

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



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

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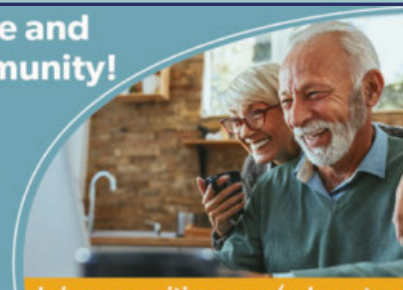
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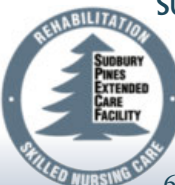
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ACADEMICS

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

September 19

Lec. 3 - Leonardo's Artistic Origins

Lec. 4 - From Apprentice to Partner

September 26

Lec. 5 - Annunciation—Leonardo's First Commission

Lec. 6 - A New Kind of Portrait—Ginevra de Benci

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
Understanding the Inventions that
Changed the World

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

September 7

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 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.

C A N A S T A

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 **BINGO** on Tuesdays

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



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.

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 well-loved 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

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.

FALL 2022

ADVENTURES in
**LIFELONG
 LEARNING**



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Tuesdays October 11, 18, 25 and November 1

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

Registration will open on Tuesday, September 6, 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 and Marlborough Cultural Council.




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FITNESS AND WELLNESS CLASSES

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 research-tested strength, balance and flexibility exercises that can help to make you stronger, make you feel better, and improve your balance.

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

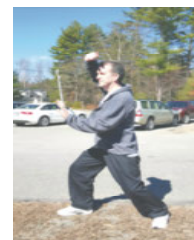
T'AI CHI

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 well-being.

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

CHAIR YOGA Hybrid Class

8 Fridays from 9:30 - 10:15 AM

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

On ZOOM and in-person - cost \$40.00

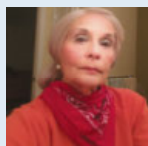
Join Rebecca Reber for a gentle and relaxing class, with stretching. Yoga is excellent for loosening muscle tension and maintaining range of motion for the joints. Most of the class takes place while sitting.

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.

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

*Phone Buddy



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 LipkinJ@sudbury.ma.us

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 <https://sudburieseniorcenter.org/about-us/get-involved/> 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

| 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  Labor Day | 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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CARD GAMES

Cribbage (Mondays)
Bridge (Wednesdays)
Canasta (Thursdays)
Mahjong (Mondays)
Bingo (Tuesday)

FITNESS CLASSES

Chair Yoga
Fit For the Future (aerobics)
Tai Chi
Tap Dance
S.A.I.L

SPECIAL PROGRAMS

Men's Breakfast
Sudbury Garden Club
Veteran's Appreciation
Holiday Luncheon
Musical Entertainment

S.H.I.N.E

Serving the health
information needs of
everyone on Medicare
Tuesday and Thursday
by appointments.
Information on SNAP
& Fuel Assistance

Volunteer Services

Medical Equipment available
Friendly visits/ phone calls
Library Materials Deliveries
Minor Home repairs
Tech. support
Grocery shopping needs

LIFE LONG LEARNING / DVD LECTURE SERIES

Art Appreciation (Mondays)
Music Appreciation (Tuesdays)
History & Culture
(Wednesdays)

NEW CLASS

**Wednesday's
Mindful Meditation**

Is this the first time you are receiving our Newsletter?

Welcome! We expanded our mailing list for September to include more residents. We hope you will take a look at our programs and services to learn more about what we do. If you would like to review our newsletter every month. You can sign up for our emailed newsletter at the Town of Sudbury website, or you can pick up a newsletter at the Senior Center, or you can view the newsletter on our website at sudburyseniorcenter.org, or you can have the newsletter mailed to you by calling 978-443-3055 or email senior@sudbury.ma.us. Thank you!

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 prescriptionadvantagemma.org

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 14th** by Beth Soltzberg of Jewish Family Services. If you’re interested in attending the next training, contact Ana Cristina Oliveira, Outreach Specialist at oliveiraa@sudbury.ma.us 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.

**Medicare
Open Enrollment.**

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 Fame.

Collette Tours Trips Meeting

Tuesday, October 18th 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

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.

Uber Technology Support

**Fridays at
2:00 PM**

**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.

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.

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.

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 senior@sudbury.ma.us

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 13th](#),

International Talk Like a Pirate Day - [September 19th](#),
"Arrr, Matey".

National Punctuation day (US) - [September 24th](#).

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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