

JANUARY 2024



**OUR NEW
COMMUNITY
CENTER IS
NOW OPEN.
PLEASE
STOP BY TO
SEE US !**

HIGHLIGHTS:

Jan 8 - Van Trip to Target
Jan 10 - Pathways Coffee Hour
Jan 12 - Joy of Watercolor
Jan 16 - Harvey Leonard Talk
Jan 18—Drums Alive free Class
Jan 24 - Legal Clinic
Jan 25 - Line Dance free Class
Jan 30 - Hip Hop Dance free class
Jan 30 - iPhone & iPad Tech

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 and Welcome to 2024!

By the time you are reading this article, the Sudbury Senior Center staff will be just about moved into the new Fairbank Community Center. Our scheduled reopening date is Tuesday, January 2. We purposely did not plan too many large special events for the first few days and weeks of January because of the shifting dates for the move. However, we plan to offer tours of the new space and will have a schedule available within the first week of January. You are welcome to stop in anytime during our operating hours to walk around and take a look. We do ask that you check in at the Check-In Monitor near the front door (or if you are new, please check in with the receptionist at the Front Desk). We are excited to see how many people are coming through!

If you are new to the Senior Center, please fill out our simple Participant form and receive a keytag for checking in. We ask everyone who comes to the Senior Center to complete this form, ensuring we have your name, and important information such as Emergency contacts. The information is completely confidential in our database – only used by approved employees. When you enter the Senior Center and check in, your visit will be counted and added to a statistical report (with numbers, not names). We are then able to compile information such as how many people are coming in each day, or how many are attending various classes. Thank you – we look forward to welcoming you in the new space!

~ Debra

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The Great Courses DVD Series

Museum Masterpieces: The National Gallery in London
On Zoom during January

No class on Jan 1 & 15

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 January

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.

Persian Empire
On Zoom during January

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?

The Persian Empire 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



Current Events Discussion
Hybrid Meeting

Day: Thursdays
Time: 10:00 AM

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.

Documentaries showing in January

Friday, January 5 at 1:00 PM

SLY Learn about the nearly fifty year prolific career of Sylvester Stallone, who has entertained millions. This retrospective documentary offers an intimate look at the Oscar nominated actor, writer, director & producer.

Friday, January 26 at 1:00 PM

Live to 100 –Secrets of the Blue Zones— Dan Buettner, National Geographic explorer looks for the secrets of longevity, categorizing common features of life in different regions of the world where people's lifespans are the longest.



4 | WATERCOLORS/AARP TAX RETURN PREP

Joy of Watercolors Workshop with Angela Ackerman

Time: 11:30-1:30 PM or 1:45-3:45 PM - Date: Friday, January 12

Unusual Palette Landscape: We will be playing around with different palettes and different color combinations. Bring in a landscape photo or reference that uses a palette (color combination) you really like, or one that you have always wanted to use but never got the chance. It can be subtle or dramatic. Maybe there's an artist whose color choices you really love. All levels welcome! Hope to see you there!

Cost: Please write a check in the amount of \$15.00 payable to "Town of Sudbury" to reserve your spot. Please pay the fee as soon as possible after registration. Choose one time slot.

Register: Please sign up in advance by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us. Note: Scholarship may be available; contact Ana Cristina Oliveira, Assistant Director/Outreach Coordinator at 978-639-3268.



Tax Season is nearly upon us!

AARP-Sponsored Tax Return Preparation Schedule February 26, 2024 - April 2, 2024

~ Call to make your appointment beginning on Monday, February 5 ~

Starting on February 5, appointments can be scheduled on Mondays and Tuesdays with Emil Ragonis and Kate Barry, and a new Tax Prep Volunteer. Emil Ragonis is the Coordinator of this program. He, Kate and the to-be-determined third Tax Preparer are AARP-trained and IRS-certified Tax Preparation Volunteers. We very much appreciate their dedication to this program.

Please note: For people who *don't* have brokerage accounts, help starts **Monday, February 26**.

For those with brokerage accounts, including people with stocks, appointments will begin **Monday, March 25**.

Please make your appointments starting on Feb. 5 at 9:00 AM by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

The AARP program is open to everyone but focuses on low-to moderate-income people who are 50 and older or who cannot afford to pay for professional preparation.



T'AI CHI - No classes: Jan. 1 & 15

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

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

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 at several local fitness clubs and senior centers.

★ **DANCE FUSION NEW CLASS**

Tuesdays | 11:00 –12:00 PM | \$48.00

Inst: Scott Shuster **8 wk. session: Feb. 13 - April 2**

Scott has a very simple philosophy when it comes to exercising... It should be fun, not work. With Dance Fusion you're getting your exercise and you hardly even know it because you're having so much fun dancing to great Pop & Funk music. All levels welcome. Scott is a certified fitness instructor.

Note: Free trial class on February 6 at 11:00 AM

WELLNESS LAB: MINDFULNESS + MORE

Wednesdays | 1:00-2:00 PM | \$48.00

Inst.: Lisa Campbell **8 wk. session: Jan 10—Feb 28**

Wellness Lab is an inspiring series focused on elevating your well-being. Sessions feature mindfulness, breathwork, and brief 10-minute meditations crafted to soothe and induce relaxation. We'll explore topics such as whole brain living, cultivating positive mindsets, and mastering stress. Gain insights on seamlessly integrating these tools into your daily life for effective anxiety management. Each session concludes with a heartwarming meditation for gratitude, compassion, and kindness.

★ **LINE DANCE NEW CLASS**

Thursdays | 2:15—3:15 PM | \$48.00

Inst: Paul Hughes **8 wk. session: Feb 8 - March 28**

Dance for fun, exercise, balance, coordination and to learn a new skill. Line dancing is great fun while you improve memory skills, strengthen bones, develop better balance, relieve stress, and put a smile on your face. No need to have a partner, it is something for everyone and no experience is necessary! This class is for all levels. Modifications will be made.

Note: Free trial class on January 25 at 2:15 PM

FIT FOR THE FUTURE - No classes: Jan. 1 & 15

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

Inst: Lois Leav . **Session: ongoing \$4.00 at the door**

Lois has been teaching the Fit for the Future class for over 30 years. This class is a mix of low body aerobics and stretching to upbeat music. Accommodations will be made for lower impact exercise. This class is marked safe for beginners.

ZUMBA GOLD

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

Inst.: Yachun Lin **8 wk. session: Jan. 25 - Mar. 21**

Zumba Gold is a fun cardio class with low impact movements that are gentle to your joints. Each class is like a dance party. Finishes with balance practice and stretch exercises.

INTERMEDIATE TAP DANCE

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

Inst.: Susan Craver **8 wk. session: Jan. 11 - Feb. 29**

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.

Staying Active & Independent for Life - Zoom

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

Inst.: Derry Tanner **8 wk. session: Nov. 16 - Jan. 25**

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.

★ **Drums Alive NEW CLASS**

Thursdays | 1:00-1:55 PM | \$48.00

Inst.: Yachun Lin **8 wk. session: Jan. 25 - Mar. 21**

Free trial class on January 18 at 1:00 PM

See article on page 14 for more info.

CHAIR YOGA - HYBRID CLASS

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

Inst.: Rebecca Reber **8 wk. session: Nov. 17 - Feb. 9**

Yoga is an excellent class for loosening muscle tension. Most of the class takes place while sitting. Rebecca is a 200-hour Yoga Fit International Training System, Inc. RYT certified instructor.

6 | SEVERE WEATHER



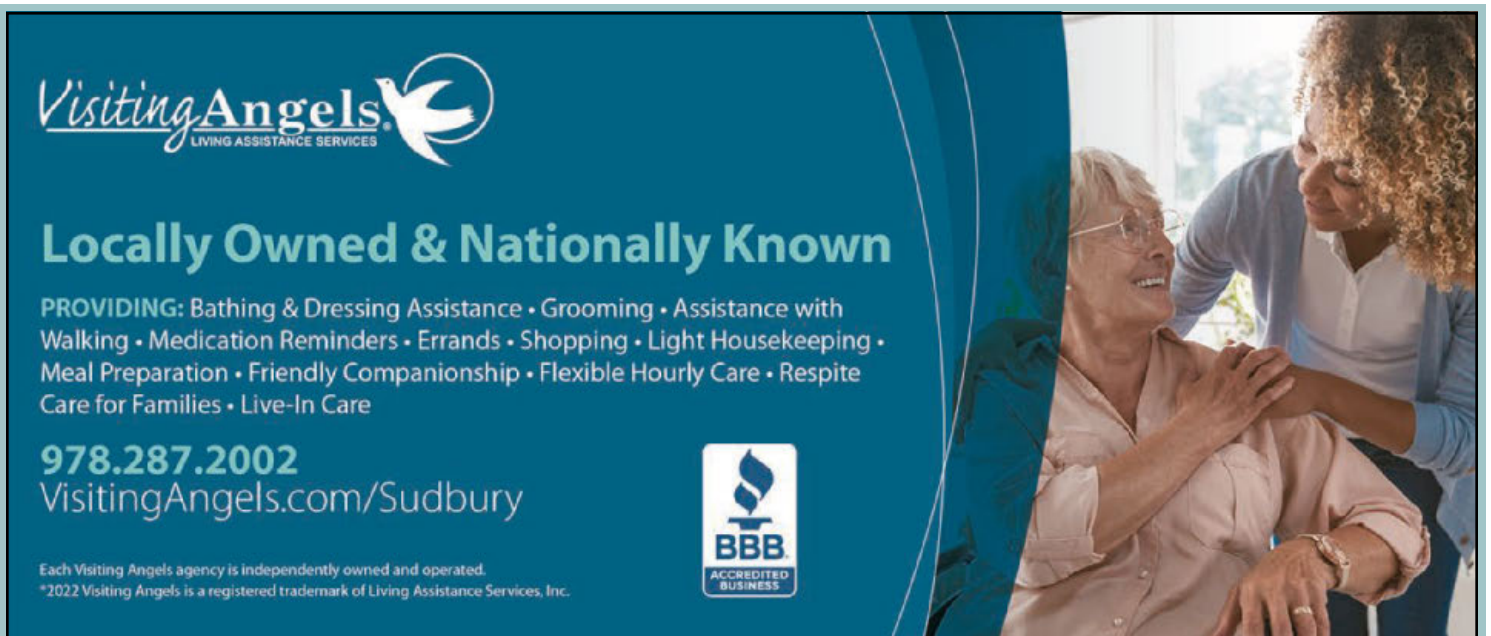
Severe Weather/Power Outages

The Senior Center will *cancel programs, but may remain open* when school is cancelled due to severe weather. We will close the Senior Center only if the Town Manager deems it unsafe to open. Information about cancellations or postponements will be shared on the Town and Senior Center websites, as well as the main phone line (978) 443-3055. Please double check before coming out! Should the Town decide to activate the Emergency Shelter - there will be an alert on the town website as well as via Emergency Phone Notifications.

Don't forget to have an emergency plan with family, friends or neighbors, and have ready contact numbers, extra food, water and medications, charged phones, and extra batteries. Need more information about planning for emergencies? Contact Ana Cristina Oliveira, Assistant Director/Outreach Coordinator at oliveiraa@sudbury.ma.us or 978-443-3055.

Make Sure You Receive Emergency Notifications!

Sign up for Sudbury's Emergency Notifications to receive urgent messages about weather or other issues on your home and cell phones. Go to the Town website at www.sudbury.ma.us and click on the red "Emergency Notifications" button on the right side. If you need help with this, please contact the Senior Center at 978-443-3055.




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PROGRAM HIGHLIGHT

Medical Equipment Loan Closet:

Our Loan Closet is filled with all sorts of gently-used durable medical equipment, from canes to wheelchairs, transport chairs to shower benches, crutches, knee scooters, walkers, rollators, and more! Our inventory changes all the time. To borrow something from our Loan Closet *at no charge, and for as long as is needed*, contact Janet Lipkin at 978-639-3223 to make an appointment. Returns & donations of equipment are by appointment only, as well. Note: Allow 2 business days to process requests of equipment.



Space Heater Exchange:

Sudbury seniors who have a non-functioning or poorly functioning space heater can exchange it for a new space heater, free of charge.

A volunteer will deliver it to you, along with safety information.

Note: limited supply. Contact Janet Lipkin at 978-639-3223.



Sand buckets: If you are in need of a filled sand bucket so that you can apply the sand to your walkways and/or driveways, please contact Janet Lipkin at 978-639-3223. Once the request is placed, a volunteer will deliver the sand bucket to you within a few days. Please do not wait until you are almost out of sand to put in your request—the deliveries are not done on an urgent-need basis.

**HUGE THANKS TO
OUR SAND BUCKET
BRIGADE
VOLUNTEERS!**



**Danny
Vellom**

WHAT WE DO

Our volunteers...

- ◆ Make small outdoor home repairs
- ◆ Provide technology support
- ◆ Make weekly phone 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
- ◆ Greet people as they come into the Senior Center
- ◆ 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/>.

8 | JANUARY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
	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 Persian Empire 11:00 Fit for the Future 1:00 Wellness Lab 1:00 Intermediate Bridge 1:30 Let's Play Chess!	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 1:00 No Low Vision Mtg. 2:30 Connection Circle	9:30 Chair Yoga 10:30 -12:00 BP Check 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:00 Documentary: Sly 1:45 Watercolor Drop-in 3:00 Uber Tech Clinic
8	9	10	11	12
10:00 Cribbage 10:00 Stamp Club 10:00 Museum Master 11:00 Fit for the Future 11:30 Van trip 12:30 Mahjong 2:30 Tai Chi 3:30 COA Meeting	9:30 Concert Master Works 1:00 Shine Appts.	9:30 Persian Empire 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Wellness Lab 1:00 Intermediate Bridge 1:30 Let's Play Chess! 2:00 Pathways Coffee Hour	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 10:30 -12:00 BP Check 11:30 Joy of Watercolors Workshop—Landscape 11:00 Fit for the Future 1:45 Joy of Watercolors Workshop—Landscape 3:00 Uber Tech Clinic
15	16	17	18	19
	9:30 Concert Master Works 12:00 Harvey Leonard Chief Meteorologist Emeritus Talk 1:00 Shine Appts. 2:00 Making Memories Café	9:30 Persian Empire 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Wellness Lab 1:00 Intermediate Bridge 1:00 Turn the Page Book Grp 1:30 Let's Play Chess!	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 1:00 Drums Alive Free Trial 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:45 Watercolor Drop-in 3:00 Uber Tech Clinic
22	23	24	25	26
10:00 Cribbage 10:00 Museum Master 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi	9:30 Concert Master Works 1:00 Shine Appts.	9:30 Persian Empire 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Wellness Lab 1:00 Intermediate Bridge 1:00 Legal Clinic 1:30 Let's Play Chess!	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 1:00 Drums Alive 2:00 Friends Meeting 2:15 Line Dance Class free trial 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:00 Documentary: How to Live to 100 1:45 Watercolor Drop-in 3:00 Uber Tech Clinic
29	30	31		
10:00 Cribbage 10:00 Museum Master 11:00 Fit for the Future 12:30 Mahjong 1:00 Short Story Group 2:30 Tai Chi	9:30 Concert Master Works 11:00 Hip Hop Dance Class 1:00 Shine Appts. 2:00 iPhone & iPad Tech Workshop	9:30 Persian Empire 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Wellness Lab 1:00 Intermediate Bridge 1:30 Let's Play Chess!	FONT COLORS: Zoom Events in BLUE On-site Events in BLACK Special Events in RED Hybrid Events in GREEN Off-site Events in PURPLE	*Circle of Friends & Caregiver Support Group takes place at Orchard Hill Assisted Living



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Could you benefit from a reduction in property taxes?

The Town of Sudbury offers several property tax exemptions, as well as the option to defer taxes at a low interest rate. Residents who qualify may also be exempt from the Community Preservation Surcharge.

For information on Property Tax Relief, go to the Sudbury Town Assessors webpage at

<https://sudbury.ma.us/assessors/2023/07/25/fy-2024-statutory-exemption-programs/>

where you can learn more about Property Tax Exemptions, the Community Preservation Exemption and Property Tax Deferral.

Another way to save on Property Taxes is the Property Tax Work-off program. Residents may qualify to work for a Town Department that earns a tax credit. To apply for the Property Tax Work-off Program, please pick up an application at the Sudbury Senior Center, or call to have one mailed to you.

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 to sign up or call 617-826-9080.

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 | JANUARY EVENTS

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 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 throughout 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.

Jump Aboard the Hip Hop Dance Train 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.



This program is brought to you by a grant from the Mass Cultural Council.

SUDBURY SENIOR SERVICES (for non-urgent needs) call 978-443-3055

[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 * New day and Time](#)

Free 20-minute onsite appointment with a Volunteer Elder Law Attorney, on the 4th Wednesday 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 does a Budget Calendar help?

While planning and keeping a monthly budget calendar won't protect against every surprise, there's still very good news: doing so helps you get a handle on your finances in a straightforward, easy-to-visualize way. When you can see exactly what your income will be in a given month—and precisely when it will hit your bank account—you can:

- + Plan your expenditures,
- + Pay your bills on time
- + Head off any deficits,
- + Get in the habit of saving
- + Make spending adjustments

How do you create a Budget Calendar?

Using a calendar for budgeting is easy. You don't need Microsoft Excel or other computer software (unless you want to do it this way), and you won't have to consult an accountant for advice.

Here's what you will need:

A calendar: You can use a desk or wall calendar you already have or find a free budget calendar template you can print or use online.

Your income: Make a list of all the income you receive each month and when. This could include Social Security checks; income from pensions or retirement accounts; and disability benefits or SNAP payments (if you get these).

Your expenses: Gather up your regular monthly bills and when they're due. These include your mortgage or rent; your health insurance and medications; food; utilities; car payment or other transportation costs; and other fixed expenses.

Now, write each of these things on your calendar.

Check out the National Council on Aging Budget calendar by clicking this link [NCOA Budget Calendar](#)

MAKING MEMORIES CAFÉ

Tuesday | January 16

2:00 - 3:30 PM

Bring your loved ones with memory loss to enjoy refreshments, uplifting entertainment or an activity, and companionship with others.

These events are perfect opportunities for you to take a break, socialize with other family caregivers and simply enjoy spending time with your loved one.

This café is sponsored by: Bridges by Epoch and will meet on the 3rd Tuesday of the month.

Reservations are required by calling the Sudbury Senior Center at 978-443-3055 or email: senior@sudbury.ma.us.

HEARING CLINIC

Friday | January 12

9:30 - 11:00 AM

Michael Drennan, BC-HIS, of Rogers Hearing Solutions, offers complimentary wax and hearing screenings on the 2nd Friday of the month. Call the Senior Center at 978-443-3055 for an appointment.

GRIEF SUPPORT GROUP

Tuesday | January 2

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

Friday | January 5 & 12

10:30 - 12:00 PM

A Sudbury Board of Health nurse will check your blood pressure.

LOW VISION SUPPORT GROUP

No January Meeting

Thursday | February 1

1:00 - 2:00 PM

The Low Vision support groups meets on the first Thursday of the month.

Can I Still Change My Medicare Plan?



Even though Medicare's Open Enrollment Period in the Fall has ended, you may still be able to change plans during 2024. Please make a SHINE appointment if you would like to discuss your situation. Below are some opportunities to change plans at this time of year:

Exceptional Circumstances: If you believe you made the wrong plan choice because of inaccurate or misleading information, you can call 1-800-MEDICARE to request enrollment in a different plan.

Medicare Advantage Open Enrollment: If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March.

For Prescription Advantage members or those getting "Extra Help" paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year.

Medigap Plan: You can enroll in a Medigap plan or switch to a different plan throughout the year.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options.

To schedule a SHINE appointment, call your local Senior Center. For other SHINE related matters, call 1-800-243-4636. Once you get the SHINE answering machine, leave your name, town and number.

Need Help this winter with Fuel Assistance?



Low Income Home Energy Assistance Program (LIHEAP).

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.

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 Target

Monday | January 8

Pick up at 11:30 AM

Drop off at Target 12:00 PM

You will have 1 hour of shopping.

Registered van riders, please contact the MWRTA Reservation Center to schedule your trip at 508-820-4650.

There is a 3 person minimum to run this shopping trip.

13 | SENIOR PROFILE



Bob May

Written by Emilie Delquié, Senior Center volunteer

When you ask Bob what he's most proud of, he's very quick to answer he is most satisfied when he reaches out to help people. This is a simplified way to sum up a recurring theme when you talk to him about his life so far.

Born and raised in Chicago, he graduated in 1967 from Northwestern as a Chemical Engineer and earned his MBA from the Kellogg School of Management in 1970. He later pursued a successful career at Digital Equipment, Compaq, and Hewlett-Packard (HP) in a variety of roles from Finance to a senior contract and sales operations professional.

He moved to Massachusetts in January 1980, with his wife of now 54 years and their two sons. They quickly settled in Sudbury and got involved in the community early on. His wife started volunteering with the Sudbury Newcomers Club, and they soon joined the Lutheran church. While his job at HP took him on the road fairly often to Europe, Asia, and Australia, he still made time to be the umpire at little league games with his boys and found joy in making improvements around their home. As he says, this gave him very concrete immediate feedback, in contrast with his longer-range forecasting activities at work. He also made a point of introducing his boys to technology early on, with, for example, a "monstrous" – and one of the first - terminals for emails in the early 80's.

Aside from a successful career and a beautiful family, Bob made many contributions to the Sudbury community over the years. To name just a few:

- He has volunteered for 12 years on the Council on Aging.
- He was recently elected President of his church for the second time.
- He worked on updating the Sudbury Long Range Plan in 2020.
- He has been serving on the Finance and Facilities Committees for the Sudbury Valley Trustees for the last 6 years.

Bob makes himself available to others and clearly likes to help, whether it's his family, his congregation or his fellow Sudbury residents. Here are a few examples that illustrate perfectly his approach to being there for others.

Seeing the trend of decreasing membership in his church, he is intent on finding new ways to rebuild connections with existing and new members, and with new groups in the community. Similarly, serving in his role as a member of the Facilities Committee for the Sudbury Valley Trustees, Bob mobilized his network, found the original drawing of the unique garden on the property, which was originally designed by Olmsted Bros., and aided in the development of a plan to bring it back to life. As a result, last fall the Garden Club and the Historical Commission joined forces and the garden is now on the training program for new master gardeners in the area. Bob calls it a "local treasure", which will soon be coming back to its original beauty for the community to enjoy.

Another example is that for several years he was helping a member of the Senior Center with computer issues when he realized that her mobility was decreasing. She was an active member of an orchestra in NH, and she really needed to stay connected to her community online. As for the Senior Center, Bob aided in bringing various planning and budget discussions together over the last 7 years, so that plans for the new Community Center could be achieved.

Finally, Bob managed to get this involved in his community while caring for his family. He now has two grown grandchildren in Maynard, and the whole family is ensuring that his wife, who has been in a memory care unit in Framingham since September 2022, sees a family member every day. Bob was the full-time caregiver for his wife for the previous 4 years, and the importance of his community was clearer to him than ever. He appreciates the critical support all the organizations around town are providing and is proud to play a part where he can. As he says, he feels grateful that he can do what he's doing.

Drums Alive — Free Trial Class
Thursday, January 18 at 1:00 PM

Drums Alive is a unique sensory-motor drumming program involving drum sticks, an exercise ball, and music. It's specially designed for older adults, increasing participants' sense of well-being as it provides elements of fun and socialization. This seated class will raise your energy and ignite the brain, body and mind through neurological pathways.

New Drums Alive Class
Starts on January 25 at 1:00
8 week session \$48.00

Line Dance – Free Trial Class
Thursday, January 25 at 2:15 PM

Dance for fun, exercise, balance, coordination and to learn a new skill. Line dancing is great fun while you improve memory skills, strengthen bones, relieve stress, and put a smile on your face. Each dance is broken down first, demonstrated and then danced to contemporary music that you will enjoy! No need to have a partner, sign up now!

New Line Dance Class
Starts on February 8 at 2:15
8 week session \$48.00

Legal Clinic Appointments
with Volunteer Elder Law
Attorney

Wednesday, January 24
1:00 - 3:00 PM

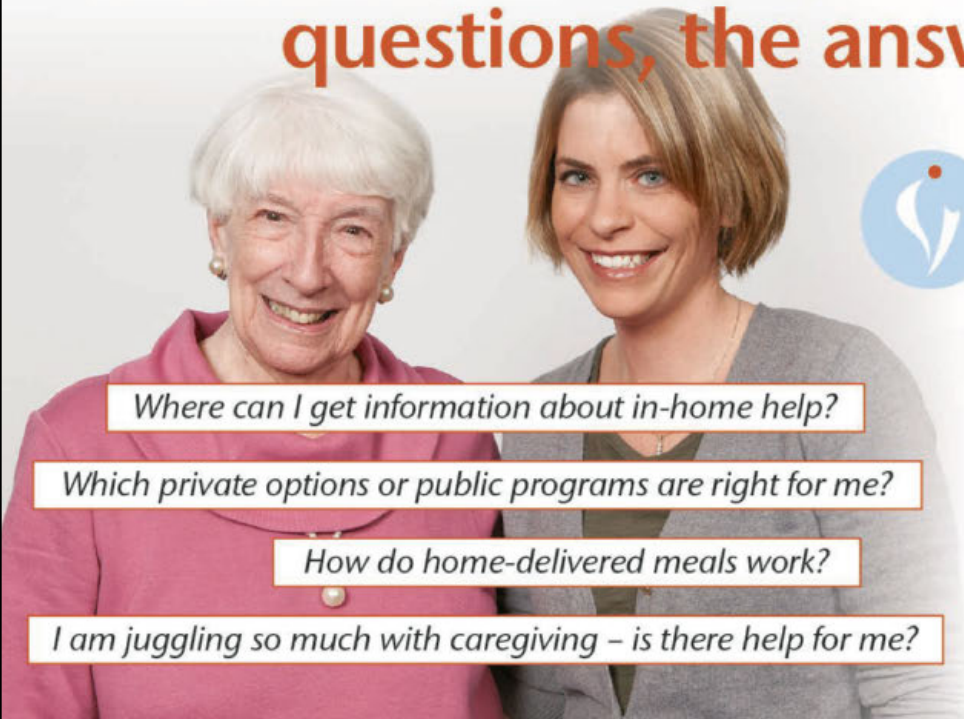
4th Wednesday of the month.
 Please call 978-443-3055 to schedule your free 20-minute in person appointment.

iPhone and iPad
Tech Workshop

Tuesday, January 30
2:00 - 3:30 PM

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

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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