

SEPTEMBER 2023



Photo submitted by: Sharon K. Wilkes of the Portland Head Lighthouse, Cape Elizabeth , Maine

HIGHLIGHTS:

Sept 6 - Meet N' Greet with Rico
 Sept 11 - Post Impressionism
 Sept 12 - Music through the Ages
 Sept 13 - Come See With Me
 Sept 18 - Construction Update
 Sept 19 - Recover/Prevent a Fall
 Sept 22 - Watercolor Workshop
 Sept 26 - Medicare 101 Talk
 Sept 26 - Balance Assessments

OUR MISSION:

The Sudbury Senior Center mission is to support the dignity, independence and well-being of Sudbury's older adults and their families by providing programs and services in a welcoming environment for all.



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2 | A NOTE FROM DEBRA GALLOWAY, DIRECTOR

Welcome to a Spectacular September!

As the calendar turns to September, we are getting even more excited about the Sudbury Senior Center's big move to the new Community Center building! As of the writing of this article, the move may happen in late November or early December. More information will be shared as we know it. We are thrilled to have more space and to be able to expand our programming. We expect to have new fitness, arts and other programs that will begin to be offered during the first six months in the new Center. Make sure to read our newsletter, sign up for our email updates, and call us for up-to-date information.

September is National Senior Center month! This is a special time for us to celebrate what we do, and to highlight the special people we serve. Please see Ana Cristina Oliveira's article on National Senior Center month on page 10. We'd love to hear your success story!

Another tradition for September is to honor **Fall Prevention Day** with Balance Assessments and a Fall Prevention Workshop. Two local Physical Therapy practices will help us with this. Aditi Chandra, DPT, co-owner of Longfellow Holistic Health, will offer free balance assessments on September 26. And Dennis Long, DPT, of Rebound Physical Therapy, will offer a workshop on prevention and recovery from a fall on September 19. More information can be found on page 9.

Finally, we will be part of the 2nd annual **Fall Fest**, spearheaded by the Sudbury Park and Recreation Department, to be held across the street at Haskell Field on Fairbank Road, on Saturday, September 23. Stop by our table to chat and pick up a give-a-way!

Debra

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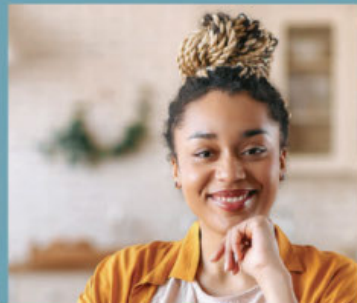
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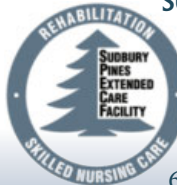
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06-5177

The Great Courses DVD Series

Post Impressionism

The Beginning of Modern Art

On Zoom starting on Sept. 11

Day: Mondays

Time: 10:00 - 11:00 AM

In the late 19th century, a revolution was underway in the art world. In the span of just a few years, some of the most remarkable artworks of the period emerged in close succession. These groundbreaking painters, and others, formed the multifaceted movement art historians call Post-Impressionism.



Concerts Masterworks

On Zoom starting on Sept. 12

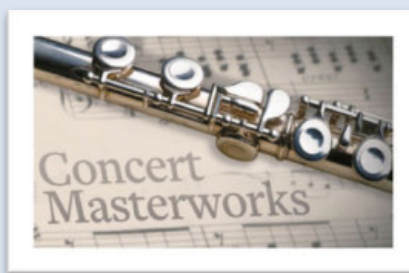
Day: Tuesdays

Time: 9:30 - 10:30 AM

Have you ever wondered what goes through a composer's mind during those magical months when a musical composition is being notated on paper?

Have you tried to imagine that creative process that boils inside geniuses like Dvorak, Strauss, Mozart or Liszt?

Find out by watching this interesting series.



Living the French Revolution and the Age of Napoleon

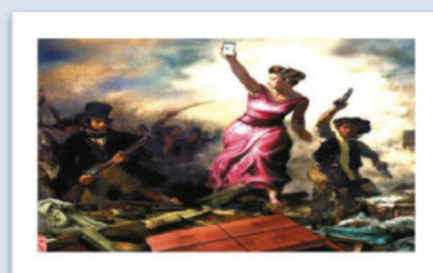
On Zoom starting on Sept. 13

Day: Wednesday

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.

This era shook the foundations of the old world and marked a permanent shift for politics, religion, and society for all of Europe.



Please email Chery Finley to sign up for the Great Courses DVD series and Current Events.

Chery can be reached at Finleyc@sudbury.ma.us



Current Events

Day: Thursdays

Time: 10:00 AM

Current events is offered on-site and [via Zoom](#).

Join in this respectful discussion of world events with facilitator Don Sherman.

Sign up by calling us at 978-443-3055.

Construction of the New Community Center

Monday, September 18 at 11:30 AM

Sudbury's Combined Facilities Director Sandra Duran will be here with a presentation on the construction of the new Community Center.

Learn more about how the construction is proceeding and what will be included in the new building.

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



| 4 GROUPS, CARDS & ART CLASSES



CRIBBAGE

MONDAYS

10:00—12:00 PM

SHORT STORY GROUP

4th MONDAY of the month

1:00—2:30 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

Come See With Me Art Series

Dates: Wednesday, Sept. 13, 20, 27, Oct 4, 11 & 18

Time: 9:30 AM

Cost: \$10.00 for materials cost

We will study works such as Paul Klee's abstract "Three Houses," Arthur Dove's "Me & the Moon," and Jane Frielichers' sweet still life "Roses & Chrysanthemums," noting how they are all abstract or representational, accessing the same visual tools.

We will experiment with those tools ourselves and we will find that most art that pleases in its presentation is drawing on a common set of principles and organizing a finite set of visual elements.

Class will be taught by Artist Lane Williamson.

All levels welcome. Contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to sign up by Sep. 8.

Joy of Watercolor Workshop Woodland Scene with Angela Ackerman

Date: Friday, Sept. 22

Time: 11:30 AM and 1:45 PM

Cost: \$15.00 each class



Learn how to paint a woodland scene as we play with light and textural detail.

Students will experiment with woodland flora and fauna. Please bring a photo of a favorite woodland scene to work from.

Contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to sign up by Sep. 19.



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 Sudbury Senior Center.
Please make out a check payable to "Town of Sudbury".

ZUMBA GOLD

Thursdays | 11:00—12:00 PM | \$36.00

Inst.: Yachun Lin 6 wk session: Sept 14-Oct 19

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 | \$36.00

Inst.: Derry Tanner 6 wk session: Sept 14—Oct 19

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 AM | \$36.00

Inst.: Susan Craver 6 wk session: Sept 14-Oct 19

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 PM | \$36.00

Inst.: Jon Woodward 6 wk session: Aug 21-Oct 16

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 | \$18.00

Inst.: Rebecca Reber 3 wk session: Oct 6-Oct 20

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 | \$36.00

Inst.: Lisa Campbell 6 wk session: Sept 13-Oct 18

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 founder of Mindfulfilled Meditation, LLC. Note: Scholarships may be available to offset cost.

ZOOM Adventures in Lifelong Learning – Watch Party! - October 3, 10, 17, 24—Free

COURSE SCHEDULE:

9:00 AM-10:30 AM - Course 101: **The Brothers Karamazov: “Why is such a man alive?”** - Helen Heineman, PhD,

10:45 AM-12:15 PM - Course 104: **Eclipsed Understandings: How to Watch, and Enjoy the Solar Eclipse** - Lawrence McKenna, PhD


12:15 PM-BYO (Bring your Own) Lunch

1:15 PM-2:45 PM - Course 105: **Free Speech and the Elections** - David Smailes, PhD

Join us as we host these special Zoom classes at the Sudbury Senior Center. The Senior Center has a new, large, high resolution screen for virtual classes. You will attend the four Tuesday classes with your fellow students at the Senior Center; the Professors will be on Zoom on our Large screen TV.

Registration opens on Tuesday, September 5 at 11:00 AM. Please register online through the Adventures in Lifelong Learning webpage at www.framinghamlibrary.org/Adventures-FSU. If you need help signing up call Framingham Education at 508-215-5127. Please go to www.framinghamlibrary.org/Adventures for full course descriptions. Please then contact us if you will attend in person at 978-443-3055 or senior@sudbury.ma.us.

These courses are free to all participants. They are supported by grants from the Framingham and Marlborough Cultural Councils, part of the Mass. Cultural Council. Participants are offered the opportunity to make a voluntary contribution toward the cost of service. Voluntary contributions 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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HIGHLIGHTED PROGRAMS



The lock box (also known as Supra box) is a small safe with the resident's housekey inside.

The lock box is affixed to the outside of the home for emergency access by the Fire Department.

This program is sponsored by the Sudbury Firefighters IAFF, Local 2023.

For more information or to request a lock box, contact Janet Lipkin at 978-639-3223.



Volunteers Joanne Bennett, Regina O'Rourke, Jeri Pierson and Linda DeMarines helped out at June's *Greek Is The Word* luncheon



A huge thank you to volunteers Diane Spottswood (pictured) and Lane Williamson for planting and maintaining the Senior Center's front flower pots.

WHAT WE DO

Our volunteers...

- ◆ Make small outdoor (and within garage) home repairs
- ◆ Provide technology support
- ◆ Make weekly calls or outdoor home visits to seniors
- ◆ Pick up groceries for clients
- ◆ Help out at special events
- ◆ Offer free legal, tax and health insurance advice
- ◆ Deliver library materials to seniors unable to get to Goodnow library
- ◆ Pick up donated baked goods from local supermarkets
- ◆ Deliver meals to clients at home
- ◆ Assist with monthly newsletter mailings
- ◆ And much, much more!

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
FONT COLORS: Zoom Events in BLUE On-site Events in BLACK Special Events in RED Off-site Events in PURPLE Hybrid Events in GREEN	Fall Fest at Haskell Field Saturday, Sept. 23	COFFEE HOUR: Monday—Friday 9:00—10:00 AM		9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
LABOR DAY 4	5	6	7	8
 Center is CLOSED	9:30 Operas of Verdi (last) 10:00 Grief Support Group 1:00 Bingo 1:00 Legal Clinic 2:00 Circle of Friends 2:00 Caregiver Support Group at Orchard Hill	9:30 Great Decisions (last) 11:00 Fit for the Future 12:00—Meet N' Greet with Rico 1:00 Intermediate Bridge 1:30 Let's Play Chess!	10:00 BP Walk-in Clinic 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 1:00 Low Vision Group 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:00 Movie: The Fabelman 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
11	12	13	14	15
10:00 Cribbage 10:00 Stamp Club 10:00 Post Impressionism 11:00 Fit for the Future 11:30 Van trip to Target 12:30 Mahjong 2:30 Tai Chi 3:30 COA Meeting	9:30 Concert Master Works 12:30 Music through the Ages Show 1:00 Bingo	9:30 Come See With Me Art class 9:30 Living the French Revolution 10:00 Informal Grief Support 11:00 Fit for the Future 1:00 Intermediate Bridge 1:00 Mindful Living Class 1:30 Let's Play Chess!	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 BP Walk-in Clinic 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:30 Tech Support Clinic 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
18	19	20	21	22
10:00 Cribbage 10:00 Post Impressionism 11:00 Fit for the Future 11:30 Construction Talk 12:30 Mahjong 2:30 Tai Chi	9:30 Concert Master Works 10:30 How to Prevent and Recover from a Fall - Rebound Physical Therapy 1:00 Bingo 2:00 Making Memories Café	9:30 Come See With Me Art class 9:30 Living the French Revtn 11:00 Fit for the Future 1:00 Intermediate Bridge 1:00 Mindful Living Class 1:00 Turn the Page Mtg. 1:30 Let's Play Chess!	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 BP Walk-in Clinic 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 2:30 Connection Circle	9:30 Chair Yoga 10:00 Dementia Friends Info Session 11:00 Fit for the Future 11:30 Watercolor Workshop with Angela 1:00 Movie: Dog 1:45 Watercolor Workshop with Angela
25	26	27	28	29
10:00 Cribbage 10:00 Post Impressionism 11:00 Fit for the Future 12:30 Mahjong 1:00 Short Story Group 2:30 Tai Chi	9:30 Concert Master Works 9:30 Have your Balance Checked -- Longfellow Holistic Health Center 1:00 Bingo 1:00 Medicare 101 Talk	9:30 Come See Me With Art class 9:30 Living the French Revtn 11:00 Fit for the Future 1:00 Intermediate Bridge 1:00 Mindful Living Class 1:30 Let's Play Chess!	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 BP Walk-in Clinic 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 2:00 Friends Meeting 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic



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Music Through The Ages**Tuesday, September 12****12:30 PM**

Jim Porcella will entertain you with musical selections ranging from the 1930's through the 1970's: Big Band, Motown, Doo Wop, & Country. Included are hits from such artists as: Nat king Cole, Chuck Berry, The Marcells, Five Satins, The Beatles, Bobby Darin, Frank Sinatra, Stevie Wonder, Ray Charles, and Billy Joel, just to name a few.

Sign up by calling 978-443-3055.

**How to Prevent and Recover from a Fall****Tuesday, September 19****10:30 AM**

Falls are a threat to the health of older adults and can reduce their ability to remain independent.

There are proven ways to reduce and prevent falls, even for older adults.

Dennis Long, DPT from Rebound Physical Therapy, will give you strategies to keep you safe and increase your knowledge about fall prevention. Sign up now.

**Have your Balance Checked!****Tuesday, September 26,****9:30 AM- 11:30 AM**

Aditi Chandra, DPT, Co-Owner of Longfellow Holistic Health Center, will offer 10-minute individual Balance Assessments at the Senior Center.

To reserve your appointment time, contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

**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

Volunteers make weekly outdoor home visits to seniors unable to leave their homes .

Grocery Shopping

Volunteers make weekly visits to supermarkets 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. A \$3.00 donation is suggested. Call Springwell, Inc. at 508-573-7200.

10 | OUTREACH AND INFORMATION

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

September is National Senior Center Month, and the Sudbury Senior Center is celebrating all the wonderful things that we have accomplished throughout the years, providing a great atmosphere for Sudbury's older adults. The Senior Center is a community hub where older adults find friendship, meaning and purpose.

Today's Senior Centers are places of discovery, encouraging older adults to discover their unique interests and talents. Sudbury Senior Center offers a vibrant, action-packed combination of programs, such as Mindful Meditation, Trips, Current Events, Life Long Learning, Fitness classes, Caregiver Support Group, Grief Support, Low Vision Support Group, Memory Café, volunteer opportunities, technology support, transportation and more.

David Bowie once said, "Aging is an extraordinary process where you become the person you always should have been". Our members are discovering their best selves every day, reports Ana Cristina Oliveira, Sudbury Senior Center's Outreach/Information Specialist; participants demand the opportunity to continue connecting, exploring and expressing their individuality. We serve them in this community the best we can with fun and engaging programs, while also providing information and resources to help them stay healthy and independent.

Senior Center Month emphasizes the tremendous potential senior centers deliver in their communities, including programming that empowers older adults to age well and strengthen mind, body, spirit, and community connections.

Would you like to share your success story? How has a Senior Center program, activity or social event made an impact on your life? Please contact Ana Cristina Oliveira Outreach/Information Specialist at oliveiraa@sudbury.ma.us or by calling 978-639-3268.

MAKING MEMORIES CAFÉ

Tuesday | September 19

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 | September 8

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 | September 5

10:00 - 11:30 AM

The Grief Support group meets on the first Tuesday of the month. Group facilitator is Jane Benger, Chaplain at Faith & Family Hospice. Registration is required by calling Ana Cristina Oliveira at 978-639-3268.

BLOOD PRESSURE WALK-IN CLINIC

Every Thursday

10:00 - 11:00 AM

Services provided by:
Sudbury Board of Health.

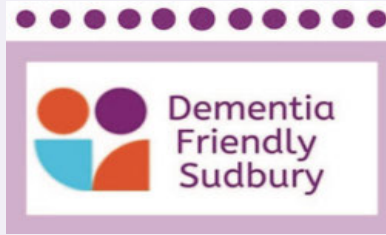
LOW VISION SUPPORT GROUP

Thursday | September 7

1:00 - 2:00 PM

Group meets on the first Thursday of the month.





What is a Dementia Friend?

To become a Dementia Friend, you participate in a one-hour Dementia Friends Information Session offered by a Dementia Friends Champion. You will learn five key messages about dementia and a bit about

what it's like to live with dementia. As a Dementia Friend, you turn your new understanding of dementia into a practical action that can help someone with dementia living in your community. Your action can be as big or as small as you choose – because every action counts!

Dementia Friendly Sudbury:

Dementia Friends Info Session on Zoom

Friday| September 22 at 10:00 AM

Sudbury Senior Center and The Dementia Friendly Sudbury Action Team is hosting a Dementia Friends Info Session. In this one-hour zoom discussion, you will learn:

- ♦ What dementia is and what it's like to live with it
- ♦ Five key messages about living with dementia.

To register please call Janet Lipkin at 978-639-3223.

Adult Day Programs and Respite Programs

Adult day programs and respite programs are set in secure locations and are designed to stimulate and engage adults with memory loss through peer socialization and participation in age-appropriate activities.

Family members can entrust their loved one to professionals, allowing care partners the opportunity to attend to personal matters.

To request a list of programs in the area, contact, Ana Cristina Oliveira, Information/Referral Specialist, at oliveiraa@sudbury.ma.us or call 978-443-3268.

Medicare 101

Tuesday| Sept 26 at 1:00 PM



Join us for a Medicare 101 educational meeting hosted by the Metro West SHINE program.

We will be discussing Medicare enrollment as well as information about the parts of Medicare and coverage options. Additionally, we will talk about the importance of the Fall Open Enrollment Period for Medicare beneficiaries. The meeting will include time for Q&A.

The MetroWest SHINE (Serving the Health Insurance Needs of Everyone on Medicare) program provides free, unbiased health insurance counseling for Medicare beneficiaries of all ages and their caregivers.

The MetroWest SHINE Program is funded and administered by the Massachusetts Executive Office of Elder Affairs.

Sign up by calling 978-443-3055.

Sudbury Connection

Van Trip to Target Monday| Sept 11

Pick up: 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 must register to ride the van by contacting Ana Cristina Oliveira, Outreach/Information Specialist, at 978-639-3268 or Oliveiraa@sudbury.ma.us.



Picture of Abba Shocair at her "Travel to the Arabian Gulf States" talk at the Sudbury Senior Center on July 25, 2023.

| 12 SENIOR PROFILE



LOU PETROVIC: People Person

A Sudbury resident for 52 years, Lou Petrovic serves as a volunteer "Greeter" at the Sudbury Senior Center. When people enter the building, one of the first people they encounter is this warm, outgoing man who instantly makes them feel welcome. It is said that being a "people person" is a quality that you are born with, it cannot be learned, and that certainly applies to Lou.

When asked what he likes most about working at the Center, Lou says, "helping a great staff make seniors feel comfortable when they come into the Center."

Lou's long distinguished professional life, which continues to this day, has been defined by a commitment to encouraging and supporting business incubators and other organizations that promote the growth and success of entrepreneurs.

Lou is justifiably proud of his work in industry, but his eyes light up and he becomes animated when talking about his role as a coach for girls' basketball for 42 years. Starting when his daughters were about 10 years old in the Sudbury town leagues, he went on to be assistant varsity, junior varsity and freshman coach for 13 years at Lincoln Sudbury Regional High School. Next, he became head coach and assistant varsity coach at four other high schools. Just this year he finished six years as assistant girls' varsity coach at Framingham High School! He believes a very important part of coaching is to provide the players with the vast learning experience of working together towards a common goal and helping them figure out how to have fun doing so.

Now in his early eighties, Lou is still rolling and inspiring others with his work in the Senior Core of Retired Executive (S.C.O.R.E) a national organization that offers free advice and mentoring to would-be startup companies. He enjoys his life in Sudbury, taking long walks with his wife Judy, reading extensively, and travelling.

Friendship is key for Lou. When asked about friendship, he describes a group he has been part of since he and three others pursued advanced degrees in chemical engineering at Northwestern University, beginning in 1964. They gather every two years for a vacation together.

Lou Petrovic, a people person, and now someone I am proud to call my friend.

Written by: Paul Blair, Sudbury Senior Center volunteer

A longer version of Lou's story is located on our webpage at www.sudburyseniorcenter.org

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

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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, provide support services and a variety of programs designed to enrich the lives of older adults in the community.

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For more information about the Friends, and how to make a donation, please visit <https://sudburyseniorcenter.org/about-us/friends-of-sudbury-seniors/> or leave a message at 978-443-3055 and a Friend will call you back.

The Friends

The Friends of Sudbury Senior Citizens, Inc., is a 501C 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.



14 | MOVIES/ART CLASSES/TECH SUPPORT CLINIC

Meet N' Greet with Rico



**Wed., Sept. 6
at 12:00 PM**

Rico is a 2.5 year old Golden Retriever Yellow Lab mix. He is a fully trained service dog the Sudbury Po-

lice Department acquired through Guide Dogs of America – Tender Loving Canines (GDA-TLC), a non-profit organization in California. Rico's handler is Officer Jess Latini, the School Resource Officer for the elementary schools in Sudbury. Rico frequently visits the schools and other establishments in town with Officer Latini.

Movies

Friday, Sept. 8 at 1:00 PM

The Fabelmans: PG-13—2 hrs.

This is a coming-of-age drama film directed by Stephen Spielberg. The story is loosely based on Spielberg's adolescence and his early years as a filmmaker.

Friday, Sept. 22 at 1:00 PM

Dog: PG-13 - Comedy, 2 hrs.

Army Ranger Briggs and Lulu, a Belgian Malinois, buckle up for a road trip down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time. Along the way they run into some funny situations.

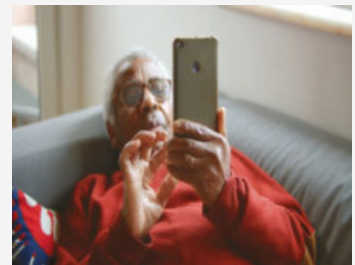
Technology Support Clinic

Friday, Sept. 15

from 1:30—3:30 PM

Volunteers will provide tech help with laptops, smartphones and iPads.

Call the Senior Center at 978-443-3055 to schedule a 25 minute appointment.



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