

FEBRUARY 2024



February is **American Heart Month**, and the American Heart Association is challenging every household or family to have at least one person who knows CPR or Hands-Only CPR. *Look for our offering of **CPR for Friends and Family**—coming in April 2024.*

About the American Heart Association

The American Heart Association is a relentless force for a world of longer, healthier lives. We are dedicated to ensuring equitable health in all communities. Through collaboration with numerous organizations, and powered by millions of volunteers, we fund innovative research, advocate for the public's health and share life-saving resources. Connect with AHA on heart.org, [Facebook](#), [Twitter](#) or by calling 1-800-AHA-USA1.

HIGHLIGHTS:

Feb 6	Soft Opening Celebration
Feb 6	Dance Fusion Free Class
Feb 7	Wellness Lab Free Class
Feb 12	Van Trip to Target
Feb 12	Art as a Reflection of Life Dance performance
Feb 13	Slavery in America Talk
Feb 14	Speed Dating/Lincoln COA
Feb 14	Seeing & Drawing Class
Feb 20	Making Memories Café
Feb 26	AARP Tax Prep Appts
Feb 27	iPhone Workshop

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.



WHAT'S INSIDE PAGE

Director's Note	2
Academics	3
Watercolors/Drawing	4
Fitness Classes	5
Interpretive Dance/Sewing	6
Volunteer News	7
February Calendar	8
Community Information	9
February Events	10
Outreach and Information	12
Soft Opening / Trips	13
AARP Tax Prep Appts	14

2 | A NOTE FROM DEBRA GALLOWAY, DIRECTOR

Greetings All!

As we continue to settle into our new Senior Center spaces, we welcome you to visit, take a tour, sit in the Café area or lounge, meet a new friend, and enjoy the beauty of the view - inside and out of the sunny windows.

We are offering new classes and other programs. Check out the new “Senior Learning Network” offerings on Tuesday afternoons at 2:00 PM. These programs offer an inside look at special locations around the country, with in-person hosts who explore and share live on screen. Join us for the new Line Dance, Dance Fusion, Drums Alive and Wellness Lab (Mindfulness and More!) classes. Or perhaps you want to get better at organizing your iPhone or iPad – sign up for the Tech Workshop on February 27!

There is something for everyone. If you don't see something you like, please make a suggestion, via our suggestion box or an email to senior@sudbury.ma.us.

With most of our classes and programs we ask that you let us know you're coming by calling or emailing in advance, and don't forget to sign in when you arrive– so we can keep track of how many people are visiting each day!

We look forward to seeing you! Look for Ping Pong Hours and Photo Club in March!

Debra

Please note the Senior Center will be closed on Fri., Feb 2. from 1:00-4:00 PM for Staff Training. Watercolors and Uber Tech will be cancelled.

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The Great Courses DVD Series

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

No class on Feb. 19

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 -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 February

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.

History of India
On Zoom during February

Day: Wednesdays
Time: 9:30 - 11:00 AM

India is home to some of the world's oldest, greatest, and most successful civilizations. Today the South Asian subcontinent contains 20 percent of the world's population and is a thriving center for global business. Over the next decade, India alone is expected to surpass China in population, making this region one of most significant economic powerhouses in the world.

Please email Chery Finley at Finleyc@sudbury.ma.us to sign up for the Great Courses DVD Series

Current Events Discussion Group Hybrid Meeting

Day: Thursdays
Time: 10:00 AM
Join in this respectful discussion of world events with facilitator Don Sherman.

Senior Learning Network Programs

Will be viewed at the Sudbury Senior Center in Program Rm 1.

Senior Learning Network Programs

February 6, 13, 20, 27

Tuesdays, 2:00 PM

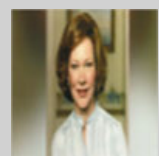
Feb 6—Cane River Creole National Park

Feb 13—Glacier Bay National Park and Preserve

Feb 20—Life & Legacy of Jaqueline Kennedy Onassis

Feb 27—The Extraordinary Life Rosalyn Carter

Call the Senior Center at 978-443-3055 to sign up.





Joy of Watercolors Workshop with Angela Ackerman

Friday, February 9

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

Be inspired by master watercolorist John Singer Sargent to create a water cityscape. Work with more water and keep the paint alive to create your watercolors. Bring your favorite John Singer Sargent watercolor or photo or any personal photo that shows water and cityscape. Hope to see you there!

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.

You can sign up in advance by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Seeing and Drawing Class

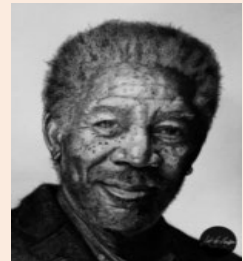
10 Week Class

Meets every Wednesday starting on February 14

Time: 10:00 AM-12:00 PM

Instructor: Lane Williamson

This class is limit to the first 10 people that sign up.



If you haven't drawn since the fourth grade, check out this course: you will learn to see; if you're a drawing beginner, this course is perfect for you: we're going to practice all the parts of drawing ; if you've been drawing for years, this course is definitely for you: we're going to draw and draw and draw!

The practice of drawing is, at root, the practice of seeing; seeing the shape and form of objects, seeing light and shadow, seeing the shape of space both positive and negative, and more.

In this class we will allow our brains to shift from naming things to seeing them, and in doing so we'll know those things and draw those things better and better.

Please write a check in the amount of \$20.00 payable to “Town of Sudbury” to reserve your spot. Please pay the fee as soon as possible after registration.

Register: Please sign up in advance by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us

T'AI CHI

No class: Feb 19

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

Inst: Jon Woodward **8 wk. session: Feb. 12-Apr. 8**

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow movements and controlled breathing. This class is great for beginners. 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 dancing to great Pop & Funk music. Scott is a certified fitness instructor. **Free Dance Fusion Class FEB 6 at 11:00 AM**

WELLNESS LAB: MINDFULNESS + MORE

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

Inst: Lisa Campbell **8 wk. session: Feb 14- April 3**

Wellness Lab is an inspiring series focused on elevating your well-being. We'll explore topics such as whole brain living, cultivating positive mindsets, and mastering stress. Each class concludes with a heartwarming meditation.

Free Wellness Lab on Feb 7 at 1:00 PM

LINE DANCE

NEW CLASS

Thursdays | 2:15—3:15 PM | \$48.00

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

Line dancing can improve memory skills, strengthen bones, develop better balance, and put a smile on your face. No need to have a partner. This class is for all levels. Modifications will be made.

ZUMBA GOLD

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

Inst: Yachun Lin **8 wk. session: Jan 25-March 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 with easy-to-follow steps. Yachun is a certified Zumba Gold Inst.

FIT FOR THE FUTURE

No class: Feb 19

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. Call to reserve your class on Friday after 9:30 AM.

INTERMEDIATE TAP DANCE

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

Inst: Susan Craver **8 wk. session: Jan. 4 - Feb. 22**

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 years.

Staying Active & Independent for Life on Zoom

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

Inst: Derry Tanner **8 wk. session: Feb. 15-April 4**

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

No class Feb 22

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

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

Drums Alive is a unique sensory-motor drumming program involving drum sticks, an exercise ball, and music. It's specially designed for older adults. This seated class will raise your energy, body and mind through neurological pathways.

CHAIR YOGA—HYBRID CLASS

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

Inst: Rebecca Reber **8 wk. session: Feb 16-April 5**

Yoga is excellent for loosening muscle tension and maintaining range of motion for the joints. Rebecca is a 200-hour Yoga Fit International Training System, Inc. RYT certified instructor.

6 | EVENTS

Art as a Reflection of Life: through the Lens of Time

Monday, February 12 at 2:30 PM

Sharanya Baradwaj, a student of Smt. Sunanda Narayanan of Thillai Fine Arts Academy in Newton MA, is a junior at Acton Boxborough High School.

She has performed in various dance shows and competitions and has won many prizes.

In this dance presentation, she will explore, through her art, how life has changed or remained the same, and how over the centuries, despite the volatility of times and regimes, Bharatanatyam continuously perseveres, remaining available as a medium of expression for the present generation to adopt and preserve to today's needs.

Call the Senior Center to sign up at 978-443-3055.

Make Pillowcases

Tuesday, February 13 at 1:30 PM

Cost is \$22.00

Are you ready to create a lovely standard size pillowcase in about an hour's time? No excuses about not having sewn since grammar school! You CAN do this! You will be supplied with all the necessary fabric to create your personal pillowcase out of 100% cotton fabric. There are only 3 seams and then, VOILA, your pillowcase is done!

You will need to bring your own sewing machine, in proper working order, with a neutral colored thread to use on the top as well as in the bobbin. Polyester or cotton thread is fine to use. Cost of Class is \$22.00 and is due at sign in. Please bring exact change. Call the Senior Center to sign up at 978-443-3055.

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PROGRAM HIGHLIGHT

Technology Support



Tech Volunteer Colin Warwick assisting patrons

Our Senior Center Tech Support Volunteers offer one-on-one assistance to Sudbury seniors with questions about their laptops, smart phones, and iPads. The session can be done in-person at the Senior Center, by phone call or via Zoom. For more information or to request a tech support session to be scheduled, please contact Janet Lipkin at 978-639-3223. Note: This is not an urgent-needs service.

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-needs basis.



A welcome weekly phone call

Imagine that you are doing things around the house when the phone rings and you hear the voice of your volunteer Phone Buddy. ..a friend with whom you can share stories and memories, discuss current events, talk about books you have read, or just chat about whatever is on your mind.

To learn more about how to be matched with a Phone Buddy or how to become one, contact Janet Lipkin at 978-639-3223.

Interested in getting a lock box for emergency access by the Fire Dept?

Contact Janet Lipkin at 978-639-3223.



WHAT WE DO

Our volunteers...

- ◆ Make small outdoor home repairs
- ◆ Provide technology support
- ◆ Make weekly calls or outdoor home visits to seniors
- ◆ Pick up groceries for clients
- ◆ Help out at special events
- ◆ Offer free legal, tax and health insurance advice
- ◆ Deliver books/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 more!



Volunteers helping with our newsletter mailing

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/>.

FEBRUARY 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
*Circle of Friends & Caregiver Support Group takes place at Orchard Hill Assisted Living	FONT COLORS: Zoom Events in BLUE On-site Events in BLACK Special Events in RED Hybrid Events in GREEN Off-site Events in PURPLE	Blood Pressure Clinic Schedule varies right now - Thu., Feb. 1 at 10:30 AM and Tues, Feb. 6 at 10:30 AM; Please call for additional Feb. dates	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 Current Events 10:30 BP Check 11:00 Zumba Gold 12:30 Canasta 1:00 Low Vision Group 1:00 Drums Alive 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 NO Watercolor Drop in Closing at 1:00 1:00 -4:00 Staff Training 1:45 NO Watercolor 3:00 NO Uber Tech Clinic
5	6	7	8	9
10:00 Cribbage 10:00 Stamp Club 10:00 Mus. Master 11:00 Fit 4 Future 12:30 Mahjong 2:30 Tai Chi	9:30 Soft Opening Celebration 9:30 Concert Master Works 10:00 Grief Support Group 10:30 BP check 11:00 Dance Fusion Free trial 1:00 Shine Appts. 2:00 Senior Learning Network 2:00 Circle of Friends 2:00 Caregiver Support Grp.	9:30 A History of India 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Wellness Lab Free trial 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 Drums Alive 2:15 Line Dance 1 Class 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 11:30 Joy of Watercolors 11:00 Fit for the Future 1:45 Joy of Watercolors 3:00 Uber Tech Clinic
12	13	14	15	16
10:00 Cribbage 10:00 Stamp Club 10:00 Mus. Master 11:00 Fit 4 Future 11:30 Van Trip 12:30 Mahjong 2:30 Tai Chi 2:30 Interpretive Indian Dance perf. 3:30 COA Meeting	9:30 Concert Master Works 11:00 Dance Fusion 1st class 1:00 Lionel Porter: Slavery in America 1:00 Shine Appts. 1:30 Make Pillowcases 2:00 Senior Learning Network	9:30 A History of India 10:00 Seeing & Drawing 10:30 Speed Dating-Lincoln 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 Pathway Coffee Hour	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 Current Events 11:00 Zumba Gold 12:30 Canasta 1:00 Drums Alive 2:15 Line Dance 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
19	20	21	22	23
The Senior Center is CLOSED 	9:30 Concert Master Works 11:00 Dance Fusion 1:00 Shine Appts. 2:00 Senior Learning Network 2:00 Making Memories Café	9:30 A History of India 10:00 Seeing & Drawing 10:00 Informal Grief Sup. 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Wellness Lab 1:00 Intermediate Bridge 1:00 Turn the Page 1:30 Let's Play Chess!	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 Current Events 11:00 NO Zumba Gold 12:30 Canasta 1:00 NO Drums Alive 2:00 Friends Mtg. 2:15 Line Dance 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 1:00 Movie: Devotion 1:45 Watercolor Drop-in 3:00 Uber Tech Clinic
26	27	28	29	
9:00 -3:30 AARP Appts 10:00 Cribbage 10 Mus. Master 11:00 Fit 4 Future 12:30 Mahjong 2:30 Tai Chi	9:00 -3:30 AARP Appts 9:30 Concert Master Works 11:00 Dance Fusion 1:00 Shine Appts. 2:00 Senior Learning Network 2:00 Friends Meeting 2:00 KevTech iPhone Wkshp	9:30 A History of India 10:00 Seeing & Drawing 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 2:15 Line Dance 2:30 Connection Circle	



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Valentine Senior Speed Dating February 14 at 10:30 AM at the Lincoln COA



Speed Dating is the fun and efficient way to meet new people. The Council on Aging of Bedford, Belmont, Concord, Carlisle, Lincoln, and Sudbury are teaming up for this enjoyable event.

You'll meet up to twelve other local, single seniors through a series of six minute "pre-dates." We facilitate the whole thing so there's no awkwardness, no pressure, and no games...just great fun! After the event, we'll contact you to let you know if you've made a match (more than two-thirds of speed daters match at least one person).

Space is limited. Sign up starts on February 1 at 8:30 AM. Call the Lincoln COA at 781-259-8811 to register for this FREE event.

NOTE: This event is taking place at the Lincoln Council on Aging & Human Services, Bemis Hall, 15 Bedford Road, Lincoln, MA 01773

Year of Dragon Spring Festival Gala Chinese American Association of Sudbury

February 10, 2024

At the Lincoln Sudbury
Regional High School

Free family crafts, games and activities
From 3:30—6:00 PM

Dinner and a live show

\$20.00 per adult

From 6:00—8:00 PM

Sign-up directly with Event brite.

Email any questions to: caas@caasma.org

SENIOR CENTER STAFF

DIRECTOR

Debra Galloway

ASSISTANT DIRECTOR/ OUTREACH COORDINATOR

Open position

ADMIN COORDINATOR

Chery Finley

COORDINATOR OF VOLUNTEER PROGRAMS

Janet Lipkin

PROGRAM COORDINATOR

Sharon K. Wilkes

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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 | FEBRUARY EVENTS

**Slavery in America:
The Early Years by Lionel Porter**
Tuesday, February 13
1:00 PM

The history of slavery is central to understanding the history of the United States. As one observer has noted, there is a "thick line from the nation's origins to the present". That is, despite the progress against racial injustice, slavery still has an impact on Americans more than a century after its abolition.

The central issues under debate today--issues involving race, class, education, voting rights, health care, and employment--are imperfectly understood without the historical context of American slavery. We shall trace the slave trade from its African roots to the Southern plantations, and how the "peculiar institution" shaped the lives of slave, slave holder, and all of America-North and South.

Pathways Coffee Hour
Wednesday, February 14
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).



Staying Organized on the iPhone and iPad Workshop
Tuesday, February 27
2:00—3:30 PM



Join the group to learn more about how to create to-do lists, manage calendar events and how to use Siri, the digital assistant.

Instructor: Kevin Figueroa, KevTech Services, Inc.

Sign up by calling 978-443-3055.

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 on-site 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

Medical Equipment Loan Closet News

The Senior Center's Medical Equipment Loan Closet is a very well-used resource of the Town. Residents of all ages can borrow gently-used durable medical equipment, at no cost. The inventory changes all the time, but popular items include wheelchairs, transport chairs, shower chairs, knee scooters, walkers, rollators, sock aids, reachers/grabbers, and bed assist bars.

Our Loan Closet space is limited, and sometimes the returned items are in need of great repair. When we have an overstock or if the equipment is beyond the types of repairs handled by the Senior Center, the items are donated to Joni & Friends' Wheels for the World ministry. This Ministry collects used manual wheelchairs and transports them to prison-based Restoration Centers across the country where they are then repaired and restored to like-new condition. The wheelchairs are then shipped to countries worldwide, including India, Haiti, Ghana, Thailand, and El Salvador.

On October 20th, the Sudbury Senior Center donated durable medical equipment in need of repair to Wheels for the World.

For more information about Wheels for the World, visit <https://joniandfriends.org/wheels-for-the-world>.

Massachusetts Circuit Breaker Tax Credit

Overview: A refundable tax credit for Massachusetts residents aged 65 or older who own or rent their principal residence in the state.

Purpose: To help older adults with limited income afford property taxes or rent.

Eligibility:

- Must be aged 65 or older by December 31 of the tax year.
- Must own or rent a principal residence in MA.
- Must have a total income that does not exceed certain limits.

Credit Amount:

Homeowners: The credit is equal to the amount of property taxes paid that exceeds 10% of the total income, up to a maximum of \$2,590 for tax year 2023.

Renters: The credit is equal to the amount of rent paid that exceeds 25% of total income, up to a maximum credit of \$2,590 for tax year 2023.

How to apply: File a Massachusetts personal income tax return (From MA-1) and complete Schedule CB.

MAKING MEMORIES CAFÉ

Tuesday | February 20

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 | February 9

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 | February 6

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 at 978-443-3055

BLOOD PRESSURE WALK-IN CLINIC

Thursday | February 1

Tuesday | February 6

10:30 - 11:30 AM

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

LOW VISION SUPPORT GROUP

Thursday | February 1

1:00 - 2:00 PM

Group meets on the first Thursday of the month.

Can I Still Change My Medicare Plan?



Medicare Advantage Open Enrollment

If you have a Medicare Advantage plan and forgot to make a change during Open Enrollment...Now's your second chance! From January 1st to March 31st, anyone with a Medicare Advantage plan is eligible to switch Advantage plans or revert to Original Medicare.

Book your appointment today with a SHINE counselor to discuss your options. We can compare costs and benefits to help you decide which choice may be best for you.

Remember SHINE counselors are available year-round to assist with all of your Medicare needs including screening for assistance programs, reviewing claims, and much more.

To schedule a SHINE appointment, call the Senior Center at 978-443-3055. For other SHINE-related questions, call 1-800-243-4636 to leave a message on our regional voicemail line. A volunteer will call you back.

**** Newsletter Mailing List Renewal ****

If you live out-of-town, and have not signed up for our paper mailing list, you are receiving a complimentary February newsletter. If you haven't already, please send a check for \$12.00 along with your name and address to the Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776.

Alternatively, you can pick up the newsletter at the Senior Center, view it on our website, or add yourself to our online email list at the town's website at www.sudbury.ma.us.

To sign up for the emailed newsletter from the Town of Sudbury homepage, click on "Email Lists", enter your name and email address, and choose "Senior Center-General Information" and click "Sign up".

You will then automatically receive our monthly newsletters and Email Updates via email. Your email address will never be shared.

Sudbury Connection Van Trip to Target

Monday | February 12

Pick-up time 11:30 AM

Drop-off time: 1:30 PM

You will have around 2 hours of shopping.

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

Trips to Target take place on the 2nd Monday of the month.



Sudbury Senior Center Soft Opening

Tuesday, February 6 (snow date February 13)



9:30 AM – 1:30 PM

Join us to celebrate the opening of the new Senior Center spaces! We will have light refreshments, tours, information tables, and members of the staff, our volunteers, the Council on Aging and Friends of Sudbury Seniors on-hand to talk about the new Center.

Because the building is still under construction on the Park and Recreation side of the building, we will focus only on the Senior Center space. However, Sudbury Public Schools is available for viewing, should you be interested. They are not hosting an Open House as they will be hard at work, but Sudbury residents may tour their space on their own.

Keep your calendar open for the Grand Opening of the new Fairbank Community Center in May of 2024!



Sudbury Senior Trips 2024

We are excited to announce some of our trips planned for 2024.

If you wish to go on any of these trips, you will need to fill out a form at the Senior Center and enclose your payment in order to reserve your spot on any one of these events.

Grab a friend, neighbor or relative and enjoy the many adventures we are offering in 2024.

April 24, 2024 - Newport Playhouse presents “The Foursome” with buffet luncheon and Cabaret show. \$132.00 per person (Royal Tours)

May 10 -17 - Boston to Bermuda cruise with Norwegian Cruise Line-7 days of sun-filled fun. Inquire for pricing of cabins. Starting at \$1199.00 per person.

May 15th Mohegan Sun. Come ride with us to the casino in CT. Shop, dine or try your luck at the slot machines if you like (This is transportation only. No other perks). \$39.00

May 22, 2024 - Lobster Luncheon cruise around Gloucester Harbor aboard The Beauport Princess \$171.00 (chicken dish is available as an alternative choice).

June 12 - 13 -Overnight trip to NYC - 9/11 Museum & Ferry ride to the Statue of Liberty & Ellis Island. (Note: There is a great deal of walking involved) \$599.00 per person Double Occupancy.

July 16, 2024 - Jimmy Buffet Tribute show with a Traditional Maine Lobster bake at Foster in York, Maine. \$137.00 (BBQ Chicken is available as an alternative choice).

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

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

As of Monday, February 5th - Appointments can be scheduled on Mondays and Tuesdays with our three Volunteer Tax Preparers. All tax preparers are AARP-trained & IRS-certified Tax Preparation Volunteers.

Please note: For people who **don't** have brokerage accounts, help starts **Monday, Feb. 26**. For those with brokerage accounts, appointments will begin **Monday, March 11**.

Please Note: Be sure to bring with you the year-end tax documents you got in the mail from banks, pension plans, social security, brokerage accounts and other sources of income, and a **copy of your last year's federal and state tax returns**. For 2023, Massachusetts allows a deduction for charitable donations, other than clothing and household items, even if you elected the standard deduction on your federal return.

Please make your appointment 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 cannot afford to pay for professional preparation and have a non-complex tax return.

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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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