



The **SENIOR SCENE**

A PUBLICATION OF THE SUDBURY SENIOR CENTER

September 2024



HIGHLIGHTS:

Van Trip to Target	Sept 9
Sharpen Your Mind	Sept 9
Tech Essentials Class	Sept 10
Color & Composition	Sept 11
Nutrition Counseling	Sept 11
Fall Prevention Talk	Sept 12
Finishing School for Quilts	Sept 19
YouTube for You	Sept 24
Flu Clinic	Sept 25

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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2 | FROM THE DIRECTOR /CARDS AND GAMES

Welcome to Fall at the Sudbury Senior Center!

We have a plethora of activities and classes waiting for you to join!

We are always looking for new fitness and wellness classes to offer. Our Chair Pilates has taken off over the summer, perhaps you'd like to try it out? We also have a new Strength and Balance class starting in September. **Please note** our new registration procedures on page 6 – you will need to pay attention to the registration period to ensure you get into your chosen classes. You can sign up between August 26 and September 6. You must pay the fitness class fee by September 6. We have had difficulty with people saying they will pay later, and finding that some have forgotten. This causes a lot of extra work for the staff. We also have almost cancelled classes because people did not sign up in advance, only to find out that there are a number of people interested, they just did not sign up! Please follow our new procedures, we think it will make things easier for everyone. Thank you!

We always offer a Falls Prevention workshop in September and we hope you will attend this workshop. You'll get a chance to meet Katie Betts and Brianna Gale, two Public Health nurses who work for the Sudbury Health Department – and learn more about falls, fall risk and how to recover. Important things to know!

Please take a look at all of the other things that are going on and make sure to sign up!

Warmly, *Debra*

Cards and Games!



Mondays -
Cribbage at 10:00 AM
MahJong at 12:30 PM

Tuesdays -
Ping Pong at 9:30 AM

Wednesdays -
Bridge at 1:00 PM

Thursdays -
Canasta at 12:30 PM

Join one of our friendly groups for cards, games and fun!

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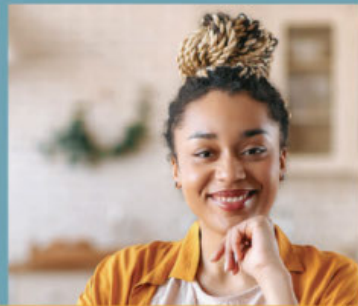
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THE GREAT COURSES DVD SERIES

Lost Art: Stories of Missing Masterpieces

On Zoom ending September 23

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

Art historian Noah Charney will discuss the stories behind the theft and/or destruction of some of the world's most famous pieces of art. No one knows how many great works of art have been destroyed or lost throughout history.

Music of Richard Wagner
On Zoom ending September 17

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 every other Wednesday

Day: Wednesday, Sept 4 & 18
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.

**Great Decisions:
Hybrid Meeting**

Day: Every Other Wednesday: September 11 & 25
Time: 9:30 AM

This 8-session foreign policy course is designed to encourage thoughtful discussion relating to current global challenges. Created by the Foreign Policy Institute. The group meets at the Senior Center and on Zoom.

**Current Events:
Hybrid Meeting**

Day: Every Thursday
Time: 10:00 AM

Join in this respectful discussion of world events with facilitator Don Sherman. Participants vote and then talk about various topics. The groups meets at the Senior Center and on Zoom. Please call the Senior Center to get the Zoom link at 978-443-3055.

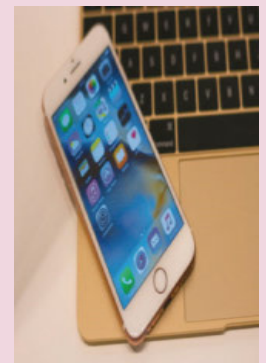
iPhone and iPad Workshops with Kevin Figueroa

Tuesday, September 17 | 2:00 PM—4:00 PM
Discovering Music on Spotify

In this class, we explore the Spotify app and learn to use it to explore music from artists we love, build playlists of songs and albums, and listen to audiobooks and podcasts.

Tuesday, September 24 | 2:00 PM—4:00 PM
Using Instacart, Uber, & Venmo on iPhone

This class explores three different apps: Instacart, Uber, and Venmo. These apps are used for ordering groceries to be delivered, getting rides from one place to another, and making transfers from your bank or card to friends and family.



Joy of Watercolors Workshops with Angela Ackerman

Class: Autumn Leaf Drawing

Date: Friday, September 13

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

Cost: \$15.00

Come join us and learn how to create an accurate tonal line observational drawing to form the basis of your watercolor painting. We will use watercolor techniques using brushes, sponges, and other tools to create our watercolor leaf paintings.

All levels welcome. Please register early to ensure your spot! To register stop by the Senior Center by Friday, September 6. You can pay in cash or by check. If you have questions or need further information, contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Drop In Watercolor

Day: Friday

Dates: September 6, 20 & 27

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

This is a drop-in watercolor class.

Get your project done in a relaxing sunny space with other like-minded artists. Come meet some of our wonderful painters. Great conversations happen when being creative!

All skill levels are welcome.

Composition and Color with Lane Williamson

Day: Wednesdays

Dates: September 11— November 13

Time: 10:00 - 12:00 PM *Not appropriate for beginners*

No one can teach what inspires you when you make art. That's your own voice. But there's another side of giving expression to your voice and that is craft.

This course asks you to look behind the subject of your work to composition and color. Value shifts, overlapping shapes and forms, echoes and counterpoints – these are your visual language.

You may work in your preferred medium: Oil, mixed medium sticks, watercolor, or acrylic.

No tuition charge for this course. Students will buy their own materials. Register for class by September 6 by calling 978-443-3055. The class size is limited to 8 students.

Finishing School for Quilts

Day: Thursdays

Dates: September 19— Oct 24

Time: 1:00 - 3:00 PM Cost: \$75.00

Let's get back to quilting! 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 work by hand, on a project you'd like to finish 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.

Please bring your sewing machine and tools if you wish, or bring hand sewing equipment along with a project in the works or ideas for a new one!

Please register and pay for this call by Thursday, September 12 at the Sudbury Senior Center, 978-443-3055 or senior@sudbury.ma.us.

T'AI CHI

Mondays | 2:30-3:30 PM | \$42.00

Inst: Jon Woodward **7 wks. Beginning on Sept. 9**

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.

CHAIR PILATES

Tuesdays | 9:30 -10:30 AM | \$48.00

Inst: Jennifer Davidson **8 wks. Beginning on Sept. 10**

This fitness class is designed to enhance core strength and stability for those who prefer to exercise off the floor. Class consists of exercises on the chair that stretch and tone the body as well as support the integrity of the spine. Balance, coordination and pelvic stability/strength also are addressed in this class.

ZUMBA GOLD

Tuesdays | 1:00 -1:55 PM | \$48.00—Sept. 10

Thursdays | 1:00 -1:55 PM | \$48.00—Sept. 12

Inst: Yachun Lin **8 wks. Beginning in Sept.**

Zumba Gold is a fun cardio class with low impact movements that are gentle on your joints. Each class is like a dance party with easy-to-follow steps. Yachun is a certified Zumba Gold Instructor.

WELLNESS LAB

Wednesdays | 1:00 -2:00 PM | \$40.00

Inst: Lisa Campbell **8 wks. Beginning on Sept. 11**

Inspiring series featuring exercise in mindfulness, breath work and a ten minute meditation.

TAP DANCE

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

Inst: Susan Craver **6 wks. Beginning on Sept. 12**

NO CLASS on Oct 10 & 17

Tapping is a style of dance that uses your feet/tap shoes as the percussive instrument. Susan has been teaching fitness classes for over 28 years.

FIT FOR THE FUTURE - Drop In

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. ****Space is limited****

STRENGTH AND BALANCE - HYBRID CLASS Formerly known as Staying Active & Independent for Life

Thursdays | 10:30 - 11:15 AM | \$48.00

Inst: Derry Tanner **8 wks. Beginning on Sept. 12**

This class is great for increasing your strength and balance and flexibility. Derry is a retired nurse and certified personal trainer. Safe for beginners.

DRUMS ALIVE *NEW TIME*

Thursdays | 2:30 - 3:25 PM | \$48.00

Inst: Yachun Lin **8 wks. Beginning on Sept. 12**

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 *NEW TIME*

Fridays | 10:15 - 11:00 AM | \$48.00

Inst: Rebecca Reber **8 wks. Beginning on Sept. 13**

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 TIME*

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

Inst: Rebecca Reber **8 wks. Beginning on Sept. 13**

We will connect movement and breath as we move into poses. Bring 2 yoga blocks and a yoga belt.

*******NOTE*******

For new Fitness Class registration procedures, please refer to page 6 of the newsletter.

Renew your Fitness Waivers - due in September!

NEW FITNESS REGISTRATION PROCEDURES

Please note the following new registration procedures for our fitness classes. These new procedures will assist both participants and staff in keeping track of start and end dates for class sessions.

Fitness classes will now run in sessions of about 7-8 weeks – but all will begin during the same week, and end during the same week.

Registration will take place two weeks prior to the start of the class session.

Fall 1 Session classes will start the week of September 9 and run through November 1 (8 weeks). Registration will be from August 26 through September 6. Payment will be due by September 6.

Fall 2 Session classes will start the week of November 4 and run through December 20 (7 weeks). Registration will be from October 21 through November 1. Payment will be due by November 1.

More information and a schedule will be available at the Sudbury Senior Center Front Desk.

Please make note of these changes so that you do not miss signing up for your classes.



Drums Alive class August 2024

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PROGRAM HIGHLIGHT



Traci Robidoux, RD, LDN

Technology Support

We have an incredible team of Technology Support volunteers who offer one-on-one assistance to Sudbury seniors with questions about their laptops, smart phones, and iPads. The session can be done in-person at the Senior Center, by phone call or via Zoom.

For more information or to request a tech support session to be scheduled, please contact Janet Lipkin at 978-639-3223. Note: This is not an urgent-needs service.



Patrick Carroll, left, providing tech support to a patron.

Nutrition counseling is offered at various times throughout the year at the Senior Center. One-on-one, 30-minute personalized nutrition guidance is provided by Springwell's Registered Dietician Traci Robidoux, RD, LDN.

Nutrition counseling can help you understand how diet impacts your overall health, as well as help you plan healthy meals to fit your nutritional and lifestyle needs.

To sign up for a session with Traci on September 11, call 978-443-3055.

Thank you, Traci, for your time and expertise!

Lock Box

The lock box (also known as Supra box) is a small safe with the resident's house key 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.

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
- ◆ Lead classes or programs
- ◆ Assist with monthly newsletter mailings...and much more



Volunteer Lane Williamson (right) teaching an art class

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 | SEPTEMBER 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	2024 State Primary 3	4	5	6
LABOR DAY SENIOR CENTER IS CLOSED TODAY	9:30 Music of R. Wagner 9:30-11:30 Ping Pong 1:00 SHINE Appts. 2:00 Circle of Friends and Caregiver Support Group	9:30 History of India 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Intermediate Bridge 1:00 Chess for All	9:30 Walk-in Tech Help 10:00 Current Events 10:30 BP Walk-in Clinic 12:30 Canasta 1:00 Low Vision Group 2:30 Connection Circle	11:00 Fit for the Future 1:30 Drop in watercolors 1:45 Drop in Watercolors
9	10	11	12	13
10:00 Cribbage 10:00 Lost Art 10:00 Stamp Club 10:00 Memory Training 11:00 Fit for the Future 11:30 Van Trip to Target 12:30 Mahjong 2:30 Tai Chi	9:30 Music of R. Wagner 9:30 Chair Pilates 9:30-11:30 Ping Pong 10:00 Grief Support Grp. 1:00 SHINE Appts. 1:00 Zumba Gold 1:00 Tech Essentials	9:30 Great Decisions 10:00 Nutrition Consult 10:00 Color and Composition Art Class 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Intermediate Bridge 1:00 Wellness Lab 1:00 Chess for All 2:00 Pathways Coffee Hour	9:15 Tap Dance 9:30 Walk-in Tech Help 10:00 Current Events 10:30 BP Walk-in Clinic 10:30 Strength & Balance 12:30 Canasta 12:00 Lunch/Learn: Falls 1:00 Zumba Gold 2:30 Drums Alive 2:30 Connection Circle	9:15 Mat Yoga 9:30 Hearing Clinic 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Joy of Watercolors 1:45 Joy of Watercolors
16	17	18	19	20
10:00 Cribbage 10:00 Loat Art 10:00 Memory Training 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi 3:30 COA Meeting	9:30 Music of R. Wagner (last class) 9:30 Chair Pilates 9:30-11:30 Ping Pong 1:00 SHINE Appts. 1:00 Zumba Gold 2:00 Making Memories Café 2:00 Discover Music on Spotify	9:30 History of India 10:00 Color and Composition Art Class 10:00 Informal Grief Sup. 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Intermediate Bridge 1:00 Wellness Lab 1:00 Turn the Page Book 1:00 Chess for All	9:15 Tap Dance 9:30 Walk-in Tech Help 10:00 Current Events 10:00 Desi Chai & Chat 10:30 BP Walk-in Clinic 10:30 Strength & Balance 12:30 Canasta 1:00 Zumba Gold 1:00 Quilting Class 2:30 Drums Alive 2:30 Connection Circle	9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop in Watercolors 1:45 Drop in Watercolors
23	24	25	26	27
10:00 Cribbage 10:00 Lost Art 10:00 Memory Training 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi	9:30 Chair Pilates 9:30-11:30 Ping Pong 10:30 Photography Group 1:00 SHINE Appts. 1:00 Zumba Gold 1:00 YouTube for You 1:30 Chess For All 2:00 Using Instacart, Uber And Venmo	9:30 Great Decisions 10:00 Color and Composition Art Class 11:00 Fit for the Future 12:00 Spoonful's Delivery 12:00 -3:30 Flu Clinic 1:00 Intermediate Bridge 1:00 Wellness Lab 1:00 Legal Clinic by appt. 1:00 Chess for All	9:15 Tap Dance 9:30 Walk-in Tech Help 10:00 Current Events 10:30 BP Walk-in Clinic 10:30 Strength & Balance 12:30 Canasta 1:00 Zumba Gold 1:00 Quilting Class 2:30 Drums Alive 2:30 Connection Circle	9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop in Watercolors 1:45 Drop in Watercolors
30				
10:00 Cribbage 10:00 Lost Art 10:00 Memory Training 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi		FONT COLORS: Zoom Events BLUE	On-site events BLACK Special Events RED	Hybrid events GREEN Off-site Events PURPLE



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Featured Senior Profile: Abla Shocair



Abla Shocair's story is fascinating. Abla was born in Amman, Jordan, to a father who was a physician, poet, and political activist and a mother who was determined to fulfill her daughter's passion for music and education.

At four years old, Aba's mother noticed her daughter's musical talent and started her with piano lessons. Aba was a quick study and performed in a student recital at 5 years old. Aba is an accomplished classical concert pianist who has performed in numerous venues throughout the world, including the British Council in Kuwait.

Abba taught two of her grandsons to play piano and they often perform with her. Abba also plays the Oud, a Middle Eastern lute-type instrument. You can search her name on YouTube to view her 2015-2019 concerts in Lincoln.

Abba lived her life through young adulthood in the Middle East, primarily in Amman and Damascus. She explained that prior to WWI there were no borders between different regions and people could travel freely through the Arab world. That was a luxury afforded her family before 1917.

Abba received a civil engineering bachelor's degree in Damascus, Syria. Abba was a top student and the first woman to be admitted to the School of Engineering at the American University in Beirut where she received her master's degree in structural engineering. Abba's husband's work as a civil engineer required the family to make frequent moves and live in numerous countries, including, Libya, Kuwait, Qatar, and the United States.

Abba has a keen interest in languages and speaks Arabic, French, Russian, English and Italian. She started to learn Italian by taking classes at Lincoln Sudbury High School and continued to study Italian in an unusual way. She would travel to Amman every year on Alitalia. The flights often stopped in Rome or Milan. Instead of getting on the connecting flight, Abba would stow her luggage in an airport locker and spend time traveling to Milan, Rome, Napoli, Capri and Venice.

Abba has three children. Their various residences and studies have provided Abba the opportunity to travel to South Africa, Dubai and Russia. Abba's made it her mission to educate her children about their heritage and all three children are fluent in Arabic. On her annual visits to Amman, Abba would obtain curriculums from the local Amman schools. Upon her return to the US, Abba would incorporate the Arabic curriculum as part of her children's education.

I could go on and on about Abba's stories of travel, music and education. To say that Abba is a fascinating, intelligent woman, with a zest for life and the challenges and opportunities it presents, is an understatement. Abba kept me engaged with her life stories, interspersed with humor and always with a smile on her face. To me, the smile is a symbol of a woman who is content with what she has contributed and learned from her life experiences.

Abba has and will continue to play concerts at the Senior Center. She is looking forward to playing the Sudbury Senior Center's new piano. She has lectured at the Sudbury Senior Center about her travels to Dubai, Oman, Bahrain and Qatar and is a regular participant in the Senior Center lecture series; she especially enjoys lectures on history, art and music.

Written by Debra de Bastos, Senior Center volunteer



Medicare Open Enrollment

October 15 through December 7

It's that time of year again! If you are enrolled in a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO/ PPO), you should be mailed an information packet from your plan by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for 2025. Premiums, deductibles, co-pays, and the drugs covered by your plan can change significantly! Come meet with a SHINE counselor during Open Enrollment to go over any changes and make sure you're in the right plan for you!

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

You may call the Senior Center as of Tuesday, September 10 at 978-443-3055.

SENIOR CENTER STAFF		COUNCIL ON AGING
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Vice President Ron Riggert			
Treasurer Josephine King			
Secretary Judy Merra			

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.

11 | SPECIAL EVENTS

Walk-in Tech Help

Thursdays in September
9:30 AM - 11:00 AM

Do you have a quick question about your phone, tablet, computer, or other device? Tech Volunteer Patrick C. is here to help! No appointment needed — just bring your device and your questions!

Nutrition Consultation

Wednesday, September 11
10:00 AM- 1:00 PM

Traci Robidoux, RD, LDN

Must sign up for an appointment time by calling 978-443-3055.

Sudbury Desi Senior

Chai & Chat

Thursday, September 19
10:00 AM -12:00 PM

A meet up for South Asian Americans to connect with each other, **everyone** is welcome to join us for tea, conversations and camaraderie!
Drop-in if you're interested in joining.

Tech Essentials Class

Tuesday, September 10
1:00 PM - 2:30 PM

Designed specifically for older adults, this session demystifies the internet and mobile applications that are becoming essential in our daily lives. From shopping on Amazon to staying connected on social media, or enjoying podcasts, videos, and the life-changing artificial intelligence of Chat GPT, we've got you covered. With a focus on practical skills and safety, including knowledge of cookies, password protection and more; you'll leave with the confidence to navigate the digital world more effectively. With plenty of time for Q&A, join us to enhance your digital literacy and stay connected in today's tech-driven society.

Please register for this workshop by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Chess for All

Wednesdays
1:00 PM - 3:30 PM

Instructor Dick Gariepy will teach you how to play. All skill levels and all ages are welcome. Sign-up now.

YouTube For You Class

Tuesday, September 24
1:00 PM - 3:00 PM

Sick of television? Learn about YouTube! Learn how to use YouTube to find topics, channels, and creators of interest to you. There's something for everyone! Some great channels will be demonstrated as well as tips for staying safe online. No computer needed, just yourself. Please register by contacting the Senior Center at 978-443-3055.

SAVE THE DATE

Balance Assessments with

Aditi Chandra, DPT

Wednesday, October 2

9:00-11:30 AM.

SUDBURY SENIOR CENTER SERVICES

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.

Sudbury Connection Van Trip to Target in Marlboro

Monday | September 9



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

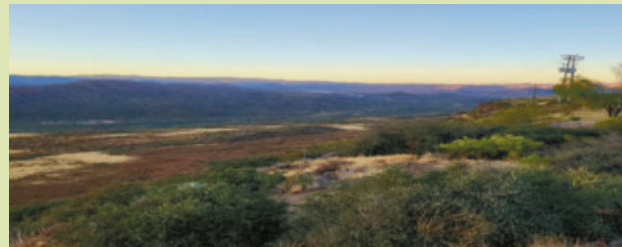
Registered van riders, please contact the MWRTA Reservation Center at 508-820-4650 two days in advance to schedule your ride to Target.

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

Photography Discussion Group Tuesday, September 24 10:30 - 11:30 AM

Interested in photography? We are, and would like to share that wonderful creative world of photography with others whether it be via Smart Phone, DSLR, or mirrorless camera. Maybe you have extensive knowledge about photography or know very little and want to learn. Perhaps you want to be entertained by viewing photos of someone's trip or discuss how to make your trip photos more entertaining. There are endless ways to approach this multilayered subject of photography.

Please join us at our first meeting and share your thoughts and ideas with your fellow image makers.



Sharpen Your Mind – Memory Training Workshop 4 Mondays - September 9, 16, 23, 30 10:00 AM – 12:00 PM

Join our trained volunteers who will offer a 4-week session of the evidence-based Memory Training program created at UCLA. This training is for people with normal age-related memory challenges, such as: forgetting names and faces, forgetting to do things in the future (like keeping an appointment), forgetting where you put things (like keys), and knowing something you can't immediately recall. This training is not intended for people with a diagnosis of Alzheimer's disease or other forms of dementia.

It is important for participants in the course to commit to all of the classes, and to at least attend 3 out of the 4 classes offered. There will be some at-home practice involved! Please contact the Sudbury Senior Center to get on the sign-up list. You will be contacted by a Senior Center staff person to discuss your registration within 2 business days of your contact.

Contact the Sudbury Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Board of Health Flu Clinic Sudbury Senior Center Wednesday, September 25 12:00-3:30 PM

This year we are able to use the new Community Center space to host the Board of Health Flu Clinic. The Health Department is setting up registration online as they did last year. Online registration information was not available at press time, but will be shared soon.

The Health Department will also assist those who are not able to sign up online, please call the Health Department at 978-440-5479 for more information.

Flu Clinic In-person Registration

Wednesday, September 11, 1:00-3:00 PM
Register for the flu clinic at the Senior Center with Katie Betts, Public Health Nurse.

| 14 SUMMER BBQ PICTURES



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How do home-delivered meals work?

I am juggling so much with caregiving – is there help for me?

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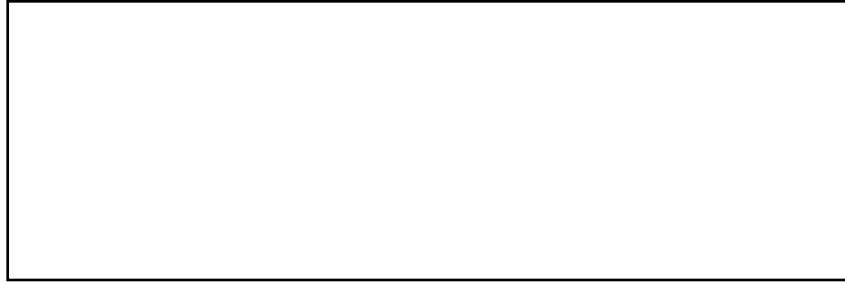
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