



The **SUDBURY SCENE**

A PUBLICATION OF THE SUDBURY SENIOR CENTER

MARCH 2025



MARCH REGISTRATION:

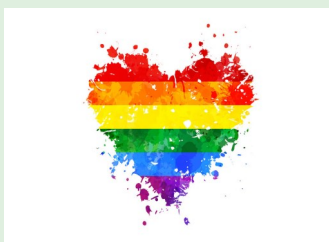
Registration for March Non-fitness activities and/or events will begin on Monday March 3rd.

ST. PATRICK'S DAY LUNCHEON— SEE PAGE 9 FOR REGISTRATION DETAILS

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

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

Greetings All,

The Senior Center staff have planned some wonderful events and programs for the beginning of spring. At least we hope it's the beginning of spring. You never know with March! From our St. Patrick's Day luncheon, to the "Understanding Japan" course, to the iPhone workshop series, and the talks on Loneliness and the REAL ID info session - There are plenty of fun, social, entertaining, and educational offerings for you to choose from. Make sure you don't miss any of them.

General registration for March programs begins on Monday, March 3rd.

Sudbury residents may start signing up for the St. Patrick's Day luncheon on March 3rd, whereas non-residents may start registering starting on March 5th. Registration deadline for event is Friday, March 7th at 12pm. The luncheon is generously sponsored by the Friends of Sudbury Seniors.

Our current Fitness classes run from end of February through mid-April. The next opportunity to register will be April 14-25, for classes beginning the week of April 28. Our programs and classes are quite popular - just a reminder: All programs and classes are targeted to serve people 60 years of age and older and residents may have priority. When space is available, people under 60 may be able to participate. Please check with the Front Desk if you are under 60, and interested in a program or class.

On a personal note, this will be my last note to all of you who read the newsletter and are part of the Sudbury Senior Center community. It has been a pleasure and honor to work with and for you.

Wishing you health and happiness always and thank you! ~*Debra*

THE GREAT COURSES DVD SERIES

Art Class—TBD**On Zoom****Day: Mondays****Time: 10:00 AM - 11:00 AM**

As of press time, the Monday Art Course is still to be determined. More information will be shared soon. Thank you for your patience.

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

EMAIL: SENIOR@SUDBURY.MA.US

Understanding Japan**On Zoom****Day: Wednesdays****Time: 9:30 AM - 11:00 AM**

Japan's extraordinary culture is like no other in the world. The 2,000-year old civilization grew towards periods of seclusion and assimilation to cultivate a society responsible for immeasurable influences on the rest of the world. What makes Japan so distinctive? The answer is more than just spiritual beliefs or culinary tastes; it's the ongoing clash between tradition and modernity; a conflict shaped by Japan's long history of engagement and isolation. An amazing series that offers an unforgettable tour of Japanese life and culture, delivered by renowned professor Mark J. Ravina of Emory University.



4 | ART CLASSES

Close-Up: Luscious Floral Watercolor Workshop

Date: Friday, March 7

Times: 11:30 AM— 1:30 PM

OR 1:45 PM— 3:30 PM

Join us as we play with pigments and create awesomely colorful and stunning closeup floral images. Dramatic light photos are encouraged. Please bring in a photo that inspires you. All are welcome. **Class fee is \$15.00 and registration is required.**



Light and Color in Painting with Lane Williamson

Date: Wednesdays, Feb. 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 corresponding universe for light by using pigment. 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.



Drop-In Watercolor Sessions

Dates: Friday, March 14, 21, 28

Times: 11:30 AM—1:30 PM OR 1:45 PM— 3:30 PM

Drop in on Fridays and bring your new or existing watercolor art project, as well as your art supplies, to work around other easy going artists in our sunny art space. **These are not instructor led sessions and no registration is necessary.**

To register for any of our art 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

Continuing through April 1, 2025— Call now! Spots are filling quickly.

Appointments can be scheduled for Mondays and Tuesdays with our TaxAide volunteers. Emil Ragonis is the AARP Tax-Aide 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.

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, our Tech Volunteers are here to help! Stop by the walk-in clinic on Thursdays in March from 9:30 AM – 11:00 AM. This is a drop-in session.

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



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

March 6— Apr. 24 (7 wks.) Fee: **\$42.00**

Join our fun tap dancing class. Instructor Susan Craver has been teaching fitness classes for over 28 years. All levels welcome. **NO CLASS ON 4/17**

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

March 6— Apr. 24 (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

March 6— Apr. 24 (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 | SENIOR PROFILE

Senior Profile Paul Marotta

During my first conversation with Paul, he said “I like to talk a lot”. I quickly found out that Paul’s impactful talk has resulted in him being a skilled and honored professional, volunteer, teacher and advocate.

Paul was born in Dorchester and has lived with his wife (of 56 years) Jeanne in Sudbury for the past 46 years, raising their three children here. Paul’s college degree is in accounting and he is a CIA (Certified Internal Auditor). Paul describes Sudbury as a “wonderful town” and he takes great pride in calling it home. He told me that even though things have changed over the years (he does not see as many horses, goats and farmland as when he first arrived in Sudbury) the one thing that has remained constant is that Sudbury is a “truly caring community” with outstanding schools and services.

Paul loved raising his children in Sudbury and especially enjoyed coaching baseball, basketball and hockey. He loves spending time with his children, all of whom live locally, their spouses and his 6 grandchildren. His grandchildren are the loves of his life and he supports their activities just as he did those of his own children. He is back to the old days, but this time on the sidelines supporting their activities in hockey, football, scouting and cheerleading.

One of Paul’s mottos is “excellence in all we do”. He always strives for excellence and his excellence has been recognized throughout his life. Paul had a 42 year career as a civilian with the Air Force, both as an Auditor of command, control, communications and intelligence systems and as a Management Analyst to a three star general. Paul received the Air Force Outstanding Civilian Service Award and its Exemplary Civilian Service Award.

After retiring from his job with the Air Force in 2008, Paul made it his mission to devote his time and energy to volunteer work. Although he has been a lifelong volunteer, his commitment to it after retirement seems to be an almost a full time job.

Shortly after moving to Sudbury, Paul volunteered on the Finance Committee at his church and eventually became the Chairman of the Committee. He was a volunteer for 35 years at a credit union, first as a Director and then as Chairman of the Board for 27 years. His contribution was acknowledged when he retired and was given the title of Chairman Emeritus. The Credit Union has honored Paul as a Hall of Fame Inductee and Hall of Honor Inductee and he was awarded the Credit Union Hero Award by the publication Banker and Tradesman.

Besides being an Election Official for the Town, Paul is an active participant and contributor to the Senior Center. He has been a Board Member on the Council on Aging for the past three years, where he is actively involved with other members and in developing polices. He is also a participant in the Current Events program and an instructor of Memory Training. He spends considerable time at the Senior Center and has a story or joke to share with everyone he sees.

Paul is also an avid Boston Red Sox fan and has an extensive collection of Red Sox memorabilia. He has amassed thousands of autographs and many other items commemorating Red Sox championships. He told me that he has attended numerous events with players including David Ortiz, Pedro Martinez, Nomar Garciaparra and Dustin Pedroia. As a child Paul would sit in bleachers of Fenway after purchasing his \$1.00 ticket. He loved watching the games and diligently kept score on his score pad. Paul currently serves as a Board Member of the Boston Red Sox BoSox Club, which is the official booster club of the Red Sox.

Paul believes that volunteerism is the backbone of America and that the world would be a different place without the dedication and contribution of volunteers. He certainly has practiced this belief in every aspect of his life which is evidenced by his unwavering commitment to volunteer work. When I asked him if he has plans to travel in his retirement, he said “No, I did a lot of traveling with my job. No need to travel, I am content and extremely happy staying in Sudbury, the town I love, continuing and expanding my volunteer work, looking for new ways to make a difference in the lives of the Senior Community and meeting new people and challenges”.

Paul has an incredible sense of humor and quick wit; although we covered a lot of ground during our meeting, I spent a considerable amount of time laughing and smiling. His personality is engaging and his storytelling keeps you captivated.



PROGRAM HIGHLIGHT

WHAT WE DO



Did You Know about:

Goodnow to Go

This hidden gem of a program is a collaboration between the Sudbury Senior Center and the Goodnow Library. It's a free-of-charge program which matches people who have a hard time getting to the library, with library staff to help choose their books, volunteers who can deliver their library books to them in private homes, apartment buildings, nursing homes, and assisted living facilities. All you need is a library card and a love of reading. To begin this easy process or for more information, contact Michael Briody at the library at (978)440-5535 or email:

mbriody@minlib.net.

Applications can be found on the library's website at:

<https://goodnowlibrary.org/services/in-library/home-delivery/>



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 more!!*

BECOME A VOLUNTEER

If you're interested in volunteering your skills, please call Sarah Green Vaswani, Coordinator of Volunteer Programs, at 978-639-3223 to learn how to apply. The process is easy! Learn more at <https://sudburyseniorcenter.org/about-us/get-involved/>



FROM OUR COORDINATOR OF VOLUNTEER PROGRAMS

Help our Volunteers!

It's an enviable position to have more than you need, but sometimes bounty creates problems too! Right now, we're lucky enough to have more volunteers who want to be grocery shoppers and library book deliverers than we have people waiting for those services. It warms my heart to know that so many people are out there wanting to give of themselves, but saddens me that willing volunteers may not have anywhere to put their energy. We need to keep these folks occupied. How do we do it? The answer is YOU! If you've been on the fence about asking for a grocery shopping volunteer, or someone to make your library run for you, **now is the time!** Turn a volunteer frown upside down and ask for one today. Call me, Sarah Green Vaswani, Coordinator of Volunteer programs, at (978) 443-3055 and request a volunteer.

8 | MARCH 2025 ACTIVITIES & EVENTS CALENDAR

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
10:00 Ancient World (Last Class) 10:00 Cribbage Rm.3 12:30 Mahjong Rm.3 AARP Tax by appt.	9:30 Ping Pong 9:30 The Symphony 10:00 Grief Support 2:00 Circle of Friends 2:00 iPhone Clinic AARP Tax by appt.	9:30 Great What-ifs 10:00 Light & Color 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 Workhop 12:00 Color & Puzzles 2:00 iPhone Small Grp.
10	11	12	13	14
10:00 Art Class TBD 10:00 Stamp Club 10:00 Cribbage Rm.3 11:30 Target Trip 12:30 Mahjong Rm.3 3:30 COA Meeting AARP Tax by appt.	9:30 Ping Pong 9:30 The Symphony 12:00 St. Patrick's Day Luncheon 2:00 iPhone clinic AARP Tax by appt.	9:30 Great What-ifs 10:00 Light & Color 12:00 Spoonfuls 12:30 Desi Holi 1:00 Chess for All 1:00 Bridge 2:00 Pathways Coffee	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 1:00 RMV REAL ID workshop 2:30 Connection Cir.	9:30 Hearing Clinic 11:30 Drop-in Watrclr. 1:45 Drop-in Watrclr. 12:00 Color & Puzzles
St. Patrick's Day 17	18	19	20	21
10:00 Art Class TBD 10:00 Cribbage Rm.3 12:30 Mahjong Rm.3 AARP Tax by appt. 	9:30 Ping Pong 9:30 The Symphony 10:30 Photography 2:00 Memories Café 2:00 iPhone Clinic AARP Tax by appt.	9:30 Great What-ifs (Last class) 10:00 Light & Color 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.	11:30 Drop-in Watrclr. 1:45 Drop-in Watrclr. 12:00 Color & Puzzles
24	25	26	27	28
10:00 Art Class TBD 10:00 Cribbage Rm.3 12:30 Mahjong Rm.3 AARP Tax by appt.	9:30 Ping Pong 9:30 The Symphony AARP Tax by appt. 12:00 Lunch & Learn: Loneliness Talk	9:30 History of Japan 10:00 Light & Color 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge 2:00 iPhone Clinic	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 2:00 Friends Meeting 2:30 Connection Cir.	11:30 Drop-in Watrclr. 1:45 Drop-in Watrclr. 12:00 Lunch & Learn: Loneliness Talk 12:00 Color & Puzzles 2:00 iPhone Small Grp.
31				
10:00 Art Class TBD 10:00 Cribbage Rm.3 12:30 Mahjong Rm.3 AARP Tax by appt.	EVENT COLORS: GREEN—Hybrid PURPLE—Off Site BLUE— Zoom RED— Special	PLEASE NOTE: <u>FITNESS CLASSES</u> <u>CALENDAR IS NOW</u> <u>ON PG. 9</u>		PLEASE REGISTER FOR ALL EVENTS IN ADVANCE

Sudbury Connection Van Trip to Target in Marlboro

Monday | March 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

St. Patrick's Day Luncheon and Live Band

Date: Tuesday, March 11

Time: 12:00 PM—1:30 PM



Join us for a delicious lunch and the lively Irish music of **Killeeshil**, as we celebrate St. Patrick's Day here at the Sudbury Senior Center. Be entertained while you feast on a traditional corned beef and cabbage meal with Irish soda bread and pistachio pie for dessert.



The traditional Irish music performed by Killeeshil will transport you to the Emerald Isles. Wear your favorite green sweater and come celebrate with us! After all, aren't we all a little Irish on St. Patrick's Day? This event is sponsored by the Friends of Sudbury Seniors.

PLEASE NOTE: Sudbury resident registration 3/3 - 3/7,
Non-resident registration 3/5 - 3/7

Registration deadline for event is Friday, March 7, 12:00 PM



Daylight Saving time

Daylight saving time begins on Sunday March 9th at 2:00 AM. Remember to spring your clocks forward on Sunday March 9th!



Women's History Month

Since 1987, The US has officially recognized the month of March as Women's History Month. During this month, we celebrate the contributions of women who have fought to improve the lives of all Americans in all walks of life. It's a time to consider the impact of the brave women who fought for our right to vote, serve in the military and hold elected office. We appreciate the work of women writers and artists, pioneers in medicine and science, politicians, community leaders, parents spouses, sisters, aunts, and friends. Women's work is truly never done!

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

Photography Discussion Group



Tuesday | March 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.

Fitness Classes in Green are Hybrid Classes

10 | IPHONE AND IPAD CLASSES

Tuesday, March 3 2:00 PM—3:00 PM

Instacart, Venmo and Uber

Diving into some popular apps such as Instacart, Uber, and Venmo, this class teaches participants how to order groceries, make payments, and find rides, all while staying safe online.

Tuesday, March 11 2:00 PM—3:00 PM

Staying in Touch

This class will focus on using the iPhone to stay in touch with 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.

Tuesday, March 18 2:00 PM—3:00 PM

Useful Tools—Part I

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.

Wednesday, March 26 2:00 PM—3:00 PM

Useful Tools—Part II

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, March 7 2:00 PM—3:00 PM

March Small Group Meeting

Small Group session to review specific questions. Come prepared. Space is limited to 8 participants.

Friday, March 28 2:00 PM—3:00 PM

March Small Group Meeting

Small Group session to review specific questions. Come prepared. Space is limited to 8 participants.

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

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

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

Registry of Motor Vehicles:

REAL ID Presentation

Date: Thursday, March 13

Time: 1:00 PM

A REAL ID or a valid Passport will be required to fly within the United States and access certain federal facilities starting on May 7th, 2025. This workshop will help you identify between a "Standard ID" and a "Real ID" driver's license/ID card. You will also learn the steps to renew a Massachusetts Driver's License or Mass. ID Card; and understand federal and state requirements for renewing a Driver's License or ID Card. Join us to learn more. Registration is required.



Lunch and Learn Event:

Talk on Loneliness

Date: Tuesday, March 25

Lunch: 12:00 PM Talk: 12:30 PM

Join us for lunch, followed by a special talk with Joan Sullivan where she will discuss the effects of loneliness on your physical and mental health. Joan will discuss the importance of social interactions and the benefits it offers to your overall well-being. Do not miss this presentation. Make sure you register by contacting the Senior Center at (978) 443-3055 or email: senior@sudbury.ma.us



Thank you!

A special "Thank you" to the Friends of the Sudbury Senior Citizens for their continuous support and sponsorship of many of our events at the Sudbury Senior Center.

Desi Chai & Chat- Let's celebrate Holi!

Date: Wednesday, March 12

Time: 12:30 PM—2:30 PM

Come enjoy some tea, conversation and camaraderie with your South Asian Americans neighbors. Learn about Holi, the Indian festival of colors. Dress up in a "Fusion of Colors" and enjoy performances by children showcasing their talents. All are welcome and registration is required.

Deadline to register is March 5th.



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

Chairperson: Marilyn Tromer
Vice Chair: Patricia Tabloski
Secretary: Bob Lieberman
Directors:
 State Rep. Carmine Gentile
 Paul Marotta
 Anna Newberg
 Donald Sherman

FRIENDS OF SUDBURY SENIORS

President: Jeff Levine	Board Members: Patricia Howard Catherine Kuras Donald Oasis Deanna Sklenak
Vice President: Joseph Bausk	
Treasurer: Janet Derby	
Secretary : Joanne Bennett	

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 | ADDITIONAL RESOURCES



Caregiver Support Group with concurrent Circle of Friends Group

Meet with other caregivers at Orchard Hill Living, while your loved one joins the Circle of Friends group for an activity. Groups provide support, opportunities for sharing, encouragement, information, and time with others who understand. Facilitator Jill Dube leads the group. Circle of Friends group meets in a separate room with facilitated activities. For more information, contact the Sudbury Senior Center at (978) 443 - 3055 or email: senior@sudbury.ma.us

Sponsored by Dementia Friendly Sudbury and Orchard Hill Assisted Living.

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.



Massachusetts Circuit Breaker Tax Credit

As a senior citizen (65 or older by December 31 of the tax year), you may be eligible to claim a refundable credit on your Massachusetts personal income tax return. The Circuit Breaker tax credit is based on the actual real estate taxes or rent paid on the Massachusetts residential property you own or rent and occupy as your principal residence. The maximum credit amount for tax year 2024 is \$2,730. If the credit you're owed exceeds the amount of the total tax payable for the year, you'll be refunded the additional amount of the credit without interest. For more information and how to apply, go to: <https://www.mass.gov/info-details/massachusetts-senior-circuit-breaker-tax-credit#overview>

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 at: <https://sudburyfoodpantry.org> to schedule your pickup, or call at the number listed above.

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 | March 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 | March 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 | March 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. Sign-in at the front desk.

LOW VISION SUPPORT GROUP

Thursday | March 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| COMING IN APRIL



APRIL IS MUSIC FEST MONTH AT THE SUDBURY SENIOR CENTER

Be on the lookout for lots of musical activities and events and make sure you register for all of what are sure to be fun events and activities! From Ukelele classes, to two concerts performed by the New England Conservatory **AND** a LIVE Chamber Music performance by the **Sheffield Chamber Players**. This is sure to be a beautiful and highly memorable event. Donations to the band are highly encouraged and greatly appreciated. Registration for April events and activities will start on Tuesday April 1st.



HOLD THE DATE! SUDBURY HEALTH DEPARTMENT

Health Fair to be held on Tuesday April 8th from 10:00 AM—2:00 PM

Hazardous Waste Day—Saturday, March 29 from 8:00 AM— 12:00 PM

For more information; visit Sudbury.ma.us/health/



PLANNING FOR MEDICARE

Led by a Blue Cross Blue Shield of Massachusetts representative, this presentation is tailored for individuals approaching Medicare eligibility. Topics include an explanation of Medicare, the Medicare enrollment timeline, Medigap and Medicare Advantage plans, and programs available to early retirees. More information to come.

**SUDBURY SENIOR CENTER
40 FAIRBANK ROAD
SUDBURY, MA 01776-1681**

U.S. Postage
PAID
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Phone: (978) 443-3055 | **Fax:** (978) 443-6009

Office Hours: Monday through Friday 9:00 AM - 4:00 PM

Website: www.sudburyseniorcenter.org

Email: senior@sudbury.ma.us



Or Current Occupant