



The **SUDBURY SCENE**

A PUBLICATION OF THE SUDBURY SENIOR CENTER

FEBRUARY 2025



Grist Mill, Sudbury MA

Photographer: Frank Schimmoller

REGISTRATION:

To register for any of our programs, please contact the Senior Center at (978) 443-3055 or email: senior@sudbury.ma.us

FEBRUARY CLOSURES:

Monday, Feb.17 Presidents Day

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

Greetings and Happy Valentine's Day!

Sending Happy Valentine's wishes your way from all of us at the Senior Center. On Valentine's Day we show appreciation for those special people in our lives. Let's celebrate our extended family and friends – our community - this month. Visit us and join in the fun.

We have some very special programs this month, including our Dementia Friendly Memory Café sponsored by Bridges by Epoch Memory Care and New Horizons at Marlborough. This event welcomes all, but is especially for our caregivers and their loved ones living with dementia. The entertainment is topnotch!

We welcome our LGBTQ+ friends and family to join us at the Pathways Coffee Hour on Wednesday, February 12 at 2:00 PM for coffee, snacks and social time. We have a special Jazz Lunch with Komorebi Jazz Combo on February 11 – thanks to volunteer clarinetist Matthew Proujansky and the Sudbury Cultural Council. Plus - a Chocoholics delight, Beading with Mystic Beads and many, many iPhone workshops. Make sure to register for these events.

Well, as hard as it is for me to do, I am announcing my upcoming "retirement". Should you wish to, you may stop by to say goodbye to me on Friday, February 21, from 9:30-11:00 AM, as I am retiring as of Friday, February 28. Leaving the Senior Center is a very difficult thing for me to do, as I love working here! It has been the honor of my life to work here with all of you, with the wonderful staff (past and present) and the amazing volunteers. I hope to see you at the event, or another time in February; if not, you may see me here helping out in March for some of the special events.

Warmly and appreciatively,

Debra

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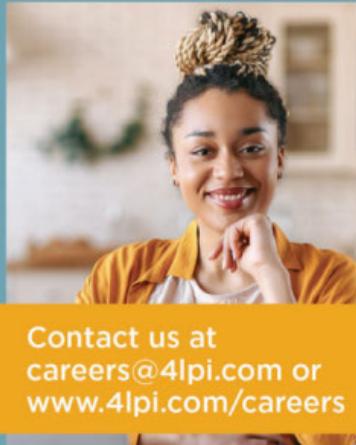
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THE GREAT COURSES DVD SERIES

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.

The Symphony

On Zoom

Day: Tuesdays

Time: 9:30 AM - 10:30 AM

The symphony evolved from the 17th-century Italian opera overture and the Baroque *ripieno* concerto. By the mid to late 18th century, the symphony became the single most important genre of orchestral music. Professor Robert Greenberg guides the listener on a survey of the symphony. You'll listen to selections from the greatest symphonies by many of the greatest composers of the past 300 years.



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

Unsung Heroes of World War II

On Zoom

Day: Wednesdays

Time: 9:30 AM - 11:00 AM

In this class, author and historian Lynn Olson introduces us to 3 ordinary people who, along with many others, were truly unsung heroes of WWII. In France, we will learn about an unassuming mother who became the leader of the largest Allied spy network in occupied France. In Poland, a brilliant young mathematician who broke Germany's Enigma code, laying the groundwork for the famed British codebreaking operation at Bletchley Park. Lastly, in Belgium, we will learn about a young nurse from Brussels who smuggled hundreds of shot-down British and American airmen out of enemy territory and back to safety. These lectures offer a trove of stories from across Europe and America that you have likely never heard before.

February Goodbye Event:

**We are saying Goodbye
and**

Happy Trails to Debra Galloway

Date: Friday, February 21

Time: 9:30 AM — 11:00 AM



Stop by to say goodbye and thank you to Debra Galloway, Director of the Sudbury Senior Center, who has worked at the Senior Center since 2005 and became the Director in 2010. Debra will be moving on to new adventures, perhaps hiking on some trails (a favorite activity), and also spending time with family, as she retires on February 28. You are welcome to join us for a light breakfast and social time.

4 | ART CLASSES

JOY OF WATERCOLOR: Exploring Patterns Workshop



Date: Friday, February 7

Times: 11:30 AM— 1:30 PM

OR 1:45 PM— 3:30 PM

In this workshop with Angela Ackerman, you will be experimenting with incorporating pattern while still retaining the transparency of the watercolor medium. Please bring in a photo of your choice that shows patterning. This may be a fabric print, pattern in nature or abstract textural pattern. All levels are welcome. **There is a \$15.00 fee for the class and registration is required.**

Light and Color in Painting with Lane Williamson

Date: Wednesdays, February 26—April 30

Time: 10:00 AM—12:00 PM

“In nature light creates the color. In pictures pigment creates the light”- Hans Hoffman. The difficulty lies in the fact that light is not the same as pigment. Artists have to find a correspondent universe for light by using pigment. This is the exciting adventure: Working through a painting using multiple strategies to manipulating aspects of color on canvas. Join Lane Williamson for this 10 week course. **The class is aimed at experienced painters. Registration is required and class limit is 10.** There is no class fee however, participants may expect to spend \$30 on materials as needed.

**To register for any of our programs or activities, contact the Senior Center.
Call (978) 443-3055 or email us at: senior@sudbury.ma.us**

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 TaxAide 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 9:00AM. Contact the Senior Center at 978-443-3055 or email: senior@sudbury.ma.us . **Calls and emails are time stamped and prioritized by the date and time they were received.**

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

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 Volunteers John Seltzer and Murray Bob are here to help! Stop by the walk-in clinic on Thursdays in February from 9:30 AM – 11:00 AM. This is a drop-in session.

Note: You will be asked to sign a liability waiver.

Winter II Session — Registration Period:

February 10 - February 21

Payments must be received by Feb 21, 2025

FIT FOR THE FUTURE - Drop In

Mondays, Wednesdays & Fridays | 11:00—12:00 PM

Session: ongoing, \$4.00 at the door.

Lois Leav 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

Feb. 24 - Apr. 14 (8 wks.) **Fee: \$48.00**

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

Feb. 25 — Apr. 15 (8 wks.) **Fee: \$48.00**

OR

Thursdays | 1:00 — 1:55 PM

Feb. 27 —Apr. 17 (8 wks.) **Fee: \$48.00**

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. All levels welcome.

MINDFUL LIVING (Previously called Wellness Lab)

Wednesdays | 1:00 — 2:00 PM

Feb. 26 — Apr. 16 (8 wks.) **Fee: \$40.00**

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

TAP DANCE

Thursdays |9:15 — 10:15 AM

Feb. 27– Apr. 17 (8 wks.) **Fee: \$48.00**

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

STRENGTH & BALANCE

Tuesdays (In-Person only) | 11:00 — 12:00 PM

Feb. 25—Apr. 15 (8 wks.) **Fee: \$48.00**

OR

Thursdays (HYBRID) | 10:30 — 11:30 AM

Feb. 27– Apr. 17 (8 wks.) **Fee: \$48.00**

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

DRUMS ALIVE

Tuesdays | 1:00 — 2:00 PM

Feb. 25—Apr. 15 (8 wks.) **Fee: \$48.00**

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. All levels welcome.

CHAIR YOGA

Thursdays (In-Person Only) | 9:15 — 10:00 AM

Feb. 27– Apr. 17 (8 wks.) **Fee: \$48.00**

Limit 16 participants/class

OR

Fridays (HYBRID) | 10:15 — 11:00 AM

Feb. 28— Apr.18 (8 wks.) **Fee: \$48.00**

Limit 16 In-person/ 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. All welcome.

MAT YOGA

Fridays | 9:15 - 10:00 AM

Feb. 28— Apr.18 (8 wks.) **Fee: \$48.00**

Rebecca Reber will help you connect movement and breath as you move into poses. Bring 2 yoga blocks and a yoga belt. All levels welcome.

6 | 2025 TRIPS

Upcoming Trips in 2025



April 16, (Wednesday) 2025-“Titanic the Artifact Exhibition”- Experience the wonder and the 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 & pricing information are available at the Senior Center. (Collette Tours)

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

Newport Flower Show – June 2025 -TBD- Bloom Tours (Stay tuned for date and pricing).

September 1 – 8, 2025 -California Dreaming -Join us as we explore Yosemite National Park , Napa wine Country, Monterey and Lake Tahoe. Flyers and pricing information are available at the Senior Center. (Collette Tours).

In addition to these trips, 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. Contact the front desk to reserve the pass

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PROGRAM HIGHLIGHT



Did you know that hunger in the U.S. isn't a problem of supply, but one of access and distribution? Our country has plenty of food, but nearly 40% of it goes uneaten, while nearly 47 million people (1 in 6 households in Massachusetts) experience food insecurity.

Luckily, Spoonfuls, the largest food recovery operation of its kind in New England, is on the case. Every Wednesday, they come to the Senior Center with a truckload of foods recovered from grocery stores and farms, and Senior Center volunteers and staff make it available to people who self-identify as in need.

Spoonfuls runs Wednesdays at noon in the Multipurpose Room. We operate on a lottery system for the order of admittance, so don't worry about lining up early. You can participate as a food recipient or a Volunteer.

To volunteer, contact Sarah Green Vaswani, Coordinator of Volunteer Programs, at 978-443-3055.



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're interested in volunteering your skills, please call Sarah Green Vaswani, Coordinator of Volunteer Programs, at 978-693-3223 to learn how to apply. The process is easy! Learn more at <https://sudburyseniorcenter.org/about-us/get-involved/>



FROM OUR COORD. OF VOLUNTEER PROGRAMS

Thanks for the Warm Welcome!



Now that I've been here for a month or so, and have had some time to train and settle in, I want to take a moment to say THANK YOU for the very warm welcome you've all given me. Stepping in to a new position, particularly one that has been held by someone as special as my predecessor, can be tricky, but you've all taken the time to welcome me, learn about me, and share yourselves and your time with me, and that has helped tremendously. If we haven't met yet, please stop in to say "hi" or come to the meet and greet on February 14th at 9:30.

Sarah

8 | FEBRUARY 2025 ACTIVITIES & EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
EVENT COLORS: GREEN —Hybrid PURPLE —Off Site BLUE — Zoom RED — Special	PLEASE NOTE: FITNESS CLASSES CALENDAR IS NOW ON PG. 9		PLEASE REGISTER FOR ALL EVENTS IN ADVANCE	
3	4	5	6	7
10:00 Ancient World 10:00 Cribbage 12:30 Mahjong	9:30 Ping Pong 9:30 The Symphony 10:00 Grief Support 2:00 Circle of Friends & Caregivers Group 2:00 iPhone: Photos	9:30 Unsung Heroes 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 1:00 Low Vision Grp. 2:30 Connection Cir.	11:30 Art Workshop 1:45 Art Workshop 12:00 Color & Puzzles 2:00 iPhone: Health & Emergencies
10	11	12	13	14
10:00 Ancient World 10:00 Cribbage 10:00 Stamp Club 11:30 Target Van Trip 12:30 Mahjong 3:30 COA Meeting	9:30 Ping Pong 9:30 The Symphony 11:30 Jazz Luncheon with Matthew P. 2:00 iPhone: Photos Deep Dive	9:30 Unsung Heroes 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge 2:00 Pathways Coffee Hour	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 2:30 Connection Cir.	9:30 Meet Sarah 9:30 Hearing Clinic 11:30 Drop-in Watrclr. 1:45 Drop-in Watrclr. 12:00 Color & Puzzles 1:00 Civil Rights Music 2:00 Apple Watch
17	18	19	20	21
	9:30 Ping Pong 9:30 The Symphony 10:30 Photography 2:00 iPhone: Useful Tools I 2:00 Making Memories Cafe	9:30 History Class TBD 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Turn the Page	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 2:30 Connection Cir.	9:30 Deb G. Event 11:30 Drop-in Watrclr. 1:45 Drop-in Watrclr. 12:00 Color & Puzzles 1:00 Chocoholics Prog. 2:00 iPhone: Safari, Google, ChatGPT
24	25	26	27	28
10:00 Cribbage/Rm.3 10:00 Ancient World 12:30 Mahjong/Rm.3 AARP Tax by appt.	9:30 Ping Pong 9:30 The Symphony 10:00 Jewelry wrkshp. 2:00 iPhone: Useful Tools II AARP Tax by appt.	9:30 History Class TBD 10:00 Light & Color 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Legal clinic appt.	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 2:00 Friends Mtg. 2:30 Connection Cir.	11:30 Drop-in Watrclr. 1:45 Drop-in Watrclr. 12:00 Color & Puzzles 2:00 iPhone: Apple Pay & Wallet



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Sudbury Connection Van Trip to Target in Marlboro

Monday | February 10



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.

Jazz Luncheon with Matthew Proujansky and his Jazz combo band Komorebi

Tuesday | February 11

Concert Time: 11:30 AM — 1:30 PM

Lunch: 12:00 PM



Join us for a jazzy lunch event with Sudbury resident Matthew Proujansky and his Jazz combo band: Komorebi (a Japanese term signifying sunlight streaming through the branches). The band consists of five musicians who will be playing the piano, the bass, guitar, clarinet and a violin! Don't miss what is sure to be a truly delightful music event. **Registration is required.**

Please register by February 7th.

This program is supported in part by a grant from the Sudbury Cultural Council, a local agency that is supported by the Mass Cultural Council, state agency.



PRESIDENTS DAY
Monday
February 17th

Senior Center is closed



February is Black History Month

Black History Month began as Black History Week in 1926, established by historian Carter G. Woodson. The week was chosen to coincide with the birthdays of Frederick Douglass and Abraham Lincoln. Congress expanded Black History Week to a month during the nation's bicentennial celebration.

Photography Discussion Group



Tuesday | February 18

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. This is a Drop-In session.

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

Fitness Classes in Green are Hybrid Classes

10 | IPHONE AND IPAD CLASSES

TUESDAY CLASSES 2:00 PM — 3:00 PM

Taking and Organizing Photos

Tuesday, February 4 2:00 PM—3:00 PM

This class explores the features available in the iPhone for editing photos. We discuss different ways to organize our photos. Then select a photo to practice editing with. We learn about filters, adjusting colors and lighting as well as cropping and resizing our photos.

iPhone Photos: A Deep Dive

Tuesday, February 11 2:00 PM—3:00 PM

This class explores all the available features on the iPhone's Photos app, including using Favorites and albums to organize photos, sharing photos and creating short compilations of photos and videos.

iPhone Useful Tools: Part I

Tuesday, February 18 2:00 PM—3:00 PM

This class covers different tools and features built into the iPhone. We learn to find lost items, share our locations with friends and family, create helpful to-do lists, and customize various helpful tools found in the Control Center.

iPhone Useful Tools: Part II

Tuesday, February 25 2:00 PM—3:00 PM

This class covers even more essential tools included in the iPhone and iPad. We learn to set up our Medical IDs for emergencies, use Apple Wallet and Apple Pay to store cards on our devices and make contactless payments, and the Translate app to have conversations in different languages.

FRIDAY CLASSES 2:00 PM — 3:00 PM

iPhone for Health and Emergencies

Friday, February 7 2:00 PM—3:00 PM

In this class, we explore how the iPhone can help in different emergency situations. We learn how to set up emergency contacts. Use the SOS feature, turn on voice activation, and more.

Apple Watch for Beginners

Friday, February 14 2:00 PM—3:00 PM

This class will teach attendees about the Apple Watch's hardware, including its speakers, screen and buttons, as well as the basics of navigating the Apple Watch and using its apps for messaging, making calls and other important functions.

Safari, Google and ChatGPT

Friday, February 21 2:00 PM—3:00 PM

This class covers Safari, the internet browser native to Apple products. We uncover the ways Safari can help with searching for information, including using Google and bookmarking important sites and how AI apps like Chat GPT can assist with everyday tasks like writing emails, exploring different topics and doing research.

Apple Pay, Wallet & Online Payments

Friday, February 28 2:00 PM—3:00 PM

This class will cover how to add credit and debit cards to our digital wallets, use our iPhones as payment devices, and make online and in-person payments safely and securely.

Registration is required for all of our iPhone and iPad classes.

To register for any of our programs or activities, please contact the Sudbury Senior Center.

Call (978) 443-3055 or email us at: senior@sudbury.ma.us



Mystic Beads: Bracelet Beading Workshop

Date: Tuesday, February 25
Time: 10:00 AM — 11:00 AM

Join us in this fun workshop where you will string beads and create your own bracelet. This class includes step by step instructions and use of tools. Each Student will select beads. Instructions will be given on placement, design, and final layout. Instructor will provide step by step instruction on attaching clasps and securing all ends and final assembly. **Class fee is \$15.00 and registration is required. Space limited to 10 participants.** Cash or check accepted. Checks payable: Sue Underwood

Chocoholics Unite!

Date: Friday, February 21
Time: 1:00 PM — 2:00 PM



Chocolate bars, candies, sauces... Who doesn't love chocolate? Come learn about the ingredients, processing, and where cocoa pods are grown, all while trying various chocolate samples. We'll also share chocolate recipes, local chocolatier recommendations. If you like chocolate, don't miss this tasting! **Class fee is \$5.00 and registration is required.**



Music of the Civil Rights Movement

Date: Friday, February 14
Time: 1:00 PM — 2:00 PM

The program presented by John A. Clark is being offered in honor of **Black History Month**. The presentation will begin by featuring artists such as Marian Anderson and Billie Holiday. The rest of the program is devoted to the history of 1950s and 1960s Civil Rights anthems like *We Shall Overcome*, *Eyes on the Prize*, *Blowin' in the Wind* and other Bob Dylan songs that brought racial issues to a new level of attentions. Sam Cooke's music will also be featured. Also included are important songs by Odetta, Nina Simone, Curtis Mayfield and Janis Ian. Do not miss what is sure to be a very popular event! **Registration is required.**

Thank you!

A special "Thank you" to the Friends of the Sudbury Senior Citizens for sponsoring our January Lunch and Learn event with the Sudbury Police Dept. We would also like to thank the group for this month's Chocoholics Unite! as well as Music of the Civil Rights Movement events' sponsorship.

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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Treasurer: Janet Derby	
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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 | MEET AND GREET & ADDITIONAL RESOURCES

Meet our new Coordinator of Volunteer Programs: Sarah Green Vaswani



Date: Friday, February 14

Time: 9:30 AM – 10:30 AM

Sarah comes to the Sudbury Senior Center with nearly 20 years' experience in working with older adults, mostly as a Resident Services Coordinator, providing case management and developing programs for people living in culturally diverse low-income housing in Boston.

Most recently she worked for Sudbury's Department of Veteran's Services. She lives in Sudbury with her husband, 2 teen sons, her in-laws, and a rabbit named Harley Quinn. Stop in to say "Hi" and enjoy a cup of coffee with Sarah.

Do you know about our SHINE Program?

The SHINE (Serving Health Insurance Needs of Everyone) Program provides free health insurance information, counseling, and assistance to people who are eligible for Medicare and their caregivers. Certified, trained SHINE counselors, who are often volunteers, work with participants to help explore Medicare plan options and uncover ways to save money on both health insurance and prescription drug costs.

A SHINE counselor will help you:

- 1) Understand your Medicare and other health insurance and drug coverage options.
- 2) Find the right coverage for you.
- 3) Find ways you can save money on your prescription drugs and health insurance.
- 4) Help you apply for programs that will lower your costs and provide information to help you make the best coverage selection.

To make an appointment with a SHINE counselor (zoom or In-Person) call the Senior Center at (978) 443-3055 and ask to speak to Jill Dube, Assistant Director/Outreach Coordinator.

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
 Domestic Violence Hotline: 1-800-799-SAFE (7233)
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 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-2:30 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

**HOURS: Tues: 1:00 PM-3:00 PM (Seniors 65+),
 Tues: 3:00PM-6:30 PM; Thurs: 11:00AM -4:30 PM**

The pantry operates 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 | February 18

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 | February 14

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 | February 4

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 | February 6

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 | FEATURED ARTISTS

January and February Featured Artists at the Sudbury Senior Center: Catherine Bosk and Helen Rolfe Ham

Catherine Bosk works in acrylic, mixed media, and watercolor. Her painting is a process of bringing together visual experiences and memories by using color, form, and light. Using plein air and photo references for inspiration, the painting evolves. Most of the work is abstract or semiabstract in an effort to evoke an emotional response. Lines and textures intrigue as their pictorial language builds the rhythm and flow of each painting freely and independently.

Helen Rolfe Ham is an intuitive painter who starts each piece with a color theme and then lets the paint take her where it wants to go. Inspired by nature, she paints landscapes, seascapes, the heavens, trees, and flowers. Her work reflects a balance of color, motion, and energy. It transcends style, crossing impressionism, abstract and modern art. She paints with her love of life and optimism.

For the full biographies, please visit the Sudbury Senior Center website at: www.sudburyseiorcenter.org, or visit the art and read bios at the Senior Center art space.

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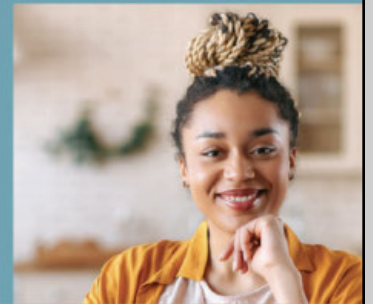
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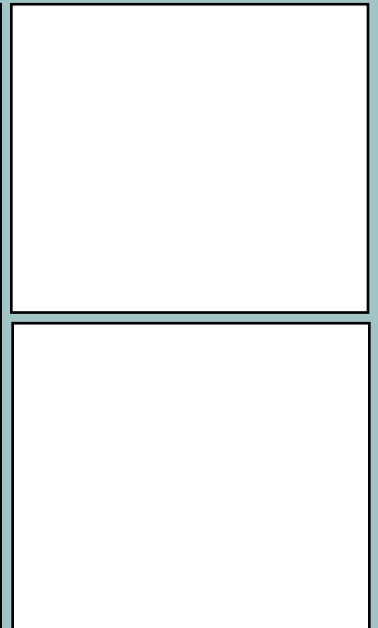
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