC . She holds meditation and mindfulness teaching certifications from the Kripalu School of Mindful Outdoor Leadership, Unified Mindfulness, and the McLean Meditation Institute. Lisa's Mindful Living Program, now in its fifth year, is a wellloved and popular class that cultivates kindness, community, and wellbeing for aging adults. Sign up by calling 978-443-3055. NOTE: Financial aid may be available by contacting Ana Cristina Oliveira at oliveiraa@sudbury.ma.us

#### FITNESS AND WELLNESS CLASSSES

# f

# S.A.I.L. Staying Active & Independent for Life

8 Thursdays from 9:15 – 10:00 AM

Aug. 18, 25, Sept. 1, 8, 15, 22, 29 & Oct 6

# 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 researchtested 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.

# Intermediate TAP DANCE

8 Thursdays from 9:15 - 10:00 AM

Sept 15, 22, 29, Oct 6, 13, 20, 27 & Nov 3



In person - cost \$40.00

For more than 25 years, the amazing Susan Craver has been teaching tap, ballet and jazz at MetroWest area dance

studios to students of all ages.

"Tapping is a style of dance that turns you into a musician, using your feet / tap shoes as the percussive instrument. Let's dance!" - Susan Craver

# FIT FOR THE FUTURE

Mondays, Wednesdays & Fridays From 11:00 - 12:00 PM



No class Monday, Sept. 5

In person - cost \$4.00 at check in

Instructor Lois Leav has been teaching the *Fit for the Future class* for the past 30 + years. She is also the group leader of the Short Story book group.

# T'AI CHI

# 8 Mondays from 2:15 - 3:15 PM

Aug. 8, 15, 22, Sept. 12, 19, 26, Oct. 3 & 17

No class Sept. 5 & Oct. 11



In person - 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 and meditation to help promote relaxation and wellbeing.

# **CHAIR YOGA Hybrid Class**

8 Fridays from 9:30 - 10:15 AM

Sept. 9, 21,16, 23, 30, Oct. 7, 14, 21

On ZOOM and in-person - 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

# S.A.I.L, T'ai Chi, Tap Dance and Chair Yoga

- 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 emailed to you the day before the class.
- If you need financial assistance, please call Ana Cristina at 978-369-3268.

## Volunteer Program Coordinator Janet Lipkin

Fall arrives with a mixture of weather. We relish the remaining days of warm temperatures, and welcome the crispness of the air felt on some mornings, a reminder that autumn begins this year on Sept 22. For countless people, the arrival of Fall is a time of transition...be it a new school year, coming back from a summer home, or a return to taking part in programs, classes and events. The Senior Center is buzzing with activity, and we hope to have you join us for it!

#### Janet

We are seeking seniors who are interested in being matched with a volunteer:

\*Friendly Visitor

\*Grocery Shopper



We Can help

In addition, we have volunteers who deliver/pick-up library materials (Goodnow To Go program), as well as offer technology support to seniors. If interested in any of these services, contact Janet Lipkin at 978-638-3223.



Our Medical Equipment Loan Closet is a wonderful resource for Sudbury residents. Located within the Senior Center,

the Loan Closet allows residents to borrow, at no cost, many different types of durable medical equipment. Items include\* walkers, rollators, transport chairs, wheelchairs, canes, crutches, knee scooters, reachers, shower chairs, tub transfer benches, and much more.

# Appointments are required for all requests/returns/ donations of equipment.

To schedule an appointment, contact Janet Lipkin at

978-639-3223; or email <u>LipkinJ@sudbury.ma.us</u> Please allow up to 2 business days to process requests.

\*Note: Inventory subject to change.

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.

Baked Goods are here! Fresh rolls, bagels, muffins and more are generously donated to the Senior Center for our seniors by Hudson Stop & Shop and Shaw's of Sudbury. Be sure to stop by the Senior Center to pick up some delicious baked goods, as available.

A special thank you to our volunteers who pick up and deliver the baked goods to our Senior Center each Monday, Tuesday and Thursday! We appreciate all that you do.

To learn about volunteering at the Senior Center, please visit our website at <u>https://</u> <u>sudburyseniorcenter.org/about-us/get-involved/</u> or call Janet Lipkin at 978-639-3223.

## **Quotes of Note:**

"Life is short. Do stuff that matters."

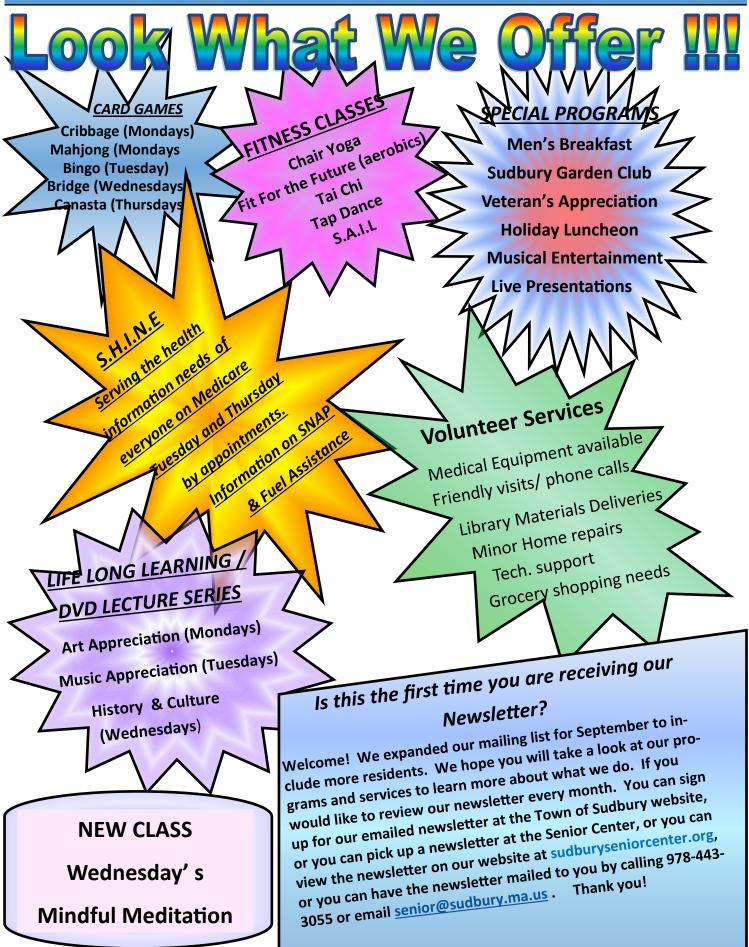
#### -anonymous

"Do all the good you can. By all the means you can. In all the ways you can. In all the places you can. At all the times you can. To all the people you can.

As long as you ever can."

- John Wesley

Page 8	Se	ptember 2022 CA	LENDAR	Sudbury Senior Scene
MONDAY	TUESDAY	Wednesday	Thursday	FRIDAY
ROOMS		FONT COLORS:	1	2
VH - Van Houten Room SP - Sudbury Pines room G - Gym R1 - Room 1 (next to gym)	BP Clinic now at DPW bldg. on Thursdays from 9:30—2:00 PM	Zoom Events On-site events Special events	9:15 Staying Active for Life 10:00 Current Events 1:00 Canasta 1:00 Low Vision Support Grp 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:30 Watercolors Drop-in 2:00 Uber Tech Clinic
5	State Primary 6	7	8	9
Senior Center Closed	9:00 English Learner 9:30 Opera of Mozart 1:00 Bingo (VH) 2:00 Caregiver Support Grp.	9:30 Inventions 11:00 Fit for Future 1:00 Intermediate Bridge	9:15 Staying Active for Life 9:30 BP Clinic at DPW bldg. 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:00 Movie: No Time to Die 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
Van Trip to Target 12	13	14	15	16
10:00 Leonardo da Vinci 10:00 Cribbage 10:00 Stamp Club 11:00 Fit for Future 1:00 Mah Jong 1:00 Short Story Group 2:15 Tai Chi 3:30 COA Mtg.	9:00 English Learner 9:30 Opera of Mozart 12:00 Grandparents Grab N' Go 1:00 Bingo 1:00 Legal Clinic (phone)	9:30 Great Decisions 11:00 Fit for Future 1:00 Intermediate Bridge 1:00 Meditation Class	9:15 Staying Active for Life 9:15 Intermediate Tap Dance 9:30 BP Clinic at DPW bldg. 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:00 Movie: Grease 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
19	20	21	22	23
10:00 Leonardo da Vinci 10:00 Cribbage 11:00 Fit for Future 11:00 Community Center Construction Talk 1:00 Mah Jong 2:15 Tai Chi	9:00 English Learner 9:30 Opera of Mozart 1:00 Bingo	9:30 The American West 11:00 Fit for Future 1:00 Turn the Page mtg 1:00 Intermediate Bridge 1:00 Meditation Class	9:15 Staying Active for Life 9:15 Intermediate Tap Dance 9:30 BP Clinic at DPW bldg. 10:00 Current Events 1:00 Canasta 2:00 Friends Meeting 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:00 Movie: West Side Story 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic
26	27	28	29	30
10:00 Leonardo da Vinci 10:00 Cribbage 11:00 Fit for Future 1:00 Mah Jong 2:15 Tai Chi 6:00 Magic show with illusionist Lyn Dillies	9:00 English Learner 9:30 Opera of Mozart 1:00 Bingo	9:30 The American West 10:00 Fit for Future 10:00 Good Neighbor Day 1:00 No Bridge today 1:00 Meditation Class 1:00 Connections PT Fall Prevention Workshop	9:15 Staying Active for Life 9:15 Intermediate Tap Dance 9:30 BP Clinic at DPW bldg. 10:00 Current Events 1:00 Canasta 1:00 Watch the Red Sox 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future (VH) 11:30 Watercolors Drop-in 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic



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#### From Outreach/Information and Referral Specialist Ana Cristina Oliveira

# Medicare Prescription Drug Plan

Each year thousands of Medicare beneficiaries reach a gap in their Medicare prescription drug plan that is often referred to as the "donut hole". If you reach that gap, you will see your prescription drug costs increase dramatically! Don't let this happen to you.

**Prescription Advantage** is a state-sponsored program that supplements your Medicare drug plan to fill the gap.

Call Mass Options at 1-800-243-4636, Monday through Friday, 9:00 AM to 5:00 PM, or visit <u>prescriptionadvantagema.org</u>

# **Become a Dementia Friends Champion!**

The Dementia Friendly Sudbury Action Team is encouraging Sudbury residents to participate in a free Zoom training that will give you the knowledge and materials you need to share awareness about dementia. Dementia Friends is a global public awareness program that helps everyone in a community learn about dementia, how it affects people, and the simple things that we can all do to make a difference.

The next Champion training is being offered on **Wednesday, September 14**<sup>th</sup> by Beth Soltzberg of Jewish Family Services. If you're interested in attending the next training, contact Ana Cristina Oliveira, Outreach Specialist at <u>oliveiraa@sudbury.ma.us</u> or 978-639-3268.

# **Caregiver Support Group - in Person**

Meets at the Sudbury Senior Center on the first Tuesday of the month.

Come join us if you're caring for a loved one with memory loss or cognitive impairment. Support

groups develop a sense of community through shared feelings and experiences. To register, please call Ana Cristina Oliveira, Outreach Specialist at 978-639-3268.





Schedule your appointment as of September 1.

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September.

It is important to understand and save this information because it explains the changes in your plan for 2023. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! Open enrollment ends on December 7.

The Senior Center's trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential and unbiased counseling on Medicare options. To schedule a SHINE appointment, contact Ana Cristina Oliveira, Outreach Specialist at 978-639-3268.

# **Need Information and or Assistance?**

Ana Cristina Oliveira, Outreach/Information and Referral Specialist, provides information and assistance to individuals age 60 and over and their families, in the areas of food, utilities assistance, Medicare counseling, caregiver support, transportation, and other needs. She can be reached at oliveiraa@sudbury.ma.us or 978-639-3268.

- 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 assistance

# **MOVIES, PARTIES AND TRIPS**

Town of Sudbury Block Party at Haskell Field, Saturday, Sept. 10 from 10:00 - 3:00 PM

Live music, food trucks, games & give-a-ways!

# Watch the Red Sox

Thursday, Sept 29 at 1:00 PM

Let's watch the Red Sox vs Baltimore Orioles on our big screen projector. Bring a box lunch with you. We will provide drinks and desserts. Sign up at 978-443-3055.

# Free Notary Service by Joe

Notary services provided by Joe Bausk on Thursdays or Fridays at 1:00 PM. Call Joe Bausk directly at 978-443-8963 to schedule an appointment.

# FRIDAY MOVIES at 1:00 PM

No Time to Die - Sept 9 rated PG-13; 2.5 hrs.



Bond has left active service and is enjoying a tranquil life in Jamaica. His peace is short-lived when his old friend Felix Leiter from the CIA turns up asking for help. There is a mysterious villain armed with dangerous new technology.



#### Grease - Sept 16 rated PG; 2 hrs.

John Travolta and **Olivia Newton-John** star in this hit musical comedy that chronicles the romantic entanglements of a group of high school seniors, starting with a summer fling between greaser Danny and good girl Sandy.



# West Side Story—Sept 23 not rated; 2 hrs.

Winner of 10 Academy Awards including Best Picture, this 1961 classic musical set among the tenements of New York City finds star-crossed lovers Maria and Tony caught in the midst of a turf war between rival street gangs. Starring Natalie Wood.

# SUDBURY SENIOR TRIPS 2022 –2023



#### November 10, 2022

**Newport Playhouse " A Christmas for Carol"** (Royal Tours) \$114.00 per person. Fantastic buffet, wonderful play, and a fun-filled Cabaret all in the same place.

# April 30 - May 9, 2023

**Shades of Ireland** (Collette Tours) Travel with us to Ireland. Dublin, Kilkenny, Waterford, Blarney Castle, Ring of Kerry, Cliffs of Moher and more. Add-on options include London and Scotland.

#### May 24, 2023

**Staying Alive-Tribute to the Bee Gees,** (Best of Times) \$119.00 Lake Pearl, Wrentham, Ma. Includes plated lunch, show ticket, meal tax and meal gratuity and transportation.

#### June 13-15, 2023

**Niagara Falls**, (Best of Times) \$629.00 PP. Travel the Falls on the US and Canadian sides and see one of the great wonders of the world! Includes Cooperstown, N.Y. to the Baseball Hall of Frame.

# **Collette Tours Trips Meeting**

# Tuesday, October 18<sup>th</sup> at 1:00 PM

Informational presentation regarding the Shades of Ireland trip. In addition, the presentation will include detailed information on our trip to Italy in late 2023.

In August, Bob Diefenbacher, President of the Friends

of Sudbury Senior Citizens was recognized with an award for his many years of service to the Sudbury community.

Thank you, Bob!



# HEALTH AND TRANSPORTATION RESOURCES

# Hearing Clinic Friday, September 9 9:30 - 11:00 AM



Michael Drennan, BC-HIS, of Rogers Hearing Solutions, offers complimentary wax and hearing screenings on the **2nd Friday of the month**.

Call 978-443-3055 for an appointment.

# **Good Neighbor Day Summit**

Wednesday, September 28, 10:00 AM-12:00 PM

#### Virtual Event on Zoom

As a member of the MA Taskforce to End Loneliness & Build Community, we are pleased to invite you to a virtual summit to celebrate National Good Neighbor Day. The theme is "Shift Happens," looking beyond the pandemic to address social isolation and forge friendships across Massachusetts.

You'll hear from the keynote speaker, Marc Freedman, Founder & Co-CEO of Encore.org, on the importance of "embracing shift" as we move toward a co-generational approach to healthy aging and problem-solving in the community. You'll also learn from Senator Patricia Jehlen, and have the opportunity to engage with Taskforce leaders and fellow Massachusetts residents of all ages, and come away with tangible ideas to take action in your neighborhood!

Learn more and register online at <u>www.endlonelinessma.com/summit</u>. After registering, you will be sent a link to the Zoom event.

Should you have a question, please contact Debra Galloway, Sudbury Senior Center Director at 978-443-3055 or <u>gallowayd@sudbury.ma.us</u>

# Prevent a Fall - Have your Balance Checked!

Tuesday, October 4, 9:30 AM- 12:00 PM

Aditi Chandra, DPT, Co-Owner of Longfellow Holistic Health Center, will offer Balance Assessments at the Senior Center. To reserve your spot, call now by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us The Go Sudbury! programs provides low and no-cost transportation options for people who qualify and are registered through the Senior Center.

# **GoSudbury! Uber Rides**

The **GoSudbury!** Uber Rides program is a Town-funded, partially subsidized, transportation program provided via Uber to get from one place to another if no other public transportation is available. Rides are provided for non-urgent healthcare and vaccination appointments, work, shopping, and accessing community resources.

New criteria for eligibility and fees went into effect on August 1, 2022. We are asking all existing **Go Sudbury! Uber Rides** program participants to re-register for the program, please complete the application form at the following link: <u>https://forms.gle/hxV2TjnZuAAeka1R9</u>.

# **Go Sudbury! Taxi Rides**

The **GoSudbury! Taxi Rides** program is a Town-funded, fully subsidized, transportation program. Grant funding may also help to support the program, and we are considering adding copayments in the future. New criteria for eligibility went into effect on August 1, 2022. We are asking all existing **Go Sudbury! Taxi Rides** program participants to re-register for the program.

In order to register for the **GoSudbury! Taxi Rides** program, please complete the application form at the following link: <u>https://forms.gle/FnQzYotpDRMzyFoK8</u>.

# **Sudbury Connection Van Service**

The Sudbury Connection Wheelchair Accessible Van Service, offered in conjunction with the Metro West Regional Transit Authority (MWRTA), will be running five (5) days a week (excluding holidays).

If you would like to register, please contact the Senior Center for an application or go to <u>https://sudbury.ma.us/</u> <u>transportation/documents/</u> to access the application form directly. Van fees are \$1.00 in town; \$2.00 for out of town for a one-way ride.

If you have any questions or need further information regarding transportation, please call Ana Cristina Oliveira at 978-639-3268

#### SUDBURY COUNCIL ON AGING

Chairperson: Jeffrey Levine

Vice Chair: Patricia Lewis

Secretary: Robert Lieberman

Board of Directors: State Rep. Carmine Gentile Anna Newburg Donald Sherman Marilyn Tromer Colin Warwick

#### SUDBURY SENIOR CENTER STAFF

Director Debra Galloway

Administrative Coordinator Chery Finley

Outreach/Information Specialist Ana Cristina Oliveira

Program Coordinator Sharon K. Wilkes

Receptionist

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

Tax Work-off Coordinator Josephine King

- Trip Coordinators Joe Bausk Franci Martel
- Van Drivers Linda Curran Paul Marchand Ron DeMarco

Volunteer Program Coordinator Janet Lipkin

#### FRIENDS OF SUDBURY SENIORS

President: Bob Diefenbacher Vice President: Jean Semple Treasurer: Josephine King Secretary: Judy Merra

Board members: Judith Honens Patricia Howard Cay Kuras Donald Oasis Ronald Riggert

# 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.



Call 978-443-3055 to schedule an appointment.

#### SENIOR CENTER SERVICES

#### **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 with an Elder Law Attorney 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.

#### <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.

#### **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.

# <u>Safety</u>

#### **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.

# Autumn Flu Clinic from the Sudbury Board of Health

The Board of Health is hoping to schedule a Flu Clinic to keep ahead of the Flu and to help people get the Flu vaccine. The date and location were not available at press time!

Please look for an Email Update or flyer from the Senior Center with more information. As always, feel free to call us at 978-443-3055 or email at <u>senior@sudbury.ma.us</u>

**PLEASE 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 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 MA Executive Office of Elder Affairs.

# **DID YOU KNOW ?**

**Grandparents Day is on 9-11-22** It's an official national holiday, signed by President Carter in 1978 and celebrated on the first Sunday after Labor Day.

# Did you Know?

September has some pretty interesting holidays spread throughout the month!

Kids Take Over the Kitchen Day - September 13<sup>th</sup>,

International Talk Like a Pirate Day - <u>September 19<sup>th</sup></u>, "Arrr, Matey".

National Punctuation day (US) - September 24<sup>th</sup>.

# Sudbury Connection Van

**Target Trips** 



# Monday, Sept 12

Take a trip to the Target store in Marlborough, on the 2nd Monday of the month.

If you are a registered Van Rider, please contact the MWRTA Reservation Center at 508-935-2222 to schedule your trip.

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