



The  
**SENIOR SCENE**  
A PUBLICATION OF THE SUDBURY SENIOR CENTER

**JANUARY 2025**



Heard Pond, Sudbury MA

Photographer: Roel Daling

**HIGHLIGHTS:**

COA Meeting	Jan. 13
The Mind and Healing Talk	Jan. 14
Balance Assessments	Jan. 15
Turn the Page Book Group	Jan. 15
Watercolor Workshop	Jan. 17
Photography Disc. Group	Jan. 21
Friends of Sudbury Mtg.	Jan. 23
Sudbury Police Lunch & Learn	Jan. 28

**JANUARY CLOSURES:**

New Year's Day	Jan. 1
Martin Luther King Jr., Day	Jan. 20

**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

Happy and Healthy New Year to you and yours in 2025!

At this time of year, we spend time reminiscing the previous year, while looking forward and making plans for the coming year. Why not include visiting the Sudbury Senior Center in your plans?

We filled the schedule for January and hope you will join us for a fitness or wellness class, a lifelong learning program, cards, games, or coloring and puzzles. We also have informative talks on the calendar – Home Safety and Scams, Medication Takeback, Healing and the Mind. If you haven't had a chance yet, stop by, we have wonderful Greeter volunteers waiting to give you a tour.

With grant support from the Mass. Executive Office of Elder Affairs, we will continue to offer tech-related workshops into the new year. Don't forget to sign up to learn how to better utilize your smartphone. Classes on using your smartphones are available in January and February. We thank the Mass. Executive Office of Elder Affairs for the grant support for all of the tech workshops we've been able to offer. So far, 100 different people have participated! Don't miss out!

In addition, get your Balance checked - Our popular offering of balance checkups with Physical Therapist Aditi Chandra, DPT, of Longfellow Holistic Health will take place on January 15. Call early to schedule your appointment. Check out the newsletter for all of the above-mentioned programs and more! Lastly, **please note** that we have separated the Fitness class schedule from the January calendar onto page 9.

Wishing you wellness in 2025 –  
*Debra*

<p><b>Duckett Funeral Home of J.S. Waterman &amp; Sons</b> <b>William R. Duckett</b> Funeral Director 656 Boston Post Road (Route 20), Sudbury <b>978-443-5777</b> Duckett-Waterman.com <small>A Service Family Affiliate of AFS/Service Corporation Int'l, 206 Winter Street, Fall River, MA 02720, 508-676-2454</small></p>	<p><b>WE BUY &amp; SELL</b> Coins • Coin Collections Precious Metals • Sterling Flatware Gold Jewelry • Pocket Watches <b>TOP PRICES PAID</b> <b>Call 508-753-9695</b> <b>TABER RARE COINS</b> <a href="http://www.tabercoins.net">www.tabercoins.net</a></p>	<p><b>HomeHelpers®</b> Award Winning Personalized Home Care * Personal Care * Homemaking * Dementia Care * Meal Prep * Companionship * Companionship * Hospice Support * Transportation <b>TRUSTED PROVIDER</b> HOME CARE PULSE CERTIFIED <b>BEST OF HOME CARE PROVIDER</b> 260 Boston Post Road, Wayland 508-545-0164</p>
<p><b>WE'RE HIRING!</b> AD SALES EXECUTIVES <b>BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.</b></p> <ul style="list-style-type: none"><li>• Paid training</li><li>• Some travel</li><li>• Work-life balance</li><li>• Full-Time with benefits</li><li>• Serve your community</li></ul> <p>Contact us at <a href="mailto:careers@4lpi.com">careers@4lpi.com</a> or <a href="http://www.4lpi.com/careers">www.4lpi.com/careers</a></p>	<p>FAMILY OWNED. FAMILY ORIENTED. RESIDENT CENTERED. <b>SUDBURY PINES EXTENDED CARE FACILITY</b> Short Term Rehabilitation • Long Term Care Secure Behavioral Care Unit • Hospice Care Short Term Respite Care Family owned and operated since 1970 Come by and visit today 642 Boston Post Road • Sudbury, MA 01776 Phone# 978-443-9000 • <a href="http://www.sudburypines.com">www.sudburypines.com</a> <a href="mailto:admissions@sudburypines.com">admissions@sudburypines.com</a></p>	<p><b>TRAIN with SHAIN</b> IN HOME PERSONAL TRAINING FOR SENIORS Gait, Balance/Fall Prevention &amp; Strength Training <b>(508) 231-6378</b> <a href="http://www.trainwithshain.net">www.trainwithshain.net</a> <b>FULLY INSURED</b></p>

THE GREAT COURSES DVD SERIES

**30 Masterpieces of the Ancient World**

On Zoom

Day: Mondays

Time: 10:00 AM - 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.

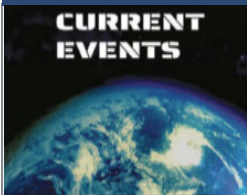
**Beethoven: His Life and Music**

On Zoom

Day: Tuesdays

Time: 9:30 AM - 10:30 AM

Ludwig van Beethoven was one of the most prolific and inspiring forces in the history of music. With his brilliant compositions and his unique approach to the piano, he changed the face of western concert music forever. This course by Professor Robert Greenberg is a biographical and musical study of Beethoven. It puts the great musician's life in a social, political, and cultural context.



**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

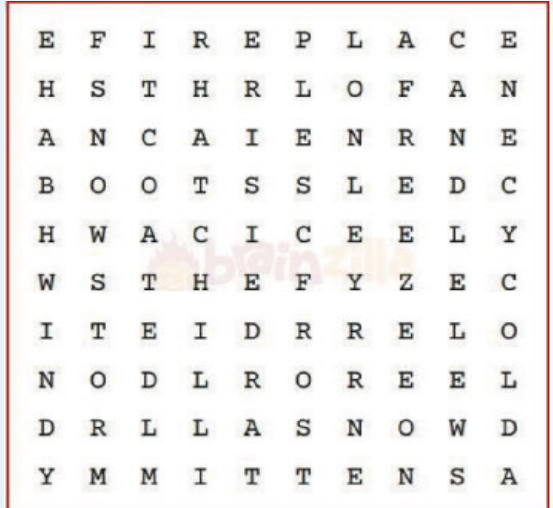
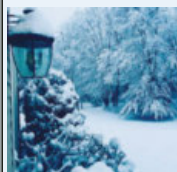
Day: Wednesdays

Time: 9:30 AM - 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.

Word Search  
Theme:

WINTER



BOOTS  
CANDLE  
FREEZE  
FROST

COLD  
FIREPLACE  
MITTENS  
SLED

HAT  
ICE  
WINDY  
SNOWSTORM

SNOW  
CHILL  
COAT

(Answers on Pg.9)

## 4 | ART CLASSES

### JOY OF WATERCOLOR: WINTER WATERCOLOR WORKSHOP

**Date:** Friday, January 17  
**Times:** 11:30 AM— 1:30 PM  
OR 1:45 PM— 3:30 PM



Winter watercolor with Angela Ackerman. Come play with snow scenes, and/or winter greenery. Think about capturing winter light and juxtaposing it with cool blues and snow shadows. Please bring in a photo or an item that will inspire you. All levels are welcome!

You may sign up for the morning or the afternoon session. Class fee is \$15.00. To sign up, please call the senior center at (978) 443- 3055 or email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

### LEARNING TO DRAW with Lane Williamson

**Date:** Wednesdays, January 8, 15, 22, 29  
**Time:** 10:00 AM—12:00 PM

If you haven't drawn since the fourth grade or you are a drawing beginner, this course is for you. You will learn to truly see as we acquire and practice all the parts of drawing well. The practice of drawing is, at root, the practice of seeing: seeing the shape and form of objects, seeing light and shadow, seeing space both positive and negative. In this class we will allow our brains to shift from naming things to simply seeing them. Please register by calling the Senior Center at (978) 443-3055 or via email at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us). **Please note:** There is no fee for this course. Lane will be buying drawing supplies for each participant. Please reimburse Lane the first day of class. Cost for each person's supplies is \$25. Class limited to 10 people.

## AARP TAX PREP. SCHEDULE

### AARP– Sponsored Tax Return Preparation Schedule

**Dates:** February 24, 2025 – April 1, 2025

Starting on Tuesday, February 4, appointments can be scheduled on Mondays and Tuesdays with our TaxAid volunteers. Emil Ragonis is the AARP TaxAide location Coordinator for this program.

Please note: For people who *don't* have brokerage accounts, help starts **Monday, February 24**. For those with brokerage accounts, including people with stocks, appointments will begin **Monday, March 17**. The Tax preparers cannot prepare partial year returns where some of the taxable income was earned in another state and is taxable in that state.

**NOTE: This year, once your appointment is scheduled, you will pick up the Pre-Appointment form to complete in advance of your appointment. AARP requires that the form be completed in advance.**

Book your appointments starting on Feb. 4 at 9:00 AM by contacting the Senior Center at 978-443-3055 or via email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

The AARP program is open to everyone but focuses on low to moderate-income people who cannot afford to pay for professional preparation.

## WALK-IN TECH HELP

**Date:** Thursdays **Time:** 9:30 AM -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 January from 9:30 AM – 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**

**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

**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.

## MINDFUL LIVING

**(Formerly known as Wellness Lab)**

**Wednesdays | 1:00 — 2:00 PM**

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

Gather with Lisa Campbell to relax and renew in this workshop that encompasses breathwork, meditation, mindfulness, stress management, and community building. All welcome.

## TAP DANCE

**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

**Tuesdays 11:00— 12:00 PM **NEW SESSION****

**In-Person Only class (No Hybrid)**

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

**OR**

**Thursdays | 10:30 — 11:30 AM **HYBRID****

**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

**Tuesdays | 1 :00 — 2:00 PM **NEW DAY & TIME****

**Winter I: Jan. 7 —Feb. 11 (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

**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

**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:**

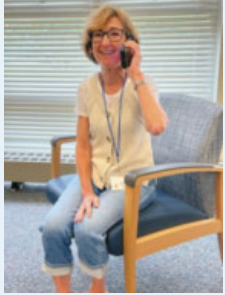
**December 23rd - January 3rd**

**Payments must be received by January 3rd, 2025**



## PROGRAM HIGHLIGHT

### Phone Buddy Program



Pictured is Nadine Wallack, one of our volunteers, who makes a weekly phone call to her matched senior. This program has been a big success, creating nice

relationships and helping with the isolation many experience especially when the cold weather settles in. If you would like to participate in this program, as a volunteer or recipient of the service, please contact our Coordinator of Volunteer Programs at (978) 443-3055.

### Space Heater Exchange

Sudbury seniors who have a non-functioning or poorly-functioning space heater can exchange it for a new space heater, free of charge. A volunteer will deliver it to you, along with safety information. *Note: limited supply.* Requests can be made by calling (978) 443-3055.

### Sand Buckets:

If you are in need of a filled sand bucket so that you can apply the sand to your walkway and/or driveway, contact the Senior Center at (978) 443-3055. Once the request is placed, a volunteer will deliver the sand bucket to you within a few days. Please do not wait until you are almost out of sand to put in your request. The deliveries are not done on an urgent-need basis.

Pictured to the right, one of our Sand Bucket Brigade Volunteers: Danny Vellom



## 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!!*

## 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/>.

## “THANK YOU” Message from Janet Lipkin



On December 3<sup>rd</sup>, a beautiful Open House was held at the Senior Center in honor of my retirement.

I want to thank everyone involved for all that went into making such a memorable event, for the kind words that were shared, and for the very generous gifts.

It has been an honor, a pleasure and a privilege to work at the Sudbury Senior Center for the past 7 years as Coordinator of Volunteer Programs, and I have met some of the kindest,

most caring and giving individuals. Further, the staff is top-notch, and it has been so wonderful to be part of this incredible team.

Thank you so very much, again.

Take good care, and best wishes, always.

Janet Lipkin

Monday	Tuesday	Wednesday 1	Thursday 2	Friday 3
<b>EVENT COLORS:</b> <b>GREEN—Hybrid</b> <b>PURPLE—Off Site</b> <b>BLUE— Zoom</b> <b>RED— Special</b>	<u><b>PLEASE NOTE:</b></u> <u><b>FITNESS CLASSES</b></u> <u><b>CALENDAR</b></u> <u><b>IS NOW ON</b></u> <u><b>PG. 9</b></u>	 <b>WE WILL BE</b> <b>CLOSED</b> <small>ON 1 JAN FOR</small> <b>NEW YEAR</b>	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 1:00 <b>NO</b> Low Vision 2:30 <b>Connection Cir.</b>	11:30 Drop-in Waterclr 1:45 Drop-in Waterclr. <b>SHINE Appt.s – All day</b> <b>12:00 Drop-in Color &amp; Puzzles</b>
6	7	8	9	10
10:00 Ancient World 10:00 Cribbage 12:30 Mahjong	9:30 Beethoven 10:00 Grief Support 1:00 SHINE Appts. <b>2:00 iPhone Wrkshp.</b> 2:00 Circle of Friends & Caregivers Group	9:30 Eastern Europe 10:00 Learn to Draw 12:00 Spoonfuls Dlvry. 1:00 Chess for All 1:00 Intermed. Bridge <b>2:00 Pathways Coff. Hr.</b>	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta <b>2:30 Connection Cir.</b>	9:30 Hearing Clinic 11:30 Drop-in Waterclr 1:45 Drop-in Waterclr. <b>12:00 Drop-in Color &amp; Puzzles</b>
13	14	15	16	17
9:30 Ping Pong 10:00 Ancient World 10:00 Stamp Club <b>11:30 Target Van Trip</b> 12:30 Mahjong <b>3:30 COA Meeting</b>	9:30 Beethoven <b>1:00 Mind and Healing Talk</b> 1:00 SHINE Appts. <b>2:00 iPhone Wrkshp.</b>	<b>9:00 Balance Assmt.</b> 9:30 Eastern Europe 10:00 Learn to Draw 12:00 Spoonfuls Dlvry. 1:00 Chess for All 1:00 Intermed. Bridge <b>1:00 Turn the Page</b>	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta <b>2:30 Connection Cir.</b>	<b>11:30 Watercolors workshop with AA</b> <b>1:45 Watercolors workshop with AA</b> <b>12:00 Drop-in Color &amp; Puzzles</b>
20	21	22	23	24
 <b>WE WILL BE</b> <b>CLOSED</b> <small>ON</small> <b>MARTIN LUTHER KING JR. DAY</b> <small>JANUARY 20th, 2025</small>	9:30 Beethoven <b>10:30 Photog. Grp.</b> 1:00 SHINE Appts. <b>2:00 iPhone Wrkshp.</b> <b>2:00 Making Memories</b>	9:30 Eastern Europe 10:00 Learn to Draw 12:00 Spoonfuls Dlvry. 1:00 Chess for All 1:00 Intermed. Bridge 1:00 Legal Clinic Appts.	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta <b>2:00 Friends Mtg.</b> <b>2:30 Connection Cir.</b>	11:30 Drop-in Waterclr 1:45 Drop-in Waterclr. <b>SHINE Appt.s – All day</b> <b>12:00 Drop-in Color &amp; Puzzles</b>
27	28	29	30	31
9:30 Ping Pong 10:00 Ancient World 12:30 Mahjong	9:30 Beethoven <b>12:00 Sudbury Police Safety &amp; Med. Take Back Lunch &amp; Learn</b> 1:00 SHINE Appt.s <b>2:00 iPhone Wrkshp.</b>	9:30 Eastern Europe 10:00 Learn to Draw 12:00 Spoonfuls Dlvry. 1:00 Chess for All 1:00 Intermed. Bridge	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta <b>2:30 Connection Cir.</b>	11:30 Drop-in Waterclr 1:45 Drop-in Waterclr. <b>SHINE Appt.s – All day</b> <b>12:00 Color &amp; Puzzles</b>



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# JANUARY HAPPENINGS/FITNESS CLASSES CALENDAR | 9

## Sudbury Connection Van Trip to Target in Marlboro

Monday | January 13



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

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

## Photography Discussion Group

Tuesday | January 21

**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)



## Monday, January 20th - Martin Luther King Jr., Day

Martin Luther King, Jr., Day is observed annually on the third Monday in January. The day commemorates the life and work of Dr. King, who was a Baptist minister and prominent leader in the American civil rights movement.

People are encouraged to use the day to **reflect on the principles of racial equality and nonviolent social change espoused by Dr. King.**

## Balance Assessments— Help Prevent a Fall

**Date: Wednesday, January 15**      **Time: 9:00 AM— 11:00 AM**

Physical Therapist Aditi Chandra, DPT, Co-Owner of Longfellow Holistic Health Center, will offer 10-minute individual Balance Assessments at the Sudbury Senior Center on Wed., January 15 starting at 9:00 AM. Space is limited, please contact the Sudbury Senior Center soon to schedule your assessment at 978-443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).



## NEW: WEEKLY FITNESS CLASSES CALENDAR

### MONDAYS:

11:00 AM Fit for the Future  
 2:30 PM Tai Chi

### TUESDAYS:

9:30AM Zumba Gold  
 11:00AM Strength & Bal.  
 1:00 PM Drums Alive

### WEDNESDAYS:

11:00AM Fit for the Future  
 1:00Pm Mindful Living  
 (formerly Wellness Lab)

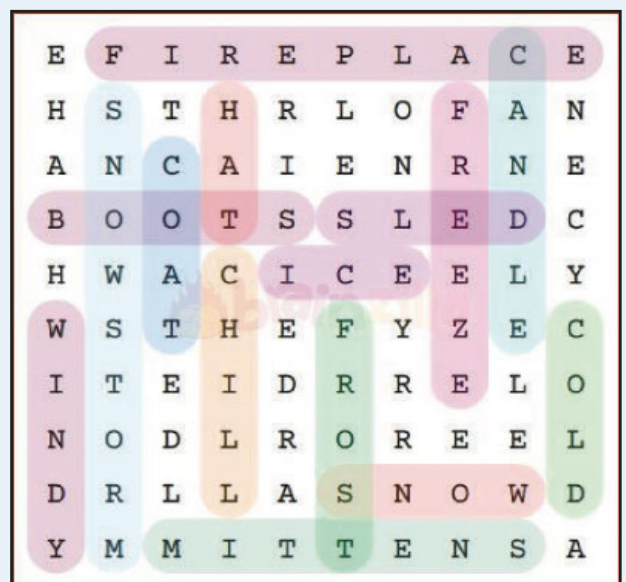
### THURSDAYS:

9:15 AM Tap Dance  
 9:15 AM Chair Yoga (IP)  
**10:30 AM Strength & Bal.**  
 1:00 PM Zumba

### FRIDAYS:

9:15 AM Mat Yoga  
**10:15 AM Chair Yoga**  
 11:00 AM Fit for the Future

## Word Search Puzzle Answers (From Pg.3)



**Fitness Classes in Green are Hybrid Classes**

## 10 | SENIOR PROFILE

### Featured Profile: Doreen Cormier

A Sudbury resident since 1965, Doreen Cormier has seen Sudbury grow. The one thing that hasn't changed is the community, she says. When Doreen first came to Sudbury, "it felt like the middle of nowhere". There was no T.J. Maxx or Shaw's. Instead, Star Market was the main grocery store located right next to a small pharmacy where Doreen often ran into familiar faces. She quickly realized how friendly her neighbors were and still are. She always receives a welcoming hello when walking around the neighborhood and truly feels that everyone looks after one another.

Doreen has not just built a community in her neighborhood but also as a volunteer at the Senior Center. As a member of the Senior Center for about eight years now, Doreen, one day, noticed another volunteer organizing the delivered baked goods that are offered to patrons. She kindly asked the volunteer if she needed some help, who gladly accepted. She later asked Doreen, "Why don't you join as a volunteer?" It's been three years since, and Doreen continues to help with Spoonful each Wednesday, and serve as a greeter at various times throughout each month. Doreen loves volunteering to stay in touch with her friends and members of the Senior Center—a true "people person". In fact, while helping out with 2 other volunteers to display the array of Spoonful food, she has so much fun, the group calls themselves the *three musketeers*! Doreen's positive energy and lively spirit reach many.

As an on-going participant of Fit for the Future, Doreen loves staying active. In addition to exercise classes, she and a friend especially enjoy their walks around Haskell field, five times per week! Even the weather doesn't stop the two. At one point, Doreen realized she needed some extra protection against the cold winters, and when she found the perfect puffer coat, she wasn't surprised to see her friend wearing the same one a few days later! Doreen and her friend have even claimed a bench at the park where they love sitting and watching the kids play soccer on summer evenings or saying hello to dogs and their owners as they stroll by.

Doreen is also a big sports fan. Along with following the Red Sox and the Bruins, she loves watching NASCAR races. In the past, she often went to the races. When asked about what she most enjoyed about seeing them live, she said, "Seeing them win, of course!" The races feel exciting, just like following the Red Sox and the Bruins.

When Doreen is not in Sudbury, you can find her camping in her trailer in Maine. However, this isn't just any old trailer. She has a beautiful garden right in front of it—she rightfully receives many compliments on her vibrant flowers from people who walk by. Although Doreen loves her flowers, she would not call herself a gardener. Instead, Doreen spends her time in Maine exploring—going to beaches nearby, walking on trails, and most important of all, shopping! She's been going up to Maine for about four years now and appreciates how many options there are for things to do.

Doreen, warm, friendly, and full of energy, truly lights up any room she walks into; I am so grateful to have had the opportunity to experience her radiance first-hand.

**Written by: Piyusha Kundu, Senior Center Volunteer**



## The Mind and Healing Talk

**Date: Tuesday, January 14**

**Time: 1:00 PM**



How Much Do our Thoughts Shape our Health? Peter Aungle, Harvard Univ. PhD Candidate '25, will explore the connection between our thoughts and our physical health. Peter will draw evidence from groundbreaking research conducted by his PhD advisor at Harvard as well as his own recent research on perception and healing. He will discuss how our mindsets and expectations influence our well-being, including their effects on fatigue, illness and healing after injuries or surgeries. To register, call the Senior Center (978) 443-3055 or email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

## Sudbury Police Lunch and Learn event: Home Safety & Scams



**Date: Tuesday, January 28**

**Time: Lunch at 12:00 PM, Talk at 12:30 PM**

Detectives Wayne Shurling and Stephanie Howe will be here to discuss tips for safety at home and in the community along with the latest scams targeting Sudbury residents. When you come, please bring any old and/or expired medications for safe disposal by the Police Department. There will be plenty of time for questions as well. Join us for an informative and interesting presentation. To register, please call the Senior Center at (978) 443-3055 or email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

## ADDITIONAL RESOURCES

Springwell (Formerly BayPath): 508-573-7200  
 Social Security: 1-800-772-1213  
 Elder Abuse Hotline: 1-800-922-2275  
 MA Executive Office of Elder Affairs: 1-800-243-4636  
 Medicare: 1-800-633-4227  
 Behavioral Health Help Line: 833-773-2445  
 State Senator Janie Eldridge: 617-722-1120  
 Representative Carmine Gentile: 617-722-2810

Springwell Info Referral: [inforef@springwell.com](mailto:inforef@springwell.com)  
 Domestic Violence Hotline: 1-800-799-SAFE (7233)  
[www.domesticviolenceroundtable.org](http://www.domesticviolenceroundtable.org)  
 Meals on Wheels (Springwell): 508-573-7246  
 MetroWest Legal Services: 508-620-1830  
 Suicide Prevention: 988  
 Sudbury Housing Authority: 978-443-5112  
 Sudbury Housing Authority: 978-443-5112

### SENIOR CENTER STAFF

**Director:** Debra Galloway  
**Asst.Dir/Outreach Coordinator:** Jill Dube  
**Admin. Coordinator:** Chery Finley  
**Program & Pub. Coordinator:** Palig Garabedian  
**Coordinator of Volunteer Programs:** Sarah Green Vaswani  
**Receptionists:** Mary Murray, Cindy Regan  
**S.H.I.N.E. Counselors:** Wayne Antion, Marc Hertzberg  
**Tax Work-Off Coordinator:** Josephine King  
**Trip Coordinators:** Franci Martel, Joe Bausk  
**Van Drivers:** Linda Curran, Paul Marchand

### COUNCIL ON AGING

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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.

## 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.

**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.

# 12 | KEEP HEALTHY & FIT

## 5 Tips to Help You Stay Motivated to Exercise

**Be safe! Always consult with your physician prior to starting any exercise regimen.**

Physical activity is a great way to boost your health and your mood. As you age, staying active can also help you continue doing the things you enjoy. Learn ways to make exercise fun and stay motivated by following these simple steps:

- 1) Find ways to fit exercise into your day. You are more likely to get moving if exercise is a convenient part of your day.
- 2) Do activities you enjoy to make it more fun. Be creative and try something new!
- 3) Make it social. Find a virtual “exercise buddy” to help keep you going and provide emotional support.
- 4) If there’s a break in your routine, get back on track. Start slowly and gradually build back up to your previous level of activity. Ask your family and friends for support.
- 5) Keep track of your progress. Make an exercise plan and don’t forget to reward yourself when you reach your goals.

Visit [www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults](http://www.nia.nih.gov/health/staying-motivated-exercise-tips-older-adults) to learn more.

## Keeping Your Mind Engaged

Cognitive training, which is designed to improve specific cognitive skills, appears to have benefits for maintaining cognitive health in older adults. Staying engaged in other meaningful activities as you grow older may also have important cognitive benefits. For example, one study found that older adults who learned quilting or digital photography had more memory improvement than those who only socialized or did less cognitively demanding activities. Research on engagement in activities such as music, theater, dance, and creative writing has shown promise for improving quality of life and well-being, from better memory and self-esteem to reduced stress and increased social interaction, but more research is needed in these areas. Staying connected with your family, friends, and neighbors through social activities and community programs is a great way to ward off isolation and loneliness, but did you know it may also help support your cognitive function?



Chinese New Year 2025 (Lunar New Year) falls on Wednesday, January 29<sup>th</sup>, starting the year of the Earth Snake. The Year of the Snake will Start on Jan. 29<sup>th</sup>, 2025, and last until February 16<sup>th</sup>, 2026.

According to Chinese tradition, staying up on Chinese New Year’s Eve (Jan.28, 2025) and saying good words to your family/friends like Happy New Year after the clock strikes 12 will certainly bring good luck. Giving out red packets to kids and elders will help cast away bad luck and bring good luck in.

The Chinese traditionally decorate their houses with Kumquat trees (symbolizing wealth and good luck) and wear the lucky colors of red and yellow. Eating lucky foods like rice dumplings (family togetherness), fried flour-coated peanuts (vitality), walnut cookies (happiness), etc. are popular ways to improve your luck.

Happy Chinese New Year to all our Chinese friends and community!

## 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: Tuesdays & Fridays 12:00 PM-2:15 PM**

Residents are invited to shop at the food pantry twice per month. 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 1:00 PM-3:00 PM (Seniors 65+)**

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

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 | January 21**

**2:00 PM - 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 | January 10**

**9:30 AM - 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 | January 7**

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

BOH Nurse Katie Betts will check your Blood Pressure.

## LOW VISION SUPPORT GROUP

**Thursday | January 2**

**1:00 PM - 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 | CENTER SCENES



Scenes from Holiday Luncheon 2024



Presentation of check for kitchen updates



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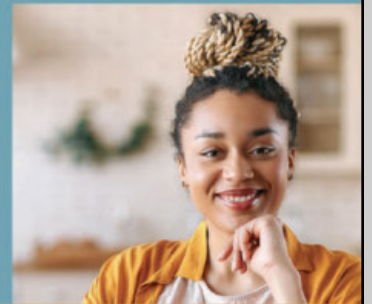
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