



The SENIOR SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

MAY 2024



- ◆ “Memorial Day” is always commemorated in the US on the last Monday in May. In 2024, Memorial Day is on Monday, May 27.
- ◆ The “Memorial Day” holiday was created to honor the many American men and women who died in military service. This focus on those who made the ultimate sacrifice sets it apart from Veterans’ Day, which honors all military veterans, living and dead.
- ◆ The name “Memorial Day” started cropping up from time to time. The new name became more common after World War II, and in 1967 was declared the official name by Federal law.
- ◆ According to The Department of Veterans Affairs, in the US, people wear the red poppy on Memorial Day to honor those who died trying to protect their country.



HIGHLIGHTS:

- May 1 Spoonful’s Delivery
- May 2 New Quilting Class
- May 3 Mat Yoga
- May 7 Volunteer Appreciation
- May 9 Walk-in BP Clinic
- May 14 Android Workshop
- May 20 Cribbage & Mahjong
- May 21 Birds in Your Backyard
- May 22 Wellness Lab
- May 28 Senior Learning
- May 29 LS Senior Service Day
- May 30 Learn to Play Ukulele

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

WHAT’S INSIDE	PAGE
Director’s Note	2
Academics	3
Watercolors/Quilting	4
Fitness Classes	5
Great Decisions	6
Volunteer News	7
May Calendar	8
Senior Center Staff/COA	9
May Events	10
Outreach and Information	11
iPhone & Android Classes	12
Senior Profile	13

Greetings Friends!

Hopefully we are enjoying spring as you receive this newsletter! I would like to share the latest news from the Sudbury Senior Center.

As of the end of March, our treasured Program Coordinator Sharon Wilkes, retired from her position with the Sudbury Senior Center so that she can spend more time with her grandchildren. Sharon started working with us in 2014 and has been crucial to Senior Center operations; keeping our database up to date with all of our programs, updating the Carousel screen, managing the website, and planning many, many amazing programs and special events! We are fortunate that she is helping out part-time while we are looking for a replacement.

We are so grateful for our many community partners! Russell's Garden Center once again has helped us with Mother's Day plants for our Gift 'n' Go event on May 9. Our Dementia Friendly Team continues to support various Dementia informational events, as well as Caregiver Support programs. Thank you to [Bridges by Epoch at Sudbury](#), [Generations Law Group](#), [Goodnow Library](#) and [Visiting Angels](#), as well as residents Susan McMahon, Neena Singh, Susan McNulty, Pat Carr, and Ruddy Guzdar! In addition, Susan Maki volunteers as the facilitator of our monthly Caregiver Support Group, and Orchard Hill Assisted Living hosts the group, and also coordinates the concurrent Circle of Friends for people living with dementia.

Speaking of volunteers, Janet Lipkin, our Coordinator of Volunteer Programs, has planned a wonderful Volunteer Appreciation Luncheon in May to honor and thank our close to 160 volunteers! If you are a volunteer, Thank You! Your efforts make a real difference to our Senior Center clients and participants. If you know a volunteer, take a moment to let them know they are appreciated. We couldn't do what we do without our volunteers. *Debra, Director*

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 May

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.

Music of Richard Wagner On Zoom during May

Day: Tuesdays
Time: 9:30 - 10:30 AM

Richard Wagner was one of history's greatest composers, a theater artist of extraordinary genius and vision, and one of the most controversial characters in the entire pantheon of Western music.

History of India On Zoom during May

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.

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 MAY at 2:00 PM



May 7, 2024: Star Lore of the Ojibwe- Treworgy Planetarium Mystic Seaport

This show will explore the star lore of the Ojibwe, a First Nations tribe living in the Great Lakes Region of southern Canada and the Midwestern United States.



May 14, 2024: Great Basin National Park Foundation

The Great Basin National Park Foundation passionately works to enhance, preserve, and interpret the starry night skies, wide-open scenery, cultural heritage, and diverse native ecosystems of Great Basin National Park.



May 21, 2024: FDR the Hobbyist! FDR Presidential Library and Museum

FDR loved to hunt, fish, plant trees, sail and he collected stamps, books, and birds! We will be looking at reproductions of some of his ship models, naval prints, book collection, and photos of the original "Oddities" exhibit, as well as a map of FDR's tree farm.



May 28, 2024: Plaza of Presidents at the National Museum of the Pacific War

The massive scale of World War II is illustrated at the Plaza of Presidents, a stunning tribute to the 10 American presidents who served in various ways during WW II.

4 | ART & QUILTING CLASSES

Joy of Watercolors Workshops with Angela Ackerman

Times: 11:30 - 1:30 PM or 1:45 - 3:45 PM Cost: 15.00

Friday, May 3, 2024: Floral Still-life Watercolor Workshop

Learn a variety of techniques on painting still life and abstractions. Please bring in a photo (preferably printed) of a favorite still-life flower or an object with interesting texture, shape and color. All levels and skill sets are welcome. Looking forward to seeing everyone!

Friday, May 17, 2024: Be Inspired by the amazing work of Georgia O'Keefe

Come join us for a fun Watercolor Workshop as we dive into the qualities of Georgia O'Keefe's legacy. Please bring in a photo (preferably printed) of your favorite Georgia O'Keefe floral, landscape, or abstract painting. It can be O'Keefe inspired in design, color, or theme.

Please sign up early by calling 978-443-3055.

Drop In Watercolor

Day: Fridays

Dates: May 10, 24 & 31

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

Join us on Fridays and meet some of our wonderful painters. This is a drop-in watercolor class. Get your project done in a relaxing sunny space with other like-minded artists. Great conversions happen when being creative! All skill levels are welcome in this friendly group.

Get creative, have fun and enjoy the benefits of painting!



Finishing School for Quilts!

Day: Thursdays

Dates: May 2, 9, 16 & 23

Time: 1:00 - 3:30 PM Cost: \$50.00

Let's get back to quilting with Instructor: Marianne Hatton. Come and work on your own projects for a couple of uninterrupted hours in a lovely environment with like-minded people. You may choose to bring your sewing machine or to work by hand, on a project you'd like to move forward but may need some help on. Gather ideas and suggestions and gentle critique to continue work on an existing project, or to make a start on something new.

Sign up now by stopping by the Sudbury Senior Center . A check made payable to "Town of Sudbury" will secure your spot. Class size is limited to 12 people.

T'AI CHI - No class May 6, 27 & July 1

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

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

Jon is a certified T'ai Chi instructor who teaches at several local fitness clubs and senior centers.

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.

WELLNESS LAB: MINDFULNESS + MORE

Wednesdays | 1:00-2:00 PM | \$42.00

Inst: Lisa Campbell **7 wks. April 10—May 29**

No class May 8. Next session starts June 5

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 with Paul

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

Inst: Paul Hughes **8 wks. April 25 - June 13**

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 | \$18.00

Inst: Yachun Lin **3 wks. June 6, 13 and 30**

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.

INTERMEDIATE TAP DANCE

Thursdays | 9:15-10:15 AM | \$36.00

Inst: Susan Craver **6 wks. May 9—June 13**

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.

FIT FOR THE FUTURE

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

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.

Staying Active & Independent for Life

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

Inst: Derry Tanner **8 wks. June 6—August 1**

No class July 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 | \$18.00

Inst: Yachun Lin **3wks. June 6, 13 and 30**

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**

No class July 5, 12 & Aug. 16

We will connect movement and breath as we move into poses. Bring yoga blocks & yoga strap.

Great Decisions Discussion Group 2024

Alternating Wednesdays at 9:30 AM

June 12, July 3, 17, 31, August 14, 28, September 11, 25

This 8-session foreign policy program will take place at the Sudbury Senior Center in Room 2. This course is designed to encourage thoughtful discussion relating to current global challenges. Created by the Foreign Policy Institute, the program model involves reading the Great Decisions Briefing Book and meeting to watch the DVD and discuss the most critical global issues facing America today.

Registration and Book Orders will take place May 6 – May 17

We are offering two methods to purchase the book: 1) Direct purchase by the participant, or 2) Bulk purchase to save on postage. Please register for the class and indicate whether you will buy your own book, or buy one through the group purchase (the cost will be \$31-35 depending on the size of the order). Please sign up by contacting Chery Finley, Administrative Coordinator, between Monday, May 6 and Friday, May 17. We need your order by May 17, in order to have time to order the books. Space is limited to 18 participants.

Note: If you miss the group purchase, briefing books are available for your purchase at the Foreign Policy Association website for \$35.00 plus shipping at www.fpa.org.

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

PROGRAM HIGHLIGHT

Lock Box



The lock box (also known as Supra box) is a small safe with the resident's housekey inside. The lock box is affixed to the outside of the

home for emergency access by the Fire Department. This program is sponsored by the Sudbury Firefighters IAFF, Local 2023.

For more information or to request a lock box, contact Janet Lipkin at 978-639-3223.

Medical Equipment Loan Closet

We are now accepting pre-approved Medical Equipment returns for the Medical Equipment Loan Closet program on Tuesdays only, between 9:00-11:45 AM. Because of space constraints in the Loan Closet, please contact Janet Lipkin, Coordinator of Volunteer Programs, at 978-639-3223 or email lipkinj@sudbury.ma.us, to find out if we are able to accept your return before bringing it to the Senior Center.

We plan to begin loaning out equipment and accepting donations of equipment in the future, but for now, we are only restarting Medical Equipment returns.

Please check our website for updates.

Fix-It Home Repair

Volunteers perform small outdoor jobs at the house such as disconnecting a garden hose from a spigot, assembling small items, oiling a squeaky hinge, and replacing a light bulb in a garage door opener.

To determine if a job is appropriate for the program, contact Janet Lipkin at 978-639-3223.

Note: A liability waiver signed by the recipient of this service is required before repair/work is begun.



*Fix-It Volunteer
Dick Carvelli*

WHAT WE DO

Our volunteers...

- ◆ Make small home repairs
- ◆ Provide technology support
- ◆ Make weekly calls or 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



*Thanks to all of our
Volunteers for their
wonderful service!*

BECOME A VOLUNTEER

If you would like to apply to become a volunteer of the Senior Center, or to learn about our volunteer opportunities, please contact Janet Lipkin, Coordinator of Volunteer Programs, at 978-639-3223; LipkinJ@sudbury.ma.us, or visit the Senior Center webpage at <https://sudburyseniorcenter.org/about-us/get-involved/>.

8 MAY 2024 CALENDAR				
MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
*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	9:30 History of India 10:00 Art: Mirror & Palette 10:00 Sharpen Your Mind 11:00 Fit for the Future 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 1:00 Quilting Class 2:30 Line Dance 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Joy of Watercolor 12:45 Mat Yoga 1:45 Joy of Watercolor
6	7	8	9	10
10:00 Cribbage 10:00 Greatest Paintings 11:00 Fit 4 the Future 12:30 Mahjong 2:00 iPhone & iPad Wkshp 2:30 NO Tai Chi	9:30 Ping Pong Drop-in 9:30 Music of Richard Wagner 10:00 Grief Support Group 11:30 Volunteer Appreciation - invitees only 1:00 Shine Appts. 2:00 Senior Learning Network 2:00 Circle of Friends 2:00 Caregiver Support Grp.	9:30 History of India 10:00 Art: Mirror & Palette 10:00 Sharpen Your Mind 11:00 Fit for the Future 11:45 Spoonful's Delivery 1:00 NO Wellness Lab 1:00 Intermediate Bridge 1:30 Let's Play Chess! 2:00 Pathway's Coffee Hour	9:15 Staying Active 9:15 Inter. Tap Dance 10:00 Current Events 10:30 Mothers Gift N' Go 10:30—11:30 BP Clinic 11:00 Zumba Gold 12:30 Canasta 1:00 Drums Alive 1:00 Quilting Class 2:30 Line Dance 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 11:30 Watercolor Drop-in 11:00 Fit for the Future 12:45 Mat Yoga 1:45 Watercolor Drop-in
13	14	15	16	17
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 2:30 Tai Chi 3:30 COA Meeting	9:30 Ping Pong Drop-in 9:30 Music of Richard Wagner 10:30 Basics of the Android 1 1:00 Shine Appts. 2:00 Senior Learning Network	9:00 Trip to Mohegan Sun 9:30 History of India 10:00 Art: Mirror & Palette 10:00 Sharpen Your Mind 11:00 Fit for the Future 11:45 Spoonful's Delivery 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 10:30—11:30 BP Clinic 11:00 Zumba Gold 12:30 Canasta 1:00 Drums Alive 1:00 Quilting Class 2:30 Line Dance 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:30 Joy of Watercolors 12:45 Mat Yoga 1:45 Joy of Watercolors
20	21	22	23	24
10:00 Cribbage 10:00 Greatest Paintings 11:00 Fit 4 the Future 12:30 Mahjong 2:00 iPhone & iPad Wkshp 2:30 Tai Chi	9:30 Ping Pong Drop-in 9:30 Music of Richard Wagner 10:30 Basics of the Android 1:00 Shine Appts. 1:00 Birds in your Backyard Network 2:00 Senior Learning Network 2:00 Making Memories Cafe	9:00 Lobster Luncheon Cruise 9:30 History of India 10:00 Art: Mirror & Palette 10:00 Sharpen Your Mind 10:00 Informal Grief Sup. 11:00 Fit for the Future 11:4 Spoonful's Delivery 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 Current Events 10:30—11:30 BP Clinic 11:00 Zumba Gold 12:30 Canasta 1:00 Drums Alive 1:00 Quilting Class 2:00 Friends Meeting 2:30 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
CLOSED 27	28	29	30	31
	9:30 Ping Pong Drop-in 9:30 Music of Richard Wagner 1:00 Shine Appts. 2:00 Senior Learning Network	9:30 History of India 10:00 Art: Mirror & Palette 10:30 LS Senior Service Day 11:00 Fit for the Future 11:45 Spoonful's Delivery 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 Drums Alive 1:30 Learn to Play Ukulele 2:30 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

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

American Heritage Museum Pass

Have you visited the American Heritage Museum in Stow? Now is your chance. 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 by Monday at 4:00 PM.

In order to ensure the pass is returned, we are asking that you leave a \$25.00 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 the American Heritage Museum at 978-562-9182.

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.

3rd Annual Mother's Day Gift N' Go

Thursday, May 9
10:30—11:30 AM

Stop by the Sudbury Senior Center Patio area to pick up a lovely spring plant.

No need to sign up.
One plant per person while supplies last .

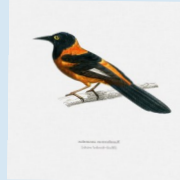
Plants were purchased with a generous donation from Russell's Garden Center.



The Joys of Nature Birds in Your Backyard

Tuesday, May 21
1:00 PM—2:00 PM

A wide variety of birds may visit backyards in the Greater Boston area. What makes a good backyard habitat? How do you attract those beautiful birds? Come find out more about our local birds, as well as occasional visitors. Experience the sights and sounds of some of our most beautiful neighbors! Joy Marzolf is the owner of The Joys of Nature. In addition to a B.A. in Biology, she has been running a variety of educational programs for over 20 years. Previously she was a Naturalist and Educator at Mass Audubon's Broadmoor Wildlife. Sign up by calling 978-443-3055.



Learn to Play the Ukulele

Thursday, May 30
1:30 PM—3:00 PM



Want to try an instrument that is fun and easy to play?

Join Julie Stepanek as she shows the fundamentals of ukulele playing.

Instructor Julie Stepanek taught herself how to play the ukulele. She has been teaching and making music at libraries, preschools and senior centers throughout New England for the last twelve years.

No experience necessary. Ukuleles provided or bring your own. Cost of class is \$5.00 at the door to reserve your spot. Limited class size. Sign up now 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.

Tech Support

Volunteers give one-on-one technical help to seniors. By appt. only.

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.

Sharpen Your Mind Workshop Wednesdays; May 1, 8, 15, 22 from 10:00 AM-12:00 PM.

This workshop is an evidence-based Memory Training program created by UCLA. This training is for people with normal age-related memory challenges.

To sign up, please call the Sudbury Senior Center at 978-443-3055. A Senior Center staff person will return your call to discuss your registration within 2 business days.

Bridges by Epoch Memory Care offers both online and in-person Caregiver Support groups:

Online Early Support Group – Wed., May 15 at 11:00 AM.

Online Family Caregiver Support Group – Monday, May 6, at 7:00 PM; and Wednesday, May 22 at 11:00 AM.

In-person Caregiver Support Group – Wednesday, May 8, at 12:00 PM.

Sudbury Senior Center Circle of Friends and Caregiver Support Group Tuesday, May 7 at 2:00 PM

The Sudbury Senior Center partners with Orchard Hill Assisted Living to offer a community engagement program for persons with dementia, providing activities and socialization, while their care partners attend a monthly Support Group. The Caregiver Support Group is hosted by Facilitator Susan Maki and runs concurrently.

The programs are held on the first Tuesday of the month from 2:00 -3:30 PM at “Orchard Hill Assisted Living”.

Space is limited and registration is required by leaving a message for Janet Lipkin, Coordinator of Volunteer Programs, at 978-639-3223.

MAKING MEMORIES CAFÉ

Tuesday | May 21

2:00 - 3:30 PM

Bring your loved ones with memory loss to enjoy refreshments, uplifting entertainment or an activity, and companionship with others. These events are perfect opportunities for you to take a break, socialize with other family caregivers and simply enjoy spending time with your loved one.

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

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

HEARING CLINIC

Friday | May 10

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 | May 7

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

Every Thursday in May

from 10:30 - 11:30 AM

with BOH Nurse Katie Betts

LOW VISION SUPPORT GROUP

Thursday | May 2

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 Connection Van
Trip to Target in Marlboro**

Monday | May 13



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

Note: Van trips to Target take place on the 2nd Monday of the month.



Check out the May calendar on page 8 to view the Card Game schedule.

TECH Workshops

iPhone Workshops with Kevin Figueroa

**iPhone for Health and Emergencies
Monday, May 6 at 2:00 PM**

In this class, you will learn how the iPhone can help in case of different emergency situations. We will explore emergency contacts, using the SOS feature, voice activation, and more.

**Navigating the Settings on iPhone & iPad
Monday, May 20 at 2:00 PM**

Learn a general overview of the iPhone and iPad Settings app, guiding participants through customization options and empowering them to optimize their device for personalization, security, and ease of use.

Sign up now by calling at 978-443-3055.

**Android Basic Class with Jonathan Baron
Basics of the Android Smartphone #1
Tuesday, May 14 Time: 10:30 AM – 12:00 PM**

Learn the basics of how to use an Android phone: navigating the “home” page; how to send and receive both calls and texts, and how to read and write emails. The first hour will be lecture, the last half-hour will be for questions and practice.

**Basics of the Android Smartphone #2
Tuesday, May 21 Time: 10:30 AM – 12:00 PM**

In this class, learn how to take and share photos via email and text, how to find your phone, how to set up basic commands in settings, and how to set up video 'phone calls' using Google Meet and Facetime.

Instructor Jonathan Baron is a retired engineer with 40 years of computer experience.



Featured Senior Profile: Mike Meixsell

My brother, Carl, who is three years younger, and I grew up on a farm in north-east Pennsylvania. We hiked and camped on the Appalachian Trail which was nearby.

When I graduated from Lehighon High School, the draft was still in effect, so I decided to enlist in the Air Force. I took my physical at Frankford Arsenal in Philadelphia, then went by train to Lackland Air Force Base (AFB) in Texas for basic training, then by train to heavy equipment operator school at the Corps of Engineers Base in Fort Warren, Wyoming. After graduating, we went by

train to Hamilton AFB on the San Francisco Bay, where we waited for our troop ship, which took us across the Pacific to Guam, which was the rear base for the B-29 group to which I was assigned. About a week later, I flew to my primary duty station, Kadena AFB on Okinawa.

Chiang Kai-shek and the Nationalists were fighting the Chinese Communist Party (CCP) in China. U.S. General Stilwell was advising Chiang. Also, North Korea was making occasional incursions into South Korea, where U.S. troops were stationed.

When the next electronics class began at Keio University in Yokohama, I flew there to attend. I could see Mount Fuji from my dormitory. While in Japan, I visited my cousin, who was one of McArthur's chauffeurs, in Tokyo.

After graduating, I went by train to Japan's former military academy on the coast. Our troop ship left on a moon-lit night on a calm sea and arrived at Okinawa the next morning.

I had taken the exam for West Point Prep School. Five of us from the Far East qualified. We met on Okinawa and travelled together on a military air transport service (MATS) plane— island hopping back to the states. However, halfway from Kwajalein to Johnston Island, on a clear moon-lit night, two engines stopped and we began losing altitude. We radioed Johnston for an Air-sea rescue plane, which carries a life boat underneath which would be dropped by parachute if we had to ditch. We were able to stop the sinking by pushing baggage out the door. The rescue plane was able to find us because we kept our radio transmitter turned on so that their radio compass would point in our direction, and both our planes had their landing lights turned on.

We continued to Hawaii and Travis AFB north of San Francisco, and across the U.S. to Prep School at Steward AFB, near Newburg on the Hudson River. After graduation, I picked up my discharge certificate, on 20 June 1950, and began my drive home to Andreas, PA, on a sunny, warm spring morning.

I went to Penn State University and majored in mathematics and physics and went to MIT graduate school. I worked at MIT's Lincoln Laboratory on the Ballistic Missile Early Warning System (BMEWS) and co-wrote the final report to the Department of Defense. BMEWS would transmit a warning of a Russian ballistic missile attack to the Command Center deep inside Cheyenne Mountain, which would transmit the warning to all air force bases in Canada and the U.S.

Sudbury was a farming community when we built our house on Barton Drive. The only town building on Fairbank Rd was Fairbank School for grades one through eight. Graduates went to Lincoln Sudbury Regional High School. I and three other MIT people were on the five-member Planning Board.

Now on Fairbank Rd, we have a two-story building housing the Sudbury Senior Center, Atkinson Pool, the Park and Rec offices, and the Sudbury Public School offices. I would describe the new Sudbury Senior Center building as "fascinating," with its arched entrances and automated bathrooms. One of my favorite features is the fireplace in the Lounge, donated by the Friends of Sudbury Seniors. I find it relaxing to frequent the Senior Center and everyone seems to know my name here!

Written by: Mike Meixsell

Total Eclipse Party**Mary Murray****Connection Circle****Connection Circle****Thursdays, 2:30-4:00 PM**

Join this welcoming group facilitated by Kim Schwartz. This group recently celebrated their 10-year anniversary! Kim usually scheduled a topic for each week, and participants take turns sharing if they would like to. The group meets virtually 2 Thursdays each week, and meets hybrid - which is both in-person and virtually - for 2 Thursdays each month (the first 2 Thursdays).

Please contact Debra Galloway for more information at 978-443-3055 or gallowayd@sudbury.ma.us.

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.