

NOVEMBER 2023



HIGHLIGHTS:

- Nov 1-30 – Struttin’ our Stuffin’
- Nov 6—Sudbury Senior Trips Meeting - ALASKA
- Nov 8—Veterans Appreciation Luncheon at Wayside Inn
- Nov 9—Grief and the Holidays workshop
- Nov 14—Lunch and Learn
- Nov 17—Movie: Love Again

Please Note: The Senior Center is closed on the following days in November: Veteran’s Day-Nov. 10, Thanksgiving Holiday-Nov. 22 at 12:00 PM, Nov. 23 and 24, and for Move Planning on Nov. 28 at 12:30 PM.

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

Greetings All,

As most of you are aware, as we prepare for winter, we are also preparing for the Senior Center to move to the new building. We expect to be closed for a total of about 2 1/2 weeks during the transition to the new building - now scheduled for Dec. 11-28.

During the move and transition, we hope to continue to offer all of our virtual programs, and to switch our hybrid programs to virtual only. Some classes and groups can be moved to other locations, but many unfortunately cannot. Information on schedule changes will be shared via Email Updates, flyers and notices during this time. Please feel free to also call us for the latest information on cancellations. If a class with a fee is cancelled during the closure, the class session will be extended.

Please be aware that construction activities can change rapidly and may involve activity in our parking lot. We do not always get a lot of notice about these activities. Use your best judgment about where to park – closer to the Senior Center is better. And be extra careful walking across the parking lot. Also, there continue to be people driving through the lot who are dropping off children and tweens for Park and Recreation programs at various times of day.

Winter is just around the corner - are you ready? Make sure to have a plan should a power outage occur. Sign up for the town's Emergency Notifications and you will receive an automated call alerting you to important information. Have your own emergency phone numbers and extra supplies available and easy to locate. For more information on preparing, contact Ana Cristina Oliveira at 978-443-3055 or oliveiraa@sudbury.ma.us.

And lastly, the Senior Center interviewed for the position of Assistant Director/Outreach Coordinator over the last few months. We are excited to announce that current Outreach Specialist Ana Cristina Oliveira, has accepted the position. Congratulations Ana Cristina!

Warm wishes for the holiday season!

~ Debra

New Community Center photo.



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The Great Courses DVD Series

Post Impressionism: The Beginning of Modern Art

On Zoom until Nov. 13

Day: Mondays

Time: 10:00 - 11:00 AM

Museum Masterpieces: The National Gallery in London

On Zoom beginning Nov. 20

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. Inside its halls are more than 2,500 European paintings by some of Western civilization's greatest

masters, including Titian, Rubens, and Rembrandt. (Excerpt: From The Great Courses). Please contact the Senior Center to sign up: 978-443-3055 or senior@sudbury.ma.us.



Concert Masterworks On Zoom during November

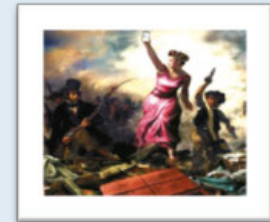
Day: Tuesdays

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 November

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 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 Discussion Hybrid Meeting

Day: Thursdays

Time: 10:00 AM

No meeting on Nov. 23

Current events is offered on-site and [via Zoom](#). Join in this respectful discussion of world events with facilitator Don Sherman.

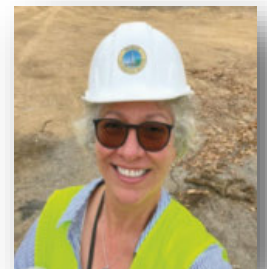
Sign up by calling us at 978-443-3055 or email at senior@sudbury.ma.us.

New Community Center Update Monday, November 20 at 11:00 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

MAHJONG

Mondays, 12:30-3:30 PM

—

LET'S PLAY CHESS

Wednesdays, 1:30-3:30 PM

CANASTA

Thursdays, 12:30-3:30 PM

GROUPS

SHORT STORY GROUP

4th Monday of the month

1:00—2:30 PM

STAMP CLUB

2nd Monday of the month

10:00—11:30 AM

WATERCOLORS DROP-IN

Friday, November 3

11:30-1:30 or 1:45-3:45

No meetings November 10, 24

Joy of Watercolors Workshops with Angela Ackerman

Fridays, at 11:30-1:30 and 1:45-3:45*

November 17 and December 1

\$15 per workshop



November 17 - Warm Harvest/Kitchen/Cooking Watercolor Workshop

Students will be experimenting with layout and color as they paint favorite food or kitchen still-life. Bring a favorite warm harvest food photo or recipe to work from. Any kitchen/cooking theme items or items from your kitchen to paint from is great as well. All levels are welcome!



December 1 - Winter Watercolor Workshop

Students will be playing around with snow scenes, winter greenery, winter animals or birds, and any ideas they like for a winter watercolor painting. Please bring in a photo or research that will inspire you. 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. Scholarship may be available, contact Ana Cristina Oliveira at 978-639-3268.



FIT FOR THE FUTURE

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

Note: No Classes - Oct. 30, Nov. 1, Nov. 8

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

Instructor: Lois Leav

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

T'AI CHI

Mondays | 2:30-3:30 PM | \$30.00/\$48

Inst.: Jon Woodward **5 wk. session: Oct 23-Nov. 20**
Next session: 8 wk session: Nov. 27-Feb. 5 - for \$48
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**
No classes Nov. 15, 22.

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. 4**
No classes: Nov. 23, Dec. 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 | \$24.00

Inst.: Susan Craver **4 wk. session: Nov 9 - 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 - Jan. 19**
No classes: Nov. 10, 24

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: Nov. 23, 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.



6 | L-S THEATRE TIX AND NEW ART COURSE

"CURTAINS" Musical at L-S Regional High School



Thursday, November 15 at 7:30 PM

Lincoln-Sudbury Regional High School and the LSB Players are pleased to announce their first production of the 2023-2024 season—CURTAINS! The Senior Center will have a limited number of complimentary tickets.

This energetic and irreverent “play-within-a-play,” takes place backstage at Boston’s Colonial Theatre, where the leading lady of the current musical suddenly falls dead. Lieutenant Frank Cioffi arrives on the scene to investigate, only to reveal that this was a case of foul play and the murderer may be among them!

Performed in the Kirshner Auditorium at LSRHS on Wed., Nov. 15 thru Sat., Nov. 18; all shows 7:30pm. Please call to reserve a ticket! Reserved tickets available for pick up at the Senior Center on Monday, Nov. 13. Additional tickets or tickets for other performances may be reserved by visiting <http://www.lsrhs.net/sites/lsbplayers/tickets/>.

Back to Basics with iPhone and iPad




Tuesday, November 7, 2:00 PM

Open to iPhone and iPad users. This introductory class introduces new users to the basics of navigation and features of the device. We cover the hardware of the iPhone, including the buttons, volume switch, cameras, and speakers; navigation to important areas of the phone; and iPhone applications for calling and messaging.

Instructor Kevin Figueroa created KevTech Services with the goal of helping those who didn't grow up with technology become more comfortable and confident with their devices.

Sign up at 978-443-3055! Space is limited.

This workshop is funded by a special grant from the MA Executive Office of Elder Affairs.





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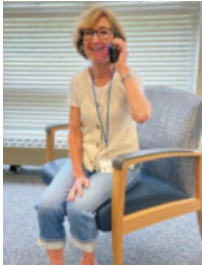
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PROGRAM HIGHLIGHT

Phone Buddy Program



Phone Buddy
Volunteer, Nadine Wallack

“The phone call I receive is a highlight of each week for me.”- Participant

This cherished program matches a senior with a Phone Buddy volunteer. A weekly phone call, lasting 15-30 minutes, is made by the volunteer. The call provides socialization and friendship, aiding with isolation and boredom many experience, especially when the weather turns cold and the daylight hours are shorter. For more information about the Phone Buddy Program, please contact Janet Lipkin at 978-639-3223.



Kudos to Wegmans Food Markets Pharmacy Store 058 of Northborough, MA for bringing the Shingles Vaccine Clinic to the Sudbury Senior Center this past June and September.



Shain Hauptman of Troop 63 completed his Eagle Scout project, 15 birdhouses, to be given to individuals with dementia and their caregivers. Pictured is Shain Hauptman (2nd on left) with Senior Center staff Debra Gallo-way, Janet Lipkin, and Ana Cristina Oliveira.

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
- ◆ Offer free legal, tax and health insurance advice
- ◆ Deliver library materials to seniors unable to get to Goodnow

...and much, much more!



A special thank you to our Technology Support volunteers for their expertise and dedication of time at our Tech Support Clinic held in September.

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	2	3
FONT COLORS: Zoom Events in BLUE On-site Events in BLACK Special Events in RED Off-site Events in PURPLE Hybrid Events in GREEN	*Circle of Friends & Caregiver Support Group is at Orchard Hill Assisted Living ** Veterans Luncheon is at Wayside Inn; pre-registration required	9:30 Come See With Me Art 9:30 Living the French Revolution 11:00 No 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 BP Walk-in Clinic 10:00 Current Events 11:00 Zumba Gold 1:00 Low Vision Grp. 12:30 Canasta 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:00 Movie: The Wonderful Story of Henry Singer 1:45 Watercolor Drop-in 2:00 Uber Tech Clinic
6	7	8	9	10
10:00 Cribbage 10:00 Post Impressionism 11:00 Fit for the Future 11:30 Collette Tours - Alaska presentation 12:30 Mahjong 2:30 Tai Chi	9:30 Concert Master Works 10:00 Grief Support Group 1:00 Shine Appts. 2:00 Back to Basics with iPhone and iPad 2:00 Circle of Friends * 2:00 Caregiver Support Grp*	9:30 Living the French Rev. No Fit for the Future 11:45 Lovin' Spoonful 12:00 Veterans Luncheon** 1:00 Mindful Living Medit. 1:00 Intermediate Bridge 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 - Room 1 1:00 Grief and the Holidays workshop 2:30 Connection Circle	Senior Center is CLOSED 
13	14	15	16	17
10:00 Cribbage 10:00 Stamp Club 10:00 Post-Impressionism (LAST) 11:30 Van trip to Target 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi 3:30 COA Meeting	9:30 Concert Master Works Lunch and Learn: 12:00 Lunch 12:30 Talk - Aging on Purpose 1:00 Legal Clinic Appts. 1:00 Shine Appts.	9:30 Living the French Rev. 10:00 Informal Grief Support 11:00 Fit for the Future 11:45 Lovin' Spoonful No Mindful Meditation 1:00 Turn the Page Book Grp 1:00 Intermediate Bridge 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 Joy of Watercolors Workshop - Warm Harvest 1:00 Movie: Love Again 1:45 Joy of Watercolors Workshop - Warm Harvest 2:00 Uber Tech Clinic
20	21	22	23	24
10:00 Cribbage 10:00 Museum Masterpieces 11:00 Fit for the Future 11:00 Community Center Update 12:30 Mahjong 2:30 Tai Chi	9:30 Concert Master Works 9:30 Sudbury Garden Club 1:00 Shine Appts. 2:00 Making Memories Café	No Living the French Rev. 11:00 Fit for the Future No Lovin' Spoonful today ----- Senior Center Closes at 12:00 ~ Afternoon programming is cancelled today. ~		Senior Center is CLOSED November 23 & November 24
27	28	29	30	
10:00 Cribbage 10:00 Museum Masterpieces 11:00 Fit for the Future - 12:30 Mahjong 1:00 Short Story Group 2:30 Tai Chi	9:30 Concert Master Works ----- ~ Senior Center Closes at 12:30 PM for Move Transition Planning and Preparation ~	9:30 Living the French Rev. 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Mindful Living Medit. 1:00 Intermediate Bridge 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	COFFEE HOUR: Monday—Friday 9:00—10:00 AM



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maryannmorse.org

Veterans Appreciation Luncheon

**Wednesday, November 8,
12:00 PM**

Veterans and spouses are welcome to enjoy a delicious lunch and great conversation at the Wayside Inn.

Event is sponsored by the 1Lt. Scott Milley Foundation of Sudbury.

Please register by contacting the Senior Center at 978-443-3055. Space is limited.



**Lunch and Learn:
Aging on Purpose**
Tuesday, November 14
12:00 Lunch*
12:30 Talk

Many adults are living longer today than generations before them. We call those extra years The Longevity Dividend and it's the best gift you can get. Make the most of that gift by exploring the attitudes and behaviors that may be holding you back from a truly fulfilling and happy retirement. Then devise a plan to make your ideal retirement a reality. This is all from information based on the latest research by psychologists and gerontologists. Come and find out not just how you can live longer but also how you can make these extra years really count. Have a retirement where you want to jump out of bed each morning eager to start the day!

Doug Peck is currently the Director of Community Partnerships with Seniors Helping Seniors of Greater Boston and MetroWest. The company has been recognized by the Boston Globe for five years in a row as a Top Workplace. Doug and owner and Executive Director, Josh Obeiter, were recognized in Mary Cronin's book Starting up Smarter: Why Founders Over 50 Build Better Companies. Doug is also the chairperson of the Southborough Council on Aging, served on the executive committee of BayPath Elder Services for six years and has supported and provided training for the Alzheimer's Association for the past 10 years.

Please sign up by Thursday, Nov. 9! Space is limited.

*Lunch will include assorted sandwiches, drinks and desserts. Vegetarian option available.

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.

10 | OUTREACH AND INFORMATION



MEDICARE PLANS CHANGE EVERY YEAR!

MEDICARE OPEN ENROLLMENT

IS OCTOBER 15 THROUGH DECEMBER 7

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.

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. **Contact Ana Cristina Oliveira, Senior Center Assistant Director/Outreach Coordinator to schedule your appointment at 978-639-3268 or oliveiraa@sudbury.ma.us.**

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 | November 21

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 | No November Clinic

Next Clinic is 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 | November 7

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

Sudbury Health Dept. will be here to check your blood pressure and answer questions. Call 978-443-3055 for information.

LOW VISION SUPPORT GROUP

Thursday | November 2

1:00 - 2:00 PM

Meets on the first Thursday of the month.

Alzheimer's Association Resources

The [Alzheimer's Association 24/7 Helpline](#) (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information.

The [Alzheimer's Association & AARP Community Resource Finder](#) is a database of dementia and aging-related resources in your area. This includes doctors, nursing homes and care communities, and support groups.

The [Alzheimer's Association ALZNavigator™](#) is a free interactive online tool that creates custom action plans for users based on their current situation. By answering a few questions, this tool helps guide people living with memory loss and their caregivers to information, resources and next steps.

[ALZConnected®](#) is a free online social networking community for everyone affected by Alzheimer's or another dementia to share information, ideas, opinions and support.

[TrialMatch®](#) is a free, easy-to-use clinical studies matching service for people with the disease, caregivers and healthy volunteers.

Grief and the Holidays Workshop

sponsored by Faith and Family Hospice

November 9th at 1:00 PM

This workshop will focus on discussion and planning for the upcoming holidays. Holidays and special events are difficult for those that have lost a loved one. A beautiful booklet entitled "Grief and the Holidays" (*Experiencing the Holidays and Special Occasions Without Your Loved One*) will be presented to each participant.

Jane Benger, Chaplain at Faith and Family Hospice, will lead this discussion.

Registration required by calling the Sudbury Senior Center at 978-443-3055.

Fuel Assistance 2023-2024

The Fuel Assistance Program is an energy assistance program that can help you pay for heating costs during the heating season, between November 1st and April 30th of each year. To see if you may qualify, check the income eligibility below:

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

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

Sudbury Connection Van

Trip to Target

Monday |

November 13

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.

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

No Pick-up on Nov. 22

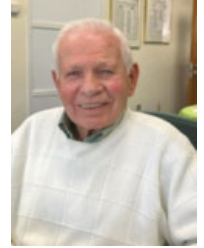
Lovin' Spoonful is a food recovery organization that delivers food from local grocery stores that needs to be removed from shelves per guidelines, but is still safe and good to eat. Stop by, get a lottery number, and then pick out what you'd like to take home.



| 12 SENIOR PROFILE

SUDBURY RESIDENT JOHN WILSON By Caleb Cochran, Senior Center volunteer

Do you remember a time when train tracks in Sudbury carried passengers into Boston each day? When residents of Waltham and Watertown had summer cottages near Willis Pond? When a dairy farm sprawled on the site of the current Whole Foods on Route 20?



John Wilson has lived through all of this and much more during his 76 years as a Sudbury resident. The youngest of 11 children, John moved to town from Needham with his family in 1946. He attended eighth grade at the school located in the current Flynn Town Office Building before moving on to vocational school in Waltham for high school, graduating in 1950.

John worked in construction before heading off to work with the United States Naval Construction Battalions, better known as the Navy Seabees. He trained for four months in Oxnard, California before moving to Guam, where he built houses for military families using material made from coral harvested from the surrounding waters. John then moved on to the Aleutian Islands of Alaska, where he worked on a naval base for a year.

After the Navy, John went to work in construction for his father. Much of the work was on “summer cottages” off Hudson Road, near Willis Pond, mostly owned by residents of suburbs closer to Boston. Some of the projects John and his father took on included: building basements under some of those homes, as well as building chimneys for a development of homes off Landham Road.

In 1958, John married Faith, a co-worker of his sister-in-law. Around that time, a minor recession prompted John’s father to encourage him to look for other work. (“My dad told me, ‘We don’t have much work for the winter, John. You better start looking for something.’”)

After a friend told him that Raytheon was looking for carpenters, he got a job with the multinational aerospace and defense conglomerate and ended up staying for 35 years. He worked in Sudbury, Andover, Wayland and Waltham, commuting to the Andover site just after Route 495 opened for travel in the late 1960s.

John and Faith were married for 60 years, until her passing in 2018. They had five children—two boys and three girls—and also provided a home for a number of foster children over the years. John now has eight grandsons and one granddaughter.

John lights up at the memory of family trips with Faith and the children, including a 1984 cross-country drive to the Los Angeles Summer Olympics.

“We had a brand-new station wagon and bought a used tent trailer,” he remembers. The month-long drive west included stops in the Dakotas, Colorado, and Yellowstone and Yosemite National Parks.

“We didn’t make any reservations for camping,” John recalls of his arrival in greater Los Angeles, “and we were up in the hills, and kids were running around and playing with snakes in the creek. So the next day we went down to the AAA in L.A. and they put us in this beautiful park.” The family enjoyed watching soccer at the Rose Bowl, swimming at the McDonald’s Swim Center, and track and field at the Los Angeles Coliseum.

John is a founding member of Lady of Fatima Church, and through the church became involved in many activities, including coaching soccer. (“I didn’t know anything, but I read a few books,” John laughs.) In 1973, he helped incorporate Sudbury Youth Soccer, which celebrates its 50th anniversary this year.

John and Faith were very active in the Sudbury community, and very involved in the Senior Center for many years. John worked with the F.I.S.H. (Friends in Service Helping) group for 12 years, driving seniors to Boston and other locations for appointments. He also volunteered for the Friendly Visitor program for six years, visiting seniors in their homes for about an hour each week, time he remembers as “quite rewarding.”

“I’ve seen a lot of changes here,” John says, reflecting on more than three quarters of a century in Sudbury. “I’m very blessed.”

Dignity Matters Collection Drive

November 6 - 17

Dignity Matters' mission is to assist women and girls who are homeless or living in poverty in MA by providing a free and reliable supply of monthly menstrual care products and underwear. **Dignity Matters serves over 14,000 women and girls each month** through a network of shelters, public schools/colleges, and food pantries, and **relies on donations** to meet the ever-increasing demand.

The Senior Center has agreed to be a drop-off location for the upcoming collection drive. **The most needed items include:** All types/brands/sizes of menstrual products, incontinence pads/underwear. All types/brands/sizes of new or like new bras, and underwear (new only).



Town of Sudbury

HOLIDAY VILLAGE

SAVE THE DATE!

Saturday, December 2, 11:00 AM-2:00 PM

*** Live Music * Winter Gift Market ***

*** Comfort Food * Festivities & Games ***

Sages & Seekers is looking for volunteers!

The non-profit organization Sages & Seekers and The Rivers School in Weston are recruiting older adults (age 65+) to participate in a 7-week intergenerational storytelling program with high school students at The Rivers School.

Share your life experience and invaluable knowledge. Your maturity and experience allows for a larger perspective on life from which younger generations ("Seekers") can learn. Interested? Please contact Sages and Seekers for more information: riverssagesandseekers@gmail.com.

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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.

Collette Tours Presents...

Alaska:

America's Last Frontier

Monday, November 6, 11:30 AM

Join us for a presentation on this wonderful trip to Alaska.

Trip features: Gold Mining, Museum of the North, Trans-Alaska Pipeline, Dog Mushing, Denali National Park, Tundra Wilderness Tour, Musk Ox Farm, Anchorage, Prince William Sound Glacier Cruise and Fairbanks.

Please sign up so we can prepare for our audience by calling at 978-443-3055 or email senior@sudbury.ma.us.

~ Movies ~

Friday, Nov. 3 at 1:00 PM

The Wonderful Story of Henry Singer PG-13 - 1.5 hrs.

Henry Singer, a wealthy man, decides to take on an extraordinary challenge by mastering cheating at gambling games.

Friday, Nov 17 at 1:00 PM

Love Again PG-13 - 2 hrs.

What if a random text message leads to the love of our life? Check out this romantic comedy starring Priyanka Chopra, Sam Heughan and Nick Jonas.

Struttin' Our Stuffin' Walking Challenge

November 1 - 30



Sign up to walk your way through November! Join the Sudbury Senior Center and Sudbury Park & Rec Dept for some active fun!

You can sign up as Group, Individuals, Doubles or in teams of 3 or more.

Check-in will be each Thursday afternoon via email, steps will be tallied by "group" Friday mornings and results will be posted via Facebook and email.

Prizes will be awarded in early December for each category and overall highest step-count!

Sign up at [https://sudburyma.myrec.com/info/activities/program_details.aspx?](https://sudburyma.myrec.com/info/activities/program_details.aspx?ProgramID=30725)

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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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