

APRIL 2023



#### APRIL HIGHLIGHTS:

- April 4—Reading by local author Andrew Noone
- April 11— Coffee Hour with Town Manager Andrew Sheehan
- April 25—Adventures in Lifelong Learning
- April 26—A visit with a Miniature Therapy Horse

#### OUR MISSION:

The Sudbury Senior Center mission is to support the dignity, independence and wellbeing of all of Sudbury's older adults and their families with programming and services in a welcoming environment for all.



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## 2 | ADVENTURES IN LIFELONG LEARNING

### ADVENTURES IN LIFELONG LEARNING ON ZOOM

Dates: Tuesday, April 25, May 2, May 9 & May 16

Class Time: 9:00 AM—2:45 PM

We encourage you to take a look at the Spring class offerings and sign up on your own to take a class.

Adventures in Lifelong Learning is a partnership between Framingham State University and the Framingham Public Library.

The Sudbury Council on Aging and Sudbury Senior Center are planning to host the Fall 2023 Adventures in Lifelong Learning virtual classes at the Sudbury Senior Center.

Courses are free of charge and offered via Zoom.

Registration is now open to sign up, visit [www.framinghamlibrary.org/adventures](http://www.framinghamlibrary.org/adventures), email [lifelonglearning@framingham.edu](mailto:lifelonglearning@framingham.edu)

or call 508-215-5127.

*Adventures in Lifelong Learning courses are free to all participants, thanks in part to funding support from the Older Americans Act as granted by Springwell, Inc., and grants from the Ashland, Framingham, and Marlborough Cultural Councils. We provide participants an opportunity to make a voluntary donation toward the cost of this service. Voluntary donations are put directly into program enhancement, allowing for expansion of services. Whether or not a participant makes a voluntary donation in no way informs or influences this service delivery.*



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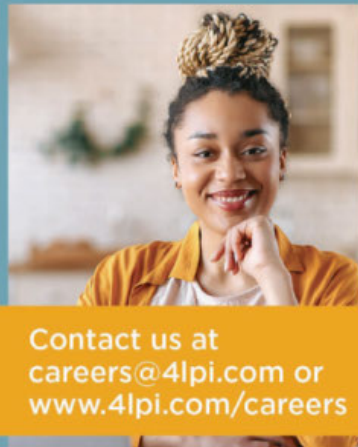
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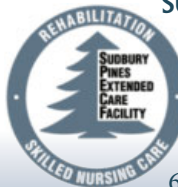
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## The Great Courses DVD Series

### A History of European Art HYBRID CLASS

Date: Mondays in April  
Time: 10:00—11:00 AM

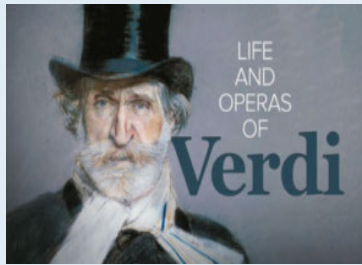
As of April 10 this class will be offered both in-person and on Zoom. We will have 20 seats available. You must register to attend the in-person showing by Friday, April 7 at 3:45 PM. In-person space is limited.



### The Life and Operas of Verdi on ZOOM

Date: Tuesdays in April  
Time: 9:30 - 10:30 AM

Verdi is still the most popular composer in the 400-year-old history of opera. His operas are produced more than any other composer.



### Living the French Revolution and the Age of Napoleon on ZOOM

Date: Wednesdays in April  
Time: 9:30 - 11:00 AM

The 25 years between the onset of the French Revolution in 1789 and the Bourbon Restoration after Napoleon in 1814 is an astonishing period in world history.



Please email Chery Finley to sign up for any of the Great Courses DVD series.

Chery can be reached at [Finleyc@sudbury.ma.us](mailto:Finleyc@sudbury.ma.us) or 978-443-3055

### GREAT DECISIONS on ZOOM

Date: Every other Wednesday beginning May 31  
Time: 9:30 AM

This 8-session foreign policy program is designed to encourage thoughtful discussion relating to current global challenges.

Created by the Foreign Policy Institute, the program model involves reading the Great Decisions Briefing book, meeting to watch the DVD, and participating in a moderated discussion of the most critical global issues facing America today. Moderators are needed.

The program will be shown via Zoom.

### Registration opens April 10 - ends April 21

We are offering two methods to purchase the book:

- 1.) Direct purchase (cost \$35 + shipping) by the participant or,
- 2.) Bulk purchase to save on postage and possibly get a bulk discount. Please register for the class and indicate whether you will buy your own book, be sharing a book, or buying one through the group purchase (cost will be \$31 - \$35 depending on the size of the order).

Registration ends on Thursday, April 21, 2023.

Please sign up by contacting Chery Finley, beginning on Monday, April 10. Note: Space is limited.

# | 4 GROUPS, GAMES & CARDS



## CRIBBAGE

MONDAYS

10:00—12:00 PM

## MAHJONG

MONDAYS

12:30—3:30 PM

## STAMP CLUB

2ND MONDAY OF THE MONTH

10:00—11:30

## BINGO

TUESDAYS

1:00—3:30 PM

## LET'S PLAY CHESS

WEDNESDAYS

1:30—3:30 PM

## INTERMEDIATE BRIDGE

WEDNESDAYS

1:00 No Bridge on 4/12 & 4/26

## CANASTA

THURSDAYS

12:30—3:30 PM

## DROP IN WATERCOLOR

FRIDAYS

11:30 AM — 1:30 PM

1:45 PM — 3:45 PM



**Short Story Group** – Monday, April 24 from 1:00—2:00 PM.

Meets onsite on the 4th Monday of every month. April's reading is, "The Yellow Wallpaper" by Charlotte Perkins. All the stories will be from the compact edition of "The Story and It's Writer, 6th Edition" by Ann Charters. You can buy the book online or you can download Goodnow library's free app called LIBBY system. Call 978-443-3055 to sign-up.

## TURN THE PAGE BOOK GROUP

3rd Wednesday of the Month

On [ZOOM](#)

from 1:00—3:30 PM



## Fit For the Future

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

\$4.00 at check in, exact change only.

No class April 17—Instructor: Lois Leav

To pay for a fitness class, stop by the Senior Center. Please make check payable to “Town of Sudbury”.

The Senior Center is closed on April 20,  
No Fitness Classes

## ZUMBA GOLD

**Thursdays | 11:00—12:00 PM | \$48.00**

**Instructor:** Yachun Lin     **New Session:** May 18

Zumba Gold is a fun cardio class with low impact movements that are gentle to your joints. Each class is like a dance party with easy to follow steps. We end the class with balance practice and stretch exercises to increase flexibility. Yachun (YC) is an AFAA certified group fitness instructor.

## STAYING ACTIVE & INDEPENDENT FOR LIFE

**Thursdays | 9:15—10:00 AM | \$48.00**

**Instructor:** Derry Tanner     **New Session:** April 6

SAIL is a safe and effective fitness class on Zoom. Learn research-tested strength, balance and flexibility exercises that can help to make you stronger. Derry is a retired nurse and certified personal trainer.

## INTERMEDIATE TAP DANCE

**Thursdays | 9:15—10:15 | \$48.00**

**Instructor:** Susan Craver     **New Session:** March 30

Tapping is a style of dance that turns you into a musician, using your feet/ tap shoes as the percussive instrument. For more than 25 years, Susan has been teaching tap, ballet and jazz at MetroWest area dance studios.

## T’AI CHI

**Mondays | 2:30—3:30 | \$48.00**

**Instructor:** Jon Woodward     **New session:** March 20

No class April 17, May 8, May 29

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow, movements. Jon is a certified T'ai Chi instructor and teaches at several local fitness clubs and senior centers.

## CHAIR YOGA HYBRID CLASS

**Fridays | 9:30—10:15 AM | \$48.00**

**Instructor:** Rebecca Reber     **New Session:** March 31

Join this relaxing class with stretching. Yoga is excellent for loosening muscle tension and maintaining ranges of motion for the joints. Most of the class takes place while sitting.

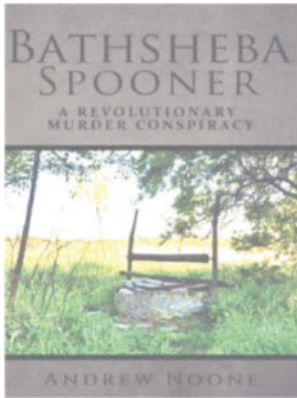
## MINDFUL LIVING MEDITATION

**Wednesdays | 1:00—2:00 PM | \$48.00**

**Instructor:** Lisa Campbell     **New Session:** May 10

Learn practices of mindful awareness and gentle breathing exercises to help manage stress and cultivate deeper gratitude and wellbeing in your life. Lisa is the owner of Mindfulfilled Meditation, LLC. Scholarship may be available to offset cost.

# 6 | SAVE THE DATE



Book reading by  
Author Andrew Noone

Bathsheba Spooner:  
A Revolutionary  
Murder Conspiracy

Tuesday, April 4  
at 2:00 PM

Coffee Hour with  
Sudbury's Town Manager

Andrew Sheehan

Tuesday, April 11 at 10:00 AM



## COMING IN MAY

Therapy Gardens present: Let's Make Pickles!

Tuesday, May 16 at 10:00 AM

Cost \$5.00 at the door. Limited to 25 attendees.

Dr. Rishi Dave

Emerson Hospital presentation on

Arthritis of the Hip, Knee & Ankle:  
Symptoms & Solutions

Tuesday, April 11 at 1:00 PM



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## We say thank you to our volunteers



<https://mythankyousite.com/thank-you-note-phrases/>

## SAVE THE DATE

### ALL VOLUNTEERS: SAVE THE DATE!

### Volunteer Appreciation Drop-In Brunch

Tuesday, May 23

11:00 AM—1:00 PM

A formal invitation will be sent to you.



## National Volunteer Month

April is National Volunteer month, when we recognize the people who give of their time, making the world a better, kinder place. On behalf of the entire Senior Center staff, I want to thank our team of valued volunteers.

Our volunteers are an integral part of the Center's foundation, and their work and service are truly making a difference in the lives of others.

Janet Lipkin


## BECOME A VOLUNTEER

If you would like to apply to become a volunteer of the Senior Center, or to learn about our volunteer opportunities, please contact Janet Lipkin, Coordinator of Volunteer Programs, at 978-639-3223; [LipkinJ@sudbury.ma.us](mailto:LipkinJ@sudbury.ma.us), or visit the Senior Center webpage at <https://sudburyseniorcenter.org/about-us/get-involved/>.



*"The best way to find yourself is to lose yourself in the service of others." - Mahatma Gandhi*

# 8 | APRIL 2023 CALENDAR

Monday, April 3	Tuesday, April 4	Wednesday, April 5	Thursday, April 6	Friday, April 7
<b>9-4 AARP Tax Prep</b> <b>10:00 Cribbage</b> <b>10:00 European Art</b> <b>11:00 Fit for the Future</b> <b>12:30 Mahjong</b> <b>2:30 Tai Chi</b>	<b>9-4 AARP Tax Prep</b> <b>9:00 English Learner R1</b> <b>9:30 Operas of Verdi</b> <b>10:00 Grief Support Group</b> <b>1:00 Bingo</b> <b>2:00 Circle of Friends and Caregiver Support Group at Orchard Hill</b> <b>2:00 Author Andrew Noone book reading</b>	<b>9:30 Living the French Revolution</b> <b>11:00 Fit for the Future</b> <b>1:00 Mindful Meditation</b> <b>1:00 Intermediate Bridge</b> <b>1:30 Let's Play Chess</b>	<b>9:15 Tap Dance</b> <b>9:15 Staying Active for Life</b> <b>10:00 BP Walk-in Clinic</b> <b>10:00 Collette Trips mtg.</b> <b>11:00 Zumba Gold</b> <b>12:30 Canasta</b> <b>1:00 Low Vision Group</b> <b>2:30 Connection Circle</b>	<b>9:30 Chair Yoga</b> <b>11:00 Fit for the Future</b> <b>11:30 Watercolors Drop-in</b> <b>1:00 Movie: Here Today</b> <b>1:45 Watercolors Drop-in</b> <b>2:00 Uber Tech Clinic</b>
<b>Monday, April 10</b> <b>10:00 Cribbage</b> <b>10:00 European Art</b> <b>10:00 Stamp Club</b> <b>11:00 Fit for the Future</b> <b>11:30 Van to Target</b> <b>12:30 Mahjong</b> <b>2:30 Tai Chi</b> <b>3:30 COA Meeting</b>	<b>Tuesday, April 11</b> <b>9:00 English Learner</b> <b>9:30 Operas of Verdi</b> <b>10:00 Coffee with Town Manager Andrew Sheehan</b> <b>1:00 Bingo</b> <b>1:00 Legal Clinic (phone)</b> <b>1:00 Dr. Rishi Dave Arthritis talk</b>	<b>Wednesday, April 12</b> <b>9:30 Living the French Revolution</b> <b>11:00 Fit for the Future</b> <b>1:00 Mindful Meditation</b> <b>1:00 NO Intermediate Bridge</b> <b>1:30 Let's Play Chess</b>	<b>Thursday, April 13</b> <b>9:15 Tap Dance</b> <b>9:15 Staying Active for Life</b> <b>10:00 BP Walk-in Clinic</b> <b>11:00 Zumba Gold</b> <b>12:30 Canasta</b> <b>2:30 Connection Circle</b>	<b>Friday, April 14</b> <b>9:30 Chair Yoga</b> <b>9:30 Hearing Clinic</b> <b>11:00 Fit for the Future</b> <b>11:30 Watercolors Drop-in</b> <b>1:45 Watercolors Drop-in</b> <b>2:00 Uber Tech Clinic</b>
<b>Monday, April 17</b> <b>Closed-Patriots Day</b> 	<b>Tuesday, April 18</b> <b>9:00 English Learner</b> <b>9:30 Operas of Verdi</b> <b>1:00 Bingo</b> <b>2:00 Making Memories Café</b>	<b>Wednesday, April 19</b> <b>9:30 Living the French Revolution</b> <b>11:00 Fit for the Future VH</b> <b>1:00 Mindful Meditation</b> <b>1:00 Intermediate Bridge</b> <b>1:00 Turn the Page Mtg.</b> <b>1:30 Let's Play Chess</b>	<b>Thursday, April 20</b> <b>No Tap Dance</b> <b>9:15 Staying Active for Life</b> <b>10:00 BP Walk-in Clinic</b> <b>No Zumba Gold</b> <b>12:30 Canasta</b> <b>2:30 Connection Circle</b>	<b>Friday, April 21</b> <b>9:30 Chair Yoga</b> <b>11:00 Fit for the Future</b> <b>11:30 Watercolors Drop-in</b> <b>1:00 Movie: Win Win</b> <b>1:45 Watercolors Drop-in</b> <b>2:00 Uber Tech Clinic</b>
<b>Monday, April 24</b> <b>10:00 Cribbage</b> <b>10:00 European Art</b> <b>11:00 Fit for the Future</b> <b>12:30 Mahjong</b> <b>1:00 Short Story Grp. mtg.</b> <b>2:30 Tai Chi</b>	<b>Tuesday, April 25</b> <b>9:00 *SVT Spring Walk at Memorial Forest</b> <b>9:00 English Learner</b> <b>9:00 Lifelong Learning</b> <b>9:30 Operas of Verdi</b> <b>1:00 Bingo</b>	<b>Wednesday, April 26</b> <b>9:30 Living the French Revolution</b> <b>11:00 Fit for the Future</b> <b>1:00 Visit with a Miniature Therapy Horse</b> <b>1:00 Mindful Meditation</b> <b>NO Intermediate Bridge</b> <b>1:30 Let's Play Chess</b> <b>6:00 Cycle of Memory</b> <b>Movie at Goodnow Library</b>	<b>Thursday, April 27</b> <b>9:15 Tap Dance</b> <b>9:15 Staying Active for Life</b> <b>10:00 BP Walk-in Clinic</b> <b>11:00 Zumba Gold</b> <b>12:30 Canasta</b> <b>2:00 Friends Meeting</b> <b>2:30 Connection Circle</b>	<b>Friday, April 28</b> <b>9:30 Chair Yoga</b> <b>11:00 Fit for the Future</b> <b>11:30 Watercolors Drop-in</b> <b>1:45 Watercolors Drop-in</b> <b>2:00 Uber Tech Clinic</b>
<b>FONT COLORS:</b> <b>Special events in Red</b> <b>Zoom events in Blue</b> <b>On-site events in Black</b> <b>Off-site events in Purple</b>	<b>*Sudbury Valley Trustees</b> <b>Co-sponsored by Sudbury Senior Center.</b> <a href="http://Svtweb.my.site.com">Svtweb.my.site.com</a>			<b>COFFEE HOUR:</b> <b>Monday-Friday</b> <b>9:00 -10:00 AM</b>



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## Arthritis of the Hip, Knee and Ankle: Management of Symptoms, Solutions, and Joint Replacement

Date: Tuesday, April 11,  
Time: 1:00 PM

Rishi Dave, M.D., Orthopedic Surgeon, Emerson Hospital fellowship trained in Joint Replacement. Join us for an informative presentation on symptoms and solutions to arthritis of the Hip, Knee and Ankle. Dr. Dave will discuss proactive solutions to manage symptoms, and/or joint replacement surgery options.

## Sudbury Valley Trustees Guided Walk

Date: Tuesday, April 25  
Time: 9:00 AM

This is a moderate 2-hour walk into Memorial Forest, highlighting the ecology of the area and some of the conservation work SVT is doing there.

Led by Jane Maloney, SVT Land Steward. Co-sponsored by the Sudbury Senior Center.

Register at [svtweb.my.site.com](http://svtweb.my.site.com) or call Sudbury Valley Trustees at 978-443-5588 ext. 123.

## Lifting Spirits Miniature Therapy Horses

Date: Wednesday, April 26  
Time: 1:00 PM

Toni Hadad, Founder and President of Lifting Spirits Miniature Therapy Horses is stopping by with a special mini horse, that stands between two to three feet tall. A Therapy horse serves an important purpose, to bring happiness and joy to all.

This non-profit, based out of Andover, rescues and trains mini horses from all over the country.

Sign-up soon; space is limited .

**Call the Sudbury Senior Center at 978-443-3055 to sign up for any of our programs .**

### Home Safety Checks

A collaboration with the Sudbury Fire Department to ensure working smoke and CO alarms; for senior residents who have a non-urgent need.

### Legal Clinic

Free 20-minute phone consultation with an Elder Law Attorney, by appointment only on the 2nd Tuesday of the month.

### Phone Buddies

Volunteers make weekly calls to older adults who would like to socialize.

### Friendly Visitor Program

A Volunteer makes weekly visits to seniors unable to leave their homes to socialize.

### Grocery Shopping

Volunteers make weekly visits to supermarket and deliver food to the door.

### Lockbox

A small 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.

### Meals on Wheels

Hot lunch delivered to older residents who are unable to leave home. \$3 suggested donation. Call Springwell, Inc. 508-573-7200.

# 10 | OUTREACH AND INFORMATION

## CIRCLE OF FRIENDS – FOR PERSONS WITH DEMENTIA AND CAREGIVERS SUPPORT GROUP

**Tuesday | April 4 | 2:00—3:30 PM**

The Senior Center has partnered with Orchard Hill to offer a Community Engagement Program for persons with dementia, providing activities and socialization, while their care partners attend a monthly Support Group.

The program will be held on the first Tuesday of the month from 2:00-3:30 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](mailto:oliveiraa@sudbury.ma.us)



## MAKING MEMORIES CAFÉ

**Tuesday | April 18 | 2:00—3:30 PM**

Bring your loved ones with memory loss to enjoy refreshments, 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.

Reservations are required by calling the Sudbury Senior Center at 978-443-3055 or email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

## HEARING CLINIC

**Friday | April 14 | 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 the Senior Center at 978-443-3055 for an appointment.

## GRIEF SUPPORT GROUP

**Tuesday | April 4 | 10:00—11:30 AM**

The new Grief Support group will meet monthly on the first Tuesday of the month. This group is for people who have had a recent loss. Group facilitator is Jane Benger, Chaplain at Faith & Family Hospice.

Registration is required by calling Ana Cristina Oliveira, Outreach/Information Specialist, at 978-639-3268 or [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us).

## WALK-IN BLOOD PRESSURE CLINIC

Board of Health Nurse  
Patty Moran, MSN, RN  
Thursdays in April  
10:00—11:00 AM

## LOW VISION SUPPORT GROUP

**Thursday | April 6  
1:00—2:00 PM**

**Group meets on the first Thursday of the month.**

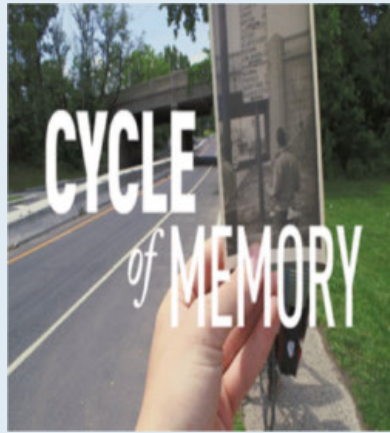


## CYCLE OF MEMORY

Wednesday | April 26 | 6:00 PM

Light refreshments will be served at 5:30 PM .

**Movie screening at the  
Goodnow Library  
21 Concord Road  
Sudbury, MA**



Join us at the library for a special intergenerational screening of Cycle of Memory: the new award-winning documentary about two siblings' bicycle adventure to find memories their grandfather lost to Alzheimer's.

This film is 72 minutes long and will be followed by a Virtual Q+A with the filmmaker. This film is recommended for ages 16 and older.

Registration is required by calling the Senior Center at 978-443-3055 or email [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

## MASSHEALTH MEMBERS: BE ON THE LOOKOUT!

MassHealth has maintained members' coverage and benefits due to continuous coverage requirements that started during the COVID-19 emergency, but those protections will end on March 31<sup>st</sup>.... What does this mean?

MassHealth will be able to terminate members who are no longer eligible for their current MassHealth benefit. MassHealth will send out renewal forms as of April 1<sup>st</sup> on a rolling basis for the next 12 months.

Make sure you are on the lookout for a blue envelope so you can renew your coverage! If you do not return the form within the time frame, you risk the chance of losing your MassHealth benefits.

If you need assistance with your application or would like to see if you're still eligible for a MassHealth program, call the Senior Center at 978-443-3055 or [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us)

## MEDICARE SAVINGS PROGRAM

The Massachusetts Medicare Savings Programs can help pay for your Medicare Part B Premium, Part D premium, and co-pays, and for some it will pay for Medicare Part A and Part B deductibles and co-insurance. The eligibility guidelines have been increased as of March 1, 2023.



If your income and assets are within the following guidelines, please call the Senior Center at 978-443-3055 to schedule an appointment with a SHINE counselor.

Single Monthly Income and Assets:

Income: \$2,754.00

Assets: \$18,180.00.

Married Monthly Income and Assets:

Income: \$3,718.00

Assets: \$27,260.00

Note: Your home, car, and life insurance are NOT counted as assets.

## 12 | SUDBURY SENIOR TRIPS



**May 24, 2023: Staying Alive-Tribute to the Bee Gees, (Best of Times)** \$119.00 PP. Lake Pearl, Wrentham, MA. Includes lunch, show ticket, meal tax and meal gratuity, and transportation.



**June 1, 2023: "Beautiful—The Carole King Musical" (Royal Tours)** \$150.00 PP. At the Ogunquit Playhouse and lunch at Warren's in Kittery, Maine. Includes transportation, reserved tickets, dining room taxes, gratuities, driver's gratuity and lunch.



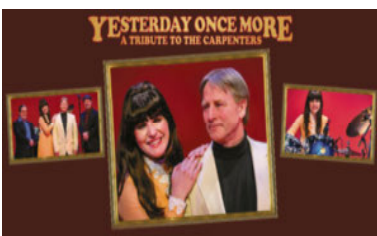
**June 13—15, 2023: Niagara Falls, (Best of Times)** \$629.00 PP. Travel the Falls on the US and Canadian sides and see one of the great wonders of the world! Includes, Cooperstown, N.Y. and to the Baseball Hall of Fame.



**June 29—July 3: Nova Scotia (Best of Times)** \$1649 PP. Bay of Fundy, Halifax, Saint John, Annapolis Valley and the Royal Nova Scotia International Tattoo festival. Note: Passport or Passport Card is REQUIRED for this trip



**August 2, 2023: "The Edwards Twins Ultimate Variety Show"** at Lake Pearl, Wrentham, MA (Royal Tours) 121.00 PP. All live vocals sing their number one hits as they impersonate the stars (such as Elton John, Neil Diamond, Cher, Celine Dion, Barbra Streisand and more). Includes live tribute show, lunch, transportation, tax and gratuities.



**September 14, 2023: "Yesterday Once More" A Tribute to the Carpenters.** (Royal Tours) \$111.00. Play at Whites of Westport, R.I. Enjoy a delicious sit-down luncheon and take a stroll down memory lane. Includes live tribute show, lunch, transportation, tax and gratuities

**Collette Tours 2023/2024 Trips Overview Presentation**  
Thursday, April 6 from 10:00 –10:30 AM.  
Sign up now!

**To Sign Up For a Trip**  
Stop by the Senior Center and pick-up a copy of the Trips Guidelines brochure. A check made payable to "Town of Sudbury" secures your booking.

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**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 Connection Van Service—Fare prices

The MWRTA is returning to collecting fares on all modes of transportation starting on Monday May 1, 2023.

This includes the MetroWest Ride, Dial A Ride and the Sudbury Connection Van.

Fees are \$1.00 in-town rides each way and \$2.00 for out-of-town rides each way.

## Sudbury Transportation

Sudbury Connection Van wheelchair-accessible transportation is available for residents 60+ and those 18+ with a disability.

The GoSudbury Taxi and Uber programs are available to residents 60+, as well as those who qualify due to financial need, driving limitations, and who are active or retired military personnel. For more information about transportation, go to [www.sudbury.ma.us/transportation](http://www.sudbury.ma.us/transportation) or call the Senior Center at 978-443-3055.

## Sudbury Connection Van Trip to Target



**Monday | April 10 | 11:30 AM**

Pick up at 11:30 AM;  
Shopping: 12:00 — 1:00 PM .

If you are a registered Van Rider, please contact the MWRTA Reservation Center to schedule your Target trip at 508-820-4650.

New participants need to register to ride the van by contacting Ana Cristina Oliveira at 978-639-3268.



## 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.

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Return Service Requested

# 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.

- 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

**Memory Care Services**

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