

## October 2024



Photo by: Palig Garabedian

Salve Regina University in Newport, R.I.

### HIGHLIGHTS:

Balance Assessment	Oct 2
Covid Vaccines	Oct 8
Health & Safety Talk	Oct 10
Indigenous Peoples Day/ (Columbus Day)	CLOSED
LGBTQIA+ Event	Oct 18
Fire Safety Talk	Oct 21
Van trip to Target	Oct 21
Fall Fest	Oct 30
Desi Chai and Chat	Oct 31

### 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

Director's Note	2
Academics	3
Art Classes/Tech	4
Fitness Classes	5
Fall 2 Session Registration	6
Volunteer News	7
October Calendar	8
Trips /More Tech	9
Medicare Open Enrollment	10
Special Events	11
Outreach and Information	12
Happening this Month	13

## 2 | FROM THE DIRECTOR, DEBRA GALLOWAY

Welcome to October!

October at the Sudbury Senior Center includes some interesting, useful and fun events! Please sign up early for Balance Assessments! You can also sign up to learn about ChatGPT and Social Media from Senior U; learn how to use your iPhone for Uber and Lyft, as well as Digital Libraries, with KevTech; and experience a day in the life of Sudbury's Health Director, Vivian Zeng. Finally, join us for a Fall Fest where you can delight in apple cider donuts, apple cider, and all kinds of other tricks and treats!

We continue to add programs, classes and special events to our calendar as we become more settled into the new Senior Center. We haven't been able to plan as many as we'd like due to long-term staff shortages. However, as you'll see on page 3, we welcomed our new Program & Publicity Coordinator Palig Garabedian in August. She is learning new software, and is working on editing her first monthly newsletter. Palig will be available to meet you on Friday, October 11 from 9:30-10:30 AM in the Café - please stop by to say hello!

As of the printing of the newsletter, we have not hired an Asst. Director/Outreach Coordinator, and are also looking for a part-time Front Desk receptionist. We are hopeful new applicants are just around the corner, and we will fill these positions soon. In the meantime, please understand that at times we may be slower to get back to you than we would like.

Some changes to note:

Fitness Registration now takes place for 2 weeks before the next fitness session runs, and payments are due on the last day of registration (Friday, November 1). See page 6.

To make the newsletter calendar more legible, some weekly events are now listed separately on page 13 and are not included on the calendar. We hope this will improve readability, but don't want you to worry that your favorite weekly program is cancelled. As always, please call or email if you have a question at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

*Debra*

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## THE GREAT COURSES DVD SERIES

**30 Masterpieces of the Ancient World****On Zoom Starting October 7****Day: Mondays****Time: 10:00 - 11:00 AM**

When people think of the masterpieces of art, painters such as Gauguin or Picasso might spring to mind. However, thousands of years before these modern masters put brush to canvas, artists from all over the ancient world, from France to Egypt to South America, created a trove of masterpieces—artwork stunning for its opulence, its realism, its utility, and its visual drama.

**Mahler: His Life and Music****On Zoom Starting October 1****Day: Tuesdays****Time: 9:30 - 10:30 AM**

This course offers a biographical and musical study of Mahler, who, along with being a composer, was the greatest opera conductor of his time. Mahler was a titan of post-Romantic musical history. His symphonies are vast musical repositories of his intellectual, emotional, and spiritual expression. His work constitutes the first generation of Expressionism, the early 20th-century art movement that celebrates inner reality as the only reality.

**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 discuss various topics. The group meets at the Senior Center and on Zoom. Please call the Senior Center to get the Zoom link at 978-443-3055.

**TO REGISTER FOR ANY OF THE GREAT  
COURSES DVD SERIES:**

**PLEASE CALL THE SUDBURY SENIOR CENTER  
AT 978/443-3055**

**OR**

**VIA EMAIL AT: SENIOR@SUDBURY.MA.US**

**A History of Eastern Europe with****Professor Vejas Gabriel****On Zoom Starting October 2****Day: Wednesdays****Time: 9:30 - 11:00 AM**

In this class, we explore Eastern Europe. Long thought of the “Other Europe”, the region is rife with political upheaval, shifting national borders, an astonishing variety of ethnic diversity and relative isolation. This course examines the region’s gradual integration with Western Europe by joining NATO and the European Union and its gain of a new measure of self-determination in the wake of communist collapse.

**Welcome to our new  
Program & Publicity  
Coordinator!**

We are pleased to introduce our new Program & Publicity Coordinator Palig Garabedian.



Palig started work in August, and spent some time training with our fantastic, but now retired, Program Coordinator Sharon Wilkes. Palig is well immersed in planning and publicity now as we begin September (at the time of this writing) and looking forward to meeting you at the Senior Center. Please stop by the center on Friday, Oct 11th from 9:30-10:30am to enjoy a cup of coffee and to meet her.

## 4 | ART CLASSES

### JOY OF WATERCOLOR WORKSHOP WITH ANGELA ACKERMAN

#### Point of View Workshop

Date: Friday, October 11

Times: 11:30- 1:30 PM    Fee: \$15.00  
OR 1:45- 3:45 PM      Fee: \$15.00

Join us and learn how to draw/paint from a Bird's Eye View or from a Worm's Eye view to create more dramatic watercolors. Please bring in your favorite reference photo of either from above or from below of subject matter of your choice. Sign up by calling the Sudbury Senior Center at (978) 443-3055 or via email at senior@sudbury.ma.us.



### DROP-IN WATERCOLOR

Dates: Friday, October 4, 18 and 25

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

This is a drop-in watercolor group. All skill levels are welcome. Bring your on-going or new projects and work in a relaxing sunny space with other like-minded artists. Come meet some of our wonderful painters. Great conversations happen when being creative!

Please note: This is **not** an instructor led session.

## IPHONE & IPAD CLASSES

### FINDING TRANSPORTATION USING UBER & LYFT

Date: Tuesday, October 15

Time: 2:00 – 4:00 PM

Diving into two popular ride-share apps, Uber and Lyft, this class teaches participants how to use these apps to find rides, order groceries and much more. Learn how to book rides for yourself or others as well as how to add payment methods, all while staying safe online.



Books are friends that never leave your side. Start reading a new book today!



### FINDING BOOKS AND BUILDING YOUR DIGITAL LIBRARY

Date: Tuesday, October 29

Time: 2:00 – 4:00 PM

In this class, we learn to use the Books app on iPhone and iPad to find books and read them on our devices. We learn to explore different titles, find free books, and make text easy to read on smaller screens.

### WALK-IN TECH HELP

Date: Thursdays

Time: 9:30-11:00 AM

Need Help with your Technology? Have a question about your phone, tablet or other device? Whether it's figuring out how to play a video someone texted you, installing and using a new app on your iPhone or Android, adding a background to your Zoom calls, Tech Volunteer Patrick C. is here to help! Stop by the walk-in clinic on Thursdays in October from 9:30 – 11:00 AM. **Note:** You will be asked to sign a liability waiver.

## 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\*\***

## T'AI CHI

**Mondays | 2:30 — 3:30 PM**

**Fall1: Sept. 9 — Oct. 28 (7 wks.)** Fee: **\$42.00**

**Fall2: Nov. 4 — Dec. 16 (6 wks.)** Fee: **\$36.00**

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. Instructed by Jon Woodward, this is a great class for beginners.

## ZUMBA GOLD

**Tuesdays | 1:00 — 1:55 PM**

**Fall1: Sep. 10 — Oct. 29 (8 wks.)** Fee: **\$48.00**

**Fall2: Nov. 12 — Dec. 17 (6 wks.)** Fee: **\$36.00**

**Thursdays | 1:00 — 1:55 PM**

**Fall1: Sep. 12 — Oct. 31 (8 wks.)** Fee: **\$48.00**

**Fall2: Nov. 7 — Dec. 19 (6 wks.)** Fee: **\$36.00**

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.

Instructed by Yachun Lin.

## WELLNESS LAB

**Wednesdays | 1:00 — 2:00 PM**

**Fall1: Sep. 11 — Oct. 30 (8 wks.)** Fee: **\$40.00**

**Fall2: Nov. 6 — Dec. 18 (6 wks.)** Fee: **\$30.00**

**(No class on Nov. 27)**

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

Instructed by Lisa Campbell.

**\*\*Fall 2 Fitness Sessions Registration Period\*\***

**October 21— November 1**

**Payments for Session 2 are due by November 1**

## TAP DANCE

**Thursdays | 9:15 — 10:15 AM**

**Fall1: Sep. 12 — Oct. 31 (6 wks.)** Fee: **\$36.00**

**(No class on Oct. 10 & 17)**

**Fall2: Nov. 7 — Dec. 19 (6 wks.)** Fee: **\$36.00**

Join our fun tap dancing class. Instructor Susan Craver has been teaching fitness classes for over 28 years.

## STRENGTH AND BALANCE - HYBRID CLASS

**Thursdays | 10:30 — 11:30 AM**

**Fall1: Sep. 12 — Oct. 31 (8 wks.)** Fee: **\$48.00**

**Fall2: Nov. 7 — Dec. 19 (5 wks.)** Fee: **\$30.00**

**(No class on Nov. 14)**

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

This class is safe for beginners.

## DRUMS ALIVE

**Thursdays | 2:30 — 3:25 PM**

**Fall1: Sep. 12 — Oct. 31 (8 wks.)** Fee: **\$48.00**

**Fall2: Nov. 7 — Dec. 19 (6 wks.)** Fee: **\$36.00**

Designed for older adults, Drums Alive is a unique sensory-motor drumming program involving drum sticks, an exercise ball, and music. Instructed by Yachun Lin, this class is sure to raise your energy and challenge your body and mind all at once.

## CHAIR YOGA—HYBRID CLASS

**Fridays | 10:15 - 11:00 AM**

**Fall1: Sep. 13 — Nov. 1 (8 wks.)** Fee: **\$48.00**

**Fall2: Nov. 8 — Dec. 20 (6 wks.)** Fee: **\$36.00**

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

## MAT YOGA

**Fridays | 9:15 - 10:00 AM**

**Fall1: Sep. 13 — Nov. 1 (8 wks.)** Fee: **\$48.00**

**Fall2: Nov. 8 — Dec. 20 (6 wks.)** Fee: **\$36.00**

Connect movement and breath as you move into poses. Bring 2 yoga blocks and a yoga belt.

Instructed by Rebecca Reber.

# 6 | FALL 2 SESSION REGISTRATION

## 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 6-8 weeks and will all 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 2 Session** classes will start the week of November 4 and run through December 20 (6 weeks). Registration will be from October 21 through November 1. Payment will be due by November 1.

Please note: Session length may vary based on class start date and any holidays which might coincide with class schedule.

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.



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## PROGRAM HIGHLIGHT

### Home Safety Check



Home Safety Check, a collaborative program 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.*



Pictured is Bob Ellsworth, volunteer, delivering donated baked goods from the Hudson Stop & Shop to the Senior Center.

Baked goods from either the Hudson Stop & Shop or Sudbury's Shaw's are donated to the Senior Center most Mondays, Tuesdays and Thursdays. Thanks to both supermarkets, as well as to our delivery volunteers!



Goodnow To Go volunteer Matt D'Agostino (left), delivers library materials to his matched senior. For information about the program, please call Janet Lipkin (978-639-3223).

## WHAT WE DO

### Our volunteers...

- ◆ Make small outdoor or in-garage home repairs
- ◆ Provide technology support
- ◆ Make weekly phone calls or home visits to seniors
- ◆ Do weekly grocery shopping (with delivery) for seniors
- ◆ Help out at special events
- ◆ Offer free legal, tax and health insurance advice
- ◆ Deliver library materials to seniors unable to get to Goodnow
- ◆ Welcome people as they come into the Senior Center
- ◆ Pick up donated baked goods from local supermarkets
- ◆ Lead/moderate specific classes/programs
- ◆ Assist with monthly newsletter mailings and much, much more!



(Left) Volunteers Pat Howard 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](mailto:LipkinJ@sudbury.ma.us), or visit the Senior Center webpage at <https://sudburyseniorcenter.org/about-us/get-involved/>.

8| OCTOBER 2024 CALENDAR

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
<p><b>Please note:</b> Some of our weekly events are now listed on P.13 Please take a look!</p>	<p>9:30 Music of Mahler 10:00 Grief Support Grp. 1:00 SHINE Appts. 1:00 Zumba Gold 2:00 Circle of Friends &amp; Caregivers Group</p>	<p>9:30 Eastern Europe 9:00 Balance Assessment 10:00 Color &amp; Comp 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Wellness Lab</p>	<p>9:15 Tap Dance 10:00 Current Events 10:30 Strength &amp; Balance 1:00 Low Vision Group 1:00 Zumba Gold 1:00 Quilting Class 2:30 Drums Alive 2:30 No Connection Circle</p>	<p>9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop in watercolors 1:45 Drop in Watercolors</p>
	7	8	9	10
<p>10:00 Cribbage 10:00 Ancient World 11:00 Fit for the Future 12:30 Mahjong 2:00 Author Talk: My Father's War 2:30 Tai Chi</p>	<p>9:30 Mahler: Life &amp; Music 9:30-12:00 Covid Vaccines 1:00 Chat GPT workshop 1:00 SHINE Appts. 1:00 Zumba Gold</p>	<p>9:30 Eastern Europe 10:00 Color &amp; Comp 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Wellness Lab 2:00 Pathways coffee hour</p>	<p>9:15 No Tap Dance 10:30 Strength &amp; Balance 12:00 Lunch &amp; Learn: Health &amp; Safety talk 1:00 Zumba Gold 1:00 Quilting Class 2:30 Drums Alive 2:30 Connection Circle</p>	<p>9:15 Mat Yoga 9:30 Hearing Clinic 9:30 Meet &amp; Greet with new Prog. &amp; Publicity Coord. 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Joy of Watercolors 1:45 Joy of Watercolors</p>
14	15	16	17	18
<p>Indigenous Peoples Day (Columbus Day) CLOSED</p>	<p>9:30 Mahler: Life &amp; Music 1:00 SHINE Appts. 1:00 Zumba Gold 2:00 Making Memories 2:00 iPhone workshop: Uber &amp; Lyft</p>	<p>9:30 Eastern Europe 10:00 Color &amp; Comp 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Wellness Lab 1:00 Turn the Page</p>	<p>9:15 No Tap Dance 10:30 Strength &amp; Balance 1:00 Zumba Gold 1:00 Quilting Class 2:30 Drums Alive 2:30 Connection Circle</p>	<p>9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop in Watercolors 1:45 Drop in Watercolors 2:00 Improv. Games &amp; Pizza</p>
21	22	23	24	25
<p>10:00 Cribbage 10:00 Ancient World 10:00 Stamp Club 11:00 Fit for the Future 11:30 Van Trip to Target 12:30 Lunch &amp; Learn: Fire Safety Talk 12:30 Mahjong 2:30 Tai Chi 3:30 COA Meeting</p>	<p>9:30 Mahler: Life &amp; Music 10:30 Photography Group 1:00 SHINE Appts. 1:00 Zumba Gold 1:00 Social Media Workshop</p>	<p>9:30 Eastern Europe 10:00 Color &amp; Comp 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Wellness Lab 1:00 Legal Clinic by appt.</p>	<p>9:15 Tap Dance 10:30 Strength &amp; Balance 1:00 Zumba Gold 1:00 Quilting Class (Last class) 2:00 Friends of Sudbury Meeting 2:30 Drums Alive 2:30 Connection Circle</p>	<p>9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop in Watercolors 1:45 Drop in Watercolors</p>
28	29	30	31	
<p>10:00 Cribbage 10:00 Ancient World 11:00 Fit for the Future 12:30 Mahjong 2:30 Tai Chi</p>	<p>9:30 Mahler: Life &amp; Music 1:00 SHINE Appts. 1:00 Zumba Gold 2:00 iPhone workshop: Digital Library</p>	<p>9:30 Eastern Europe 10:00 Color &amp; Comp 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Wellness Lab 2:00 Fall Fest Event</p>	<p>9:15 Tap Dance 10:00 Desi Chai &amp; Chat 10:30 Strength &amp; Balance 12:30 Canasta 1:00 Zumba Gold 2:30 Drums Alive 2:30 Connection Circle</p>	<p>EVENT COLORS: GREEN—Hybrid PURPLE—Off Site BLUE— Zoom RED— Special</p>



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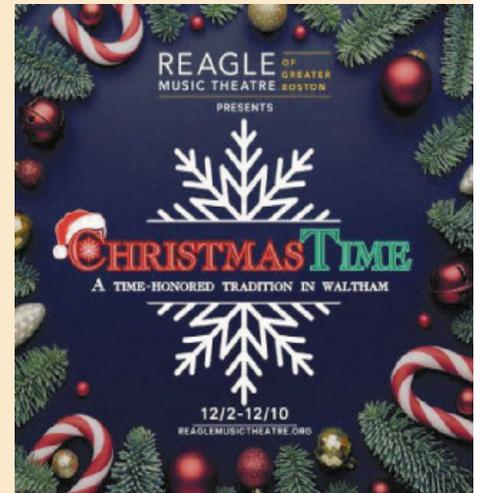
## 2024 Trips

### The Reagle Music Theatre “Christmas Time” with Lunch at The Chateau

Date: Sunday, December 15, 2024

Cost: \$137/pp

Join us on this last day trip of the 2024; for a delightful day excursion to Waltham, MA where you will have a delicious lunch at The Chateau in Waltham before a Christmas Show that is sure to get you in the Holiday Spirit! Your group will enjoy a 2:00pm performance of the Reagle Music Theatre’s 2024 edition of “Christmas Time”. This trip includes transportation, reserved seats at the theatre, lunch, taxes and gratuities. Departure will be from the Sudbury Senior Center at 10:30AM. Estimated time of return is 5:00PM. For More Information, please contact the Sudbury Senior Center at (978) 443-3055 or via email at senior@sudbury.ma.us



## 2025 Trips

**Southern Charm**

Dates: April 21— 27, 2025

**Mackinac Island**

Dates: May 7—15, 2025

**Boston to Bermuda Cruise**

Dates: May 16— 23, 2025

**California Dreamin’: Monterey, Yosemite & Napa**

Dates: Sept., 1 - 8 2025

Flyers are available at the Sudbury Senior Center Front Desk. Please stop by and pick up a flyer for dates, pricing and additional details.

## WORKSHOPS: SENIOR U



**BRAIN TECH**  
Artificial Intelligence

### HOW TO USE CHATGPT

Date: Tue., Oct. 8 Time: 1:00PM

Learn how Chat GPT can revolutionize your free time, from news-related

interests to hobbies and activities. Use A.I. safely for everyday tasks, personalized learning, and meaningful conversations. Plan unique experiences, spark fresh hobby ideas, get tailored book and movie recommendations. It’s all about enhancing your life with AI’s assistance. Great for people interested in current events, learning new skills, or those who are just wondering what all the fuss is about. To register, call (978)443-3055 or email senior@sudbury.ma.us

### SOCIAL MEDIA: WHAT YOU SHOULD KNOW



Date: Tuesday, Oct.22

Time: 1:00PM

Come learn the major social media applications, what they are used for, and why and how companies use them (for good and bad). Sit back and relax while we show you what you may or may not be missing. Bring your questions and comments to this lively and very funny discussion. By the end of this discussion, you will know what a “meme” is. Register by calling (978)443-3055 or via email at senior@sudbury.ma.us

# 10 | MEDICARE OPEN ENROLLMENT

It's that time of year again!

## MEDICARE OPEN ENROLLMENT

10/15-12/07

OUR SHINE VOLUNTEERS CAN HELP ANSWER QUESTIONS

CALL FOR AN APPOINTMENT!



## 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 have been mailed an information packet from your plan in 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 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. To schedule an appointment, call the Sudbury Senior Center at 978-443-3055 or via email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

### SENIOR CENTER STAFF

#### DIRECTOR

Debra Galloway

#### OUTREACH COORDINATOR

Open position

#### ADMIN COORDINATOR

Chery Finley

#### COORDINATOR OF VOLUNTEER PROGRAMS

Janet Lipkin

#### PROGRAM & PUBLICITY COORDINATOR

Palig Garabedian

#### RECEPTIONIST

Mary Murray

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Wayne Antion

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#### TAX WORK-OFF COORDINATOR

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#### VAN DRIVERS

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For more information about the *Friends*, please visit <https://sudburyseniorcenter.org/about-us/friends-of-sudbury-seniors/> or leave a message at 978-443-3055 and a Friend will call you back.

**The Friends of Sudbury Senior Citizens, Inc.**, is a 501C non-profit organization that supports the Sudbury Senior Center through volunteering and fundraising. The Friends are supporting the new Senior Center in the new Community Center by funding a patio and pergola, as well as a fireplace for the new lounge.

### DISCLAIMERS

NOTE: The Sudbury Senior Center hosts many special programs, some with guest speakers or moderators. Each guest may present their own views or opinions. The Senior Center does not approve, recommend or reject any of these views.

NOTE: We appreciate the advertisers who support this newsletter, but we cannot endorse any products or services. Production and distribution of this monthly newsletter is partially funded by the State Formula Grant from the MA Executive Office of Elder Affairs.

**COVID-19 VACCINES**  
**Sponsored by Wegman's Pharmacy**

**Date: Tuesday, October 8**  
**Time: 9:30– 12:00PM**

Wegman's Pharmacy will be administering Moderna's Covid-19 vaccine. Must register in advance online. Please call the Senior Center to get the link or by using the QR code attached



**Confessions of a Health Inspector - Lunch & Learn!**  
**Thursday, October 10**

**Lunch at 12:00, followed by talk at 12:30PM**

Come learn about the different types of regulations the Health Department oversees around environmental health in our community. Swimming pools, food safety, tattoo, tanning, and septic are just the tip of the iceberg! Register by contacting the Sudbury Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

**Balance Assessment**  
**Prevent a Fall - Have your Balance Checked!**

**Wednesday, October 2**  
**9:00 AM- 11:30 AM**

Aditi Chandra, DPT, Co-Owner of Longfellow Holistic Health Center, will offer 10-minute individual Balance Assessments at the Senior Center. To reserve your appointment time, contact the Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)



**Pizza and Improv Games**

**Date: Friday, October 18**      **Time: 12— 1:00 PM**



Grab a slice of Pizza and get ready to give your wits a workout with some hilarious games! This event is hosted by Julie Nowak (she/any), the LGBTQIA+ Initiative Coordinator at Springwell. All are welcome! Register by calling (978)443-3055 or via email at: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

**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.

## 12 | OUTREACH AND INFORMATION

### Book Talk: My Father's War by Elaine Hartman



**Monday, October 7**

**Time: 2:00– 3:00 PM**

One soldier's World War II experience from crossing a raging river where so many died to becoming a POW in Germany's notorious Stalag IX-B, and one daughter's quest to understand what happened, context, meaning, and General George Patton.

The author, Helaine Hartman Cohen of Wayland, MA recently published her first book, *My Father's War: Finding Meaning in My Father's World War II Military Service*. After retiring as a CPA, she spent years researching and writing about her father's World War II experiences.

Please register by calling the Sudbury Senior Center at 978/443-3055 or via email at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

### Sudbury Senior Center Circle of Friends and Caregiver Support Group

**Tuesday, October 1 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.

**This program is held on the first Tuesday of the month from 2:00 - 3:30 PM at "Orchard Hill Assisted Living".**

**Thank you Orchard Hill for hosting and coordination of the Circle of Friends!**

Space is limited and registration is required. Contact Janet Lipkin at 978-639-3223 and leave a message.

### MAKING MEMORIES CAFÉ

**Tuesday | October 15**

**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 third Tuesday of the month.

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

### HEARING CLINIC

**Friday | October 11**

**9:30 - 11:00 AM**

Michael Drennan, BC-HIS, of Rogers Hearing Solutions, offers complimentary wax and hearing screenings on the second Friday of the month. Call the Senior Center at 978-443-3055 for an appointment.

### GRIEF SUPPORT GROUP

**Tuesday | October 1**

**10:00 - 11:30 AM**

The Grief Support Group allows those who have lost a loved one to share their struggles with others who have experienced a similar loss. Group facilitator is Jane Benger, Chaplain at Faith & Family Hospice. Groups meet on the first Tuesday of the month. Registration is required.

### BLOOD PRESSURE WALK-IN CLINIC

**Thursdays**

**10:30 - 11:30 AM**

BOH Nurse Katie Betts will check your Blood Pressure.

### LOW VISION SUPPORT GROUP

**Thursday | October 3**

**1:00 - 2:00 PM**

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

## Sudbury Connection Van Trip to Target in Marlboro

Monday | October 21



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: Occurs every 2nd Monday of the month.

## Home and Fire Safety Talk with Sudbury Fire Department



Monday, October 21  
12:30 PM Lunch  
1:00-2:00 PM Home and Safety Talk

Join us at the Senior Center for a delicious lunch and stay for an informative talk given by Captain Alex Gardner and Captain Stephen Glidden. Learn about fire safety in the home, and some of the programs designed to assist you with improving home safety, including the Lockbox program and Home Safety program.

Sign up by contacting the Sudbury Senior Center at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

## WEEKLY EVENTS NOT LISTED ON CALENDAR (NOT ON P.8)

### Tuesdays:

Ping Pong 9:30AM

### Wednesdays:

Chess for All 1:00PM

Intermediate Bridge 1:00PM

### Thursdays

Walk-in Tech Help 9:30AM

Current Events 10:00AM

Blood Pressure Clinic 10:30AM

Canasta 12:30PM

## FALL FEST

Date: Wednesday, October 30

Time: 2:00 PM



Come join us for a Fall Fest where you can delight in apple cider donuts, apple cider, and all kinds of other tricks and treats! Register by calling the Sudbury Senior Center at (978)443-3055 or email [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)



## Desi Chai & Chat

Date: Thursday, October 31

Time: 10:00 AM - 12:00 PM

A meet up of South Asian Americans to connect with each other. Come enjoy some tea, conversations and camaraderie. This is a drop-in event. All are welcome. Great way to meet your neighbors!

## 14 | SCENES FROM AROUND THE CENTER



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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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