

OCTOBER 2023



*Celebrating
LGBTQ+ History
Month in October!*

Photo submitted by: Sharon K. Wilkes of the Wayside Inn Grist Mill, Sudbury, MA

HIGHLIGHTS:

Oct. 4 Adv. In Lifelong Learning
 Oct. 12 Author Suzanne Parry
 Oct. 17 Making Memories Cafe
 Oct. 19 Drums Alive! Demo
 Oct. 20 LGBTQ Movie
 Ghostbusters
 Oct. 25 Keep Strong at Home
 Oct. 27 Watercolor Workshops
 Oct. 31 Halloween Grab N' Go

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



The new Community Center continues to take shape! We are all very excited and cannot wait to move into the new space. It is important to note, that before we move, there will be a change to our current parking lot. The two large trailers and storage pods currently at the construction site will be moved to the northern edge of our parking lot, near the trees, as of the first week of October. This will impact the available parking spots. All of the staff in the building will be parking across the street during this time. Guests of the Senior Center and Park and Recreation/Pool will be able to continue parking in the lot. Please use extra care parking and walking in the lot during this time period, as the space will be more congested. And be aware, that Special Park and Rec programs include drop-offs and pick-ups in the lot. High traffic

times are around 9:30 AM, 12:00 PM, and then again at 3:30 PM.

We are currently scheduled to move to the new building during the week of November 13-17. The Senior Center will need to close down for a few days before and after the move, in order to pack and label, and then unpack, all of the items that will be moved into the new Center. A final schedule for the move will be available in October. We will continue our virtual programs during the closure, and are attempting to find safe locations for other programs, but many programs will need to be cancelled during the move dates. We so appreciate your patience during this time. And join us for an update on the new building with Combined Facilities Director Sandra Duran, on Monday, October 23, at 11:30 AM!



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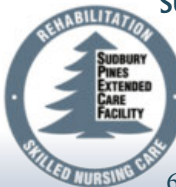
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The Great Courses DVD Series

Post Impressionism: The Beginning of Modern Art

On Zoom during October

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.



Concert Masterworks On Zoom during October

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 during October

Day: Wednesdays

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



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

Hybrid Class

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 or email at senior@sudbury.ma.us.

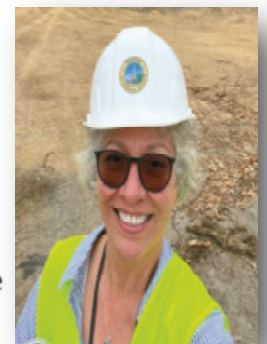
New Community Center Update

Monday, October 23 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 CARDS, GROUPS & ART CLASSES



CARDS AND GAMES

CRIBBAGE

Mondays, 10:00-12:00 PM

—

Intermediate BRIDGE

Wednesdays, 1:00-3:30 PM

CANASTA

Thursdays, 12:30-3:30 PM

—

MAHJONG

Mondays, 12:30-3:30 PM

LET'S PLAY CHESS

Wednesdays, 1:30-3:30 PM

—

BINGO

Tuesdays, 1:00-3:30 PM

GROUPS

SHORT STORY GROUP

4th Monday of the month

1:00—2:30 PM

STAMP CLUB

Meeting on the 3rd
Monday this month.
10:00—11:30 AM

WATERCOLORS DROP-IN

Fridays, October 6, 13 & 20
11:30-1:30 or 1:45-3:45

Bird Friends!

Do you like to watch birds? Would you like to be a volunteer with Project FeederWatch? This survey of birds is conducted by the Cornell Lab of Ornithology – for information and to volunteer, you may go to their website at <https://feederwatch.org/>.



If you participate in the bird survey or have a special interest in birds, you might enjoy gathering with your neighbors to talk about the birds you see. Contact the Senior Center to be added to a list of “bird watchers”. In mid-October, if there is interest, we will reach out to you to schedule a gathering! Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Joy of Watercolor Workshop

Awesome Autumn with Angela Ackerman

Date: Friday, October 27

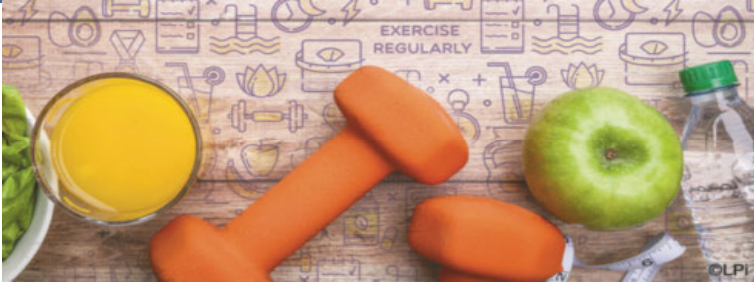
Class Times: 11:30 AM-1:30 PM or 1:45-3:45 PM

Cost: \$15.00 each class

Students will be experimenting with color-mixing using all the gorgeous colors of autumn. Bring your favorite fall landscape, leaf photo, or fall floral arrangement photo to class to inspire some fall watercolors!! Working from real leaves, gourds, or fall floral arrangements is welcome as well.

All levels are welcome!

Contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to sign up by October 23.



FIT FOR THE FUTURE

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

Note: No Classes - Week of Oct. 30

\$4.00 at check-in, exact change only.

To pay for a fitness class, stop by the Sudbury Senior Center.

Please write a check payable to "Town of Sudbury" .

FREE TRIAL - DRUMS ALIVE - GOLDEN BEATS

Thursday | 1:00-1:45 PM | October 19 | \$5.00

9 lucky people will have a chance to try out this new class with instructor Yachun Lin. This is a unique sensory-motor drumming program involving drum sticks, an exercise ball, and music. It's specially designed for older adults, increasing a sense of well-being as it provides elements of fun and creative expression and socialization. This seated class will raise your energy and ignite the brain, body and mind through neurological pathways. Sign up early!

ZUMBA GOLD

Thursdays | 11:00-11:55 AM | \$12.00

Inst.: Yachun Lin 2 wk. session: Oct 26 & Nov 2

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 | \$18.00

Inst.: Derry Tanner 3 wk. session: Oct 26, Nov 2 & 9

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 | \$18.00

Inst.: Susan Craver 3 wk. session: Oct 26, Nov 2 & 9

Tapping is a style of dance that turns you into a musician, using your feet/tap shoes as the **percussive** instrument. Susan has been teaching for over 25 yrs.

T'AI CHI

Mondays | 2:30-3:30 PM | \$18.00

Inst.: Jon Woodward 3 wk. session: Oct 23, 30, Nov 6

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 | \$30.00

Inst.: Rebecca Reber 5 wk. session: Oct 6-Nov 3

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

MINDFUL LIVING WITH MEDITATION

Wednesdays | 1:00-2:00 PM | \$18.00

Inst.: Lisa Campbell 3 wk. session: Oct 25, Nov 1 & 8

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. Try any class for the first time, risk free. If you don't want to sign up, pay no fee.

ZOOM Adventures in Lifelong Learning – Watch Party! - October 3, 10, 17, 24, 31—Free

COURSE SCHEDULE:

9:00 - 10:30 AM - Course 101: **The Brothers Karamazov: “Why is such a man alive?”** - Helen Heineman, PhD; Oct. 3-31

10:45 -12:15 PM - Course 104: **Eclipsed Understandings: How to Watch, and Enjoy the Solar Eclipse** - Lawrence McKenna, PhD (this course is offered Oct. 3, 10, 17, 24)

12:15 - 1:15 PM - Lunch Break, bring in your own lunch. Drinks will be provided by the Senior Center.


1:15 - 2:30 PM - Course 105: **Free Speech and the Elections** - David Smailes, PhD; Oct. 3-31

Join us as we host these special Zoom classes at the Sudbury Senior Center on our new, large, high resolution screen. You can sign up to watch the classes at home or attend the Tuesday classes with your fellow students at the Senior Center.

Please register online through the Adventures in Lifelong Learning webpage at bit.ly/Adventures-FSU. If you need help signing up, call Framingham Education at 508-215-5127. **Please** then contact the Senior Center 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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Protecting Today
What Matters Tomorrow

HIGHLIGHTED PROGRAMS

Home Safety Check



Home Safety Check, a collaborative program with the Sudbury Fire Department, is done to ensure that smoke and carbon monoxide detectors are working properly.

For more information or to request a Home Safety Check, contact Janet Lipkin at 978-639-3223.

Please note this program is for non-urgent needs.



Goodnow To Go volunteer Matt D'Agostino delivers library materials to his matched senior. For information about the program, call Janet Lipkin.



A huge thank you to volunteers Doreen Cormier, Pat Howard and Danielle Agabedis for their weekly help displaying donated food from Lovin' Spoonful's.

WHAT WE DO

Our volunteers...

- ◆ Make small outdoor 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
2 10:00 Cribbage 10:00 Post Impressionism 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi	3 9:30 Concert Master Works 9:00-2:30 Adventures in Lifelong Learning 10:00-2:00 Senior Flu Clinic* 10:00 Grief Support Group 1:00 Bingo 1:00 Shine Appts	4 9:30 Come See With Me Art 9:30 Living the French Revolution 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Intermediate Bridge 1:00 Mindful Living Medit. 1:30 Let's Play Chess!	5 9:15 Staying Active 9:15 Inter. Tap Dance 10:00 BP Walk-in Clinic 10:00 Current Events 11:00 Zumba Gold 1:00 Low Vision Grp. Guest Speaker 12:30 Canasta 2:30 Connection Circle	6 9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:00 Movie: Robert & Frank 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
9	10	11	Town Forum 7:00 PM 12	13
Columbus/Indigenous People's Day Senior Center is Closed	9:30 Concert Master Works 9:00-2:30 Adventures in Lifelong Learning 1:00 Bingo 1:00 Shine Appts. 1:00 Legal Clinic Appts. 2:00 Circle of Friends * 2:00 Caregiver Support Grp*	9:30 Come See With Me Art 9:30 Living the French Rev. 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Intermediate Bridge 1:00 Mindful Living Medit. 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 1:00 Suzanne Parry Talk 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
16	17	18	19	20
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 Town Meeting 7:00 PM 23	9:30 Concert Master Works 9:00-2:30 Adventures in Lifelong Learning Class 1:00 Bingo 1:00 Shine Appts. 2:00 Making Memories Café	9:30 Come See With Me Art 9:30 Living the French Rev. 10:00 Informal Grief Support 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Intermediate Bridge 1:00 Mindful Living Medit. 1:00 Turn the Page Book Grp 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 1:00-1:45 Drums Alive! 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolors Drop-in 1:00 Movie: Ghostbusters 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
24	25	26	27	
10:00 Cribbage 10:00 Post Impressionism 11:00 Fit for the Future 11:30 New Community Center Update Talk 12:30 Mahjong 2:30 Tai Chi	9:30 Concert Master Works 9:00-2:30 Adventures in Lifelong Learning Class 1:00 Bingo 1:00 Shine Appts.	9:30 Come See With Me Art 9:30 Living the French Rev. 10:00 Keeping Strong Talk 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Intermediate Bridge 1:00 Mindful Living Medit. 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 10:00 Dementia Friends Info Session 11:00 Fit for the Future 11:30 Joy of Watercolor Workshop with Angela 1:45 Joy of Watercolor Workshop with Angela
30	31			
10:00 Cribbage 10:00 Post Impressionism - No Fit for the Future - 12:30 Mahjong 1:00 Short Story Group 2:30 Tai Chi	9:30 Concert Master Works 9:00-2:30 Adventures in Lifelong Learning 12:00 Halloween Grab N' Go 1:00 Bingo 1:00 Shine Appts.	*Circle of Friends & Caregiver Support Group is at Orchard Hill Assisted Living *Flu Clinic at Goodnow Library- pre-registration required - see page 14	FONT COLORS: Zoom Events in BLUE On-site Events in BLACK Special Events in RED Off-site Events in PURPLE Hybrid Events in GREEN	COFFEE HOUR: Monday—Friday 9:00—10:00 AM

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

Please remove before uploading to LPi Express.

Halloween Grab N' Go

**Tuesday, October 31,
12:00 PM**

We will be giving away a boxed lunch and other treats!



Space is limited,

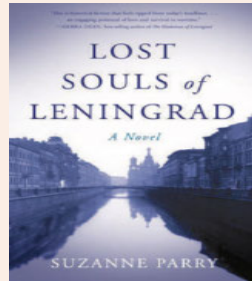
Sign up begins on October 2.

Call to reserve your pick up time at 978-443-3055 or email senior@sudbury.ma.us.

Suzanne Parry's Book Review

**Lost Souls of Leningrad
Thursday, October 12**

1:00 PM



The "Lost Souls of Leningrad" story is set in 1941 Leningrad. This tension filled, WWII historical novel tells the harrowing story of Sofya Karavayeva, a widowed violinist and Yelena, her spirited young granddaughter. This fictional story is an engaging portrayal of love and survival in wartime. Sign up now by calling 978-443-3055 or email at senior@sudbury.ma.us.

Stay Strong & Safe at Home

**Wednesday, October 25,
10:00 AM**



Presented by Aditi Chandra, Doctor of Physical Therapy, and co-owner of Longfellow Holistic Health Center in Wayland.

What ways can you conserve your energy and strength at home? Dr. Chandra will share some easy behavioral and environmental changes that can reduce your risk of falling and maintain safety with functional activity at home.

This talk was very popular last year, do not miss it! Please register in advance by contacting the Senior Center at 978-443-3055 or email at senior@sudbury.ma.us.

SUDBURY SENIOR SERVICES

Home Safety Checks

A collaboration with the Sudbury Fire Department to ensure working smoke and CO alarms in the home of Sudbury residents.

Sand Buckets for Winter Weather

Volunteers deliver sand buckets prepared by Sudbury DPW.

Legal Clinic

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

Phone Buddies

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

Friendly Visitor Program

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

Grocery Shopping

Volunteers make weekly visits to supermarkets and deliver food to the homes of Sudbury residents.

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



MEDICARE PLANS CHANGE EVERY YEAR!

This is the time to decide on your coverage for 2024.

SHINE Can Help!

SHINE counselors provide free Medicare counseling to help you compare options.

Call the Sudbury Senior Center for a SHINE appointment between October 15 and December 7.

REMINDER: At your appointment, please have your Medicare card, other insurance cards, your drug list and your Medicare account username and password. If you don't have an account, you can go to [medicare.gov](https://www.medicare.gov) to create one.

For SHINE related matters (other than an appointment), call the MetroWest SHINE regional office at 781-453-8076. Once you get the SHINE answering machine, leave your name, town, and phone number.

A volunteer will return your call within 2 days.

MAKING MEMORIES CAFÉ

Tuesday | October 17

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 | October 13

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 | October 3

10:00 - 11:30 AM

The Grief Support group meets on the first Tuesday of the month. Group facilitator is Jane Bengler, 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

LOW VISION SUPPORT GROUP GUEST SPEAKER

Thursday | October 5
1:00 - 2:00 PM

All are welcome to attend the October 5th meeting. We have a special guest speaker: Karen Hatcher, Director of the Older Independent Blind Program, MA Commission for the Blind.

Technology Help for Older Adults -Survey

The Massachusetts Executive Office of Elder Affairs has awarded the Sudbury Senior Center, the “Enhancing Digital Literacy for Older Adults” grant. This grant opportunity will allow the Sudbury Senior Center to hire instructors who will be able to teach digital literacy workshops focusing on social connections and health care access.

- ⇒ Your feedback is very important to help us choose the best topics that are relevant to your needs.
- ⇒ This survey will take less than 5 minutes. Please access the survey by using the QR CODE to provide your feedback.
- ⇒ You may also access the survey on our website, or ask for a paper copy.

| 12 SUDBURY SENIOR TRIPS 2023/2024

November 15, 2023

Dancing Dream: A Tribute to ABBA-Lake Pearl Wrentham, MA \$117.

Lake Pearl, Wrentham, Ma-Experience hit songs such as Dancing Queen, Mamma Mia, Take a Chance on Me and more. Includes plated lunch, show, meal tax and meal gratuity and transportation and driver gratuity. **(Best of Times)**

December 5, 2023

Sleigh Bells Swing-Holiday Lunch and Show at the Danversport Yacht Club.\$111.00

Enjoy award winning jazz and cabaret singer Krisanthi Pappas and her band and get into the holiday spirit! Delicious lunch and a trip you don't want to miss! Includes transportation, luncheon, dining room tax and gratuities, driver's gratuity, and live show. **(Royal Tours)**

April 28-May 5 2024

American Music Cities-\$3,399 Double PP. Travel to New Orleans, Memphis and Nashville. Visit New Orleans, the Jazz capital of the world, tour Graceland in Memphis where Elvis lived and then onto Nashville for more fun at the Grand Ole Opry. A fun filled trip! **(Collette Tours)**
SIGN -UP Before all the single rooms are booked.

July 25-August 2 2024

Alaska: America's Last Frontier: Highlights- Gold Mining, Museum of the North, Trans-Alaska Pipeline, Dog Mushing, Denali National Park, Choice on Tour: Denali Nature Walk or Denali National Park Sled Dog Demo with Ranger, Tundra Wilderness Tour, Talkeetna, Musk Ox Farm, Anchorage, Prince William Sound Glacier Cruise and Fairbanks.
Flyer with pricing should be available shortly at the Senior Center.

Our Seniors waiting for the bus for a day trip to NH to see the Stayin' Alive—Bee Gees Tribute Show .

Joe Bausk: One of the Senior Center Trip Coordinators!



SENIOR CENTER AND COMMUNITY INFORMATION | 13



SAVE THE DATE!
Veterans Appreciation Luncheon
Wednesday, November 8, 12:00 PM

Sponsored by the 1Lt. Scott Milley Foundation - veterans and spouses are welcome to a delicious Wayside Inn luncheon. Please register by contacting the Senior Center at 978-443-3055. Space is limited.
Note: Registration begins on October 16.

Sudbury Town Forum
“Residents Shaping Sudbury’s Future”
Thursday, October 12, 7:00 - 8:30 PM

Sudbury draws its strength from exceptional residents who volunteer their time, energy and expertise serving on Town boards/committees, voting at Town Meetings and Elections and so much more. Learn about volunteerism in Sudbury and the ways you can get involved. This is a hybrid, both in-person and virtual meeting. More information at town website, www.sudbury.ma.us or call us at 978-443-3055.

Fall Town Meeting
Monday, October 23, 7:00 PM
Lincoln-Sudbury Regional High School

Transportation is available - registered Sudbury Connection riders can reserve by October 19. If you have questions or need to register as a new rider, call Ana Cristina Oliveira at 978-639-3268.

SENIOR CENTER STAFF

DIRECTOR Debra Galloway	RECEPTIONISTS Mary Murray
ADMIN COORDINATOR Chery Finley	S.H.I.N.E. COUNSELORS Marc Hertzberg
COORDINATOR OF VOLUNTEER PROGRAMS Janet Lipkin	Wayne Antion
OUTREACH/INFORMATION AND REFERRAL SPECIALIST Ana Cristina Oliveira	TAX WORK-OFF COORDINATOR Josephine King
PROGRAM COORDINATOR Sharon K. Wilkes	TRIP COORDINATORS Joe Bausk
	Franci Martel
	VAN DRIVERS Linda Curran
	Paul Marchand

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For more information about the **Friends**, 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 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: Production and distribution of this monthly newsletter is partially funded by the State Formula Grant from the MA Executive Office of Elder Affairs.



14 | TECH HELP/MOVIES/FLU CLINIC

Technology Support/ Uber Tech Help

One-to-one Technology support by volunteers is being offered for questions related to laptops, smartphones & iPads, as well as help with using Uber on your phone (Fridays). Help includes how to check email messages, how to share pictures on your phone, how to attach documents to email messages. Note: Technology Support volunteers are not permitted to set up accounts or passwords and this limited service is available to Sudbury residents.

Contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to schedule an appointment.

Save the Date! Back to Basics with iPhone and iPad - Tues., Nov. 7, 2PM

M o v i e s

Friday, Oct. 6 at 1:00 PM

Robert & Frank: PG-13 1.5 hrs.

Worried about their aging father living alone, Frank's kids give him a humanoid robot that's programmed to be his caretaker. Reluctant Frank, a retired cat burglar warms up to his new helper and begins to treat it as a partner in crime.

Friday, Oct. 20 at 1:00 PM

Ghostbusters: PG-13 - 2 hrs.

Paranormal researcher Abby and physicist Erin are trying to prove that ghosts exist in modern society. When strange apparitions appear in NY, they turn to engineer Jillian and friend Patty to help battle the ghosts. Light refreshments will be served.



Sudbury Senior
Flu Clinic

**Tuesday, Oct. 3
10:00 AM-2:00 PM**

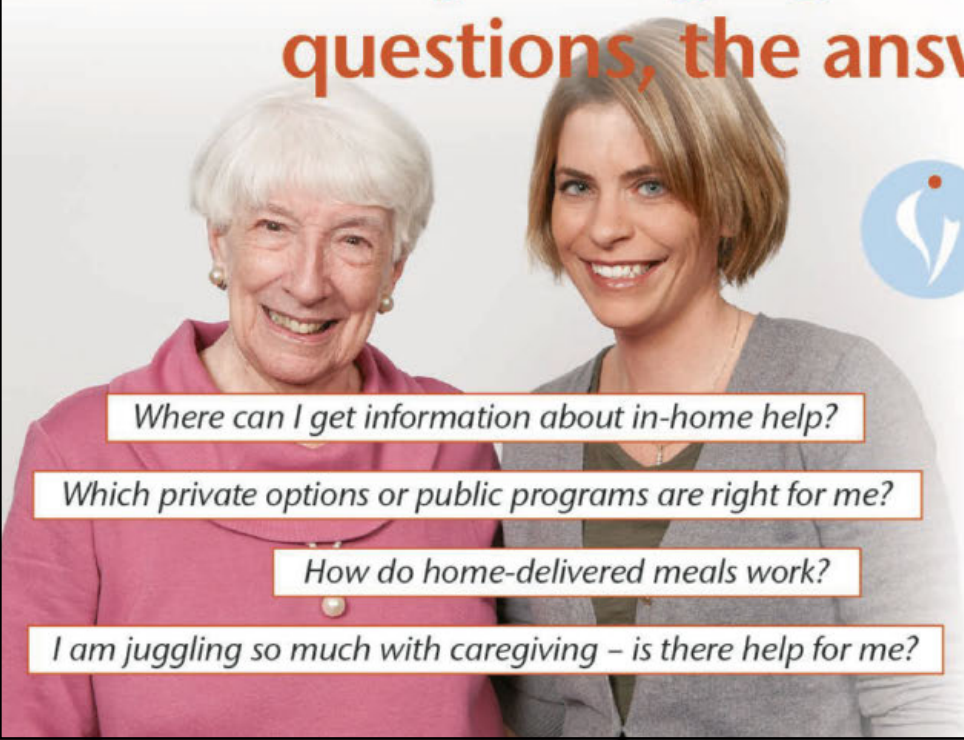
You must pre-register! Go to:
<https://tinyurl.com/senior-flu>

Do you need help with registration?
Contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us

**The Flu Clinic will take place at
Goodnow Library
21 Concord Road, Sudbury, MA**

Organized by the Sudbury Health
Department

For all of your aging and caregiving questions, the answer is...



Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

I am juggling so much with caregiving – is there help for me?



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Resident Bob lecturing on his photography

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