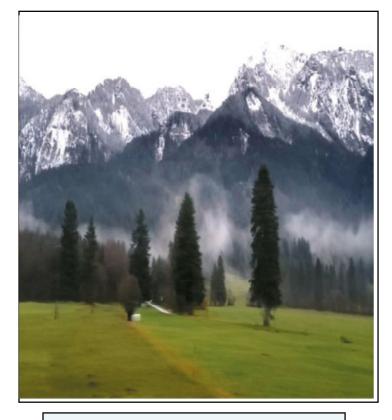


The Senior Scene

NOVEMBER 2022

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!



Alps mountains Innsbruck, Austria Submitted by: Sharon K. Wilkes

Newsletter Index

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How to get a Real ID

Tuesday, November 29 at 11:00 AM

Presented by: Michele Ellicks, Community Outreach Coordinator MA Registry of Motor Vehicles

Sign up by calling the Sudbury Senior Center at 978-443-3055

Community Center

Construction Talk

Monday, November 21 at 11:00 AM

Facilities Director Sandra Duran will

be at the Sudbury Senior Center to share the latest on the Community Center construction project, as well as answer any questions you may have.

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



PAGE 2 SUDBURY SENIOR SCENE

From Director Debra Galloway

Greetings All -

As we move into November, thoughts move toward the cooling weather, the shorter days, and the holidays we celebrate this time of year. Thanksgiving provides the opportunity to think about what we appreciate, and what we are grateful for. We at the Sudbury Senior Center are grateful to work with and for all of the wonderful people who attend our programs or participate in our services, and who volunteer with us! Thank you to all of you!

We are celebrating and remembering our veterans and military personnel on Thursday, November 10, with a delicious luncheon at the Wayside Inn, sponsored by the 1Lt. Scott Milley Foundation. If you are in the military or a veteran, please contact the Senior Center to sign up by Nov. 3, if possible, as space is limited (page 5).

If you participate in our programs or classes, and have leadership or teaching/technology skills and would like to volunteer to lead a group or teach a class, especially one-to-one or a small group tech class, please reach out! We'd love to talk with you.

If you don't already participate in a program, please stop by and visit the Senior Center, or call us to sign up for a class. We have many amazing people who attend our programs (both in-person and virtual). Some of our most popular programs are the lifelong learning classes from The Great Courses, but we also have many who enjoy our fitness classes, as well as, our card games, book groups and more.

This month we will be hosting a table at the "Sudbury Doing Good" fair at the Goodnow Library on Saturday, November 5, from 11:00 AM - 2:00 PM. Stop by to say hello, or ask a question, we'd love to see you!

Be well, Debra









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SUDBURY SENIOR SCENE PAGE 3

ACADEMICS

The Great Courses DVD Series

Leonardo da Vinci and the High Renaissance

on Zoom Mondays, 10:00—11:00 AM

Sept. 12, 2022 - Feb 2, 2023



November 7

Lec. 15 - Vitruvian Man, Perfection, and Architecture

Lec. 16 - Leonardo the Military Scientist

November 14

Lec. 17 - Leonardo and Flight

Lec. 18 - Drawing Haman Figures and Caricatures

November 21

Lec. 19 - Colossus - The Sculptures for Ludovico

Lec. 20 - The Making of The Last Supper

November 28

Lec. 21 - The Meaning of The Last Supper

Lec. 22 - Mantua, Isabella d'Este, and Venice

To sign up for any of the Great Courses DVD series, please contact Chery Finley at 978-443-3055

Current Events Group

No class Nov. 24

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.

The Great Courses DVD Series

The Operas of Mozart

on Zoom Tuesdays, 9:30 - 10:30 AM Aug. 9, 2022 - Jan. 24, 2023

November 1

Lec. 13 - Vienna and Abduction

November 8

Lec. 14 – Salieri, Da Ponte and The Marriage Figaro

November 15

Lec. 15 - Don Giovanni, Part One

November 22

Lec. 16 - Don Giovanni, Part Two

November 29

Lec. 17 – Mozart, Masonry and the Magic Flute

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

NO CLASS NOV 23

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.

GROUPS, CARDS AND GAMES

Low Vision Support Group

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



CRIBBAGE

Meets on Monday

10:00 AM—12:00 PM

For experienced players.

Turn the Page Book Group

Date: Wednesday, November 16

Time: 1:00 PM

Book: Crying in H Mart **Author:** Michelle Zauner

CANASTA

Meets every Thursday at the Senior Center
No class on Nov 24

1:00 - 3:45 PM.

We are looking for new and experienced players.

Want to sign up for a program?

Call the Sudbury Senior Center at 978-443-3055 or

email senior@sudbury.ma.us



MAH JONG

We are playing on Mondays 12:30 - 3:00 PM



Intermediate Bridge

No class Nov 23

Playing on Wednesdays

1:00-3:30 PM

Stamp Club

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



Playing



on Tuesdays

1:00 - 3:00 PM

We need a few more players

Short Story Book Group



Meeting: November 14

Time: 1:00 PM

Book: The Yellow Wallpaper **Author:** Charlotte Perkins Gilman.

Meets on the 2nd Monday of the

month.

SUDBURY SENIOR SCENE PAGE 5



12th Annual Veterans Appreciation Luncheon At the Wayside Inn Thursday, November 10 at 12:00 PM

We are grateful for the continued support of the 1st Lieutenant Scott Milley Foundation. Space is limited, call the Senior Center to sign up.

Sudbury Garden Club

Boxwood Kissing Ball Workshop

Wednesday, December 7 at 9:00 AM

Cost is \$25.00 Sign up begins on Nov 7 by calling 978-443-3055

Watercolor Class

Oct. 11, 18, Nov. 1, 8, 15, 22, 29, Dec. 6

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.



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Protecting Today What Matters Tomorrow PAGE 6 SUDBURY SENIOR SCENE

FITNESS AND WELLNESS CLASSSES

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 & 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 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 - 10:15 AM

Nov. 10, 17, Dec. 1, 8, 15, 22, Jan. 5 & 12

No class Nov. 24 & Dec. 29



In person - cost \$48.00-OPEN SPOTS

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

dios 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 Nov. 11, 23 & 25

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

Next session: starts on Jan. 9

In person - Cost \$40.00

Jon Woodward is a certified T'ai Chi instructor with many years of experi-

ence, 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,

CHAIR YOGA Hybrid Class

8 Fridays from 9:30 - 10:15 AM

Next session: starts on Nov. 18

No class Nov. 25

In Person and 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.

Mindful Living Meditation Class

8 Wednesdays 1:00—2:00 PM



November 16—January 11

No class Nov. 23

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, Mindfulfilled Meditation, LLC.

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.

SUDBURY SENIOR SCENE Page 7

Coordinator of Volunteer Programs Janet Lipkin

A favorite pastime and source of exercise for me is to walk outdoors. Doing so at this time of year, especially, brings me much joy. The leaves, radiant in their red, yellow, gold, and brown coloring, cling to the trees or scatter the ground, making for a beautiful landscape. The brilliance of the colors reveals a world that is aglow. We revel in the beauty, especially knowing that all too soon, many of the trees shall become bare. Tarps and rakes are put to good use, and for many people, free time is spent clearing the yards.

Thanksgiving will be celebrated this month on the 24th. For many it is a time for reflection about all the things for which they are grateful. I urge you to consider channeling those feelings into action by becoming a volunteer at the Sudbury Senior Center. The sense of purpose gained, joy in giving to others, and knowledge that you are making a difference in the lives of seniors can give one a deep feeling of satisfaction and a sense of connection to the community. To apply to become a volunteer, please contact Janet Lipkin at 978-639-3223, LipkinJ@sudbury.ma.us

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Notable are the contributions you make

Trustworthy in every project you take

Eager to reach your every goal

Effective in the way you fulfill your role

Ready with a smile like a shining star

Special and wonderful— that's what you are!!

- Anonymous

THANK YOU to volunteer Danielle Agabedis for creating a beautiful Memorial Board for the Senior Center. Feel free to stop by and add a photo or memory to it.

Submission of an act of kindness:

"I knew that I needed to pull up my bootstraps and learn how to use Uber. It all seemed so confusing and overwhelming...how do I call for a ride? How does paying for it work? How do I know when the ride will arrive? I got scheduled with a volunteer at the Senior Center to get things set up on my phone and to teach me how to use Uber. I sat with her [volunteer] for an hour and she was helpful...and patient! Now I know how to do it. It's actually really easy. Thank you!!"

- anonymous senior in his 80's

A special thank you to all of the Meals on Wheels Volunteers! Pictured is Volunteer Cindy Simon headed out to deliver the mid-day meals.



A huge thank you to the Boy Scouts, Girl Scouts, Chinese American Association of Sudbury, Curtis Angels, and Warm Hands Inc. for performing acts of volunteerism for our seniors this month! It is DEEPLY appreciated.



In August, the Senior Center enjoyed listening to piano playing by students Daniel and Ethan Lin, as well as by Abla Shocair.

Kudos to our volunteers for all that they do!

-Janet Lipkin





Low Income Home Energy Assistance Program (LIHEAP)

Known commonly as

Fuel Assistance, the Low Income Home Energy Assistance Program (LIHEAP) provides eligible households with help in paying a portion of winter heating bills.

The Low Income Home Energy Assistance Program (LIHEAP) application is free. No fee is required to apply, and free help is available to complete applications.

Beware of scams by people charging an "application fee" to help submit an application.

If you need help completing the application, please call Ana Cristina Oliveira, Outreach/Information Specialist at 978-639-3268 or email: oliveiraa@sudbury.ma.us

Making Memories Café

Tuesday, November 15 from 2:00 – 3:30 PM

at the Sudbury Senior Center

Bring your loved with memory loss to enjoy refreshment, uplifting entertainment or an activity and companionship with others.

These event are perfect opportunities for you to take a break, socialize with other family caregivers and simply enjoy spending time with your loved one.

This café is sponsored by: Bridges by Epoch and will meet on the 3 rd. Tuesday of the month.

Reservation is required by calling the Sudbury Senior Center at 978-443-3055 or email: senior@sudbury.ma.us

Gobble Wobble - Begins on Nov 7

Brought to you by the Sudbury Senior Center & Sudbury Park & Recreation

Sign up to wobble your way through November! We are going to see how many steps we can take from November 7 - 30, 2022.

How do you get steps? Start waking around your neighborhood or dance around your

house. As long as you are moving, it counts!



Ages 20-40, 41-59, 60-75 & 76 -100

Prizes: \$5 for Individuals

\$10 for Doubles

\$15 for Teams of 3+ people

Check-ins will be on Thursdays afternoon via email, steps will be tallied by group on Friday mornings and results will be posted via Facebook and email on Friday afternoons. Let's get some friendly competition going.

You can use any step-tracking devise. If you need a pedometer, the first 20 people that sign up can pick up a FREE one at the Sudbury Senior Center!

We are hoping to make it to one million steps!

Prizes will be awarded during the first week of December for each category and overall highest step-count!

Register now by calling the Sudbury Senior Center at 978-443-3055. Must sign-up by Nov 4.



PAGE 10 SUDBURY SENIOR SCENE

From Outreach/Information and Referral Specialist Ana Cristina Oliveira



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.

Circle of Friends-for persons with Dementia

Tuesday, November 1

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

SHINE appointments are available on Tuesdays at 1:00 PM

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 have received your information packet from your plan.

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

Open enrollment ends on December 7, 2022.

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.

Walk In Blood Pressure Clinic At the Sudbury Senior Center



November 3 & 17 10:00 — 11:00 AM

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

SUDBURY SENIOR SCENE PAGE 11

MOVIES AND TRIPS



Picture from:

Magic show with Illusionist Lynn Dillies at the Sudbury Senior Center on September 26th.

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.

FRIDAY MOVIES at 1:00 PM



Respect

November 18 rated PG-13; 2.5 hrs.

Follow the rise of Aretha Franklin's career from a young child singing in her father's church's choir to her international superstardom in the remarkable true story of the journey to find her voice and become the Queen of Soul. Starring Jennifer Hudson as Aretha Franklin.

SUDBURY SENIOR TRIPS 2023



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.



Honey Pot Hill Orchards for donating 5 dozen apple cider donuts and 5 gallons of apple cider for our, "It' Fall Y'all" party on Oct 25th!

PAGE 12 SUDBURY SENIOR SCENE

HEALTH AND TRANSPORTATION RESOURCES

No Hearing Clinic in November

Next clinic: Dec 9

Time: 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.

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 dementias 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
12:30 PM Presentation

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

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

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

In order to 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.

In order to register for the program, please complete the application form at the following link: https://forms.gle/FnQzYotpDRMzyFoK8.

Sudbury Connection Van Service

The Sudbury Connection Wheelchair Accessible Van Service, offered in conjunction with the Metro West Regional Transit Authority (MWRTA), operates Monday-Friday, five (5) days a week (excluding holidays) from 8:45 AM-4:00PM (last pickup at 3:30PM).

Residents 60 years of age and older, as well as residents who have a disability are eligible for this service.

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.

SUDBURY SENIOR SCENE PAGE 13

SUDBURY COUNCIL ON AGING

Chairperson:

Jeffrey Levine

Vice Chair:

Secretary: Robert Lieberman

Board of Directors:

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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

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

Coordinator of Volunteer Programs
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 Clinic



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

A Collaboration with the Sudbury Fire Dept. to ensure working smoke and CO alarms, for senior residents who have a non-urgent need.

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.

PAGE 14 SUDBURY SENIOR SCENE



Sudbury Connection Van

Trip to Target in Marlboro

Date: Monday, November 14

Pick Up: 11:30 AM

Shopping: 12:00 - 1:00 PM

Ride Home: 1:00 PM

If you are a registered Van Rider, please contact the MWRTA Reservation Center to schedule your target trip.

New participants need to register to ride the van by contacting Ana Cristina Oliveira, Outreach/ Information Specialist, at 978-639-3268 or email oliveiraa@sudbury.ma.us.

Sudbury Senior Center Grief Support Group November 1 from 10:00—11:30 AM

A new Grief Support group will meet monthly on the first Tuesday of the month. Our first meeting is on November 1st.

The November and December meeting will focus will on managing and processing grief during the holidays.

Group facilitator is Jane Benger, Chaplain at Faith & Family Hospice.

All are welcome!

Registration is required by calling Ana Cristina Oliveira, Outreach/Information Specialist, at 978-639-3268 or email oliveiraa@sudbury.ma.us.



Thanks to BetterWOMAN, I'm winning the battle for Bladder Control.



Frequent nighttime trips to the bathroom, embarrassing leaks and the inconvenience of constantly searching for rest rooms in public-for years, I struggled with bladder control problems. After trying expensive medications with horrible side effects, ineffective exercises and uncomfortable liners and pads, I was ready to resign myself to a life of bladder leaks, isolation and depression. But then I tried **BetterWOMAN***.

When I first saw the ad for BetterWOMAN, I was skeptical. So many products claim they can set you free from leaks, frequency and worry, only to deliver disappointment. When I finally tried BetterWOMAN, I found that after 2–3 months it actually works! It changed my life. Even my friends have noticed that I'm a new person. And because it's all natural, I can enjoy the results without the worry of dangerous side effects. Thanks to BetterWOMAN, I finally fought bladder control problems and I won!



ALL NATURAL CLINICALLY-TESTED HERBAL SUPPLEMENT

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Recently relocated to: 144 North Rd Sudbury

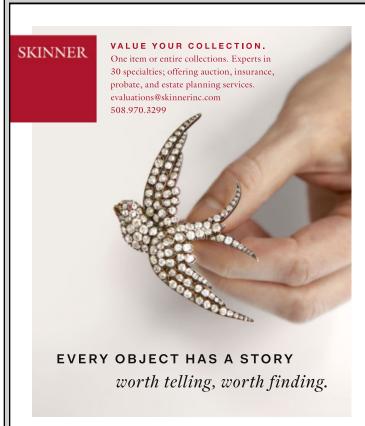
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