

## December 2024



Photo by: Diane Spottswood

Noyes Farm Barn on Peakham Rd, Sudbury MA

### HIGHLIGHTS:

Holiday Luncheon	Dec. 10
Boxwood Workshop	Dec. 11
Lunch & Talk	Dec. 12
Meet and Greet J. Dube	Dec. 13
Veterans Assistance Talk	Dec. 17
AI Tech Talk	Dec. 19
Year in Review Meeting	Dec. 30

### December Closures:

Closing at 12:00PM	Dec. 20
Closing at 12:00PM	Dec. 24
CLOSED	Dec. 25
Closing at 12:00PM	Dec. 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

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## 2 | FROM THE DIRECTOR, DEBRA GALLOWAY

Welcome to December 2024!

What a wonderful and challenging year this has been. We are hoping all of you found wonder and joy along with the challenges that come along in life. For the Senior Center staff, change was the most common denominator. We moved into our new building, hosted a soft opening celebration and welcomed friends - old and new - to the new building and new programs. On the other hand, we lost some cherished and key staff persons who needed to move on for good reasons, retirement and shorter commutes. It took a very long time to find new staff to fill in and we now have another special and beloved staff person who will be leaving us. Janet Lipkin, our Coordinator of Volunteer Programs is helping us with transitioning to a new Coordinator, but will be finishing up her position here soon. Janet is known for her caring, kindness and positivity as well as professionalism and dedication to her position here. Janet is one of a kind and the staff, her volunteers, and the Senior Center participants will miss her tremendously.

If things have changed for you and you find yourself having some challenges or need a listening ear – we are here. We know that the holiday season can bring both good cheer and also sadness due to changes or losses. Please drop by or sign up for a new program. We'd love to meet you and have you join our amazing community. We can all support each other! If you know of friends, neighbors, or family who would benefit; let them know about the Sudbury Senior Center.

One more note: we are trying to better structure registration for programs. For now, please plan to register for December **non-fitness** programs as of the last Monday in November (November 25). Similarly, register for January **non-fitness** programs as of December 30th.

**Registration period for January fitness programs is December 23rd — January 3rd. All payments must be received by 1/3/2025.**

Also, we are also pleased to share that our new audiovisual systems are almost finished. We expect to be able to provide video and amplification in most of our program rooms in the coming month.

Warmly,

*Debra*

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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.

**New Music Course starting in December.****On Zoom****Day: Tuesdays****Time: 9:30 - 10:30 AM****Info. not available at time of Newsletter print.**

Please contact the Senior Center at (978)443-3055 or email us: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) to get updated course information in December.

**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](mailto: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! (Answers on P.12)

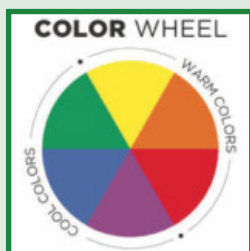
3	9	4		7	5		8
7	6			5			
4	2	6		3	1	9	
9	7	4	1	3			
2					7		
8	3		7	6		1	9
				7		2	6
		7				5	
1					6	4	7



## 4 | ART CLASSES

### JOY OF WATERCOLOR WITH ANGELA ACKERMAN:

#### Warm & Cool Colors Workshop



**Date:** Friday, December 13

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

**OR 1:45 PM - 3:45 PM**

We will be discussing warm and cool color palettes and learn how juxtaposing them with intention can create more contrast and drama in your paintings. All levels welcome! To register, call the Sudbury Senior Center at (978) 443-3055 or email [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

### DROP-IN WATERCOLOR

**Dates:** Friday, December 6

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

**\*No meetings on Dec. 20 or Dec. 27\***

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.



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

## IPHONE & IPAD CLASSES

### ONLINE SHOPPING WITH AMAZON & Groupon



**Date:** Tuesday, December 3

**Time:** 2:00 — 3:00PM

This class explores two of the most popular e-commerce platforms available: Amazon and Groupon. Amazon allows us to find deals on everyday items such as groceries and clothing, while Groupon allows us to find discounts on experiences and events locally or in surrounding areas. To register, please call the Senior Center at (978) 443-3055 or email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

### IMPORTANT TOOLS OF THE iPhone

**Date:** Tuesday, December 10

**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](mailto:senior@sudbury.ma.us)

### STAYING IN TOUCH WITH YOUR iPhone

**Date:** Tuesday, December 17

**Time:** 2:00 — 3:00 PM



This class will focus on using the iPhone to stay in touch with friends and loved ones. We will learn about sending messages, managing contacts on our iPhones, and setting up video calls in FaceTime. We also learn how to use Siri to make calls and send messages. To register, please call the Senior Center at (978) 443-3055 or email: [senior@sudbury.ma.us](mailto: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 December 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 Fall2 Session Ends 12/16**

**Mondays | 2:30 — 3:30 PM**

**Winter I: Jan. 6 — Feb. 10 (5 wks.) Fee: \$30.00**

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 Fall2 Session Ends 12/17**

**Tuesdays | 9:30 — 10:25 AM**

**Winter I: Jan. 7— Feb. 11 (6 wks.) Fee: \$36.00**

**Thursdays | 1:00 — 1:55 PM**

**Winter I: Jan. 9 — Feb. 13 (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 Fall 2 Session Ends 12/18**

**Wednesdays | 1:00 — 2:00 PM**

**Winter I: Jan. 8 — Feb. 12 (6 wks.) Fee: \$30.00**

Inspiring series featuring exercises in mindfulness, breath work and a ten minute meditation. Instructed by Lisa Campbell.

## **TAP DANCE Fall2 Session Ends 12/19**

**Thursdays | 9:15 — 10:15 AM**

**Winter I: Jan. 9 —Feb. 13 (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 & BALANCE - HYBRID CLASS**

**Fall 2 Session Ends 12/19**

**Thursdays | 10:30 — 11:30 AM**

**Winter I: Jan. 9 — Feb. 13 (6 wks.) Fee: \$36.00**

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 Fall 2 Session Ends 12/19**

**Thursdays | 2:30 — 3:25 PM**

**Winter I: Jan. 9 —Feb. 13 (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 Fall 2 Session Ends 12/20**

**New Session**

**Thursdays: In-Person Only (No Hybrid)**

**Winter I: Jan. 9 — Feb.13 (6 wks.) Fee: \$36.00**

**9:15 AM — 10:00 AM**

**Limit 16 participants/class**

**OR**

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

**Winter I: Jan. 10 —Feb. 14(6 wks.) Fee: \$36.00**

**Limit 16 In-person participants/Zoom available**

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 Fall2 Session Ends 12/20**

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

**Winter I: Jan.10 — Feb. 14 (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.

**Winter I Session — Fitness Registration Period:**

**December 23rd - January 3rd**

**All payments must be received by January 3rd, 2025**

# 6 | TRANSPORTATION

## Sudbury Transportation Options

Sudbury has several options for getting around town! Two new options are pilot programs that will run through June 2025 and are free. They are Catch Connect Sudbury and the Hospital Shuttle – see details below. We also continue to offer the Sudbury Connection Van service. You can find more information at [www.sudbury.ma.us/transportation](http://www.sudbury.ma.us/transportation) or contact Jill Dube, Asst. Director/Outreach Coordinator at the Sudbury Senior Center for more information at (978) 639-3268, or email at [dubej@sudbury.ma.us](mailto:dubej@sudbury.ma.us).

### Catch Connect Sudbury

What: Shuttle service within Sudbury and to Target store in Marlborough when you need it.

When: Monday-Friday, 12:00 – 6:00 PM

How: Use the “MWRTA Catch” app on your smartphone or call (508) 283-5083

### Sudbury-Wayland Boston Hospital Shuttle

This is a new, grant-funded, pilot program sponsored by the Sudbury Transportation Committee and the MetroWest Regional Transit Authority (MWRTA).

What: Shuttle service from Sudbury and Wayland homes to Newton-Wellesley Hospital, Longwood Medical Area Hospitals and Mass. General Hospital

When: Tuesdays, Wednesdays and Fridays, morning, midday and late afternoon

How: Call the MWRTA Reservation Center at (508) 820-4650 at least 24 full business hours in advance.

### Sudbury Connection Van Service

What: Transportation provided within Sudbury for any purpose, and to 5 surrounding towns for medical appointments. Van also goes to Market Basket in Maynard, and Stop and Shop in Wayland. Target store in Marlborough once a month.

When: Monday-Friday, 8:30 AM – 4:00 PM, last ride reservation is 3:30 PM.

How: Call the MWRTA Reservation Center at (508) 820-4650 at least 48 business hours (2 days) in advance to reserve your ride.

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## PROGRAM HIGHLIGHT

### Sand Buckets for the winter



Our **volunteer Sand Bucket Brigade** is all geared up! This is a collaborative effort of the Wayside Inn (which donates the empty buckets), the Department of Public Works (which fills the empty buckets with sand), and our Senior Center volunteers who make the deliveries to the homes of Sudbury seniors that request sand. The sand can then be applied by the homeowner to the walkways and driveways to help prevent slips and falls.

A huge thank you, in advance, to our Sand Bucket Brigade, for helping to keep our seniors safe.

***If you are in need of a sand bucket for the winter, please call the Senior Center at 978-443-3055, and we will have a volunteer deliver it to your residence within a few days of the request made.***

**HUGE THANKS** go to the Girl Scouts, Boy Scouts, Cub Scouts, volunteers from Warm Hands, the Chinese-American Association of Sudbury, and general members of the community, both young and old, who carried out wonderful acts of kindness to help our seniors during the month of November. This is further testimony as to how community members really come together to help each other.



## WHAT WE DO

### Our volunteers

- ◆ Make small outdoor (and within garage) home repairs
- ◆ Provide technology support
- ◆ Make weekly phone calls or outdoor home visits to seniors
- ◆ Do weekly grocery shopping (with delivery) for seniors
- ◆ Help out at special events
- ◆ Deliver library materials to seniors unable to get to Goodnow
- ◆ Welcome people as they come into the Senior Center
- ◆ Lead/moderate specific classes/programs..... *and much more!!*



*Thank you to Wegman's Pharmacy of Northborough for holding a Covid-19 vaccination clinic at the Senior Center. Pictured are pharmacy staff members Erica Goddard, Yihenew Ewentu, and Ana I. Carrasquillo Sanchez*

## 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 our Coordinator of Volunteer Programs, at 978-639-3223; or visit the Senior Center webpage at <https://sudburyseniorcenter.org/about-us/get-involved/>.

# 8 | DECEMBER 2024 CALENDAR

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
10:00 Cribbage 10:00 Ancient World 11:00 Fit for the Future 2:30 Tai Chi	9:30 Great Course Music 9:30 Zumba Gold 10:00 Grief Support Grp. 2:00 Circle of Friends & Caregiver Support Group 2:00 iPhone workshop SHINE Appt.s — All day	9:30 Eastern Europe 11:00 Fit for the Future 12:00 Spoonful's Dlvry 1:00 Wellness Lab	9:15 Tap Dance 10:30 Strength and Bal. 1:00 Zumba Gold 1:00 Low Vision Group 2:30 Drums Alive 2:30 Connection Circle	9:15 Mat Yoga 10:00 Desi Chai & Chat 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop-in Watercolor 1:45 Drop-in Watercolors SHINE Appt.s — All day
9	10	11	12	13
10:00 Cribbage 10:00 Ancient World 10:00 Stamp Club 11:00 Fit for the Future 11:30 Van Trip: Target 2:30 Tai Chi 3:30 COA Meeting	9:30 Great Course Music 9:30 Zumba Gold 12:30 Holiday Luncheon 1:00 SHINE Appts. 2:00 iPhone Workshop	9:30 Eastern Europe 10:00 Sud. Garden Club Boxwood Workshop 11:00 Fit for the Future 12:00 NO Spoonful 1:00 Wellness Lab 2:00 Pathways Coffee Hour	9:15 Tap Dance 10:30 Strength & Bal. 12:00 Lunch & Learn: Heart Health 1:00 Zumba Gold 2:30 Drums Alive 2:30 Connection Circle	9:15 Mat Yoga 9:30 Hearing Clinic 9:30 Meet Jill Dube 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 Ancient World 11:00 Fit for the Future 2:30 Tai Chi	9:30 Great Course Music 9:30 Zumba Gold 10:00 Vets.' Assist. Talk 10:30 Photography Grp 1:00 SHINE Appts. 2:00 Making Memories 2:00 iPhone Workshop	9:30 Eastern Europe 11:00 Fit for the Future 12:00 Spoonful's Dlvry 1:00 Wellness Lab 1:00 Turn the Page Book Group	9:15 Tap Dance 10:30 Strength & Bal. 11:00 AI Tech Talk 1:00 Zumba Gold 2:00 Friends Grp. Mtg. 2:30 Drums Alive 2:30 Connection Circle	9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future NO Drop-in Watercolors (AM or PM)
23	24	25	26	27
10:00 Cribbage 10:00 Ancient World 11:00 Fit for the Future	9:30 Great Course Music  Senior Center Closes at Noon		2:30 Connection Circle 12-3:00PM Drop-in Coloring/Puzzles	9:15 NO Mat Yoga 11:00 Fit for the Future NO Drop-in Watercolors (AM or PM) 12-3:00PM Drop-in Coloring/Puzzles
30	31			
10:00 Cribbage 10:00 Ancient World 11:00 Fit for the Future 2:00 Year in Review/ Ideas for New Year	Senior Center Closes at Noon		EVENT COLORS: GREEN—Hybrid PURPLE—Off Site BLUE— Zoom RED— Special	Please note: Some of our weekly events are now listed on P.9 Please take a look



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# HAPPENING THIS MONTH | 9

## Sudbury Connection Van Trip to Target in Marlboro

Monday | December 9

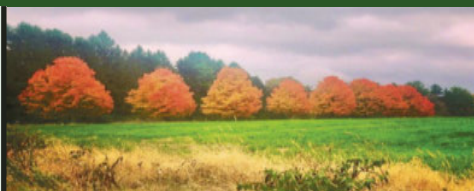


**Pick up time: 11:30 AM**  
**Drop Off at Target: 12:00 PM**  
**Return home: 1:00 PM**

Registered van riders, please contact the MWRTA Reservation Center at 508-820-4650 two days in advance to schedule your ride to Target. **Note:** Occurs every 2nd Monday of month.

**TAX SEASON IS RIGHT AROUND  
THE CORNER!**

**Be on the lookout for more detail  
in January.**



## Photography Discussion Group

Tuesday | December 17

**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](mailto:senior@sudbury.ma.us)

## Sudbury Garden Club: Boxwood Tree Workshop



Wednesday | December 11

**Time: 10:00 AM — 12:00 PM**

The Sudbury Garden Club will be hosting a “Build Your Own Boxwood Workshop” where you can make a tree for your home or to give as a gift. The cost of the workshop is **\$35.00** and it includes a full-sized boxwood tree and all the supplies and decorations necessary to complete the project. To register, contact the Sudbury Senior Center at (978) 443-3055 or email [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us). **Please sign up by December 6th.** Make checks payable to “Sudbury Garden Club”. **\*\*Bring Clippers if available\*\***

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

### Mondays:

Mahjong 2:30 PM — 3:30 PM

### Tuesdays:

Ping Pong 9:30 AM—11:00 AM

### Wednesdays:

Chess for All 1:00 PM— 3:00 PM

Intermediate Bridge 1:00 PM— 3:00 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

## AI Tech Talk with Jonathan Barron

**Date: Thursday, December 19**

**Time: 1:00 PM — 2:00 PM**

Join us for a beginner-friendly course explaining the basics of AI. You'll learn about its history, key ideas and how it's used in the real world. This class is perfect for anyone curious about AI, whether you're a tech lover or just interested in learning something new. Sign up by calling (978) 443-3055 or email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

## Year in Review

**Date: Monday, December 30**

**Time: 2:00 PM—3:00 PM**

Informal gathering with Director Debra Galloway and Program & Pub. Coordinator Palig Garabedian to chat and review some of our past programs and discuss possible future activities at the Senior Center. Sign up by calling (978) 443-3055 or email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

## 10 | TRIPS

Look at all the trips being offered!

*Our last trip of 2024 is coming up on Sunday, Dec. 15<sup>th</sup>. We still have some seats available for this wonderful show and luncheon. Grab a friend, neighbor or other family member and enjoy this festive day trip.*

**December 15th (Sunday) 2024-** Reagle Music Theater in Waltham, presents "Christmas Time" which will entertain adults of all ages. A cast of over 100 performers and a live orchestra, this is considered one of Greater Boston's seasonal shows. Beforehand, we will lunch at the popular Italian eatery "The Chateau". (Lunch and show \$137.00- Royal Tours)

**April 16, (Wednesday) 2025-"Titanic the Artifact Exhibition"**- Experience the wonder and tragedy of the world's most famous ocean liner. This Exhibit is one of the highest attended in history. Over 250 artifacts are on display. The tour takes place at The Castle at Park Place in Boston and takes about 1.5 hours to go through. After, we will enjoy lunch at Maggiano's. (Exhibit and lunch \$125.00-Royal Tours) \*\*Please note this involves a considerable amount of walking through the exhibit.

**April 21, 2025-** Savannah GA. and Charleston SC -Explore these two wonderful areas rich in history. Flyers and pricing information are available at the Senior Center. (Collette Tours)

**May 7, 2025** -Mackinac Island, Michigan. Join us as we explore this wonderful island and the beautiful tulip festival. In addition, visit the Henry Ford Museum. Flyers and pricing information are available at the Senior Center. (Collette Tours)

*\*We have renewed the American Heritage Museum Pass for 2025. This allows 2 adults (and 2 children 18 and under) into the Museum at no cost. This is valid for general admission. This military history museum is a great place to visit anytime of the year. Contact the front desk to reserve the pass at (978) 443-3055 or email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)*

October was a busy month! Below, pictures from our Fall Fest Event. Even the Cat in the Hat stopped by!



## Health and Safety: BOH Nurse Katie Betts

### Heart Health: Lunch and Learn

Date: Thursday, December 12

Time: Lunch: 12:00 PM ,

Talk: 12:30 PM



Attend the Health and Safety talk and learn from BOH Nurse Katie Betts where she will be discussing Heart Health. Heart attacks can spike around snow season from shoveling and from indulging in not so healthy foods around the holidays. To register, contact the Sudbury Senior Center at (978) 443-3055 or email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

## Free Home Care Assistance for Veterans – Are you eligible?

Date: Tuesday, December 17

Time: 10:00 AM



Are you a veteran? If so, you may qualify for free home care services at home. Denise Roskamp, Owner and President of Home Helpers of MetroWest, a Veteran Approved Provider, will present a talk geared to Veterans outlining this tremendous benefit. In addition, Denise will describe what steps to take to determine your eligibility and how to enroll through the Veteran's Administration system. Come prepared with questions and learn how you may be eligible for free home care services! To register, call the Senior Center at (978) 443-3055 or email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

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#### ASSIST. DIRECTOR/OUTREACH COORDINATOR

Jill Dube

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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 supported 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.



## 12 | SPECIAL EVENTS



**Welcome Jill Dube!**

**Assist. 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. 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.

## **Holiday Luncheon**

**Date: Tuesday, December 10**

**Time: 12:30 PM Fee: \$5.00 Door Donation**

**Kick off the holiday season with your friends from the Senior Center! Come join us for a fun festive luncheon catered by Buffet Way for a special holiday meal followed by pie and coffee! Enjoy your meal and spread holiday cheer while you relax and enjoy some holiday music.**

**To register, call (978) 443-3055 or email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)**

### **Hanukkah begins at Sundown on December 25th**



**Hanukkah, The Eight Day Festival of Lights, begins at sundown on Wednesday, December 25, and continues through Thursday, January 2, 2025. The first candle is lit on the Chanukiah (menorah) on the first night of Hanukkah. Happy Hanukkah to all of our Jewish friends!**

### **Sudoku Puzzle Answers:**

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

## **SUDBURY SENIOR CENTER SERVICES**

### **Home Safety Checks**

A collaboration with the Sudbury Fire Department to ensure working smoke and CO alarms in the homes 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.

## Fuel Assistance 2024-2025

Income guidelines to qualify for the Low Income Home Energy Assistance Program (LIHEAP) for Fiscal Year 2025.

### HEAP Income Eligibility in FY 2025

Number of People in a Household	60% of Estimated State Median Income
1	\$49,196
2	\$64,333
3	\$79,470
4	\$94,608
5	\$109,745
6	\$124,882

The Fuel Assistance Program is an energy assistance program that can help you pay for heating costs during the heating season, between November 1st and April 30th of each year. To see if you qualify, check the income eligibility chart listed above.

If you have questions, call the Senior Center at (978) 443-3055 and ask to speak with Jill Dube, Assistant Director/Outreach Coordinator.

## Sudbury Food Pantry

Ascension Parish (Formerly Our Lady of Fatima)  
160 Concord Rd., Sudbury MA 01776  
Tel: (978) 443-7725

**HOURS: Wednesdays & Fridays 12:00PM-2:15PM**

Residents are invited to shop at the food pantry once per week. Sign up online to schedule your pickup, or call.

## Open Table

33 Main St., Maynard MA 01754

Tel: (978) 369-2275— [info@opentable.org](mailto:info@opentable.org)

**HOURS: Tuesdays 1:00PM-3:00PM (Seniors 65+)**

**Tuesdays: 3:00-6:00PM; Thursdays 1:00-4:30PM**

The pantry is operating an open-air drive-thru service. Volunteers bring pre-packed bags of groceries to cars. Prepared meals may be available. To register, go to: <https://www.opentable.org/registration>  
For more information about pre-ordering food, go to: <https://www.opentable.org/order/>

## MAKING MEMORIES CAFÉ

**Tuesday | December 17**

**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 for Making Memory Café OR Grief Support Group, call the Senior Center at (978) 443-3055 and ask to speak with Jill Dube, Assistant Director/Outreach Coordinator.**

## HEARING CLINIC

**Friday | December 13**

**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 | December 3**

**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 | December 5**

**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



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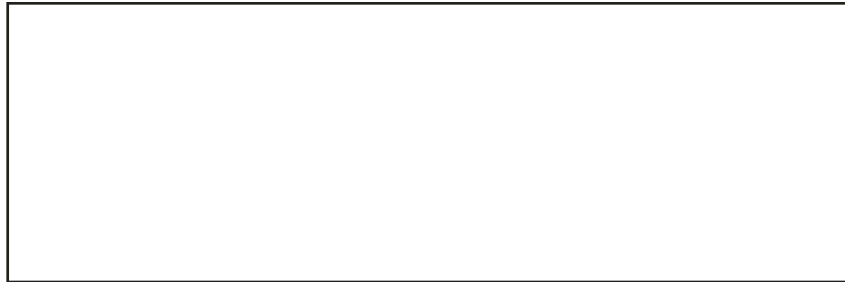
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