Sudbury Board of Health

FLU CLINICS

Saturday, October 1 from 10:00 – 2:00 PM
Curtis Middle School located at 22 Pratts Mill Road. Weather permitting, it will be a Drive-thru Clinic, otherwise indoor clinic at same time and location.

Thursday, October 13 from 10:00 – 2:00 PM
Lower Town Hall located at 322 Concord Road.

Wednesday, October 19 from 2:00 – 5:00 PM
Curtis Middle School located at 22 Pratts Mill Road. Register here: https://home.color.com/vaccine/register/sudbury/

If you are a senior and have any questions or need assistance registering, please contact the Sudbury BOH at 978-440-5479 or email Health@sudbury.ma.us or contact Janet Lipkin, Coordinator of Volunteer Programs, at 978-443-3055 or email Lipkinj@sudbury.ma.us.

MEN’S BREAKFAST
Wednesday, October 19 at 9:00 AM
$4.00 at the door.

Come on down to the Senior Center. We are serving pancakes, sausage, fruit cup, OJ and coffee.

Sponsored by: Friends of Sudbury Seniors

Register by calling the Senior Center 978-443-3055.

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IT’S FALL Y’ALL

Tuesday, October 25 from 5:00 - 7:00 PM
A collaboration with the Park & Rec Department

5:00 PM - Pumpkin carving and decoration
Candy give-away

5:30 PM - Live performance by the Flashback Band Marlboro
We will have hot apple cider, coffee, cider donuts, and an assortment of desserts.

Register by calling Tricia from Sudbury Park & Rec at 978-639-3227.
This is an intergenerational event! Bring the family.
Welcome to October!

Are you treasuring the change of seasons? Perhaps you are looking for a little change for yourself? Peruse our newsletter to check out our classes, programs and social groups. Perhaps you would like to try one out. With our paid fitness classes, you can try your first class free to see if it meets your needs before signing up.

If you’ve ever wondered about your balance, quickly sign up for a visit with Dr. Aditi Chandra, Doctor of Physical Therapy, from Longfellow Holistic Health, on October 4 from 9:30-12:00 PM. She will be conducting 10 minute individual Balance Assessments. See page 5.

We are always interested in the possibility of new classes or groups. If you are an experienced instructor, or would like to be a volunteer facilitator, please let us know.

Join us at a special early evening event at the Senior Center! The Park and Recreation and Senior Center staff will be here to offer lots of fun fall activities such as pumpkin decorating, Trick or Treats, live music, hot apple cider and donuts! See page 1.

Some classes we are considering for the future include: Line Dancing, Floor Yoga, Zumba, Strength building, Ukulele, and others. Are you interested in taking these classes or do you have a suggestion? Drop a note in our Suggestion Box, or send an email to senior@sudbury.ma.us to let us know.

The Sudbury Board of Health will be offering Flu Clinics at several locations in October. See page 1.

Special Note:
Veterans! Look for information on our Veterans Appreciation Luncheon in November coming soon.

Best wishes, Debra

We are a welcoming Senior Center!
### The Great Courses DVD Series

**Leonardo da Vinci and the High Renaissance**

**on Zoom** Mondays, 10:00—11:00 AM  
Sept. 12, 2022 - Jan 23, 2023

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<thead>
<tr>
<th>Date</th>
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<tr>
<td>October 3</td>
<td>Lec. 7 - Leonardo’s Early Madonna’s</td>
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<td>Lec. 8 - Scandal, Reprieve, Penitent St. Jerome</td>
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<td>October 10</td>
<td>Lec. 9 - Inventing Early Modern Classical</td>
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<td>Lec. 10– Arrival in Milan- Madonna of the Rocks</td>
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<td>October 17</td>
<td>Lec. 11 - Leonardo at Court - Portrait of a Musician</td>
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<td>Lec. 12 - Leonardo and the Ladies</td>
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**Register for** all DVD Series **by contacting 978-443-3055 or senior@sudbury.ma.us.**

### The Great Courses DVD Series

**The Operas of Mozart**

**on Zoom** Tuesdays, 9:30 - 10:30 AM  
Aug. 9, 2022 – Jan. 17, 2023

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<tr>
<td>Oct 4</td>
<td>Lec. 9 - Cosi fan tutte, Part Four</td>
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<td>Oct 11</td>
<td>Lec. 10 - Cosi fan tutte, Part Five</td>
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<td>Oct 18</td>
<td>Lec. 11 - Cosi fan tutte, Part Six</td>
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<td>Oct 25</td>
<td>Lec. 12 - Cosi fan tutte, Part Seven</td>
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### Current Events Group

**on Zoom** Thursdays, 10:00 - 11:00 AM  
Join the Current Events group for a respectful discussion of world events, where each person has an opportunity to contribute.

**Group Leader:** Donald Sherman

To sign up call the Senior Center at 978-443-3055.

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**Have you met Mary yet?**

Please stop by the front desk to say Hi and meet our new Receptionist, Mary Campbell.
**Low Vision Support Group**

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

**CRIBBAGE**

No class Oct. 10
Meets on Monday 10:00—12:00 PM
For experienced players.

**MAH JONG**

No class Oct 10
We are playing on Mondays 1:00 - 3:00 PM
Please sign up by calling 978-443-3055

**Intermediate Bridge**

Playing on Wednesdays 1:00—3:30 PM
Please sign up by calling 978-443-3055.

**Stamp Club**

No class Oct. 10
Will meet on Oct. 17
Meets on the 2nd Monday of the month at 10:00 AM

**Turn the Page Book Group**

Date: October 19, 2022
Time: 1:00 PM
Book: A Place For Us
Author: Fatima Farheen Mirza
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.

**Short Story Book Group**

No class Oct. 10
Next Meeting: November 14
Book: The Yellow Wallpaper
Author: Charlotte Perkins Gilman.

Meets on the 2nd Monday of the month at 1:00 PM
Sign up by calling 978-443-3055.
New Watercolor Class
Oct. 11, 18, Nov. 1, 8, 15, 22, 29, Dec. 6
No class Oct. 25
Tuesdays 1:00—3:00 PM; Cost is $65.00

With instructor Fran Hewitt-
Participants in this class will learn or broaden their previous experiences using watercolors by exploring “Environments”. Subjects will originate from reference photos as well as real life objects. No prior experience using watercolors is needed as participants will learn how to mix water and paint to get the consistency for painting layers of color, as well as methods for using color theory and brush techniques.
A supply list will be available at the Senior Center Front Desk. Stop by the Senior Center to pay and register for the class.

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 10 minute individual Balance Assessments at the Senior Center.
To reserve your appointment time call the Senior Center at 978-443-3055.

WORDS GALORE with Val
Val Walker –Tuesday, October 11 at 1:00 PM
Join us for a fun and lively hour of word games and brain twisters.
Learn new words as well as explore the history of old words. Enjoy limericks, riddles, puns, fascinating trivia and a few laughs. Call Senior Center to sign up.
FITNESS AND WELLNESS CLASSES

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

8 Thursdays from 9:15 – 10:00 AM
Oct. 13, 20, 27, Nov. 3, 10, 17, Dec. 1 & Dec 8

No Class Nov. 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.

**Intermediate TAP DANCE**

8 Thursdays from 9:15 - 10:15 AM
Sept. 15, 22, 29, Oct. 6, 13, 20, 27 & Nov. 3

In person - cost $40.00 - OPEN SPOTS

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, Oct 10

In person- cost $4.00 at check in exact change only

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 2:30 - 3:30 PM
Oct. 24, 31, Nov. 7, 14, 21, 28, Dec. 5 & 12

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.

**CHAIR YOGA Hybrid Class**

8 Fridays from 9:30 - 10:15 AM

Current class runs from Sept 16—Nov 4

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.

**Mindful Living Meditation Class**

8 Wednesdays 1:00—2:00 PM
September 14 - November 2

In person - 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. Instructor: Lisa Campbell is the founder of Mindfulmeditation, LLC. This class cultivates kindness, community & wellbeing. OPEN SPOTS

**REGISTRATION**

S.A.I.L, T’ai Chi, Tap Dance, Chair Yoga & Meditation

- 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.
October is a favorite month of mine, loaded with warm apple cider, donuts, apples, and lots and lots of pumpkins! The air has a crispness to it, and the leaves are stunning in their red, gold and orange colors. The cyclical ming of the change in seasons is grounding, a welcome relief from the upheaval that the pandemic has caused.

The Senior Center continues to be very active! Our volunteers are a core component of our success, helping out in numerous ways. On a typical morning here, upon arriving at the Senior Center, you will be welcomed by a volunteer Greeter, and will see in our lobby an array of free baked goods for you to take, thanks to our volunteers that pick up and deliver the donated food from local supermarkets. At 11:00 you will notice a group of volunteers arrive to pick up coolers filled with mid-day meals to be delivered to our Meals on Wheels recipients. Meanwhile, other volunteers are providing technology support, delivering library materials to residents unable to get to/from Goodnow on their own, making phone calls and home visits to seniors, and doing weekly grocery shopping for those unable to get to the supermarket...all very important roles and providing needed services.

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 receiving any of these services, or to apply to become a volunteer, contact Janet Lipkin at 978-639-3223.

Quotes of Note

“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

“Remember that the happiest people are not those getting more, but those giving more.” — H. Jackson Brown Jr.

“I’ve learnt that you shouldn’t go through life with a catcher’s mitt on both hands. You need to be able to throw something back.” — Maya Angelou

“Unselfish and noble actions are the most radiant pages in the biography of souls.” — David Thomas

Did you know that our volunteers are involved in all kinds of special projects? This cookbook was created by volunteers Nadine Wallack and Devon McCann, with many recipes submitted by our seniors. The link to the Cookbook is available on our website, and a copy of it is in our lobby. https://sudburyseniorcenter.org/looking-to-try-a-new-recipe-check-out-ssc-new-cookbook/

Volunteers Mary M. and An-Ping C.

welcoming participants at a Senior Center luncheon.
<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>Wednesday</th>
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<tr>
<td>10:00 Leonardo da Vinci</td>
<td>9:00 English Learner</td>
<td>9:30 The American West</td>
<td>9:15 Staying Active for Life</td>
<td>Contact Lisa Templeton to place an ad today! <a href="mailto:litempleton@lpicommunities.com">litempleton@lpicommunities.com</a> or (800) 477-4574 x6377</td>
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<tr>
<td>10:00 Cribbage</td>
<td>9:30 Opera of Mozart</td>
<td>11:00 Fit for the Future</td>
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<td>1:00 Intermediate Bridge</td>
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<td>1:00 Mah Jong</td>
<td>1:00 Bingo (rm 1)</td>
<td>1:00 Meditation Class</td>
<td>10:00 Current Events</td>
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<td>2:30 Tai Chi</td>
<td>1:00 Shine (phone)</td>
<td>1:00 Leonardo da Vinci</td>
<td>1:00 Canasta</td>
<td>1:00 Movie: Death on the Nile</td>
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<td>9:00 English Learner</td>
<td>1:00 Caregiver Support Grp. at Orchard Hill</td>
<td>1:00 Low Vision Support Grp</td>
<td>2:30 Connection Circle</td>
<td>1:45 Watercolors Drop-in</td>
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Zoom Events—On-site events—Special events at the Senior Center—Classes
GO GET CLAIRE! Written by Sherri Lowery, volunteer.

For some, life starts to slow down when they reach their 60’s but not for Claire Wigandt. Claire started her first full-time position when she was in her 60’s as the Sudbury Senior Center Administrative Coordinator. However, Claire wasn’t at all new to service with a smile. Claire had taken multiple part-time positions in various nearby towns throughout her life. When Claire was offered a part-time job at the Sudbury Senior Center she was thrilled to help her own neighbors in her own beloved town.

Within months she was promoted to full-time work at the Senior Center as Administrative Coordinator. Claire was a jack-of-all trades, fulfilling many varied tasks. She recalls, “I had many responsibilities and I enjoyed every one of them.” Claire became the “go-to” person. Any issue that arose, large or small, people in the Senior Center knew to “go get Claire”. If there was something that needed doing, Claire did it.

Many of the programs that the Senior Center currently offers did not exist when Claire was first hired, and she participated in the development of many of them. The program most dear to Claire’s heart was “Soup’s On”. For years, with the help of volunteers Judy Demers and Lorraine Wigandt, Claire served a monthly lunch of homemade soup with bread and dessert. Her chicken noodle soup and her squash soup were among her most popular offerings.

Claire was respected by those for whom she worked and by those who worked for her. Marie Gardiner, a volunteer at the front desk, stated, “Every time the phone rings at the Senior Center it’s a different question, and you have to know where to find the answer and who to refer to. Claire made it so easy because she explained everything. Claire taught me how to welcome everyone.”

Ruth Griesel was the first Senior Center Director for whom Claire worked. Ruth observed that “Claire seemed to know what was needed before it was needed.” Ruth admired Claire’s conscientiousness and her calm. Ruth remarked that “Claire never took credit for anything, but she could have taken credit for a whole lot.” Although Claire Wigandt is no longer a paid employee there, she continues to be a huge fan of the Senior Center.
The Senior Center staff understands how important it is for care partners to be able to connect with others that are on the same journey of caring for their loved ones with dementia. Therefore, we are partnering with Orchard Hill to offer a Respite Community Engagement Program for persons with dementia, providing activities and socialization, while their care partner attends a monthly Support Group.

Sandy Ferraro, Orchard Hill’s Activities Director, will be running the activities, Ana Cristina Oliveira, Senior Center, Outreach/Information and Referral Specialist, and Susan Maki, Senior Center volunteer will run a one hour Support Group for care partners.

The programs will be held on the first Tuesday of the month from 2:00-3:00 PM at Orchard Hill, located at 761 Boston Post Rd, Sudbury, MA.

Space is limited and registration is required by calling Ana Cristina Oliveira at 978-639-3268 or email at oliveiraa@sudbury.ma.us

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The New Mental Health Hotline is 988
Available 24/7, 365 days a year.

- 988 can be used anytime, anywhere you or a loved one is in emotional distress or having suicidal thoughts.
- Qualified call takers, who are not licensed clinicians, are available to provide free, confidential emotional support to all callers. You do not need to be suicidal to call 988.
- Text is also available through 988
- When someone texts to 988, they will complete a brief survey before connecting to a group of lifeline crisis centers that respond to chat and text.

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Pride Across Generations:
LGBTQ+ Halloween Edition Gala
Tuesday, October 11 at 5:30 PM
Framingham State University – McCarty Center

In recognition of National Coming Out Day and in participation with Springwell and Mass Rainbow Groups, join us for a buffet dinner and some dialogue as we celebrate the Halloween season. This will be followed by a costume contest and dancing!

RSVP to Pride Across Generations at TinyURL.com/PrideGen. This event is free.

If you have additional questions, please contact Kim Dexter at kdexter@framingham.edu

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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.
FRIDAY MOVIES at 1:00 PM

Death on the Nile - Oct. 7 rated PG-13; 2.5 hrs.
Belgian sleuth Hercule Poirot’s vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple’s idyllic honeymoon is tragically cut short. Set against an epic landscape of sweeping Egyptian desert vistas and the majestic Giza pyramids, this tale of unbridled passion and incapacitating jealousy features a cosmopolitan group of impeccably dressed travelers, and enough wicked twists and turns to leave audiences guessing until the final, shocking denouement.

12 Mighty Orphans - Oct. 21 rated PG-13; 2 hrs.
12 MIGHTY ORPHANS tells the true story of the Mighty Mites, the football team of a Fort Worth orphanage who, during the Great Depression, went from playing without shoes—or even a football—to playing for the Texas state championships. Over the course of their winning season these underdogs and their resilient spirit became an inspiration to their city, state, and an entire nation in need of a rebound, even catching the attention of President Franklin D. Roosevelt. The architect of their success was Rusty Russell, a legendary high school coach who shocked his colleagues by giving up a privileged position so he could teach and coach at an orphanage. Rusty developed innovative strategies that would come to define modern football.

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.

December 11, 2022
The Reagle Players, “Christmas Spectacular Show” $129.00 per person. Featuring a delicious dinner and show with a superb cast of dancers and musicians.

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.

Thank You to Hanson’s Farm and Springwell!
Thank you to Hanson’s Farm for their generosity with fresh produce delivered to the Senior Center for pickup.
The program was made possible by funding from the Older American’s Act as granted by Springwell/BayPath Elder Services, Inc.

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

Thank You to Hanson’s Farm and Springwell!
Thank you to Hanson’s Farm for their generosity with fresh produce delivered to the Senior Center for pickup.
The program was made possible by funding from the Older American’s Act as granted by Springwell/BayPath Elder Services, Inc.
HEALTH AND TRANSPORTATION RESOURCES

Effective Communication Strategies
An education program presented by:
The Alzheimer's Association

Communication is more than just talking and listening. It's also about sending and receiving messages through attitude, tone of voice, and body language.

As the disease progresses, individuals living with Alzheimer's or other demenras lose the ability to use words, but families can find new ways to connect.

Join us to explore how communication changes when someone is living with Alzheimer's. Learn how to interpret the verbal and behavioral communication, and identify strategies to help you connect and communicate at each stage of the disease.

Sudbury Senior Center
Tuesday, November 8
12:00 PM Lunch
1:30 PM Presentation

To register, please call the Alzheimer's Association 24/7 Helpline at 1-800-272-3900.

Hearing Clinic
Friday, October 14
9:30 AM - 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.

Sudbury Connections Van Service
The Sudbury Connections 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 https://sudbury.ma.us/transportation/documents/ to access the application form directly. Van fees are $1.00 in town; $2.00 for out of town for a one-way ride.

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: https://forms.gle/hxV2TjnZuAAeka1R9.

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: https://forms.gle/FnQzYotpDRMzyFoK8.

The Go Sudbury! Transportation programs provide low and no-cost transportation options for people who qualify and are registered through the Senior Center.

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

**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 Troner  
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  
Mary Campbell  
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

**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.

### Home Safety Checks

The Sudbury Fire Department, a recipient of the Senior SAFE Program grant, is collaborating with the Sudbury Senior Center to offer home safety checks to senior residents of the town. The safety check may include the installation of smoke and carbon monoxide alarms, testing and replacing batteries, and information regarding preventing fires in your home.

Call Janet Lipkin from the Sudbury Senior Center at 978-639-3223 to schedule an appointment. Space is limited.

### 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.
MEDICARE CAN BE CONFUSING, WE'RE HERE TO HELP.

MASSACHUSETTS

Date: Tuesday, October 24, 2022
Time: 1:30 - 2:30 PM
Location: The Sudbury Senior Center

We know how important it is to find coverage that fits your needs. That’s why there are both Medicare Supplement and Medicare Advantage plans—and why BCBS Medicare experts are leading a free seminar to help you understand the differences between the two different plan types.

Presented by: Lisa Farnham, Senior Plan Consultant
Blue Cross Blue Shield of Massachusetts

What We’ll Cover

1. What’s Original Medicare?
2. Differences between Medicare Supplement and Medicare Advantage Plans.
3. Do I need Prescription Drug Coverage?
4. Real-life case studies.
5. Resources to help you in the decision-making process.

BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell.

Now, proudly serving 22 communities.

Learn more at www.springwell.com
Recently relocated to: 144 North Rd Sudbury

Dr. Becky Lansky DO
Integrative Osteopath

Specialist: Physical Medicine and Rehabilitation
Helping individuals return to their active lives for greater than 15 years of practice.

Call (978) 580-3502
to learn about how to increase mobility and start the healing
A monthly publication from:
The Sudbury Senior Center and Sudbury Council on Aging
40 Fairbank Road
Sudbury, Massachusetts 01776-1681

Phone: 978-443-3055  E-mail: senior@sudbury.ma.us  Webpage: http://sudburyseniorcenter.org
Fax: 978-443-6009  Hours: Monday through Friday 9:00 AM to 4:00 PM

Get up, Get out, Get active

Or Current Occupant

New Horizons Independent Living, Assisted Living, and Memory Care in Marlborough

Memory Care at New Horizons

Where daily fun will keep your loved one engaged and happy!

There is no one-size-fits-all approach to supporting seniors with memory impairment. That’s why our expert team offers personalized support—with a choice of care levels—in a safe environment that includes 35 private residential suites for seniors with Alzheimer’s and other dementias. At New Horizons, we make every day a meaningful adventure.

New Horizons Memory Care residents enjoy:
- Music therapy
- Neighborhood drives
- Group cooking sessions
- Scenic on-campus walks
- Painting and arts & crafts
- Reminiscing through photo albums

For new residents, we will guarantee no increase for SIX YEARS to the basic monthly fee!

Learn more about our community by contacting our rental team seven days a week.

400 Hemenway Street, Marlborough | 508-460-5200 | CountryCommunities.com

Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com  Sudbury Council on Aging, Sudbury, MA 06-5177