

November 2024



“Zenny” The Frog

As seen around Sudbury, MA

HIGHLIGHTS:

Election Day*	Nov. 5
Orchard Hill Breakfast	Nov. 6
Veterans Day Luncheon	Nov. 13
Health & Safety Talk	Nov. 14
Grief & Holidays Talk	Nov. 19

November Closures:

Veteran’s Day	Nov. 11
Center closes at 12:00PM	Nov. 27
Thanksgiving Day	Nov. 28
Day after Thanksgiving	Nov. 29

***Nov. 5th: No in-person activities.
Virtual events, as scheduled***

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, DEBRA GALLOWAY

Preparing for Weather

Climate change is causing warmer winters but severe weather is still with us whether it is from snow or rain. Think ahead and be prepared. There may be times when power is out for extended periods, and emergency personnel may not be able to reach you immediately. What steps can you take ahead of time to be prepared for such instances?

Create an emergency plan with family, friends and/or neighbors. Prepare a list of contact numbers. Have extra shelf-stable food, water and medications, charged phones, pet food/meds, and extra batteries. Need more information about planning for emergencies? Contact Jill Dube, Assistant Director/Outreach Coordinator at dubej@sudbury.ma.us or (978) 443-3055.

Make Sure You Receive Emergency Notifications!

Should the Town decide to activate the Emergency Shelter or there is other important information to share there will be an alert on the town website as well as via Emergency Phone Notifications (you will get an auto-call if you are signed up).

To receive Emergency alerts on your home and cell phones, sign up for Sudbury's Emergency Notifications. Go to the Town website at www.sudbury.ma.us and click on the red "Emergency Notifications" button on the right side. If you need help with this, please contact the Senior Center at (978) 443-3055.

Senior Center Cancellations or Closing

When the Sudbury Public Schools are closed due to inclement weather; the Senior Center will cancel programs and Senior Center staff will be at the Senior Center answering phone calls and emails. Information about cancellations or postponements will be shared on the Town and Senior Center websites, as well as the main phone line message (978) 443-3055. Please be safe and double check before heading out!

At times, weather may be severe enough, or the weather repercussions to travel serious enough, that the Town Manager closes all town buildings. In that case, the Senior Center will be closed and staff will access phone calls and emails remotely.

If you have any questions about the Senior Center during a weather event, please feel free to call (978) 443-3055 or email at senior@sudbury.ma.us. If you have questions about being prepared for severe weather, please reach out to Asst. Director/Outreach Coordinator Jill Dube at (978) 639-3268 or at dubej@sudbury.ma.us. If you are in an emergency situation, you should always feel comfortable calling 911, as the Sudbury Fire and Police departments are ready to help you.

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THE GREAT COURSES DVD SERIES

30 Masterpieces of the Ancient World

On Zoom

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

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 talk about 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

Day: Wednesdays

Time: 9:30 - 11:00 AM

In this class, we explore Eastern Europe. Long thought of as 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.

Play Sudoku

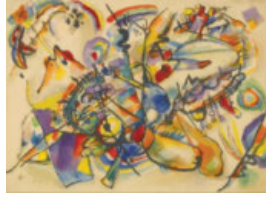
Rules are:
9x9 square must be filled with numbers from

1-9 with no repeated numbers in each line, horizontally or vertically. Use a pencil and have fun!

7		2		3		1	8	
	3	8		7	1	5		6
	1	5		6	4			7
	2				8		1	
	7		4		6		5	8
6			3	1		7	4	
3		7	9					
8			6					5
2						8	3	

4 | ART CLASSES

JOY OF WATERCOLOR WITH ANGELA ACKERMAN: Up Close & Far Away Watercolor Workshop



Date: Friday, November 8

Times: 11:30- 1:30 PM **Cost:** \$15.00

OR 1:45- 3:45 PM **Cost:** \$15.00

We will be working on close-up painting to create an abstract feel. Please bring in research or actual subject matter of your choice to draw from. All levels welcome!

To register, please call the Sudbury Senior Center at (978) 443-3055 or email senior@sudbury.ma.us

DROP-IN WATERCOLOR

Dates: Fridays, November 1, 15 , 22

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 supplies and 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 while being creative!



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

IPHONE & IPAD CLASSES

IMPORTANT TOOLS OF THE iPHONE

Date: Tuesday, November 12 **Time:** 2:00 – 3:00 PM

This class covers different tools and services built in the iPhone. We explore Emergency SOS, Siri, and numerous different helpful tools found in the Control Center. We also learn to customize the phone to make these tools more accessible. To register, please call the Senior Center at (978) 443-3055 or email: senior@sudbury.ma.us



STAYING ORGANIZED ON iPHONE and iPAD

Date: Tuesday, November 26 **Time:** 2:00 – 3:00 PM

In this class, we learn to take notes, create to-do lists, and manage our calendars using the iPhone and iPad. We also learn to use Siri, the virtual assistant used on the iPhone and iPad. To register, contact the Sudbury Senior Center at (978) 443-3055 or senior@sudbury.ma.us

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, or adding a background to your Zoom calls, Tech Volunteer Patrick C. is here to help! Stop by the walk-in clinic on Thursdays in November 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 impact body aerobics and stretching to upbeat music. This class is marked safe for beginners. ****Space is limited****

T'AI CHI

Mondays | 2:30 — 3:30 PM

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 | 9:30 — 10:25 AM ***NEW TIME ON TUES.***

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

Thursdays | 1:00 — 1:55 PM

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.

DANCE FUSION

Tuesdays | 11:00 — 12:00 PM

Fall 2: Nov. 12—Dec. 17 (6 wks.) **Fee: \$36.00**

Get your cardio in with Dance Fusion. This class is all about dancing for the pure joy and exercise of it. Pop and Funk music will get you moving and grooving. No judgement, just fun! No experience necessary.

WELLNESS LAB

Wednesdays | 1:00 — 2:00 PM

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.

TAP DANCE

Thursdays | 9:15 — 10:15 AM

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. All levels welcome.

STRENGTH AND BALANCE - HYBRID CLASS

Thursdays | 10:30 — 11:30 AM

Fall2: Nov. 21 — Dec. 19 (4 wks.) **Fee: \$24.00**

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

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

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

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 | NOVEMBER CELEBRATIONS

**Veteran's Day
Appreciation Luncheon:
at The Wayside Inn**

Wednesday, November 13

Time: 12:00 PM

Veterans and spouses are welcome to enjoy a delicious lunch and lively conversation. This popular event is sponsored by the 1Lt. Scott Milley Foundation of Sudbury. Please be advised that this event fills quickly and may be full by the time the newsletter prints. Please contact the Senior Center at (978) 443-3055 to check for space availability.



Orchard Hill

25th Anniversary Breakfast

Wednesday, November 6

Time: 9:30 AM — 11:00 AM

Orchard Hill Assisted Living invites you to celebrate 25 Years in Sudbury! Come celebrate with their staff at our café, with a light breakfast treat. This is a drop-in event.



A special note to thank our incredible team of volunteers, vendors and staff and to express how grateful we, at the Sudbury Senior Center, are to have you all in our lives and all that you do to enrich our center and make it a warm, welcoming and safe place for all! Happy Thanksgiving!

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PROGRAM HIGHLIGHT

S.H.I.N.E. (Serving the Health Information Needs of Elders)

Wayne Antion and Marc Hertzberg, highly trained volunteer S.H.I.N.E. counselors assigned to the Sudbury Senior Center, help seniors understand their rights and benefits under Medicare and other healthcare coverage, including prescription drug coverage and supplemental insurance.

Open Enrollment is through Dec. 7th. To schedule an appointment, please call (978) 443-3055.



Beautiful cards were created by one of our Senior Center volunteers and given out to Springwell's Meals on Wheels recipients.



To the left: Volunteers Diane Spottswood and Frank Schimmoller. They are the leaders of the Senior Center's Photography Discussion Group. This is a monthly group meeting for all lovers of photography.

WHAT WE DO

Our volunteers...

- ◆ Make small outdoor and 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!

we love our volunteers

BECOME A VOLUNTEER

If you would like to apply to become a volunteer of the Senior Center, or to learn about our volunteer opportunities, contact our Coordinator of Volunteer Programs at (978) 443-3055, or visit the Senior Center webpage at <https://sudburyseniorcenter.org/about-us/get-involved/>.



Sami Hauptman, a Life Scout in BSA Troop 63 Sudbury, created wooden entryway organizers for some Sudbury residents who are living with dementia and their caregivers.

Monday	Tuesday	Wednesday	Thursday	Friday	1
<p>Please note: Some of our weekly events are now listed on P.9 Please take a look!</p>	<p>EVENT COLORS: GREEN—Hybrid PURPLE—Off Site BLUE— Zoom RED— Special</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>	
4	5	6	7	8	
<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 & Music 2:00 Circle of Friends & Caregivers Group</p> <p>ELECTION DAY (No In-person classes)</p>	<p>9:30 Eastern Europe 9:30 Orchard Hill 25th Anniversary Breakfast 10:00 Color & Comp 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Wellness Lab</p>	<p>9:15 Tap Dance 1:00 Zumba Gold 1:00 Quilting Class (Last class) 1:00 Low Vision Group 2:30 Drums Alive 2:30 Connection Circle</p>	<p>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</p>	
11	12	13	14	15	
	<p>9:30 Mahler: Life & Music 9:30 Zumba Gold 10:00 Grief Support Group 11:00 Dance Fusion 1:00 SHINE Appts. 2:00 iPhone Workshop: iPhone Tools</p>	<p>9:30 Eastern Europe 10:00 Color & Comp 11:00 Fit for the Future 12:00 Spoonful's Delivery 12:00 Veterans Day Luncheon—Wayside Inn 1:00 Wellness Lab 1:00 Turn the Page 2:00 Pathways Coffee Hr.</p>	<p>9:15 Tap Dance 12:00 Lunch & Learn: A day in the Life- Social Work Dept. 1:00 Zumba Gold 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>	
18	19	20	21	22	
<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 Mahjong 2:30 Tai Chi 3:30 COA Meeting</p>	<p>9:30 Mahler: Life & Music 9:30 Zumba Gold 10:00 Grief & Holidays Talk 10:30 Photography Group 11:00 Dance Fusion 1:00 SHINE Appts. 1:00 Senior U: Podcasts 2:00 Making Memories</p>	<p>9:30 Eastern Europe 11:00 Fit for the Future 12:00 Spoonful's Delivery 1:00 Wellness Lab 1:00 Legal Clinic by appt. 1:00 Turn the Page book group</p>	<p>9:15 Tap Dance 10:30 Strength & Balance 1:00 Zumba Gold 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>	
25	26	27	28	29	
<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 Zumba Gold 11:00 Dance Fusion 2:00 iPhone Workshop: Stay Organized on iPhone & iPad</p>	<p>9:30 Eastern Europe 11:00 Fit for the Future (finishing early 11:55am)</p> <p>SENIOR CENTER CLOSING AT 12PM</p>			

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Sudbury Connection Van Trip to Target in Marlboro

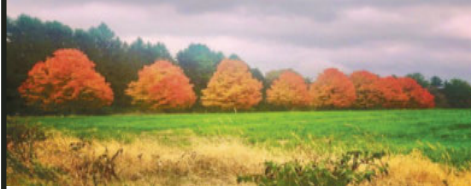
Monday | November 18



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. Holidays will move the date to the 3rd Monday.



Photography Discussion Group

Tuesday | November 19

Time: 10:30 AM — 12:00 PM

Interested in Photography? So are we! Come help us share that wonderful world with others whether it be via Smart phone, DSLR or mirrorless camera. Beginners and Pros are all welcome! Please join us as we explore this multilayered subject of photography.

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

Grief and the Holidays

Tuesday | November 19

Time: 10:00 AM— 11:00 AM

For those who have suffered the loss of a loved one, holidays and special events may be very hard. This workshop will focus on discussion and planning for the upcoming holidays and how to handle those difficult occasions.

A beautiful book entitled “Grief and the Holidays: Experiencing the holidays and special occasions without your loved one” will be presented to each participant.

Jane Benger, Chaplain at Faith & family Hospice and Susan Kates, MSW will co-facilitate this discussion.

To register, call the Sudbury Senior Center at (978) 443-3055 or email senior@sudbury.ma.us

WEEKLY ACTIVITIES/EVENTS NOT LISTED ON CALENDAR P.8

Tuesdays:

Ping Pong 9:30 AM— 11:00 AM

Wednesdays:

Chess for All 1:00 PM— 3:30 PM

Intermediate Bridge 1:00 PM— 3:30 PM

Thursdays

Walk-in Tech Help 9:30 AM— 11:00 AM

Current Events 10:00 AM— 12:00 PM

Blood Pressure Clinic 10:30 AM— 11:30 AM

Canasta 12:30 PM— 3:30 PM

Senior U

Don't Fear the Earbuds: An Intro to Podcasts

Tuesday | November 19

Time: 1:00 PM—2:00 PM



Podcasts, a revolution in the sphere of digital storytelling and entertainment, can sometimes seem intimidating due to the novelty of technology. They are much simpler than you might think. Learn step-by-step what podcasts are, how they work, and how you can easily access them at your convenience. To register, please call the Sudbury Senior Center at (978) 443-3055 or via email at senior@sudbury.ma.us

10 | SENIOR PROFILE

Featured Senior Profile: Janice Quinn

Janice has been a Sudbury resident since 1976. She has 3 children that attended the Sudbury Schools and participated in the local sports programs. Janice also has 8 grandchildren, 4 of which live in Sudbury, attend the Sudbury Schools and are active in many town sports and events.

While raising her children, Janice enjoyed being involved in their school activities. She was a Sudbury Girl Scout leader for 5 years and both Janice and her husband, Frank, were active with the boys' ice hockey teams and supported their programs. Most memorable for her was when her family hosted 2 teenage boys from Latvia that were here for a hockey tournament. In addition to supporting them at their games, Janice and her family also showed them around Boston and treated them to a Red Sox game. Now that her grandchildren are in school, she is a regular at all their games and events.



While attending Newton Junior College, Janice developed a strong interest in computers. This was back in the 1960's when programming was done with IBM cards and keypunch machines. After graduation she moved to Norfolk, VA with her husband while he served in the Navy. With his service completed, they moved back to Massachusetts and settled in Sudbury. When Janice's children were in school, she enrolled in Framingham State College and earned a degree in Computer Science. Hired as a Computer Programmer at MEDITECH, a company that develops Hospital Information Systems, Janice began her career in Software Development. She retired in 2020 after working 30 years in a field she found both interesting and fulfilling.

Since retirement, with some coaxing from a friend, Janice decided to check out the Sudbury Senior Center. She first enrolled in the *Fit For The Future* class but then moved onto Chair Yoga. Janice also enjoys playing with the Mahjong group and has gone on many of the Senior Center planned trips. Janice recently became a volunteer at the Sudbury Senior Center where she helps with the monthly newsletter mailings and, when needed, assists with grocery shopping and other planned events. Janice also belongs to the Sudbury Villagers Group which is active in planning local and civic activities and organizing fundraisers to benefit Sudbury families in need.

Although Janice is retired, she has managed to fill her time with activities that continue to keep her busy and provide lots of rewarding and fun experiences.

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

SENIOR CENTER STAFF

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Debra Galloway

ASSIST. DIRECTOR/OUTREACH COORDINATOR

Jill Dube

ADMIN COORDINATOR

Chery Finley

COORDINATOR OF VOLUNTEER PROGRAMS

Janet Lipkin

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For more information about the *Friends*, please visit <https://sudburyseiorcenter.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.

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12 | SPECIAL EVENTS



Welcome Jill Dube!
**Asst. Director/
Outreach Coordinator**
Meet and Greet Event

We are pleased to introduce our new Assistant Director/Outreach Coordinator, Jill Dube.

Jill started in October and is here to provide information and assist with many different needs including transportation options, fuels assistance, housing, home health care, care giver support and much more. Please stop by the Senior Center on Friday, December 13th from 9:30 AM—10:30 AM to meet Jill and enjoy a cup of coffee with her.

Lunch and Learn:

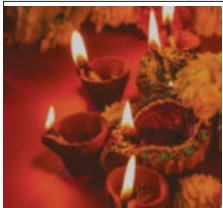
**A day in the Life of:
Sudbury Social Work
Department with Nina Lurie, LICSW**



Date: Thursday, November 14

Time: 12:00 PM Lunch and 12:30 PM Talk

Do you want to learn about various resources in Sudbury? Sudbury town social worker, Nina Lurie has information regarding resources on housing, financial assistance, mental health support, and additional useful tools. Join us for lunch and then stay to meet our Town Social Worker to learn more about what she can help with. To register, please call the Sudbury Senior Center at (978) 443-3055 or email: senior@sudbury.ma.us



Happy Diwali! November 1st

Diwali is a time of joy and celebration. Known as the festival of lights, it marks a time where millions of Hindus, Sikhs and Jains celebrate the triumph of good over evil with beautiful rituals such as festive lights, fireworks, sweet delicacies and family.

BE ON THE LOOKOUT FOR:

EARLY DECEMBER

Sudbury Watercolor Artists Art Exhibit



Local Artists to display some of their beautiful artwork. Stay tuned for details.

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.

Alzheimer's Association Resources

The [Alzheimer's Association 24/7 Helpline](#) (800.272.3900) is available around the clock, 365 days a year. Through this free service, specialists and master's-level clinicians offer confidential support and information.



The [Alzheimer's Association & AARP Community Resource Finder](#) is a database of dementia and aging-related resources in your area. This includes doctors, nursing homes and care communities, and support groups.

The [Alzheimer's Association ALZNavigator™](#) is a free interactive online tool that creates custom action plans for users based on their current situation. By answering a few questions, this tool helps guide people living with memory loss and their caregivers to information, resources and next steps.

[ALZConnected®](#) is a free online social networking community for everyone affected by Alzheimer's or another dementia to share information, ideas, opinions and support.

[TrialMatch®](#) is a free, easy-to-use clinical studies matching service for people with the disease, caregivers and healthy volunteers.

Sudbury Senior Center Circle of Friends and Caregiver Support Group

Tuesday, November 5 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 programs 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 Jill Dube at (978) 639-3268 and leave a message.

MAKING MEMORIES CAFÉ

Tuesday | November 19
2:00 - 3:30 PM

Bring your loved ones with memory loss to enjoy refreshments, uplifting entertainment or an activity, and companionship with others. These 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. To register, contact Jill Dube at (978) 639-3268 and leave a message.

HEARING CLINIC

Friday | November 8
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 | November 12
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.

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 | November 7
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 & Visually Impaired.

14 | SCENES FROM AROUND THE CENTER

Below: Making Memories Cafe



Above: Wegmans Pharmacy
COVID
Vaccination
At the Sudbury Senior Center

To right and
below:
Author H. Cohen
"My Father's War"
book talk event



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For all of your aging and caregiving questions...



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