

APRIL 2024



All the letters I can write

All the letters I can write

Are not Fair as this -

Syllables of Velvet -

Sentences of Plush,

Depths of Ruby, undrained,

Hid, Lip, for Thee -

Play it were a Humming Bird -

And just sipped - me -

By: Emily Dickinson

HIGHLIGHTS:

April 2 Ping Pong Drop-in
April 2 Grief Support
April 9 Joys of Nature
April 10 Pathways Coffee Hour
April 12 Hearing Clinic
April 16 Eight Weeks in Ukraine
April 17 Let's Play Chess
April 22 Stamp Club
April 23 A Shakespeare Play
April 24 Legal Clinic
April 30 iPhone Workshop
April 30 Senior Learning

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.



WHAT'S INSIDE

PAGE

Directors Note	2
Academics	3
Watercolors/Drawing	4
Fitness Classes	5
Connection Circle	6
Volunteer News	7
Calendar	8
Senior Center Staff	9
April Events	10
Outreach and Information	11
iPhone & iPad Workshop	12
Sudbury Senior Trips	13
St. Patrick's Day photos	14

Hello Friends!

After a wonderful St. Patrick's Day luncheon, the switch to Daylight Savings time and some warmer weather, we are feeling positive and looking forward to spring and summer months. We continue to adjust and settle into our beautiful new building. Plans are being formulated for art exhibits on the walls, as well as art behind the reception desk and in the other rooms. Updated audio-visual equipment is being coordinated by an audio-visual contractor and should be installed in a few months. "Punch list" items are continuing to be finished – such as correcting small errors in the finishing of walls, or connecting wiring that was not completed at the time of opening. These are normal corrections that take place in any kind of construction after the building is finished, especially a large and complex building such as ours.

We are slowly building in more programming and classes, discovering which classes work best in which spaces, and requesting shades and other additions to improve lighting and temperature control. We are also working to update our policies and procedures to reflect the new spaces and to assist our very, very busy Front Desk Receptionists. A special shout-out to our Receptionists and our Greeters who are so welcoming and helpful and have been so patient with all of the changes.

Be on the lookout for new classes and special events and help us by following policies – sign up early, pay any fees and show up! If you cannot attend, please call to let us know so that someone else may take your place.

Senior Center Connection
Circle celebrated 10 years
together on March 14

Debra

Check out our St. Patrick's Luncheon photos on p. 14!



Ads will be placed here. No content may go here.
Please remove before uploading to LPi Express.

THE GREAT COURSES DVD SERIES

World's Greatest Paintings On Zoom during April

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 discovery of some of the most significant paintings in Western art.

Concert Masterworks On Zoom during April

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.

History of India On Zoom during April

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.

Current Events: 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 April at 2:00 PM

April 2: Soldiers in Skirts: Army Women in Vietnam

During the height of the Vietnam War, the first women from the Women's Army Corps (WAC) arrived overseas as part of a new program to help train Vietnamese women for their own Corps. Exploration takes place through newspapers, photographs, and oral testimonies.

April 9: Connecting with Ancient Civilizations at Hearst Castle

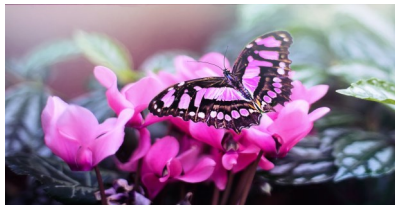
Explore the mythology, the art, and the architecture of ancient civilizations at Hearst Castle. Statues such as the Egyptian goddess Sekhmet will transport us 3000 years back in history. Hearst Castle preserves a collection of artifacts that symbolizes the traditions and beliefs of these cultures.

April 16: The Life and Times of Will Rogers

Will Rogers was born Cherokee native American in Indian Territory (now Oklahoma), was a cowboy delivering cattle to market on his father's ranch and learned trick roping from his Dad's ranch hands. That trick rope led him into showbusiness; first in Wild West shows, then vaudeville, before moving to be a headliner on Broadway's biggest pageant, the Ziegfeld Follies.

April 23: Whales in North Carolina: Diversity, Distribution, Conservation

Carteret County, NC was home to a dolphin and whale hunting industry, used primarily for oil. The whale center has documented 34 species of cetaceans (all whales, including dolphins and porpoises) along with the displays of beaked whale skeletons, whale teeth, baleen, and whale oil.



Blossoms & Butterflies Joy of Watercolors Workshop with Angela Ackerman

Friday, April 12

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

Come join us for a fun Watercolor Workshop as we welcome Spring's arrival. Please bring in a photo or two (preferably printed out) of inspiring Blossoms, Blooms, and Butterflies. We will be exploring transparent layering. All levels are welcome! Looking forward to seeing everyone!

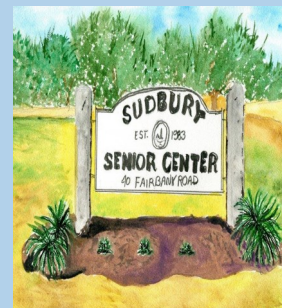
Please stop by to sign-up. A check in the amount of \$15.00 payable to "Town of Sudbury" secures your spot in class. For more information, call 978-443-3055, or email senior@sudbury.ma.us.

Drop-in Watercolor

Friday, April 5, April 19 & April 26

11:30 - 1:30 PM or 1:45—3:45 PM

Your creativity is unique. Join us for this drop-in watercolor class to work on your art work on your own in a relaxing sunny space with other friendly artists. All levels are welcome.



Mirror & Palette: Women & Self-Portrait

With Artist Lane Williamson

Wednesdays, 10:00 AM—12:00 PM

April 24 – June 12

8-week course: \$40.00 + cost of materials that you will purchase

Historically, women practiced self-portraiture because they were excluded from art school and from life drawing classes. We will talk about the impact that exclusion had on women trying to learn to create art. Then we will focus closely on the work of three more modern women artists including their self-portraits: Remedios Varo, Alice Neel, and Georgia O'Keeffe. Each of these women has a moving story about her efforts to make art in a not-always-hospitable world and the impact of that on her life. As part of exploring their life and work, we will explore the way each used materials and made marks. We will even make our own self-portrait adopting the style of one of the artists. Over the course of eight weeks we will do 3 paintings one of which will be self-portrait.

If you have an established art practice, you are welcome to work in oil, acrylic, water color or mixed media sticks. Let's discuss which. If you are new or relatively new to painting, please plan to work in acrylics. I will spend time with each of you figuring out materials and develop a list with you. Material costs for this course will vary depending on what students already have.

This course is appropriate for anyone who already has a drawing practice. This course builds over the 8 weeks and is not a drop-in course. Please stop by to sign-up. A check will secure your spot. Please make check out to "Town of Sudbury". For information, call 978-443-3055, or email senior@sudbury.ma.us.

T'AI CHI

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

Inst: Jon Woodward **8 wks. May 13—July 15**

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 who teaches at several local fitness clubs and senior centers.

DANCE FUSION

Tuesdays | 11:00 –12:00 PM

Inst: Scott Shuster

Class is temporally on hold, due to the Fitness Instructor suffering an unexpected injury. Credits will be issued to participants.

WELLNESS LAB: MINDFULNESS + MORE

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

Inst: Lisa Campbell **8 wks. April 10—May 29**

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 wks. April 4—May 23**

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 NO CLASS APRIL 18

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

Inst: Yachun Lin **8 wks. March 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 Instructor.

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 classes on Friday after 9:30 AM.

INTERMEDIATE TAP DANCE

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

Inst: Susan Craver **8 wks. March 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 wks. April 11—May 30**

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 NO CLASS APRIL 18

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

Inst: Yachun Lin **8 wks. March 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 wks. April 26—June 14**

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

Fridays | 12:45-1:30 PM | \$42.00

Inst: Rebecca Reber **7 wks. May 17 —June 28**

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

6 | CONNECTION CIRCLE 10 YEAR ANNIVERSARY

Connection Circle, an informal weekly discussion group, met for the first time at the Sudbury Senior Center on March 6, 2014. The group has continued to meet on Thursday afternoons, both in-person and over Zoom, for the past ten years.

Each week a topic is discussed, although off topic conversations are often just as enjoyable. Connection Circle is made up of a diverse group of wonderful women, who look forward to seeing one another on Thursdays. Three current participants were there in 2014 when the group began. During Connection Circle meetings, stories and photos of families and pets have been shared. We have been treated to outstanding slide shows of trips. Over the years, people have talked about their hobbies ... gardening, watercolor painting, weaving, sewing, crocheting, cooking, etc.. Favorite recipes have been shared.

Participants have ranged from recently retired to 90+ years young. One former participant told us about trick or treating at Albert Einstein's house when she was a child. Another participant, with strong family ties to the area, was a great source of knowledge regarding the history of Sudbury. Yet another endeared herself to everyone with her positive outlook, remaining young at heart into her late 90s.

Connection Circle strives to be respectful and supportive. Each person contributes something unique and special to the group. New topic for discussion ideas, as well as new participants are always welcomed. By: Kim Schwartz, Connection Circle Group Leader

Ads will be placed here. No content may go here.
Please remove before uploading to LPi Express.

PROGRAM HIGHLIGHT

Home Safety Check



Home Safety Check, a collaborative pro-

gram with the Sudbury Fire Department, is done to ensure that smoke and carbon monoxide detectors are working properly. For more information or to request a Home Safety Check, contact Janet Lipkin at 978-639-3223. *Please note that this program is for non-urgent needs.*

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, all 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.



We say thank you to our volunteers!

April is National Volunteer Month, when we recognize the people who donate their time and skills, making the world a better, kinder place. On behalf of the entire Senior Center staff, I want to thank our team of valued volunteers.

Our volunteers are an integral part of the Senior Center's foundation, and their work and service are truly making a difference in the lives of others.

Janet Lipkin, Coordinator of Volunteer Programs

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!



Greeters Frank Schimmoller and Doreen Cormier

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/>.

APRIL 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9-3 AARP Tax appts. 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 10:00 Grief Support Group 1:00 Shine Appts. 2:00 Senior Learning Network 2:00 Circle of Friends 2:00 Caregiver Support Grp.	9:30 History of India 11:00 Fit for the Future 10:00 Art: Mirror & Palette 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 10:00—11:00 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 11:00 Fit for the Future 11:30 Watercolor Drop in 12:45 Mat Yoga 1:45 Watercolor Drop in
8	9	10	11	12
9-3 AARP Tax appts. 10:00 Cribbage 10:00 Greatest Paintings 10:00 Stamp Club 11:00 Fit 4 the Future 11:30 Van Trip to Target 12:30 Mahjong 2:00 Total Eclipse 2:30 Tai Chi 3:30 COA Meeting	9-3 AARP Tax appts. 9:30 Ping Pong Drop-in 9:30 Concert Masterworks 1:00 Shine Appts. 1:00 Joys of Nature 2:00 Senior Learning Network	9:30 History of India 11:00 Fit for the Future 10:00 Art: Mirror & Palette 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—11:00 BP clinic 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 9:30 Hearing Clinic 11:30 Joy of Watercolors 11:00 Fit for the Future 12:45 Mat Yoga 1:45 Joy of Watercolors
15	16	17	18	19
Senior Center Closed 	9:30 Ping Pong Drop-in 9:30 Concert Masterworks 11:00 Eight Weeks in Ukraine 1:00 Shine Appts. 2:00 Senior Learning Network 2:00 Making Memories Café	9:30 History of India 10:00 Art: Mirror & Palette 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 2:00 iPhone & iPad Wksp.	9:15 Staying Active 9:15 Inter. Tap Dance 10:00—11:00 BP clinic 10:00 Current Events 11:00 NO Zumba Gold 12:30 Canasta 1:00 NO 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 1:45 Watercolor Drop-in
22	23	24	25	26
10:00 Cribbage 10:00 Greatest Paintings 11:00 Fit 4 the Future 12:30 Mahjong 2:30 Tai Chi	9:30 Ping Pong Drop-in 9:30 Concert Masterworks 1:00 Shine Appts. 12:30 Live Shakespeare Play 2:00 Senior Learning Network	9:30 History of India 10:00 Art: Mirror & Palette 10:00 Informal Grief Sup. 11:00 Fit for the Future 11:45 Lovin' Spoonful 1:00 Legal Clinic 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—11:00 BP clinic 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
29	30			FONT COLORS:
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	9:30 Ping Pong Drop-in 9:30 Concert Masterworks 1:00 Shine Appts. 2:00 Senior Learning Network 2:00 iPhone & iPad Wksp.	*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

Ads will be placed here. No content may go here.

Please remove before uploading to LPi Express.

The Friends of Sudbury Seniors Donate Baby Grand Piano

The Friends of Sudbury Seniors donated a baby grand piano to the Sudbury Senior Center. It is located in the new Multi-purpose room.



Classical pianist Abba Shocair, a frequent participant at the Senior Center, came in to try out the piano. We hope Abba will offer a concert in the near future.

Many thanks to the Friends for the generous donation!

Total Solar Eclipse on April 8, 2024



A total solar eclipse will be visible from many parts of the US on April 8, 2024. While no location in Massachusetts will experience totality, some parts of the state will see over 95% coverage of the sun if weather permits.

Per Next Weather of Boston, the Partial eclipse begins at 2:16 PM, 93% maximum eclipse at 3:29 PM and partial eclipse ends at 4:39 PM.

A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. The sky will darken as if it were dawn or dusk.

Safety is the number one priority when viewing a total solar eclipse. Wear specialized eye protection designed for solar viewing. **Come celebrate with us from 2:00—3:30 PM.**

SENIOR CENTER STAFF

DIRECTOR

Debra Galloway

ASSISTANT DIRECTOR/ OUTREACH COORDINATOR

Open position

ADMIN COORDINATOR

Chery Finley

COORDINATOR OF VOLUNTEER PROGRAMS

Janet Lipkin

PROGRAM COORDINATOR

Open position

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

COUNCIL ON AGING

CHAIRPERSON

Marilyn Tromer

VICE CHAIR

Jeffrey Levine

SECRETARY

Patricia Tabloski

DIRECTORS

Brenda Erickson

State Rep. Carmine Gentile

Robert Lieberman

Paul Marotta

Anna Newberg

Donald Sherman

FRIENDS OF SUDBURY SENIORS

President

Joe Bausk

Vice President

Ron Riggert

Treasurer

Josephine King

Secretary

Judy Merra

Board Members:

Joanne Bennett

Judith Honens

Patricia Howard

Cay Kuras

Donald Oasis

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

The Joys of Nature Beautiful Butterflies Tuesday, April 9 1:00 PM

Presenter Joy Marzolf will teach us all about the large Eastern tiger swallowtail and colorful monarch to the tiny spring azure, there is a huge range of size, color and patterns in New England butterfly species.

What makes a good butterfly habitat? How do you attract more of these beautiful insects? Experience the sights of some of our most beautiful seasonal creatures!

Please join us for this nature talk by calling the Senior Center at 978-443-3055 or email senior@sudbury.ma.us

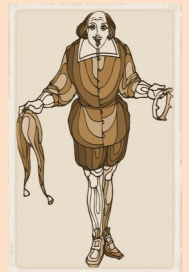
Eight Weeks in Ukraine 2023 Life During War Tuesday, April 16 11:00 AM

Tania Vitvitsky spent two-months in Ukraine last year, she returned to Ukraine in late September 2023. This year, she traveled to Izky (in the Carpathian Mountains), Kyiv, Ternopil, and Chortkiv. The purpose of her trip was to continue engaging with Lviv-based Ukrainian Education Platform, a social-educational non-profit, as well as Kyiv-based Eleos-Ukraine. Both organizations work through local partner organizations throughout the country, serving the neediest, including internally displaced women and children (IDPs).

A Shakespeare Play Tuesday, April 23 12:30 PM

Join us on April 23, to celebrate Shakespeare's birthday!

Actor Stephen Collins will perform various monologues and sonnets and provide historical context for The Elizabethan Era.



This show will be a rollicking romp through some of Shakespeare's classic plays and poetry.

Suggestion donation of \$5.00 at the door. Exact change needed. Sign up begins on April 5 by calling the Senior Center at 978-443-3055.

Feel free to dress as your favorite Shakespearean character.

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.

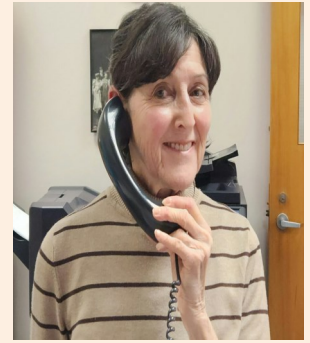
Meals on Wheels

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

RESOURCES

- ⇒ Springwell Elder Services (formerly BayPath) 508-573-7200
- ⇒ Meals on Wheels (Springwell): 508-573-7246
- ⇒ Caregiver Resources: www.caregivingmetrowest.org
- ⇒ Alzheimer's Association: 1-800-272-3900 or at <https://www.alz.org/manh>
- ⇒ Domestic Violence Hotline: 1-877-785-2020
- ⇒ Elder Abuse Hotline: 1-800-922-2275
- ⇒ MA Executive Office Elder Affairs: 1-800-243-4636 or <https://www.mass.gov/orgs/executive-office-of-elder-affairs>
- ⇒ Metro West Legal Services: 508-620-1830
- ⇒ Sudbury Housing Authority: 978-443-5112
- ⇒ Social Security: 1-800-772-1213
- ⇒ Sudbury Community Food Pantry- 978-443-7725
- ⇒ Sudbury Transportation – go to the Sudbury Transportation Committee webpage at www.sudbury.ma.us/transportation or call the Sudbury Senior Center at 978-443-3055.



MAKING MEMORIES CAFÉ

Tuesday | April 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 | April 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 | April 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 at 978-443-3055.

BLOOD PRESSURE WALK-IN CLINIC

Thursdays |

April 4, 11, 18, 25

10:00 - 11:00 AM

LOW VISION SUPPORT GROUP

Thursday | April 4

1:00 - 2:00 PM

Join this helpful support group that is led by visually impaired coordinators. Meets on the 1st Thursday of the month. In conjunction with Mass Association for the Blind and Visually Impaired.

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.

iPhone Workshops with Kevin Figueroa

Wednesday, 4/17 at 2:00 PM: Back to Basics with iPhone and iPad

This introductory class introduces new users to the basics of using the iPhone and iPad. We cover the hardware of the iPhone and iPad, important areas of the devices, and applications for calling and messaging.

Monday, 4/29 at 2:00 PM: Staying in Touch on iPhone & iPad

This class focuses on using the iPhone and iPad to stay in touch with friends and loved ones. We learn about sending texts in Messages, managing contacts in Phone, and setting up video calls in FaceTime. We also learn to use Siri to make calls and send messages.

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

Sudbury Connection Van Trip to Target Monday | April 8



Pick-up time: 11:30 AM
Drop Off at Target: 12:00 PM
Return home at 1:00 PM

Registered van riders, please contact the MWRTA Reservation Center at 508-820-4650 two days in advance to schedule your ride to Target.

Sudbury Senior Trips coming up....

Grab a friend, neighbor or relative and enjoy the many adventures we are offering over the next few months! Stop by the front desk to pick up a flyer for more details.

April 24 - Newport Playhouse

Check out this comedy show called "Foursome" with a buffet luncheon and Cabaret show. Cost is \$132.00.

May 15 - 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). Cost is \$39.00.

May 22 - Lobster Luncheon Cruise

Boat around Gloucester Harbor aboard The Beauport Princess (chicken available as an alternative choice). Cost is \$171.00.

July 10 - Ogunquit Playhouse

Enjoy lunch at Clay Hill Farm in Maine. Enjoy a delicious luncheon at Clay Hill Farm known for its excellent food and service. Then onto a live matinee performance of the Tony award winning Best Musical "Crazy for You". Cost is \$162.00.

July 16 - Jimmy Buffet Tribute Show

Start the day with a Traditional Maine Lobster bake (BBQ Chicken available as alternative choice) at Foster's in York, Maine. Cost is \$137.00.



American Heritage Museum Pass

Have you visited the American Heritage Museum in Stow? The Friends of Sudbury Seniors - Sudbury Senior Trips purchased a pass for Sudbury seniors to visit the museum. This allows 2 adults and 2 children into the museum at no charge; but is not applicable for special events.

The Pass is available to be signed out from the Senior Center Front Desk on Wednesdays and Fridays. If you pick up the pass on Wednesday morning, please return it by Thursday before 4:00 PM; if you pick up the pass on Friday, please return it before Monday at 4:00 PM.

In order to ensure the pass is returned, we are asking that you leave a \$25 check with us, which will be returned when you bring back the pass. You may reserve the pass up to one week in advance.

The museum is open 10:00 AM – 5:00 PM, Wednesdays – Sundays. For more museum information, please go to their website at: <https://www.americanheritagemuseum.org/> or call 978-562-9182.

| 14 ST. PATRICK'S DAY LUNCHEON 3-12-24



ADS PLACED HERE

SUDBURY SENIOR CENTER
40 FAIRBANK ROAD
SUDBURY, MA 01776-1681

U.S. Postage
PAID
Sudbury, MA
PERMIT NO. 4



Phone: (978) 443-3055 | **Fax:** (978) 443-6009

Office Hours: Monday through Friday 9:00 AM - 4:00 PM

Website: www.sudburyseniorcenter.org | **Email:** senior@sudbury.ma.us



Or Current Occupant

Ads will be placed here. No content may go here.
Please remove before uploading to LPi Express.