

MAY 2023



MAY HIGHLIGHTS:

- May 2— Lifelong Learning Series
- May 11—Mother's Day Gift N' Go
- May 16—Therapy Gardens
Let's Make Pickles
- May 18—Best of Times
2023 Tour Highlights
- May 23—Volunteer Appreciation
Drop in Brunch

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 | A NOTE FROM DEBRA GALLOWAY, DIRECTOR

Hello Friends –

As I write this we are experiencing some very warm weather in early April. I'm not sure what will be happening at the beginning of May, but I hope it's lovely!

Many thanks to the **Friends of Sudbury Seniors** for supporting numerous programs this year, such as: the Stephen Collins' Moby Dick performance, Illusionist Lyn Dillies show, It's Fall, Y'all Fest, Festive Soups, Get Well Gift Bags, Tunes and Trivia game, St. Patrick's Lunch and more. We could not offer these wonderful programs without their support.

The MetroWest Health Foundation Community Health Needs Assessment has begun with an online survey and focus groups. The Senior Center is hosting one of these Focus Groups here on May 3. See the article on page 9.

Also, I'd like to alert you to the ongoing construction which will affect the Park and Recreation offices and Atkinson Pool beginning around May 11. Pool and Recreation offices will be closed through approximately the July 4th holiday. At times, we may need to move some programs to other locations. Please be patient as we try to keep programs running during this phase.

That being said, we are so excited for the new Senior Center spaces in the new Community Center! As we prepare, we are looking for additional volunteers and instructors to help us offer new programs and classes in our expanded space. If you would like to become a volunteer or paid instructor or volunteer group leader, please email me at gallowayd@sudbury.ma.us.

And, finally, thanks to Sharon K. Wilkes, Program Coordinator, for her excellent work on the newsletter! *Debra Galloway*

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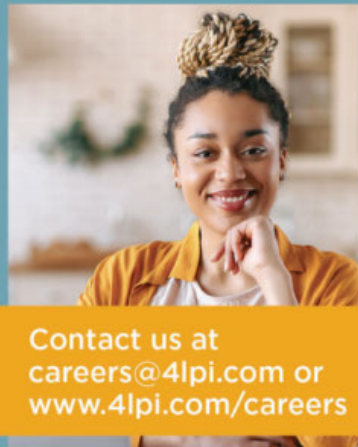
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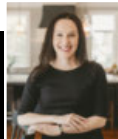
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ACADEMICS & WALK MASS CHALLENGE | 3

The Great Courses DVD Series

A History of European Art HYBRID CLASS

Date: Mondays during May
Time: 10:00—11:00 AM

The development of the arts in Europe from the Middle Ages to the modern era is an astonishing record of cultural achievement from the architecture of Gothic cathedrals to the daring visual experiments of the Cubist painters.

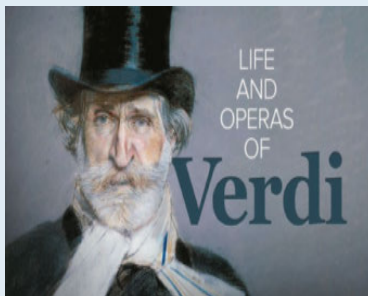


The Life and Operas of Verdi

on ZOOM

Date: Tuesdays during May
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: Ending on May 17th
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 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.

Walk Massachusetts Challenge

Lace up your sneakers! The Walk MA Challenge is back and better than ever. Your participation helps your local Council on Aging win money for fitness programs and gives you the chance to win prizes.

The challenge runs May 1 to October 31, 2023. During this time, you will have chances to be entered into a drawing to win a \$50 Visa, \$25 Amazon or \$10 Dunkin' gift card. By completing the challenge, your local Council on Aging/Senior Center gets a raffle entry to win up to \$1,000 for fitness programming. Register online at <https://walkmachallenge.com/register/>

| 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 AM

BINGO

TUESDAYS

1:00—3:30 PM

LET'S PLAY CHESS

WEDNESDAYS

1:30—3:30 PM

INTERMEDIATE BRIDGE

WEDNESDAYS

1:00—3:30 PM

TURN THE PAGE BOOK

GROUP Hybrid Class

3rd WEDNESDAY of the Month

1:00—3:30 PM

CANASTA

THURSDAYS

12:30—3:30 PM

DROP IN WATERCOLOR

FRIDAYS—NO class 5/12/23

11:30 AM — 1:30 PM

1:45 PM — 3:45 PM

Short Story Group – 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 the Goodnow library’s free app called LIBBY system.

Meet LIBBY - Goodnow Library will be at the Senior Center on Tuesday, May 30 at 1:30 PM to assist seniors in downloading the LIBBY app. Call 978-443-3055 to schedule an appointment.

SHORT STORY BOOK GROUP

4th MONDAY of the month

1:00—2:30 PM



FIT FOR THE FUTURE

Mondays, Wednesdays & Fridays
11:00 - 12:00 PM
 \$4.00 at check in, exact change only.

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 May 29 .
 No Fitness Classes

ZUMBA GOLD

Thursdays | 11:00—12:00 PM | \$36.00 for 6 classes
Instructor: Yachun Lin Mini session : May 11

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 Fall session: TBD

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 Fall session: TBD

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 Next session: June 12

No class: 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 Next session: May 26

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. Rebecca teaches at many local Senior Centers and is a 200-hour Yoga fit International Training System, Inc. RYT certified.

MINDFUL LIVING MEDITATION

Wednesdays | 1:00—2:00 PM | \$48.00
Instructor: Lisa Campbell Fall session: TBD

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.

6 | SAVE THE DATE

Drop In Mother's Day Gift N' Go

No sign-up needed

Stop by the Senior Center to pick up a gift on Thursday, May 11 10:00 –11:00 AM



Note: While Supplies Last .

Therapy Gardens Let's Make Pickles!

Tuesday, May 16 at 10:00 AM
Cost \$5.00 at the door.

Sign-up now by calling 978-443-3055.

Space is limited



Meet LIBBY

Tuesday, May 30 from 1:30—3:30

Want to read e-books right on your phone or tablet? Come learn how to download the LIBBY App to your device with assistance from the Goodnow Library staff.

Please register for a 20-minute appointment by contacting the Senior Center at 978-443-3055.

A Celebration of Songs!


Wednesday, May 24 at 2:00 PM

Event is at The First Parish church



The Kindergarten students of Sudbury Extended Day present "A Celebration of Songs" for your entertainment! The students have been practicing and are ready to share their songs, followed by a snack.

Please sign up with the Senior Center at 978-443-3055 .





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*Protecting Today
What Matters Tomorrow*

The weather is gradually getting warmer, reminding us that summer is not far away. I marvel at the beauty that surrounds us— green grass, fragrant flowers, and stunning trees. Consider taking a brisk walk outdoors, soaking up the sights and smells of the landscape. It is so refreshing!

-Janet Lipkin

Did you know that we have volunteers who:



- ◆ provide technology support in-person at the Senior Center or remotely
- ◆ make weekly phone calls or outdoor home visits
- ◆ assist with small, outdoor home repairs
- ◆ provide weekly grocery shopping
- ◆ deliver library materials to your door....plus much more!

For more information about our volunteer services, please visit our website at: (<https://sudburyseniorcenter.org/services/>)

A reminder to our volunteers:

Volunteer Appreciation
Drop-In Brunch
Tuesday, May 23rd
11:00 AM—1:00 PM

A Gem of a Resource:



Our Medical Equipment Loan Closet

The Medical Equipment Loan Closet is a resource for Sudbury residents of any age to borrow gently-used medical equipment.

The Loan Closet's most requested items are wheelchairs, transport chairs, rollators, reachers, walkers, shower chairs, knee scooters, tub transfer benches, sock aids, and crutches.

Residents can borrow items from the Loan Closet for as long as is needed, at no cost. To borrow equipment, please call Janet Lipkin at 978-639-3223.

Note: Pick-up, returns and/or donations of equipment are by appointment only.

This is not *an urgent-need program*.



Volunteers Joanne Bennett and Deanna Sklenak help out at our St. Patrick's Day Grab N' Go on March 17, 2023

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, or visit the Senior Center webpage at <https://sudburyseniorcenter.org/about-us/get-involved/>.

Monday, May 1	Tuesday, May 2	Wednesday, May 3	Thursday, May 4	Friday, May 5
<p>10:00 Cribbage 10:00 European Art 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi</p> <p>7:30 Annual Town Meeting at LS High School</p>	<p>9:00 English Learner 9:00 Lifelong Learning 9:30 Operas of Verdi 10:00 Grief Support Group 1:00 Bingo (Rm 1) 1:15 Walking Group in Gym 2:00 Circle of Friends and Caregiver Support Group at Orchard Hill</p>	<p>9:30 Living the French Revolution 10:00 Community Health Focus Group 11:00 Fit for the Future 1:00 Mindful Meditation 1:00 Intermediate Bridge 1:30 Let's Play Chess</p>	<p>9:15 Tap Dance 10:00 BP Drop-in Clinic 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 2:30 Low Vision Group 1:00 Shine appt. (phone) 2:30 Connection Circle</p>	<p>9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 12:00 School Dept Mtg. 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic</p>
Monday, May 8	Tuesday, May 9	Wednesday, May 10	Thursday, May 11	Friday, May 12
<p>10:00 Cribbage 10:00 European Art 10:00 Stamp Club 11:00 Fit for the Future 11:30 Target Van Trip 12:30 Mahjong 2:30 NO Tai Chi 3:30 COA Meeting</p>	<p>9:00 English Learner 9:00 Lifelong Learning 9:30 Operas of Verdi 10:00 Support Group Mtg. 1:00 Bingo (Rm 1) 1:00 Legal Clinic (phone) 1:00 Shine appt (phone) 1:15 Walking Group in Gym</p>	<p>9:30 Living the French Revolution 11:00 Fit for the Future 1:00 Mindful Meditation 1:00 Intermediate Bridge 1:30 Let's Play Chess</p>	<p>9:15 Tap Dance 10:00 BP Drop-in Clinic 10:00 Current Events 10:00 Mother's Day Gift N' GO 11:00 Zumba Gold 12:30 Canasta 1:00 Shine appt. (phone) 2:30 Connection Circle</p>	<p>9:30 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for the Future 11:30 -Watercolor Class 1:45 - Watercolor Class 2:00 Uber Tech Clinic</p>
Monday, May 15	Tuesday, May 16	Wednesday, May 17	Thursday, May 18	Friday, May 19
<p>10:00 Cribbage 10:00 European Art 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi</p>	<p>9:00 English Learner 9:00 Lifelong Learning 9:30 Operas of Verdi 10:00 Let's Make Pickles 1:00 Bingo (Rm 1) 1:00 Shine appt (phone) 1:15 Walking Group in Gym 2:00 Making Memories Café</p>	<p>9:00 SVT Spring Walk 9:30 Living the French Revolution (last) 11:00 Fit for the Future VH 1:00 Mindful Meditation 1:00 Intermediate Bridge 1:00 Turn the Page 1:30 Let's Play Chess</p>	<p>9:15 Tap Dance 10:00 BP Drop-in Clinic 10:00 Current Events 10:00 Best of Times Trips mtg. 11:00 Zumba Gold 12:30 Canasta 1:00 Shine appt. (phone) 2:30 Connection Circle</p>	<p>9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:00 Movie: Whitney Houston: I Wanna Dance 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic</p>
Monday, May 22	Tuesday, May 23	Wednesday, May 24	Thursday, May 25	Friday, May 26
<p>10:00 Cribbage 10:00 European Art 11:00 Fit for the Future 12:30 Mahjong 1:00 Short Story Group 2:30 Tai Chi</p>	<p>9:00 NO English Learner 9:30 Operas of Verdi 11:00-1:00 Volunteer Appreciation Brunch 1:00 Bingo (Rm 1) 1:00 Shine appt (phone) 1:15 Walking Group in Gym</p>	<p>11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Let's Play Chess 2:00 A Celebration of Song at the First Parish church</p>	<p>9:15 Tap Dance 10:00 BP Drop-in Clinic 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 1:00 Shine appt. (phone) 2:00 Friends Meeting 2:30 Connection Circle</p>	<p>9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:00 Movie: Bullet Train 1:45 Watercolors Drop-in 2:00 Uber Tech Clinic</p>
Monday, May 29	Tuesday, May 30	Wednesday, May 31	FONT COLORS: Special events in Red Zoom events in Blue On-site events in Black Off-site events in Purple Hybrid Class	
Senior Center Closed	<p>9:00 English Learner 9:30 Operas of Verdi 10:00 Support Group Mtg. 1:00 Bingo (Rm1) 1:00 Shine appt (phone) 1:30 Meet Libby</p>	<p>9:00 LS Senior Service Day 9:30 Great Decisions 11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 Let's Play Chess</p>		

Ads will be placed here. No content may go here.

Please remove before uploading to LPi Express.

Joy of Watercolor-NEW! Friday, May 12

11:30 AM Morning Class
1:45 PM Afternoon Class
Cost \$15.00 per class

Learn watercolor techniques and draw creative inspiration from nature in this fun and relaxed Workshop. Students will have the opportunity to experiment with a range of both dry and wet techniques and color mixing. All levels welcome!

Best of Times 2023 Tour Highlights Presentation Thursday, May 18 10:00 AM.

Sign-up by contacting the Senior Center at 978-443-3055 or email senior@sudbury.ma.us

Sudbury Valley Trustees Guided Walk

Wednesday, May 17
9:00 AM—11:00 AM

Enjoy a walk through Acton Arboretum's beautiful cultivated and natural landscapes. Easy to access. Co-sponsored by the Sudbury Senior Center. Register at www.svtweb.org/calendar or call Sudbury Valley Trustees at 978-443-5588 ext. 123.

Adventures in Lifelong Learning—Spring Courses Tuesdays, May 2, 9 & 16. 9:00 AM—2:45 PM

Framingham State University/
Framingham Public Library
partnership. Courses are free and via Zoom. For more information, including course descriptions, [visit the Adventures webpage](#).

Is Sudbury Healthy?

Wednesday, May 3
10:00 AM

Would you like to share your opinions regarding health care services and health issues in Sudbury?

The MetroWest Health Foundation's Community Health Needs Assessment is an effort to identify the health issues and challenges in the region, as well as, ways in which residents are staying healthy.

Light refreshments will be offered for Focus group participants from 9:45-10:00 AM. A \$20.00 gift card will be given upon completion of the Focus group.

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



SUDBURY SENIOR SERVICES

Home Safety Checks

A collaboration with the Sudbury Fire Department to ensure working smoke and CO alarms.



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 .

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 | May 2 | 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



MAKING MEMORIES CAFÉ

Tuesday | May 16 | 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

HEARING CLINIC

Friday | May 12 | 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 | May 2 | 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.

DROP-IN BLOOD PRESSURE CLINIC

**Thursdays | in May
10:00—11:00 AM**

Services provided by:
Sudbury Board of Health

LOW VISION SUPPORT GROUP

**Thursday | May 4
2:30 - 3:30 PM**

Group meets on the first Thursday of the month.





Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by the Administration for Community Living (ACL), OAM is a time for us to acknowledge the contributions and achievements of older

Americans, highlight important trends, and strengthen our commitment to honoring our older citizens.

This year's theme, *Aging Unbound*, offers an opportunity to explore a wide range of aging experiences and to promote the importance of enjoying independence and fulfillment by paving our own paths as we age.

This May, join us as we recognize the 60th anniversary of OAM and challenge the narrative on aging. Here are some ways we can all participate in *Aging Unbound*:

Embrace the opportunity to change. Find a new passion, go on an adventure, and push boundaries by not letting age define your limits. Invite creativity and purpose into your life by trying new activities in your community to bring in more growth, joy, and energy.

Explore the rewards of growing older. With age comes knowledge, which provides insight and confidence to understand and experience the world more deeply. Continue to grow that knowledge through reading, listening, classes, and creative activities.

MEDICARE SAVINGS PROGRAM EXPANSION 2023

Did you know that the Medicare Savings Plans can help you pay for Medicare premiums and make you eligible for savings on your prescriptions? In January 2023, Massachusetts expanded the income and asset limits for the Medicare Savings Program, so more people are now eligible for this program.

For example, Susan is 73 years old, has Medicare, and has income and assets that make her eligible for MassHealth Senior Buy In (QMB). She recently became eligible for QMB and no longer has to pay the Part B monthly premium of \$164.90. Her inhaler which previously had a high copay, is now costing her \$4.15 per month. This incredible savings has given her more financial stability!

If you have any questions about this program or need the 2023 income guidelines chart, please contact Ana Cristina Oliveira, Outreach/Information Specialist at 978-639-3268.

What are some ways to normalize the mental health conversation?

Educate Yourself and Others - Do your own research about mental illness and share that information with others. Most of us know the differences between physical ailments such as a cold, a sprain, cancer, etc. We don't refer to them under a singular "physical illness" umbrella. Similarly, there are many different mental illnesses, each with their own unique symptoms and behaviors. Sharing information eliminates misconceptions that contribute to stigma.

Be Conscious of Language - Mental health conditions are often used negatively as adjectives, which is problematic. Try to be conscious of the words you use to describe people and behaviors that you think are different.

Additional Resources - Network of Care - A comprehensive guide to mental health supports in Massachusetts, NAMI - Nine ways to fight mental health stigma and Mayo Clinic - Overcoming the stigma of mental illness.



Contact: Massachusetts 2-1-1

12 | SUDBURY SENIOR PROFILE

Featured Profile: Pat Howard



Last month, I had the pleasure of meeting Pat Howard at the Sudbury Senior Center. I was glad to learn that Pat considers the Senior Center her “happy place” because she certainly does all in her power to make it a “happy place” for all who frequent and work there.

Pat was born in Masontown, Pennsylvania. She left home to study nursing, and after becoming an RN, she worked at the Marlborough Hospital for 44 years, before retiring at age 70. When she started at the hospital, she was the youngest nurse and when she retired, she was the oldest. Based on Pat’s energy, intelligence, kindness and desire to meet and help people, it seems she made the perfect career choice.

Pat has a daughter as well as two granddaughters who were adopted from China, and loves spending time with them. While raising her daughter and working full-time, Pat was also busy gardening, reading, enjoying music and doing volunteer work.

Since Pat was so active before retirement, she found transitioning from full-time work to retirement fairly seamless. She said that she has had a “model retirement” which she attributes, in part, to the Sudbury Senior Center “family”, who has been so kind and welcoming.

After retirement Pat wasted no time in expanding her volunteer work. Pat has been an active member of the Senior Center for the past 15 years and regularly participates in its activities. Pat belongs to three book groups, one of which, the Senior Center Book Group, she started. She was the head docent at the Hosmer House, as well as a volunteer at the Sudbury Food Pantry. Currently Pat is a member of the Marlborough Garden Club, a board member of the Sudbury Villagers and of the Friends of Sudbury Seniors, and a warden at the election polls. She can be found at the front desk of the Sudbury Senior Center on Friday afternoons where she enjoys meeting and assisting people. She has made many personal friends who attend the Friday afternoon Watercolors group.

Pat told me that some of her greatest pleasures in life are meeting people, helping people and establishing new friendships. It was difficult to get Pat to talk about her accomplishments and all she has contributed to the many organizations in which she has been and continues to be involved. She told me that she was raised to be humble and believes that when you do good deeds, you do them quietly and without fanfare.

Written by Debra de Bastos, Sudbury Senior Center volunteer

SENIOR CENTER

DIRECTOR

Debra Galloway

ADMIN COORDINATOR

Chery Finley

COORDINATOR OF VOLUNTEER PROGRAMS

Janet Lipkin

OUTREACH/INFORMATION AND REFERRAL SPECIALIST

Ana Cristina Oliveira

PROGRAM COORDINATOR

Sharon K. Wilkes

RECEPTIONIST

Mary Campbell

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Marc Hertzberg
Wayne Antion

TAX WORK-OFF COORDINATOR

Josephine King

TRIP COORDINATORS

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VAN DRIVERS

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Donald Sherman

Colin Warwick

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 and promote and support services and programs, which are designed to assist older adults in the community.

FRIENDS OF SUDBURY SENIORS

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Become a Friend!

New members are always welcome! Join in to support and assist with special events and fundraising efforts. All funds to support Sudbury Senior Center programs, infrastructure and furnishings.

The Friends

The Friends of Sudbury Senior Citizens, Inc., is a 501 (c) 3 non-profit organization, that supports the Sudbury Senior Center through volunteering and fundraising. The Friends are supporting the new Senior Center in the new Community Center by funding a patio and pergola, as well as a fireplace for the new lounge.

DISCLAIMERS

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.

NOTE

NOTE: Production and distribution of this monthly newsletter is partially funded by the State Formula Grant from the MA Executive Office of Elder Affairs.

COA ZOOM MEETING



Annex Transit

The Town of Sudbury is delighted to share they have signed a contract with Annex Transit. Starting May 1, 2023, the Town will start a one-month pilot using Annex services to expand GoSudbury Taxi with medical rides that are declined by current Taxi Companies due to the high demand of rides. In addition, Annex will provide rides for other purposes to Go Sudbury participants who are unable to access Uber services due to: physical, sensory, or cognitive disability, or other limitations that may prevent them from accessing the Uber services.

Sudbury Transportation

If you have any questions regarding transportation or need more information please contact Ana Cristina Oliveira, Outreach/Information Specialist at 978-639-3268.

Sudbury transportation information is also available online at www.sudbury.ma.us/transportation.

Did you know?

Fares on all modes of transportation will return on Monday May 1, 2023.

Sudbury Connection

Van Trip to Target Monday | May 8 |



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

Pick up times are approximate.

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, Outreach/Information Specialist 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.
Now, proudly serving 22 communities.

 Learn more at www.springwell.com

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Website: www.sudburyseniorcenter.org | Email: senior@sudbury.ma.us

Or Current Occupant

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

