A few pictures from our Veterans Appreciation luncheon at the Wayside Inn on 11/10/22.

Dementia Friendly Sudbury Recognition
Tuesday, December 6 at 9:00 AM
The Town of Sudbury is proud to share our pledge to continue our efforts to support the Dementia Sudbury Action Team by offering educational programs and continuing to raise awareness about dementia. It is with great pleasure that we invite you to join us on December 6th at 9:00 AM at the Sudbury Senior Center to celebrate and accept the Dementia Friendly America certificate from Dementia Friendly Massachusetts. Hosted by the Dementia Friendly Sudbury Action Team.

Please RSVP by calling the Sudbury Senior Center at 978-443-3055 by Friday December 2.

Therapy Gardens Festive Soups for the Holidays
Tuesday, December 20 at 12:00 PM
The holiday season is approaching and it’s time to start thinking soup. Whether it’s for a holiday meal, a get-together with friends, or a quiet night at home, we’ve got you covered.

Learn how to make Butternut squash and ginger soup, roasted bell pepper soup, pumpkin soup, and beet and apple soup with horseradish cream. You will taste test each soup.

Limited to 20 participants. Sign up by calling the Sudbury Senior Center at 978-443-3055.
Greetings All-

Join us for fun this December! Do you crave soup in the colder months of the year like I do? Therapy Gardens will show you how to make several delicious and Festive Soups – and you will also enjoy free samples! The Sudbury Garden Club will host a special workshop on making holiday kissing balls.

And, sign up early for the Heart to Home Lunch on Tuesday, December 13. Finally, let us know if you will attend our relaxed coffee, tea and cookies event on the afternoon of Thursday, December 22. We look forward to seeing you!

Did you know that we have two new information boards at the Senior Center? In the hallway, we now have a Jobs Board for those who are interested in part-time job opportunities. We also have a beautiful Memorial Board where we remember people from the Sudbury Senior Center community. You are welcome to visit the board and also to bring photos and memories of friends and neighbors you would like to remember. The Memorial board is beautifully decorated by Danielle Agabedis, a volunteer at the Senior Center.

Best wishes for a warm and memorable holiday season!

Debra, Sudbury Senior Center Director
**The Great Courses DVD Series**

**Leonardo da Vinci and the High Renaissance**

*on Zoom*  Mondays, 10:00—11:00 AM  
*Sept. 12, 2022 - Feb 8, 2023*

- **December 5**
  - Lec. 23 - Return to Florence
  - Lec. 24 - Leonardo, Cesare Borgia and Machiavelli

- **December 12**
  - Lec. 25 - Michelangelo and Leonardo
  - Lec. 26 - Mona Lisa

- **December 19**
  - Lec. 27 - Raphael and Leonardo
  - Lec. 28 - Leonardo in Milan and Pope Julius II in Rome

- **December 26** - The Senior Center is Closed today

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

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**The Great Courses DVD Series**

**The Operas of Mozart**

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

- **December 6**
  - Lec. 18 – The Magic Flute, Part Two

- **December 13**
  - Lec. 19 – The Magic Flute, Part Three

- **December 20**
  - Lec. 20 – The Magic Flute, Part Four

- **December 27**
  - Lec. 21 – The Magic Flute, Part Five

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**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.

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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.
**Low Vision Support Group**

**Time Change:** The December 1 meeting will start at 2:00 PM.
Group meets on the first Thursday of the month.

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**Cribbage**

Meets on Monday
10:00 AM—12:00 PM
All players are welcome!

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**Turn the Page Book Group—On Zoom**

- **Date:** Wednesday, December 21
- **Time:** 1:00 PM
- **Book:** The Sweetness of Water
- **Author:** Nathan Harris

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**Canasta**

Meets every Thursday
1:00 - 3:45 PM
We are looking for new and experienced players.

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**Mah Jong**

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

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**Intermediate Bridge**

Playing on Wednesdays
1:00—3:30 PM

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**Stamp Club**

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

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**Bingo**

Playing every Tuesday 1:00 – 3:00 PM
Come on Down!

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**Walk In Blood Pressure Clinic**

At the Sudbury Senior Center

December 1 and December 15
10:00 — 11:00 AM

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Want to sign up for a program?

Call the Sudbury Senior Center at 978-443-3055 or
email senior@sudbury.ma.us
Sudbury Garden Club - Boxwood Kissing Ball WS
Wednesday, December 7 at 9:00 AM
Cost is $25.00. Stop by the Senior Center with a check to secure your spot.

Heart to Homes Meals - Lunch and Presentation
Tuesday, December 13 at 12:00 PM.
Richard Rogers from Heart to Home Meals USA will be at the Senior Center to serve a delicious hot lunch for you. There will be a brief presentation, trivia and some prizes to give away.

Winter Tea & Social
Thursday, December 22 at 1:30 PM
Stop by for some tea, cookies, good conversation and holiday music. Sign up by calling 978-443-3055 so we can prepare enough for our audience.

Low Income Home Energy Assistance Program (LIHEAP)
APPLY NOW! 2022—2023
Learn about 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.

Eligibility is based on household size and the gross annual income of every household member, 18 years of age or older. Household income cannot exceed 60% of estimated State Median Income. To see if you may qualify, check the income eligibility chart on page 10.

If you have questions call the Senior Center and ask to speak with Ana Cristina Oliveira, Outreach/Information Specialist at 978-443-3055.
FITNESS AND WELLNESS CLASSES

Notice about Fitness Fees
We are so fortunate to have amazing fitness instructors and great students in our classes! In order to continue to offer these classes in a financially stable way, we need to return to our pre-pandemic fee levels. Class fees that are currently $40 will move back to $48 per 8-week session as of the new sessions in 2023. We do understand that times are challenging. If this fee is a deterrent due to financial constraints, please contact us, as we do not want to leave anyone behind.

S.A.I.L. Staying Active & Independent for Life
8 Thursdays from 9:15 – 10:00 AM
Next Session: Dec 15—Feb 2
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
Nov. 10, 17, Dec. 1, 8, 15, Jan. 5, 12 & 19
No class Dec. 22 & 29
In person - cost $48.00
OPEN SPOTS AVAILABLE
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
$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.

T’ai Chi
8 Mondays from 2:30 - 3:30 PM
Next session: Dec 19—March 6
No Class Dec 26, Jan 2, 16 & Feb 20
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 session: Nov. 18—Jan 27
No Class Dec 23 & 30
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
Heart symbol
Nov. 30, Dec. 7, 14, 21, Jan. 4, 11, 18, 25
No class Dec. 28
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, MindfulMeditation, 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 Attn: Chery Finley, Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776.
December is a month that conjures up images of cold temperatures and the start of winter. Despite the brisk weather outdoors, the warmth of our volunteers shines through for the seniors served by them. The Volunteer Programs offered are numerous, aiding people to stay in their homes, and include:

- Technology support
- Learning how to install and use the Uber app
- A weekly phone call offering friendship and conversation to combat the boredom and loneliness so many people feel
- Minor outdoor home repairs
- Delivery of a mid-day meal to seniors at their residences
- Weekly grocery shopping
- Delivery of buckets filled with sand for the winter
- The exchange of a poorly functioning space heater for a new one, along with safety information
- Delivery of library materials to and from Goodnow

...plus more!

As a volunteer of the Senior Center, you get the satisfaction of feeling productive, being involved in your community, and making a difference in the lives of others. New friendships are formed amongst the volunteers, and lives are enriched.

For information on how to apply to become a volunteer, please contact Janet Lipkin by calling 978-639-3223 or by emailing LipkinJ@sudbury.ma.us

A huge thank you to all of our valued volunteers! We appreciate what you do for our seniors, and are so grateful for your service.

- Janet Lipkin and the entire Senior Center staff

KUDOS to volunteer Caleb Cochran for a fantastic write-up of his interview with Mary Lehman, our featured Senior Profile. Please see page 9.

Featured Volunteer Program: Sand Bucket Delivery (continues throughout the winter)

If you would like to have a bucket of sand delivered to your residence, please call Janet Lipkin at the Senior Center at 978-639-3223. You will be asked your name, address, and the exact location you would like the filled sand bucket placed outside of your home. If you have a refill request, we ask that you leave the empty bucket in the exact spot you would like the new sand bucket placed. This important program helps to keep you safe in inclement weather when walkways and driveways can be slick. Please allow 2-3 days for deliveries to be made after a request has been placed. We are incredibly grateful to our team of Sudbury Senior Center volunteers making the deliveries, affectionately named the Sand Bucket Brigade, as well as the DPW and Wayside Inn, co-collaborators of this program.

Are you interested in being matched with a Phone Buddy volunteer? Especially during the long winter months, it is a nice way to stay connected with someone. The call is once per week, lasting 15-30 minutes.

If you would like to learn more about this program or any of our other volunteer services, please call Janet Lipkin, Coordinator of Volunteer Programs, at 978-639-3223.
## DECEMBER 2022 CALENDAR

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td><strong>FONT COLORS</strong></td>
<td><strong>Zoom Events</strong></td>
<td><strong>On-site events</strong></td>
<td><strong>Special event</strong></td>
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<tr>
<td><strong>Lovin’ Spoonful Deliveries have restarted on Wednesdays at 12:30 PM!</strong></td>
<td><strong>9:00 Dementia Friendly Sudbury Recognition</strong></td>
<td><strong>9:00 Opera of Mozart</strong></td>
<td><strong>9:15 Staying Active for Life</strong></td>
<td><strong>9:30 Chair Yoga</strong></td>
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<td><strong>9:00 English Learner—no class</strong></td>
<td><strong>9:30 The American West</strong></td>
<td><strong>10:00 Grief Support Grp.</strong></td>
<td><strong>9:15 Inter. Tap Dance</strong></td>
<td><strong>11:00 Fit for the Future</strong></td>
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<td><strong>9:30 Opera of Mozart</strong></td>
<td><strong>11:00 Fit for the Future</strong></td>
<td><strong>1:00 Bingo (rm 1)</strong></td>
<td><strong>10:00 Current Events</strong></td>
<td><strong>11:30 Watercolors Drop-in</strong></td>
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<tr>
<td><strong>10:00 Grief Support Grp.</strong></td>
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<td><strong>1:00 Shine (phone)</strong></td>
<td><strong>10:00 Walk—in BP Clinic</strong></td>
<td><strong>1:00 Movie: Kinky Boots</strong></td>
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<td><strong>1:00 Watercolor class</strong></td>
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<td><strong>1:00 Meditation Class</strong></td>
<td><strong>1:00 Canasta</strong></td>
<td><strong>1:45 Watercolors Drop-in</strong></td>
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<td><strong>2:00 Circle of Friends Grp.</strong></td>
<td><strong>9:00 Boxwood Kissing Ball workshop</strong></td>
<td><strong>1:00 Intermediate Bridge</strong></td>
<td><strong>2:30 Connection Circle</strong></td>
<td><strong>2:00 Uber Tech Clinic</strong></td>
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<td><strong>9:00 Boxwood Kissing Ball workshop</strong></td>
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<td><strong>2:30 Tai Chi</strong></td>
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<td><strong>12</strong></td>
<td><strong>3:30 COA Meeting</strong></td>
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<td><strong>2:00 Uber Tech Clinic</strong></td>
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<td><strong>12:00 Heart to Home Lunch</strong></td>
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<td><strong>16</strong></td>
<td><strong>1:00 Bingo (rm 1)</strong></td>
<td><strong>1:00 Meditation Class</strong></td>
<td><strong>10:00 Walk—in BP Clinic</strong></td>
<td><strong>1:00 Movie: Crawdad Sings</strong></td>
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<td><strong>19</strong></td>
<td><strong>1:00 Shine (phone)</strong></td>
<td><strong>1:00 NO Canasta</strong></td>
<td><strong>2:30 Connection Circle</strong></td>
<td><strong>1:45 Watercolors Drop-in</strong></td>
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<td><strong>20</strong></td>
<td><strong>1:00 Watercolor class</strong></td>
<td><strong>1:30 Winter Tea &amp; Social</strong></td>
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<td><strong>2:00 Uber Tech Clinic</strong></td>
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<td><strong>21</strong></td>
<td><strong>2:00 Making Memories</strong></td>
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<td><strong>23</strong></td>
<td><strong>1:00 Turn the Page Book Grp.</strong></td>
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<td><strong>12:30 Mah Jong</strong></td>
<td><strong>1:00 Canasta</strong></td>
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<td><strong>2:30 Tai Chi</strong></td>
<td><strong>2:30 Connection Circle</strong></td>
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**Sudbury’s Premier Assisted Living Community**

[www.orchard-hill.com](http://www.orchard-hill.com)

978-443-0080
Senior Profile: Marty Lehman

By Caleb Cochran, Volunteer, Sudbury Senior Center

Accomplished watercolor artist Marty Lehman can’t talk about painting without paying tribute to Sandy Wilensky, the beloved Sudbury Senior Center teacher who passed away in February.

“Sandy was really a remarkable person and she was a wonderful, gifted artist, and an excellent teacher,” says Marty, who began taking classes at the Senior Center more than 10 years ago. He recalls an art show sponsored by the Commonwealth of Massachusetts for which Sandy suggested that her class submit a group project showcasing the doors of Sudbury.

“The committee didn’t know quite what to make of it,” Marty says. “Everyone else had submitted individual paintings.” When the Sudbury group arrived at the exhibition space in Boston, they found the entire selection of paintings displayed prominently and judged as a group, just as they had hoped.

The following year, the theme of the show was “freedom.”

“Sandy said, ‘Everyone is going to paint the Liberty Bell, the American flag, and eagles,’” Marty remembers. “Someone in the class said, ‘Why don’t we paint butterflies? Butterflies are free.’” The class again submitted their work as a group. “Everyone else painted an eagle, a flag, or the Liberty Bell,” Marty laughs. The class chartered a miniature school bus and traveled together to Boston, where they won various awards. “It was awesome,” says Marty.

A retired architect, Marty first began painting in 2008 after he visited the Concord Art Association and met a watercolor artist named Tom Sutherland. He was so impressed with Sutherland’s work that he went home and told his wife about him. For Marty’s birthday that spring, his wife, daughter, and daughter-in-law signed him up for a course taught by Sutherland. “It changed my life,” Marty says.

He soon enrolled in a watercolor class at the Sudbury Senior Center, where Sandy soon became his teacher. Since then, Marty has displayed his work in juried shows at the Concord Art Association and the Marlborough Public Library, and has had four very successful shows at the Scandinavian Living Center in West Newton.

Born and raised in Ohio, near the Kentucky border (“steel mills, shoe factories,” he says), Marty knew by age 16 that he wanted to be an architect. He knew no architects himself—and neither of his parents went to college—but he was a good student, and had his mind made up. So at the prompting of a neighbor, Marty visited Cornell and promptly decided it was the place for him.

After graduating in 1960, Marty moved to Stockholm, where he fell in love with his future wife and with Sweden—the subject of many of his paintings. Marty returned to the U.S. and served in the Air Force before embarking on his nearly 50-year career in architecture, with positions at Cambridge Seven, Stahl Associates, and DIGITAL, where he served as a corporate architect.

Marty describes the process of painting as very similar to architecture school, where he would often “get totally immersed” in a project, working in the studio until the wee hours of the morning. “It’s not like in accounting,” he says, “where everything has to add up at the end. In architecture, you just keep designing, because you always think, ‘I can make it better.’ It’s the same with painting, once you get rolling.” Now in his mid-80s, Marty is still rolling, now inspiring others with his work in much the same way Tom Sutherland inspired him back in 2008. A longer version of this article appears on our website; please visit http://sudburyseNIorcenter.org.

To see Marty Lehman’s work, visit www.martylehman.net.
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, December 6 at 2:00 PM

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.

Need Help Paying for Heat?

Listed below is the income guidelines to qualify for the Low Income Home Energy Assistance Program (LIHEAP). See page 5 for more detailed information.

<table>
<thead>
<tr>
<th>Household Size</th>
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<td>$107,660</td>
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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. Ana Cristina can be reached at oliveiraa@sudbury.ma.us or call 978-639-3268.
FRIDAY MOVIES at 1:00 PM

December 2; *Kinky Boots*

rated PG-13 - LGBTQ+ 2 hrs.

After his father’s demise, Charlie Price inherits the family business, a shoe factory in Northampton, England. He is not interested in shoes, and the factory is in such dire financial straits that he must lay off 15 employees. However, a fortuitous encounter with a transvestite cabaret singer inspires Charlie to save the factory from closure by producing erotic footwear, much to the chagrin of the workers.

December 16; *Where the Crawdads Sing*

rated PG-13; 2.5 hrs.

Where the Crawdads Sing tells the story of Kya, an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. For years, rumors of the "Marsh Girl" haunted Barkley Cove, isolating the sharp and resilient Kya from her community. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect. As the case unfolds, the verdict as to what actually happened becomes increasingly unclear, threatening to reveal the many secrets that lay within the marsh.
HEALTH AND TRANSPORTATION RESOURCES

Hearing Clinic

**Friday, December 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.

Call 978-443-3055 for an appointment.

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/hxV2Tjn2uAeeka1R9](https://forms.gle/hxV2Tjn2uAeeka1R9).

GoSudbury! Taxi Rides

The GoSudbury! Taxi Rides program provides medical rides and is Town and grant funded, and currently fully subsidized.

In order to register for the program, please complete the application form at the following link: [https://forms.gle/FnQzYotpDRMzyFoK8](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/](https://sudbury.ma.us/transportation/documents/) to access the application form directly.

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

Making Memories Café

**For caregivers and the ones they care for**

**Tuesday, December 20 - 2:00 – 3:30 PM**

at the Sudbury Senior Center

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

These events 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 3rd Tuesday of the month.

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

Memorial Board

The Senior Center has a newly created Memorial Board created by volunteer Danielle Agabedis. The Memorial Board is available for you to post photos, memories, thoughts or obituaries about neighbors and friends.

Please feel free to stop by to see the postings, or bring a posting to the Senior Center Front Desk.
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.

Consultation
Outreach and Information
Free consultation 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.
Sudbury Senior Center
Grief Support Group

December 6 from 10:00—11:30 AM

A new Grief Support group will meet monthly on the first Tuesday of the month. The 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! *Please note: The location of the meeting will be announced at sign-up.

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

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Sudbury Connection Van
Trip to Target in Marlboro

Date: Monday, December 12
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 oliveira@usbury.ma.us.

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
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

• Reduces Bladder Leaks® • Reduces Bathroom Trips®
• Sleep Better All Night® • Safe and Effective
• Costs Less than Traditional Bladder Control Options
• Live Free of Worry, Embarrassment, and Inconvenience

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FOR YOUR FIRST ORDER
For advice, call 888-825-9793.

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Or Current Occupant

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

Memory Care

As part of its continuum of care, New Horizons in Marlborough offers a 35-suite residential Memory Care program that provides expert, personalized, and safe memory care for people with Alzheimer’s disease and other types of dementia.

We are guided by the principle that, because Alzheimer’s and dementia affect every person differently, each resident must be cared for as an individual. Recognizing that there is no one-size-fits-all approach, we offer multiple levels of dementia care options, allowing you to select the most appropriate services for your loved one.

New Horizons
Assisted Living in Marlborough

• Laundry service
• Hourly safety checks
• Assistance with showers
• Daily bed making and trash removal
• Daily escorts to all three meals and activities
• Medication passes provided by a licensed nurse
• Daily AM and PM scheduled assistance with grooming and dressing

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