



The SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

APRIL 2025



APRIL REGISTRATIONS:

- ◆ Registration for April Non-fitness activities and/or events will begin on Tuesday, April 1st.
- ◆ Registration Period for Spring I fitness session is 04/14—04/25. Payments must be received prior to session start date of Monday, 04/28.
- ◆ New Drop-In Programs: Games and Knitting Group. See Pg.14

To register: 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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PATRIOTS DAY	APRIL 21
SENIOR CENTER IS CLOSED	

2 | APRIL: NEW BEGINNINGS



As we embrace the new beginnings that come with spring, April brings an exciting array of activities for everyone in the community. This month, music will fill the halls of the Sudbury Senior Center. We are offering a lively celebration of local talent with a performance by the students of New England Conservatory, as well as the internationally renowned chamber music of Sheffield Chamber Players. Also in April, we will be treated to a beautiful piano concert featuring our talented Sudbury resident and Senior Center member, Abla Shocair and her grandson Zaineddeen. Last but not least, make sure you sign up for one of our two Ukelele playing sessions. This April, we have something for everyone!

Speaking of new beginnings, don't miss the chance to register for the upcoming **Spring I fitness session**—an opportunity to get active and energized as the weather warms. **Registration Period** for the Spring I session starts on **Monday 04/14 and continues until Friday, 04/25**. Gentle reminder that all payments have to be received prior to the start of the classes on Monday 04/28.

Lastly, we're thrilled about the additions of some fun new weekly activities, including the "Game Central Station" on Thursday afternoons from 12:30 PM to 3:30 PM where friends can gather and enjoy games together, and "The Knitty Gritty" Knitting Group on Fridays from 12:30 PM to 3:30 PM, perfect for those who want to learn or hone their knitting skills. This spring promises to be filled with vibrant activities and connections, and we look forward to sharing these experiences with you. Call, email and register now!

~ Happy Spring from your Sudbury Senior Staff

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THE GREAT COURSES DVD SERIES

Dutch Masters: The Age of Rembrandt**On Zoom****Day: Mondays****Time: 10:00 AM - 11:00 AM**

This course will introduce you to the art of 17th-century Holland. It traces the development of this renowned, independent school of painting, and the great seafaring nation that produced the new society that would be reflected in that new art. The course concludes with the achievements of Holland's greatest and most versatile genius, Rembrandt, whose range of work-including his remarkable etchings-claims the final seven lectures.

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.

**This Earth Day, do your part.**

This year, Earth Day 2025 calls on everyone to divest from unsustainable investments; support eco-conscious brands and products; and use their own skills and voice to fight

climate change. It's the perfect time to appreciate Earth and commit to making changes big and small to protect it. Here are some ideas on how you can help:

- *Plant a tree
- *Use reusable shopping bags
- *Make bird feeders
- *Compost
- *Build your Garden
- *Use a reusable water bottle

4 | ART CLASSES

Expressive Portraits Watercolor Workshop with Angela Ackerman

Date: Friday, April 4
Times: 11:30 AM— 1:30 PM
OR 1:45 PM— 3:30 PM



Join us as we create Expressive Portraits. Please bring in a close-up photo (preferably three quarter portrait view) that will inspire an expressive watercolor portrait. All levels welcome. **Class fee is \$15.00 and registration is required.**

Drop-In Watercolor Sessions

Dates: Friday, April 11, 18 & 25
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 programs or activities, contact the Senior Center. Call (978) 443-3055 or email us at: senior@sudbury.ma.us

IPHONE & IPAD CLASSES

Navigating The Settings on iPhone

Date: Tuesday, 04/01

Time: 2 PM — 3 PM

This class provides a general overview of the iPhone and iPad Settings app, guiding participants through customization options and empowering them to optimize their device for personalization, security, and ease of use.

Setting Up and Managing Email

Date: Tuesday, 04/08

Time: 2 PM — 3 PM

In this class, attendees learn about the basics of email and the Apple Mail app. We explore the Mail app to learn about sending/reading emails, checking your inbox, and clearing junk and archive folders.

Staying Organized on iPhone

Date: Tuesday, 04/15

Time: 2 PM — 3 PM

In this class, we learn to use the Notes app to organize our thoughts, separate notes into folders, and keep track of important information. We then explore using the Calendar app to create and manage events.

Apple Watch Beginner

Date: Tuesday, 04/22

Time: 2 PM — 3 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 and answering calls, and other important functions.

Small Group Discussion

Date: Friday, 04/25

Time: 2 PM — 3 PM

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

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 April from 9:30 AM to 11:00 AM. This is a drop-in session. No registration is required. **Note:** You will be asked to sign a liability waiver.

Spring I Fitness Session Registration Period

Monday, April 14— Friday, April 25

All payments must be received prior to the start of classes on Monday, April 28th

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
Apr. 28 — June 23 (7 wks.) **Fee: \$42.00**

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. **NO CLASS ON 5/5**

ZUMBA GOLD

Tuesdays | 9:30 — 10:25 AM
Apr. 29 — June 10 (7 wks.) **Fee: \$42.00**
OR

Thursdays | 1:00 — 1:55 PM
May 1 — June 12 (7 wks.) **Fee: \$42.00**

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
Apr. 30 — June 18 (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
May 1 — June 26 (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. **NO CLASS ON 6/19**

STRENGTH & BALANCE

Tuesdays (In-Person only) | 11:00 — 12:00 PM
Apr. 29 — June 17 (8 wks.) **Fee: \$48.00**

OR

Thursdays (HYBRID) | 10:30 — 11:30 AM
May 1 — June 26 (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.

NO CLASS ON 6/19

DRUMS ALIVE

Tuesdays | 1:00 — 2:00 PM
Apr. 29 — June 10 (7 wks.) **Fee: \$42.00**

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. All levels welcome.

CHAIR YOGA

Thursdays (In-Person Only) | 9:15 — 10:00 AM
May 8 — June 26 (7 wks.) **Fee: \$42.00**

Limit 16 participants/class

OR

Fridays (HYBRID) | 10:15 — 11:00 AM
May 2 — June 20 (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
May 2 — June 20 (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 | TRIPS

Upcoming trips for 2025

June 20th, 2025 (Friday)- Newport Flower Show at Rosecliff Mansion in Newport, R.I. Enjoy lunch at Johnny's overlooking the beautiful Atlantic Ocean. Take in the day at the 29th Annual Newport Flower Show. Enjoy the stunning floral displays while celebrating the art of gardening! \$137.00 (Bloom Tours). **Sign up deadline is May 19th.**

July 16th, 2025 (Wednesday) Ogunquit Playhouse- Come and be entertained with the live matinee performance of **Guys and Dolls**. Prior to the performance, enjoy a delicious lunch at Clay Hill Farm, known for its exceptional food and service. \$181.00 (Royal Tours)

August 7th, 2025 (Thursday)- Berkshire Botanical Gardens with lunch at the famous Red Lion Inn. Come enjoy a day out in the Berkshires! We will have a guided tour of this small but beautiful botanical garden as well as time to explore on your own. Afterwards, we will dine at the lovely Red Lion Inn. \$141.00. (Royal Tours). *** Please note there is a lot of walking on this trip and may not be ideal for mobility challenged guests.**

August 20-22, 2025- Penn Dutch Country with Longwood Gardens- Enjoy this 3 day/2-night trip which takes you through the Dutch Country Farmlands, The Kitchen Kettle shops and so much more. Includes the performance of The Buddy Holly Story, and the hit show Noah! Lastly, we stop at Longwood Gardens, one of the premier botanical gardens in the country where you will have time to explore and enjoy this beautiful spot. (Best of Times). **For pricing and details please see the flyers that are available at the Senior Center.**

October 9th, 2025 (Thursday)- The Charles River Boat Company and The Cheesecake Factory. Enjoy a 70-minute narrated cruise along the Charles River. Afterwards enjoy lunch at the Cheesecake Factory. \$141.00 (Royal Tours).

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PROGRAM HIGHLIGHT



Grocery Shopping

Did you know that the Senior Center has volunteers who can do grocery shopping for you? A shopper is a great way to ease your burden, particularly during bad weather. Our volunteers shop weekly at one local store of your choosing, after calling you for a list. They deliver groceries to your house, but do NOT unload and put them away for you. If you're in need of assistance from a shopper, please contact Sarah Green Vaswani at 978-443-3055. We have a volunteer waiting for you!

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 more!!*

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

All of our volunteers are amazing and provide valuable services to our community, but this winter, one really stands out. I want to send a HUGE thank you to the members of the Sand Bucket Brigade!



These stalwart men and women deliver buckets of sand and salt to members of our community who are unable to get it themselves from DPW. As of March 7th this year, 17 volunteers delivered a total of 154 buckets to 61 people. That's an average of 9 buckets per volunteer! Our volunteers did it quickly, safely, and with a smile on their faces, even when negotiating slippery driveways (remember February? We called it "sandmageddon"). Now that April is here, we're hoping for some respite, but I still remember that year it snowed on Mother's Day! If you are in need of a bucket, please contact Sarah Green Vaswani at the Senior Center at (978) 443-3055. If you have empty buckets you're finished with, give a call and a volunteer can come pick them up.



Pictured to the right are our wonderful Spoonfuls Program volunteers (Left to right): Doreen Cormier, Pat Howard and Regina O'Rourke.



You can see them at the Senior Center every Wednesday, helping staff set up tables with the generously donated food items as well as ensuring the smooth and timely progress of the program.



April 20 is Easter Sunday

Happy Easter to you and your families from all of us at the Senior Center.

8 | APRIL 2025 ACTIVITIES & EVENTS CALENDAR

Monday	Tuesday 1	Wednesday 2	Thursday 3	Friday 4
EVENT COLORS: GREEN—Hybrid PURPLE—Off Site BLUE— Zoom RED— Special	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 History of Japan 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 12:30 Game Central 1:00 Low Vision Grp 2:30 Connection Cir.	11:30 Art Workshop 12:00 Color & Puzzles 12:30 The Knitty Gritty 1:45 Art Workshop
7	8	9	10	11
10:00 Dutch Masters 10:00 Cribbage 12:30 Mahjong AARP Tax by appt.	9:30 Cancelled -Ping Pong 9:30 The Symphony 10:00 Health Fair 2:00 iPhone Clinic AARP Tax by appt.	9:30 History of Japan 10:00 Light & Color 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge 2:00 Piano Concert 2:00 Pathways Coffee	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 12:30 Game Central 2:30 Connection Cir.	9:30 Hearing Clinic 10:00 Desi Chai & Chat 11:30 Drop-in Waterclr. 12:30 The Knitty Gritty 1:00 Ukelele class 1:45 Drop-in Waterclr.
14	15	16	17	18
10:00 Dutch Masters 10:00 Stamp Club 10:00 Cribbage 11:30 Target Trip 12:30 Mahjong 3:30 COA Meeting	9:30 Ping Pong 9:30 The Symphony 10:30 Photography 1:00 Dementia Talk 2:00 Memories Café 2:00 iPhone Clinic	9:30 History of Japan 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 12:30 Game Central 2:30 Connection Cir.	11:00 Sheffield Chamber Players 11:30 Drop-in Watrclr. 12:30 The Knitty Gritty 1:45 Drop-in Watrclr.
21	22	23	24	25
	Happy Earth Day 9:30 Ping Pong 9:30 The Symphony 11:00 Planning for Medicare Talk 2:00 iPhone Clinic	9:30 History of Japan 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 12:30 Game Central 2:00 Friends Meeting 2:30 Connection Cir.	11:30 Drop-in Watrclr. 12:00 Color & Puzzles 12:30 The Knitty Gritty 1:00 Ukelele class 1:45 Drop-in Watrclr. 2:00 iPhone Small Grp.
28	29	30	<div style="background-color: yellow; padding: 10px;"> <p>PLEASE NOTE: FITNESS CLASSES CALENDAR IS NOW ON PG. 9</p> <p>PLEASE REGISTER FOR ALL EVENTS IN ADVANCE</p> </div>	
10:00 Dutch Masters 10:00 Cribbage 12:00 N.E.C. Jazz&Voice: Lunch & Concert at 1PM 12:30 Mahjong	9:30 Ping Pong 9:30 The Symphony	9:30 History of Japan 10:00 Light & Color 11:00 Mind & Healing 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge		



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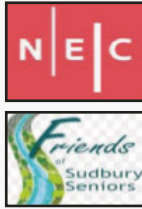
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New England Conservatory
presents:
Jazz Voice & Guitar



Date: Monday, April 28
Time: Lunch 12:00 PM
Performance: 1:00 PM

The New England Conservatory, in partnership with the Friends of the Sudbury Senior Citizens, Inc., presents this wonderful concert as part of Community Performance and Partnership Program. Lunch at the event will be provided with the generous support of Main Street Bank of Marlborough. Please join us for this special program. Registration is required and space is limited.



Sheffield Chamber Players

Date: Friday, April 18
Time: 11:00 AM— 12:00 PM

Described by The Boston Globe as “19th-century music salon, minus the aristocratic atmosphere,” Sheffield Chamber Players was founded in 2014 on the belief that chamber music is a powerful tool for connection and community. By performing diverse repertoire in intimate settings, the players change the way listeners gather, respond to the music, and connect through a shared artistic experience. Each season, Sheffield plays dozens of concerts in a growing network of host homes, as well as historic homes, community spaces, and other intimate venues. The group received the Harvard Musical Association’s 2023 George Henschel Community Award for its commitment to building meaningful community through music. **Admission is free however, donations to the quartet are highly recommended and greatly appreciated.** Registration is required. After the concert, stay and mingle with the artists while enjoying your very own individualized charcuterie board. **A very special “Thank you” to our very own volunteer and member, Viola Morse, for sponsoring the players and arranging this beautiful concert at the Senior Center. Thank you, Viola for your extremely generous gift of music!**

Piano Concert: Abla Shocair and her Grandson Zaineddeen

Date: Wednesday, April 9 Time: 2:00 PM

Join us for an enchanting piano concert featuring our own Abla Shocair & her grandson Zaineddeen as they bring to Life a mesmerizing selection of classical masterpieces. Experience the timeless beauty of Chopin, Schubert and Liszt. Registration is required.



Come and Learn to Play The Ukelele

Dates: Friday, April 11
OR Friday, April 25
Time: 1:00 PM— 2:00 PM



Ever wanted to try an instrument that is fun and easy to play? Join us and learn the fundamentals of ukelele playing. No experience necessary and instruments will be provided. Choose one of our sessions and register early. This will be a popular class. To ensure fairness to all, each participant may only register for one class. Space is limited and registration is required.

NEW: WEEKLY FITNESS CLASSES CALENDAR

MONDAYS:

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

TUESDAYS:

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

WEDNESDAYS:

11:00 AM Fit for the Future
1:00 PM Mindful Living

THURSDAYS:

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

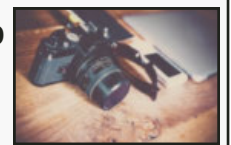
FRIDAYS:

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

* Class Format is Hybrid

Photography Discussion Group

Date: Tuesday, April 15
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.

10 | SENIOR PROFILE

Senior Profile Paul Marotta by Debra DeBastos

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.

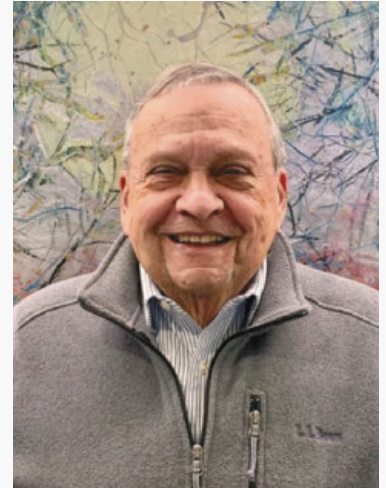
After retiring from his job with the Air Force in 2008, Paul made it his mission to devote his time and energy to volunteer work. Although he has been a lifelong volunteer, his commitment to it after retirement seems to be an almost a full time job. Shortly after moving to Sudbury, Paul volunteered on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





Sudbury Connection Van Trip Target in Marlborough

Monday, April 14
Pick up time: 11:30 AM
Drop Off at: 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 in Marlborough.

Note: Trip occurs every 2nd Monday of month.

The Mind and Healing Talk

Date: Wednesday, April 30
Time: 2 PM — 3 PM



How Much Do our Thoughts Shape our Health? Peter Aungle, Harvard Univ. PhD Candidate '25, will explore the connection between our thoughts & 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 & 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.

Desi Chai & Chat

Date: Friday, April 11
Time: 10 AM — Noon



A meet up of South Asian Americans to connect with each other. Come enjoy some tea, conversations and camaraderie. Great way to meet your neighbors! All are welcome. We always play a round of bingo at the end. If you would like to participate, please bring \$1 exact change. This is completely optional. **Register by Monday, April 7.**

Planning for Medicare

Date: Tuesday, April 22
Time: 11 AM — Noon



If you're getting close to Medicare eligibility, this presentation is for you. Whether you are planning to retire or will continue to work, it's important to know your Medicare options. Did you know that missing your Medicare enrollment deadlines could cost you money? We know that Medicare can be confusing, so we designed this seminar to help you be confident you're making the right health coverage decisions. **Please provide your email & phone number upon registration.**

SENIOR CENTER STAFF

Director: Deb Galloway, Interim Director
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.

The Sudbury Council on Aging is a 9-member volunteer board appointed by the Sudbury Select Board. The COA works with the Senior Center Director to:

- * Identify the needs of Sudbury's older residents;
- * Educate the community and enlist their support and participation concerning these needs;
- * Design, promote or implement services to fill these needs, or coordinate existing services in the community; as well as to promote and support any other programs which are designed to assist older adults in the community.

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 | OUTREACH AND INFORMATION



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).

Presentation:

Become a Dementia Friend

Date: Tuesday, April 15

Time: 1:00 PM— 2:00 PM



Did you know that dementia impacts millions of Americans each year? This one hour information session is designed to teach you how to become “dementia aware” helping reduce the stigma for your family, your friends and your neighbors living with the disease. During this session, you will learn five key messages about living with dementia and simple things you can do to make a difference in your community.

Registration is required.



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->

BE ON THE LOOKOUT

PUBLIC HEALTH WEEK
HEALTH FAIR

Join us as we launch Public Health Week with an exciting Health Fair!

Tuesday, April 8, 2025
Fairbanks Community Center
10:00am to 2:00pm

Don't miss this opportunity to connect with local resources and take proactive steps toward a healthier lifestyle.

Sign up for:
Yoga & Meditation Session, 10:30AM-11:00AM
Chair Massage Session, 10 min sessions
Vision Appointment 8:00AM-3:00PM

Enjoy a day of wellness with

- Free health screenings
- Vision appointments
- Chair massages
- Expert advice from dietician
- Yoga sessions
- Local resource tables
- Fitbit Raffle prizes!

Public Health Week HEALTH FAIR

Location: Fairbank Community Center

Date: Tuesday, April 8

Time: 10:00 AM — 2:00 PM

To register for Yoga & Meditation, use the link:

<https://www.signupgenius.com/go/10C0848ACA623A7F5C52-55478473-health#/>

For Chair Massage Session, use the link:

<https://www.signupgenius.com/go/10C0848ACA623A7F5C52-55478231-chair#/>

For Vision Appointment, use the link:

<https://try.2020onsite.com/sudbury-health-department/>

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 FireDepartment.

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.

USEFUL PHONE NUMBERS

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 Jamie 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

MAKING MEMORIES CAFÉ

Tuesday | April 15
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 | April 11
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 | April 1
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 | April 3
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 | NEW DROP-IN PROGRAMS



Game Central Station
Date: Thursdays
Time: 12:30 PM — 3:30PM

Join us every Thursday afternoon for some fun and friendly competition at the Sudbury Senior Center. Gather with friends and enjoy a variety of classic and modern games. Come and try your luck at our poker table, or play a couple of rounds on our brand new backgammon set. Perhaps Dominoes are more to your taste? Have you heard of the Uzzle? This fun new game will test your mental skills as well as your speed. We even have Rummikub! This is a drop-in session. No registration is required. All are welcome.

The Knitty Gritty

Date: Fridays
Time: 12:30 PM — 3:30 PM



Come and get the low down on the “knitty” gritty! Join us in a warm and welcoming gathering for knitters. Whether you’re a seasoned pro or just starting out, this group is the perfect place to share tips, swap patterns & enjoy some good company while working on your current W.I.P. (work in progress). All welcome! No experience necessary– Just bring your enthusiasm & your knitting supplies. This is a Drop-In session.

DISCLAIMERS

NOTE: The Sudbury Senior Center hosts many special programs, some with guest speakers or moderators. Each guest may present their own views or opinions. The Senior Center does not approve, recommend or reject any of these views.

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