

MARCH 2024



St. Patrick's Day Luncheon

Tuesday, March 12

Lunch at 12:30 PM – Band at 1:00 PM

Enjoy a delicious lunch of corn beef, cabbage, potatoes and all the fixings. Catered by Buffet Way of Marlboro. After lunch we will be entertained with traditional Irish music by Kier Byrnes and the Kettle Burners!

Cost of Lunch is \$6.00 at the door. Exact change, please.

Sign-up begins on March 4 by calling the Senior Center at 978-443-3055. Space is limited.



HIGHLIGHTS:

March 4 World's Greatest Paintings
March 5 Live Game Show
March 6 Free Trial Mat Yoga
March 8 Hearing Clinic
March 12 St. Patrick's Day Luncheon
March 13 Nutrition Counseling
March 19 Senior Learning Network
March 22 Center closing at 12:30
March 25 Sudbury Town Election
March 26 Meet Judge Fabbri
March 27 Legal Clinic

OUR MISSION:

The Sudbury Senior Center's 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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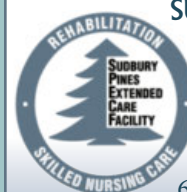
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The Great Courses DVD Series

The World's Greatest Paintings On Zoom during March

Day: Mondays
Time: 10:00 - 11:00 AM

Within the vast history of art, only a few paintings allow us to comprehend more deeply the world –and our place within it. The World Greatest Paintings leads you on a compelling discovery of some of the most significant paintings in Western art.

Concert Masterworks On Zoom during March

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? Find out by watching this interesting series.

Persian Empire 2 On Zoom until March 20

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

History of India On Zoom begins March 27

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.

Current Events Discussion Group Hybrid Meeting Day: Thursdays Time: 10:00 AM

Join in this respectful discussion of world events with facilitator Don Sherman. Participants vote and then talk about various topics. Meet at the Senior Center in Room 2 or sign into Zoom.

Senior Learning Network

Showing at the Senior Center on Tuesdays in March at 2:00 PM in Program Room 2

March 5: Happy Lunar New Year: Smithsonian's National Museum of Asian Art

Celebrate the Lunar New Year and ring in the year of the Dragon with the National Museum of Asian Art.

March 12: The Marriage of Ulysses and Julia Grant: "Warmed in the Sunshine of Love"

In February, 1844, Julia Dent met Ulysses S. Grant, a friend and classmate of her older brother, Frederick.

March 19: Sacrifice, Unity and Victory-WWII Memorial /FDR Memorial

Join us from the National Mall in Washington, DC to explore two memorials in the park, the Franklin D. Roosevelt Memorial and the World War II Memorial.

March 26: Portraits of the West: James Bama

When James Bama moved from New York to Wyoming in 1968, he began a decades-long project to understand the West by taking photographs and creating paintings of his new friends and neighbors.

Joy of Watercolors Workshop with Angela Ackerman

Friday, March 8
11:30 - 1:30 PM
or 1:45 - 3:45 PM

Watercolor Animal Portrait. Come join us for a fun watercolor workshop. Please bring in a photo of your favorite pet or any wild animal of your choice.

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.

Sneak Peak for April ...

Shake-scene
Tuesday, April 23
12:30 PM

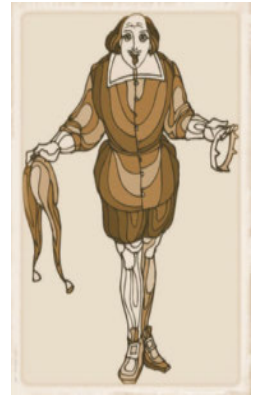
Shakespeare scenes, entitled *Shake-scene*, is a playful, rollicking ride through some of Shakespeare's most beloved characters.

This is a live performance play by professional actors Stephen Collins and Poornima Kirby.

Suggestion donation of \$5.00 at the door.

Exact change needed please.

Sign up begins on April 5th.



Seeing and Drawing Class

10 Week Class

Meets every Wednesday in March and April

Time: 10:00 AM-12:00 PM

Instructor: Lane Williamson— This class is limited to the first 10 people that sign up.



If you haven't drawn anything in a long time, check out this course. 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 email senior@sudbury.ma.us.

T'AI CHI

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

Inst: Jon Woodward **8 wk. session: Feb 26-Apr. 22**

Tai 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

Tuesdays | 11:00 –12:00 PM | \$48.00

Inst: Scott Shuster **8 wk. session: Feb. 20-Apr. 9**

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.

WELLNESS LAB: MINDFULNESS + MORE

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

Inst: Lisa Campbell **8 wk. session: Feb 14– Apr. 3**

This class is 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

LINE DANCE

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: Mar. 28—May 23**

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

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: Mar. 14-May 2**

Tapping is a style of dance that uses your feet/tap shoes as the percussive instrument. Susan has been teaching fitness classes for over 25 years.

Staying Active & Independent for Life

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

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

SAIL is a safe and effective fitness class [on Zoom](#).

Increase your strength, balance and flexibility..

Derry is a retired nurse and certified personal trainer.

DRUMS ALIVE

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

Inst: Yachun Lin **8 wk. session: Mar. 28 –May 23**

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: Mar. 1-Apr. 19**

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

MAT YOGA— New- Free Trial on March 8

Fridays | 12:45-1:30 PM | \$48.00

Inst: Rebecca Reber **8 wk. session: Mar.15-May 3**

We will connect movement and breath as we move into poses. Bring yoga block & yoga straps.

March is National Judicial Outreach month!

Meet Judge Michael Fabbri at the Senior Center on Tuesday, March 26 at 12:30 PM

Judge Michael Fabbri was appointed to the Framingham District Court in August 2012 by Gov. Duval Patrick. In July 2014 he was named as First Justice of the Marlborough District Court. He is the presiding judge of the Middlesex Veterans Treatment Court, and he serves on a number of judicial committees.

Prior to becoming a judge, Fabbri served as a prosecutor with Middlesex County DAs office for over 25 years, during which time he held the positions of First Assistant District Attorney, Chief of Homicides, Chief Trial Counsel, Framingham Regional Supervisor, and Deputy Chief of the Appeals and Training Bureau.

He also served as an Assistant Attorney General for two and a half years in the mid-1990s and was in private practice in the early 1980s with the Framingham law firm of Bikofsky, Walker and Tuttle. Fabbri is a 1983 graduate Northeastern University School of Law and a 1980 graduate (Magna Cum Laude) of Framingham State College. Prior to attending college and law school, Fabbri served with the United States Air Force from 1972 to 1976, serving as a ballistic missile electronic technician and instructor.

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PROGRAM HIGHLIGHT

Goodnow To Go



The Goodnow to Go program is operated by the Goodnow Library, in collaboration with the Senior Center. Library materials are delivered by volunteers to Sudbury residents who are unable to travel to the library due to a temporary or permanent disabling condition. Returns are made by the volunteer, as well. For more information, contact Janet Lipkin at 978-639-3223 or Mike Briody at 978-440-5535.

Medical Equipment Loan Closet

Our Loan Closet, 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, is available to you! To borrow items from our Loan Closet *at no charge, and for as long as is needed*, contact Janet Lipkin at 978-639-3223.

Requests, returns and donations of equipment are by appointment only. Please allow 2 business days to process requests.

Friendly Visitor Program

This embraced program provides a weekly home visit (1-2 hrs. in length) to a home-bound senior by their matched volunteer Friendly Visitor, supplying companionship and conversation. To learn more about how to be matched with a Friendly Visitor 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

- ◆ 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 Doreen Cormier, Pat Howard and Danielle Agabedis

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
	FONT COLORS:			1
*Circle of Friends & Caregiver Support Group takes place at Orchard Hill Assisted Living	Zoom Events in BLUE On-site Events in BLACK Special Events in RED Hybrid Events in GREEN Off-site Events in PURPLE	Blood Pressure Walk-in Clinic March 7 Hours: 10:30—11:30 AM		9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop in 1:45 Watercolor Drop in
4	Primary Election 5	6	7	8
9-3 AARP Tax appts. 10:00 Cribbage 10:00 Museum Master 11:00 Fit 4 the Future 12:30 Mahjong 2:30 Tai Chi	9-4 Town Election 9-3 AARP Tax Appts. 9:30 Concert Masterworks 10:00 Grief Support Group 11:00 Dance Fusion 12:30 Game Show 1:00 Shine Appts. 2:00 Senior Learning Network 2:00 Circle of Friends 2:00 Caregiver Support Grp.	9:30 Persian Empire 2 11:00 Fit for the Future 10:00 Seeing & Drawing 11:45 Lovin' Spoonful 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 10:30—11:30 BP clinic 11:00 Zumba Gold 12:30 Canasta 1:00 Low Vision Group 1:00 Drums Alive 2:15 Line Dance 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 11:30 Joy of Watercolors 11:00 Fit for the Future 12:45 Mat Yoga free class 1:00 Movie: 1st Wives Club 1:45 Joy of Watercolors
11	12	13	14	15
9-3 AARP Tax Appts. 10:00 Cribbage 10:00 Stamp Club 10:00 Museum Master 11:00 Fit 4 the Future 11:30 Van Trip to Target 12:30 Mahjong 2:30 Tai Chi 3:30 COA Meeting	9-3 AARP Tax Appts. 9:30 Concert Masterworks 11:00 Dance Fusion 12:30 St. Patrick's Day Lunch 1:00 Shine Appts. 2:00 Senior Learning Network	9:30 Persian Empire 2 10:00 –1:00 Nutrition mgt 10:00 Seeing & Drawing 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 12:45 Mat Yoga 1st Class 1:45 Watercolor Drop-in
18	19	20	21	CLOSING AT 12:30 22
9-3 AARP Tax ppts. 10:00 Cribbage 10:00 Greatest Paintings 11:00 Fit 4 the Future 12:30 Mahjong 2:30 Tai Chi	9-3 AARP Tax Appts. 9:30 Ping Pong Drop-in 9:30 Concert Masterworks 11:00 Dance Fusion 1:00 Shine Appts. 2:00 Senior Learning Network 2:00 Making Memories Café	9:30 Persian Empire 2 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 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 2:15 Line Dance 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 12:30 – Senior Center Closing early for Staff Training 12:45 NO Mat Yoga 1:45 NO Watercolor Drop
Town Election 25	26	27	28	29
9-4 Town Election 9:00 -3:30 AARP Appts 10:00 Greatest Paintings 10:00 Cribbage 11:00 Fit 4 the Future 12:30 Mahjong 2:30 Tai Chi	9-3 AARP Tax Appts 9:30 Ping Pong Drop-in 9:30 Concert Masterworks 11:00 Dance Fusion 12:30 Meet Judge Fabbi 1:00 Shine Appts. 2:00 Senior Learning Network 2:00 iPhone & iPad Wkshp	9:30 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 2:00 Friends Meeting 2:15 Line Dance 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Watercolor Drop-in 12:45 Mat Yoga 1:45 Watercolor Drop-in



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Did you Know...

March is National Judicial Outreach Month in Massachusetts?



This is the Trial Court's annual community outreach effort when judges engage with communities across the Commonwealth about the importance of an impartial and independent judiciary governed by the Rule of Law.

Join us on March 26 at 12:30 PM when the Hon. Michael Fabbri, Associate Justice of the Massachusetts District Court will be at the Sudbury Senior Center.

**Complimentary Showing of
ECMS theater Troupe production of
NEWSIES JR.**

**Tuesday, March 12 at 3:30 PM
At Ephraim Curtis Middle School in Sudbury**

Disney's Newsies JR. is a 60-minute version of the 2012 Broadway musical, based on the 1992 film. Inspired by the rousing true story of newsboys in turn-of-the-century New York City, Newsies JR. features a Tony award winner in score by Alan Menken and Jack Feldman.

No tickets are needed, but please RSVP to the Sudbury Senior Center by 12:00 PM on Monday, March 11, 2024.

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

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 | MARCH EVENTS—CALL OR EMAIL THE SENIOR CENTER TO SIGN UP.

Live Game Show Tuesday, March 5

12:30 PM

Join us for an afternoon of fun! Kevin Richman, from It's the Music Entertainment will produce a "LIVE" TV-like game show (think Jeopardy, Family Feud, Wheel of Fortune). This program is filled with laughter and nostalgia as you get to be the stars of the show! Bring your quick-thinking friends with you. Sign up by calling the Sudbury Senior Center at 978-443-3055.



Pathways Coffee Hour

Wed., March 13 at 2:00 PM

Join us for the monthly Pathways Coffee Hour where members of the LGBTQIA+ community and allies can gather in person to enjoy coffee, pastries, conversation and community! Contact Julie Nowak, jnowak@springwell.com or call 508-573-7288.

All About Photos iPhone and iPad Workshop Tuesday, March 26

2:00—3:30 PM

In this latest workshop, Kevin Figueroa, KevTech Services, Inc. will teach you all about photos. Turn your best moments into a great photo on your iPhone. Start with a tour of the camera app, learn about the lenses on the iPhone, practice using different features and learn some basic editing techniques.

New Program

Drop-in Ping Pong Tuesday March 19 9:30— 11:30 AM



The table will be available every Tuesday. Stop by to play Ping Pong or enjoy watching others play.

This is a good way to sharpen your reflexes and have fun at the same time. All are welcome to join in!

*****NOTICE*****

Senior Center Closed Friday, March 22 12:30 PM

The Sudbury Senior Center will be closed for Staff training.
No afternoon programs
or activities .
Sorry for the inconvenience.

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

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>.

Nutrition Counseling

with Traci Robidoux RD, LDN

Wednesday March 13 from 10:00 AM—1:00 PM

Sign up for one-on-one, 30-minute personalized nutrition guidance with Registered Dietitian, Traci Robidoux RD, LDN. Nutrition counseling can help you understand how diet impacts your overall health, as well as plan healthy meals to fit your nutrition and life-style needs. Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Massachusetts Circuit Breaker Tax Credit

A refundable tax credit for Massachusetts residents aged 65 or older who own or rent their principal residence in the state. To help older adults with limited income afford property taxes or rent.

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

MAKING MEMORIES CAFÉ

Tuesday | March 19

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 | March 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 | March 5

10:00 - 11:30 AM

The Grief support group meets on the first Tuesday of the month. Group facilitator is Jane Benger, Chaplain at Faith & Family Hospice. Registration is required by calling at 978-443-3055

BLOOD PRESSURE WALK-IN CLINIC

Thursday | March 7

10:30 - 11:30 AM

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

LOW VISION SUPPORT GROUP

Thursday | March 7

1:00 - 2:00 PM

Group meets on the first Thursday of the month.

Sudbury Senior Center Veterans Programs

We are looking into the possibility of creating a veterans activity program and need your input. The programs could consist of poker card games, pool table, ping pong, darts, and many other activities. We may be able to use the swimming pool or the gym, or we could just get together to chat. We would meet weekly, bi-weekly, or monthly to have get-togethers.

We need your feedback on the interest level to determine the attendance and the nature of the programs we will offer.

If you are interested in joining, please fill out the following:

Name: _____

Armed Forces you served in: Service _____ Dates: _____

Program activities: List as many activities as you would like to participate in.

How can we get in touch with you? Email: _____ Phone: _____

Please drop off this page to the Senior Center or email the information to senior@sudbury.ma.us.

**** 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 | March 11



Pick-up time 11:30 AM

Drop-off time: 1:00 PM

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

Senior Profile: Colin Warwick



Colin Warwick is a problem solver. After retiring in early 2021 following a distinguished career in the technology industry, Colin turned his attention toward volunteering. He serves on the board of trustees at First Parish of Sudbury, is secretary of the Sudbury Democratic Town Committee, has served on the Council on Aging, and provides tech support to seniors through the Senior Center.

“A lot of seniors are left out because everything today is on the computer,” Colin says.

Indeed, computers and technology are now so ingrained in daily life that some degree of fluency is required to complete even basic tasks such as paying for a parking space or buying a movie ticket. Colin cites the example of the Sudbury Food Pantry, which moved to the website SignUpGenius to reserve slots for food pickup, increasing efficiency but also frustrating some users who weren’t familiar with the platform.

After a nearly 40-year career in the semiconductor industry, Colin felt “pretty tech-savvy on almost all the devices that are out there,” and was an obvious fit to help local seniors with technology issues. He works one-on-one with seniors, almost always in person at the Senior Center.

A native of Huddersfield, England, Colin first came to the U.S. in 1988, accepting a position at AT&T Bell Laboratories in New Jersey, where he met his wife, Helen Kim. After eight years at Bell Labs, Colin moved on to Lucent Microelectronics, Agere Systems, and Taloma Corporation before landing in Massachusetts with The Mathworks in 2002. It was then that Colin and his family settled in Sudbury.

After six years at The Mathworks, Colin moved on to Keysight Technologies, where he worked from 2008 until his retirement in January 2021. Before it became trendy, Colin worked remotely for the entirety of his tenure at Keysight, whose headquarters are in Santa Rosa, California.

With all of his volunteer interests, Colin doesn’t have a lot of time for leisure, but he does enjoy reading—usually biographies. At the time we spoke, he was immersed in Yo-Yo Ma’s *Beginner’s Mind*, and prior to that he polished off Walter Isaacson’s *Leonardo Da Vinci*—perhaps an appropriate choice for this modern-day Renaissance man.

Written by Caleb Cochran, Sudbury Senior Center volunteer

AARP-Sponsored Tax Return Preparation Schedule

March 4, 2024 - April 2, 2024

Appointments can be scheduled on Mondays and Tuesdays with one of our volunteer Tax Preparers. Our tax preparers are AARP-trained & IRS-certified Tax Preparation Volunteers.

Please note: For people who **don't** have brokerage accounts, make an appointment now. If you have a brokerage accounts, appointments will begin on 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 2022 Federal and State tax returns.

Note: 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.

To make an appointment, contact the Senior Center at 978-443-3055 or email 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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