

DECEMBER 2023

*Goodbye to our current building...*



*and Hello to the  
New Community Center!*



### HIGHLIGHTS:

- Dec 1— Holiday Movie
- Dec 1— Watercolor Workshop
- Dec 4— Van Trip to Solomon Pond Mall
- Dec 6—Boxwood Tree Craft
- Dec 7—Current Events—hybrid
- Dec 4—Say Goodbye to the Senior Center Open House

### 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

**Move Dates** - Senior Center Closes to public end of day, Friday, December 8;  
re-opens to the public Tuesday, January 2. More information on Page 6.

Wow! We are getting close to our moving dates! We are excited but also beginning to feel a bit nostalgic about our cozy Senior Center spaces. We will miss some features of this space, including the relaxed open atmosphere at the Front Desk and Lounge, the old fashioned gym with the Rock band logos, and being in close proximity to the program rooms. At the same time, we are thrilled about the new, clean, freshly painted Senior Center spaces in the new building. We look forward to welcoming you to our new café and lounge areas, to new program rooms, and to a more integrated Community Center, where you will easily walk from the Senior Center to the Park and Recreation space and Atkinson pool. In the spring, when the entire building and outdoor spaces are finished, we will celebrate with you at a Grand Opening!

As you know, we continue to look for your suggestions, and for new instructors, facilitators, and leaders for programs. Please reach out via our Suggestion box, or via email with your ideas.

We will be offering new fitness, wellness, arts and crafts workshops and classes in January and February - look for information in our January newsletter!

New classes in January and February:

- \* Drums Alive - Golden Beats \* New Mat Yoga with Rebecca \* New Art Classes \* Tech Workshops \*
- And More! Also, see page 6 for Move information.

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**The Great Courses DVD Series**

**Museum Masterpieces: The National Gallery in London**

**On Zoom during December**

No Zoom on Dec. 11

Day: Mondays

Time: 10:00 - 11:00 AM

Of all the world's great art museums, the National Gallery, London is the only place where you can truly grasp the breathtaking scope of European painting between 1200 and 1900.

Established in 1824, the National Gallery was commissioned as the people's museum a cultural institution meant to reflect the artistic legacy both of Great Britain and of the European continent.



**Concert Masterworks**

**On Zoom during December**

No Zoom on Dec. 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**

Wednesday, December 6 - last class

**Persian Empire**

**On Zoom beginning December 27**

Day: Wednesdays

Time: 9:30 - 11:00 AM

What do we know about the Persian Empire?

For most of the past 2,500 years, we've heard about it from the ancient Greek perspective: a decadent civilization run by despots, the villains who lost the Battle of Marathon and supplied the fodder for bad guys in literature and film. But is this image really accurate?

Recent scholarship examining the Persian Empire from the Persian perspective has discovered a major force that has had a lasting influence on the world in terms of administration, economics, religion, architecture, and more.

**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](mailto:Finleyc@sudbury.ma.us)**



**Current Events Discussion**

**Hybrid Meeting on Dec 7**

Day: Thursdays

Time: 10:00 AM

**Due to the move Current Events will switch to all virtual on December 14, 21, 28.**

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](mailto:senior@sudbury.ma.us).

**STAMP CLUB NEWS**

**Due to the Move - Stamp Club will meet on Monday, December 4 from 10:00-11:00 AM**

Did you know that regular members of the Stamp Club have expertise in evaluating the value of a stamp collection, one that you might just have "hanging around"? And don't know what to do with? Sell? Donate? Stop by the Stamp club meeting on the 2nd Monday of the month at 10:00 AM.

The group also wants to thank friends who drop off current used stamps at the Center's front desk, many times anonymously, and shout out to the staff at the Tax Collector's office who regularly pass on a large assortment of used stamps.

## 4 | WATERCOLORS/GROUPS/CRAFTS

### Joy of Watercolors Workshop with Angela Ackerman

#### *Winter Watercolor Workshop*

**Time: 11:30-1:30 PM or 1:45-3:45 PM**

**Date: Friday, December 1**

**Cost: \$15.00**



Students will be playing around with snow scenes, winter greenery, winter animals or birds, and any ideas they like for a winter watercolor painting. Get creative, bring in a photo or an item that will inspire you. Please write a check payable to "Town of Sudbury" to reserve your spot. All levels are welcome! **Register:** Please sign up in advance by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us. Please pay the fee as soon as possible after registration. Choose one time slot. **Note:** Scholarship may be available; contact Ana Cristina

### GROUPS

#### SHORT STORY GROUP

No meeting in December;  
Next meeting will be January 22

4th Monday of the month  
1:00—2:30 PM

#### STAMP CLUB

Monday, December 4  
due to the move.

10:00—11:30 AM

#### GRIEF SUPPORT GROUP

1st Tuesday of the month

December 5

10:00—11:30 AM

### Make a Holiday Boxwood Tree

**Time: 9:30 - 11:30 AM**

**Date: Wednesday, December 6**

**Cost: \$35.00 per tree**



The Sudbury Garden Club will be hosting this workshop at the Sudbury Senior Center.

Boxwood tips, container, oasis, and decorations will be provided. Please bring your clippers and work with our team to create a beautiful holiday arrangement.

Also, all are welcome to help us make small trees for the residents of the Sudbury Pines Nursing Home. All supplies will be provided. We love giving the gift of flowers!

The cost to make a full-sized Boxwood Tree, including all supplies is \$35.00. Please stop by the Senior Center to write a check payable to "The Sudbury Garden Club" to reserve your spot .

Must sign up by Friday, Dec. 1. If you have questions or need further information, please call Sharon K. Wilkes, Program Coordinator at 978-443-3055.





To pay for a fitness class, please make your check payable to "Town of Sudbury".  
Scholarships may be available to offset cost.

## FIT FOR THE FUTURE

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

*No classes Dec 11—Dec 29*

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

**Instructor: Lois Leav**

## T'AI CHI

**Mondays | 2:30-3:30 PM | \$48.00**

**Inst.: Jon Woodward 8 wk. session: Nov. 27 - Feb. 5\***

**\*Dec. 11, 18 classes will be at Congregation Beth El**

**No classes: Dec. 25, Jan. 1, 15**

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.

## MINDFUL LIVING WITH MEDITATION

**Wednesdays | 1:00-2:00 PM | \$30.00**

**Inst.: Lisa Campbell 5 wk. session: Nov. 8 - Dec. 20\***

**\*Dec. 13, 20 will be at Congregation Beth El**

**No Class: Dec. 27**

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.

## ZUMBA GOLD

**Thursdays | 11:00-11:55 AM | \$48.00**

**Inst.: Yachun Lin 8 wk. session: Nov. 2 - Jan. 18**

**No classes: Nov. 23, Dec. 14, 21 & 28**

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. Finishes with balance practice and stretch exercises to increase flexibility. Yachun (YC) is an AFAA certified group fitness instructor.

## INTERMEDIATE TAP DANCE

**Thursdays | 9:15-10:15 AM | \$48.00**

**Inst.: Susan Craver 8 wk. session: Jan. 4, 11, 18, 25, Feb. 1, 8, 15, 22 (Current session ends Dec. 7)**

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 fitness classes for over 25 yrs.

## CHAIR YOGA HYBRID CLASS

**Fridays | 9:30-10:15 AM | \$48.00**

**Inst.: Rebecca Reber 8 wk. session: Nov. 17 - Feb. 2**

**No classes: Dec 15, 22 & 29**

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.

## VIRTUAL CLASS:

### STAYING ACTIVE & INDEPENDENT FOR LIFE

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

**Inst.: Derry Tanner 8 wk. session: Nov. 16 - Jan. 18**

**No classes: Dec. 28**

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.

### Notes:

*Try any class for the first time, risk-free.*

*If you don't want to sign up for the session, pay no fee.*

**Participant in the Drums Alive class!**

**Starts in January!!**



# 6 | MOVE UPDATES



## What is Cancelled and What is Running During the Transition to the new Center?

Due to the move to the new Community Center and all that's involved, including packing, organizing, and then moving in and setting up and checking new systems, the Sudbury Senior Center staff expect the Senior Center to be closed to the public from Monday, December 11 through Monday, January 1, with the hope of reopening on Tuesday, January 2. Keep in mind that the dates mentioned are still subject to change, but as of the writing of this newsletter, that is what we are planning on.

### Please note:

**Monday, Tuesday, Wednesday, Dec. 11, 12 & 13** - we will not have access to phones or computers and will not be able to return calls and emails. All in-person and virtual programs are cancelled, except for T'ai Chi and Meditation (see below).

**December 14-29** - Calls/emails -we expect to be able to return phone calls and emails; there will likely be some delays.

**December 11-29—Cancelled** programs include: All In-person programs such as Canasta, Bridge, Cribbage and Mah Jong, Fit for the Future, Zumba Gold, and Chair Yoga, Informal Grief Group, Let's Play Chess, Watercolors Drop-in, Lovin' Spoonful and Baked Goods. Two caveats to the cancellations: We found a space at Congregation Beth El for the T'ai Chi and Mindful Meditation classes for the weeks of Dec. 11 and Dec. 18.

**Virtual Programs**— Staying Active and Independent for Life fitness class will continue virtually. For other virtual programs, see individual pages of this newsletter.

**Services** - such as Fix-it, Friendly visitor, Grocery Shopping, Goodnow to Go, Sand buckets, Legal Clinic, and Phone Buddies will continue during the move dates. For the most up-to-date information, please call us at 978-443-3055 or email at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us). All dates are subject to change, should the construction dates shift.

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## PROGRAM HIGHLIGHT

### Sand Buckets for the winter



Our volunteer **Sand Bucket Brigade** is all geared up! This is a collaborative effort of the Wayside Inn (which donates the empty buckets), the Department of Public Works (which fills the empty buckets with sand), and our Senior Center volunteers who make the deliveries to the homes of seniors that request sand. The sand can then be applied by the homeowner to the walkways and driveways to help prevent slips and falls. A huge thank you, in advance, to our Sand Bucket Brigade, for helping to keep our seniors safe.

*If you are in need of a sand bucket for the winter, please call Janet Lipkin at 978-639-3223, and we will have a volunteer deliver it to your residence within a few days of the request being made.*

**HUGE THANKS** go to the Girl Scouts, Boy Scouts, Cub Scouts, volunteers from Warm Hands, the Chinese-American Association of Sudbury, and general members of the community, both young and old, who carried out wonderful acts of kindness to help our seniors during the month of November. This is further testimony as to how community members really come together to help each other.



## WHAT WE DO

### Our volunteers...

- ◆ Make small outdoor (and within garage) home repairs
- ◆ Provide technology support
- ◆ Make weekly phone calls or outdoor home visits to seniors
- ◆ Do weekly grocery shopping (with delivery) for seniors
- ◆ Help out at special events
- ◆ Deliver library materials to seniors unable to get to Goodnow
- ◆ Welcome people as they come into the Senior Center
- ◆ Deliver meals to clients at home..... *and much more!!*



Thank you to string trio members Cathy Gates, Julian Cole, and Senior Center volunteer Kathleen Marshall, for playing at the Senior Flu Clinic held in October!

## 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/>.



# DECEMBER 2023 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
<b>FONT COLORS:</b> Zoom Events in <b>BLUE</b> On-site Events in <b>BLACK</b> Special Events in <b>RED</b> Off-site Events in <b>PURPLE</b> Hybrid Events in <b>GREEN</b>	*Circle of Friends & Caregiver Support Group takes place at Orchard Hill Assisted Living	*Please Note: T'ai Chi and Mindful Meditation classes will be held at Congregation Beth El, (CBE) at 105 Hudson Road for the weeks of Dec. 11 and 18.		9:30 Chair Yoga 11:00 Fit for the Future 11:30 Joy of Watercolors Workshop - Winter 1:00 Movie: A Castle for Christmas 1:45 Joy of Watercolors Workshop - Winter 3:00 Uber Tech Clinic
4	5	6	7	8
10:00 Cribbage 10:00 Stamp Club 10:00 Museum Master 11:00 Fit for the Future 11:30-12:30 Say Goodbye to the Senior Center! - Open House 11:30 Van trip Solomon Pond Mall 12:30 Mahjong 2:30 Tai Chi	9:30 Concert Master Works 10:00 Grief Support Group 1:00 Shine Appts. 2:00 Circle of Friends * 2:00 Caregiver Support Grp*	9:30 Boxwood Tree Workshop (VH) Sudbury Garden Club 9:30 French Rev. last class 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Mindful Meditation 1:00 Intermediate Bridge 1:30 Let's Play Chess!	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 Current Events 10:30 BP Clinic at DPW 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 1:45 Watercolor Drop-in 3:00 Uber Tech Clinic
<b>Senior Center is closed until Jan 2.</b>	<b>We are running some virtual programs</b>	<b>Thank you for your patience...</b>	<b>While we move into our new building!</b>	<b>Most Virtual programs will run from Dec. 14-29.</b>
11	12	13	14	15
~ Senior Center Closed No virtual programs today 2:30 T'ai Chi at CBE* 3:30 COA Meeting at Sudbury Police Training Room - hybrid	~ Senior Center Closed ~ No virtual programs today	~ Senior Center Closed ~ 1:00 Turn the Page Book Grp 1:00 Mindful Meditation at CBE*	~ Senior Center Closed ~ 9:15 Staying Active 10:00 Current Events 2:30 Connection Circle	~ Senior Center Closed ~ 10:30-11:30 BP Clinic at DPW No virtual programs today
18	19	20	21	22
~ Senior Center Closed 10:00 Museum Masterpieces 2:30 T'ai Chi at CBE*	~ Senior Center Closed ~ 9:30 Concert Master Works	~ Senior Center Closed ~ 1:00 Mindful Meditation at CBE*	~ Senior Center Closed ~ 9:15 Staying Active 10:00 Current Events 2:30 Connection Circle	~ Senior Center Closed ~ No virtual programs today
Christmas Day 25	26	27	28	29
 <b>Senior Center Closed</b>	~ Senior Center Closed ~ 9:30 Concert Master Works	~ Senior Center Closed ~ 9:30 Persian Empire first class	~ Senior Center Closed ~ 10:00 Current Events 2:30 Connection Circle	~ Senior Center Closed ~ No virtual programs today



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## Multicultural Events Celebrated in December



**Dec. 7- 15 Hanukkah**

**Dec. 8 - Bodhi holiday**

**Dec. 25 - Christmas Day**

**Dec. 26 – Kwanzaa**

## Open Call—Auditions for Cat Tales



Calling all actors! Auditions for “Cat Tales”, an all family show featuring “Jellicle Cats” by T.S. Eliot and “The Cat that Walked by Himself” by Rudyard Kipling. Looking for older adults for the play and for the crew.

Auditions will be held on January 4, 2024 at 10:00 AM at the First Church of Sudbury, 327 Concord Road, Parish Hall (first floor), Sudbury, MA.

Please contact Eugene Warner by email at [seniorcattales@gmail.com](mailto:seniorcattales@gmail.com) to sign up or call 617-826-9080. If you have questions or need further information, please check out their website at [seniorcattales.org](http://seniorcattales.org).



## Town of Sudbury - Town Center - Holiday Village

**Saturday, December 2, 11:00—2:00 PM**

**\* Live Music \* Games \* Gift Market \* Comfort Food \***

### SENIOR CENTER STAFF

#### DIRECTOR

Debra Galloway

#### ASSISTANT DIRECTOR/ OUTREACH COORDINATOR

Ana Cristina Oliveira

#### ADMIN COORDINATOR

Chery Finley

#### COORDINATOR OF VOLUNTEER PROGRAMS

Janet Lipkin

#### PROGRAM COORDINATOR

Sharon K. Wilkes

#### RECEPTIONIST

Mary Murray

#### S.H.I.N.E. COUNSELORS

Marc Hertzberg

Wayne Antion

#### TAX WORK-OFF COORDINATOR

Josephine King

#### TRIP COORDINATORS

Franci Martel

Joe Bausk

#### 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.

NOTE: We appreciate the advertisers who support this newsletter, but we cannot endorse any products or services. Production and distribution of this monthly newsletter is partially funded by the State Formula Grant from the MA Executive Office of Elder Affairs.

# 10 | EVENTS COMING IN JANUARY 2024

## **Pathways Coffee Hour** Wednesday, January 10 2:00 PM

In collaboration with our hosts at the Sudbury Senior Center's new Center, Springwell is delighted to resume a monthly Pathways Coffee Hour where members of the LGBTQIA+ community and allies can gather in person to enjoy coffee, pastries, conversation and community!

Feel free to drop in any time! For information, contact Julie Nowak, [jnowak@springwell.com](mailto:jnowak@springwell.com) or call 508-573-7288 (confidential voicemail).



## **Harvey Leonard** Chief Meteorologist Emeritus



**Tuesday, January 16**  
**12:00 PM**

Meet Harvey Leonard, WCVB Channel 5's chief meteorologist emeritus. After a fifty-year career in meteorology, with more than forty-five of those years forecasting weather in New England and twenty of those at WCVB, Harvey retired from the helm of Storm Team 5 in May 2022 and transitioned into his emeritus role. Harvey is widely regarded as the Dean of Boston Meteorology, and has received numerous awards thought out his luminous career. Did you know that Harvey was one of the first meteorologists to predict the impact of the Blizzard of '78? Sign up early at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

## **All Aboard the Hip Hop Line Dance Class** Tuesday, January 30 11:00 AM—12:00 PM **Free Class**

Rondae Drafts, Executive Director MUSIC Dance.edu offers an upbeat and fun dance class especially designed for older adults. Students will do a complete warmup to Cha Cha, Slide and Line dances to popular hip hop and R&B songs. You will leave this class feeling more limber and energized. Sign up by calling the Sudbury Senior Center beginning Jan. 2. Call 978-443-3055 or email us at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

## **iPhone and iPad Tech Workshop** Tuesday, January 30 2:00 PM



Join the group to learn more about your iPhone and iPad. Sign up by Friday, Jan. 26, at 978-443-3055.

## **SUDBURY SENIOR SERVICES (for non-urgent needs)**

### [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.

# 11 | OUTREACH AND INFORMATION

## How Do Older Adults Benefit From Online Banking?

Online banking offers older adults plenty of advantages:

- It's convenient.** With online banking, you don't have to wait until your local branch is open. You can access your accounts at any time, on any day, from anywhere that you have an internet connection.
- It's nearby.** You don't need to drive, rely on other transportation, or worry about navigating in bad weather to get to the bank. With online banking, simply turn on your computer or unlock your smart phone.
- It's accessible.** Although not true in every case, your bank's website may include assistive technologies, such as screen readers and voice command capabilities, that make online banking easier for individuals with disabilities.
- It's automatic.** Most banks and credit unions offer this service, so you don't have to switch financial institutions in order to take advantage of online banking. If available, online banking comes with the accounts you already have. You'll just need to set up your login and password to get started—both of which you can do from your bank's website. (See "I'm Ready to Try Online Banking," below, for tips on creating a strong password.)
- It's safe.** You've probably heard stories of thieves stealing physical checks from the mail, changing their amounts, and cashing them. Although banks typically bear the burden for such crime, and most victims eventually get their money back, the disruption and stress it causes is very real. With online banking, you can avoid this risk altogether. Because all transactions are paperless—including any bills you pay—no one can steal your checks or copy down your account information from one. Instead, your bank uses a secure method, called encryption, to send and receive money on your behalf. And another thing: though it's unlikely you carry around large sums of cash, you won't have to worry about someone stealing your wallet or purse on your way to and from the bank.

### MAKING MEMORIES CAFÉ

Tuesday | No December meeting

2:00 - 3:30 PM

NEXT Café is on Tuesday, January 16

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 | December 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 | December 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

Thursday, Dec. 7 and Friday, Dec. 15 at the DPW Building, 10:30-11:30 AM

A Sudbury Health Dept. nurse will check your blood pressure and answer questions. Health Dept. is in the DPW building at 275 Old Lancaster Rd. Call 978-443-3055 for more information.

### LOW VISION SUPPORT GROUP

Thursday | December 7

1:00 - 2:00 PM

Meets on the first Thursday of the month.



## MEDICARE OPEN ENROLLMENT

**ENDS DECEMBER 7!**

**IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!**

Time is running out to review your options and see if there is a better plan for you for next year.

Some drug plans have changed, including big premium increases. Make sure your prescriptions are covered before it's too late!  
December 7 is the last day of Open Enrollment

Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health insurance programs.

To schedule a SHINE phone appointment, please call Ana Cristina Oliveira, Assistant Director/ Outreach Coordinator at 978-639-3268.

## Sudbury Food Pantry

Ascension Parish (formerly Our Lady of Fatima)  
160 Concord Road  
Sudbury, MA 01776. Tele: 978-443-7725

**HOURS: Wednesdays and Fridays from 12:00-2:15pm.**  
Residents are invited to shop at the food pantry once per week. Sign up online to schedule your pickup, or call.

### Open Table

33 Main St, Maynard MA 01754  
Tele: 978-369-2275 - [info@opentable.org](mailto:info@opentable.org)

The pantry is operating as an open-air drive-thru service. Volunteers bring pre-packed bags of groceries to cars. Prepared meals may also be available.

Hours are: Tuesdays 1:00 – 3:00pm (Seniors 65+)  
Tuesdays 3:00 – 6:30pm; Thursdays 1:00 – 4:30pm

To register go to: <https://www.opentable.org/registration/>  
For information about pre-ordering food or ordering by phone, go to: <https://www.opentable.org/order/>

## Fuel Assistance 2023-2024

Listed below is the income guidelines to qualify for the Low Income Home Energy Assistance Program (LIHEAP).

INCOME	ELIGIBILITY CHART
Household	Income Limit
1	\$45,392
2	\$59,359
3	\$73,326
4	\$87,294
5	\$101,261
6	\$115,218



The Fuel Assistance Program is an energy assistance program that can help you pay for heating costs during the heating season, between November 1<sup>st</sup> and April 30<sup>th</sup> of each year.

To see if you may qualify, check the income eligibility chart listed above.

If you have question, call the Senior Center and ask to speak with Ana Cristina Oliveira, Assistant Director/Outreach Coordinator at 978-443-3055.

## Sudbury Connection Van Trip to Solomon Pond Mall Monday | December 4

A special shopping trip for the holidays. Van will allow riders about 2 hours at the mall. Registered van riders, please contact the MWRTA Reservation Center to schedule your trip at 508-820-4650. There is a 3 person minimum for this trip.

### Lovin' Spoonful Pick-up on Wednesdays at 11:45 AM

### Delivery on December 6 only

Lovin' Spoonful is a food recovery organization that delivers food from local grocery stores that needs to be removed from shelves per guidelines, but is still safe to eat. Note: Two bags of food per household.

## 13 | SUDBURY SENIOR TRIPS



### Spotlight on Trip Coordinator: Franci Martel

Franci is doing an outstanding job booking and coordinating some amazing trips in 2024. Sign up now and let your adventure begin!



**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! Sign up before all the single rooms are booked. (Collette Tours) .



**Tuesday, July 16, 2024**

**The Ultimate Jimmy Buffet Tribute Show and Traditional Maine Lobster Bake at Fosters in York, Maine**

Jimmy and the Parrots have been playing to delighted crowds for years. After the concert enjoy a lobster luncheon (BBQ Chicken is available as an alternate choice). Cost of \$137 includes, the show, lunch, transportation and driver gratuity. This show is likely to sell out. Sign up soon! (Best of Times)



**July 25—August 2 2024**

**Alaska: America's Last Frontier:**

Your trip takes off from Logan International Airport and your adventure begins in Fairbanks Alaska and ends in Anchorage. Highlights are Gold Mining, Museum of the North, Trans-Alaska Pipeline, Dog Mushing, Denali National Park and more! Cost is \$5,999 Double Occupancy for bookings before January 25, 2024. Pick up a flyer at the Senior Center for more information. (Collette Tours)

**Say Goodbye to the Current Senior Center!**

**Monday, December 4**

**11:30 AM-12:30 PM**

Last chance to visit our current space before we close and the building is demolished.

We will have coffee, tea, and goodies available. Visit the Senior Center and the Fairbank Gym, chat with staff about the upcoming move.

We are excited for our new space, but treasure our time here!

~ MOVIE ~

**Friday, Dec. 1 at 1:00 PM**

**A Castle for Christmas**

**PG-13 - 1.5 hrs.**



To escape a scandal, a bestselling author journeys to Scotland, where she falls in love with a castle and faces off with the grumpy duke who owns it. Starring Brooke Shields, Cary Elwes and Lee Ross. Please sign up at 978-443-3055.

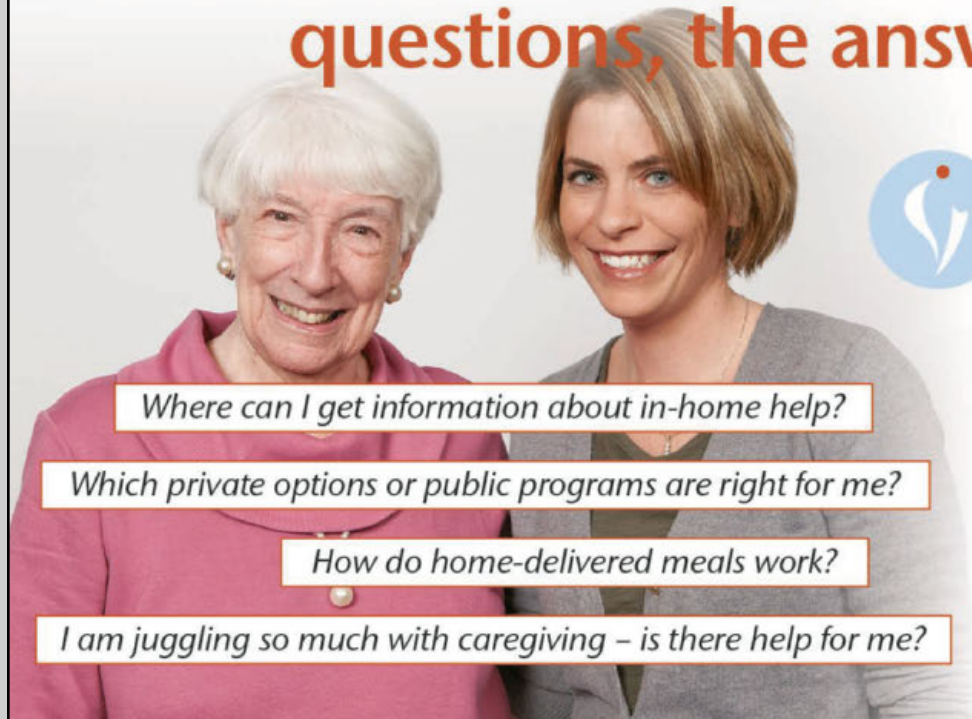
**Medical Equipment Loan Closet will be Temporarily Closed During the Move**



Due to the upcoming move to the new Community Center, the Senior Center's Medical Equipment Loan Closet will be temporarily closed from December 1<sup>st</sup> through the first week in January, exact date to be determined.

No requests for equipment, returns or donations of equipment will be accepted during this time. Questions? Call Janet Lipkin at 978-639-3223.

**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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