



The SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

MAY 2025



Peony in full bloom

By: Palig Garabedian

MAY REGISTRATIONS:

- ♦ May non-fitness activities and events will begin on Thursday, May 1st.
- ♦ 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



We are on Facebook.
Visit our page, give us a like, follow us and share!

MEMORIAL DAY **CLOSED**
MONDAY, MAY 26

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 | WELCOME MAY

Blooming, vibrant, fresh, and lovely—four words that beautifully capture the spirit of May! This month, we celebrate several meaningful events and holidays. One of the highlights is Mother's Day, a time to honor all the wonderful moms in our community who have loved, nurtured, and cared for us with unwavering devotion and sacrifice. Throughout May, we will host special events in their honor—from a jazzy luncheon featuring the live music of Komorebi, to a floral workshop with the Thursday Garden Club of Sudbury, to an inspiring gardening talk by Leisha Johnson of Gardening by the Yard. May is the perfect time to show our gratitude and remind all moms that they are celebrated not just on Mother's Day, May 11th, but every single day.

May is also Mental Health Awareness Month, a reminder that caring for our minds is just as important as caring for our bodies. As we focus on healthy eating, exercise, and restful sleep, let's also make time for mental wellness. Try doing something small each day to lift your spirits—take a walk, start a new hobby, dive into a good book, visit a friend, or better yet, come visit us at the Sudbury Senior Center to connect with others. We have a lot to offer!

As part of Mental Health Month, we are excited to once again host a piano and violin concert featuring talented students from the New England Conservatory. This special event, generously sponsored by the Friends of the Sudbury Seniors, includes a delicious lunch followed by a beautiful musical performance. In addition, we'll be welcoming therapy animals to the Center—stop by, pet a dog, and experience a moment of pure joy. Please remember that registration is required for this and most of our events, so be sure to call or email the Sudbury Senior Center to secure your spot before the deadlines. We look forward to celebrating this beautiful month with all of you at the Sudbury Senior Center.

Warmly,
The Sudbury Senior Center Staff

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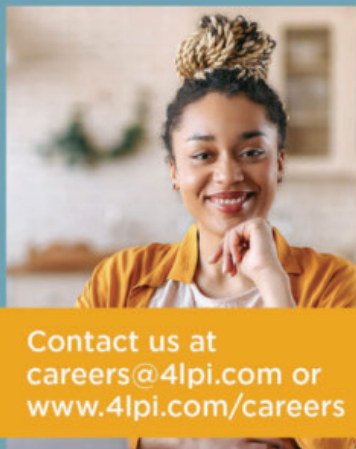
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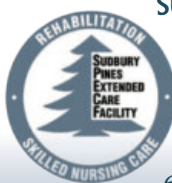
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THE GREAT COURSES DVD SERIES

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.

To all the incredible moms —

Thank you for your endless love, unwavering dedication, and the countless sacrifices you make every single day.

Today and every day, we celebrate you!



Happy Mother's Day
Sunday May 11, 2025

4 | ART CLASSES

English Garden Watercolor Workshop with Angela Ackerman

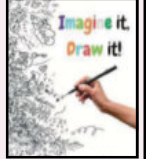


Date: Friday, May 23

Times: 11:30 AM - 1:30 PM or 1:45 - 3:30 PM

Come join us as we draw inspiration from English Gardens. Immerse yourself in the beauty of blooming gardens, lush greenery, and charming garden scenes. Please bring in garden photos with sheds, fences, pots, cottages etc. Observe the different brushstrokes you can use to depict various clumps and areas of different plants. All levels welcome! **Class fee is \$15.00 and registration is required.**

Lane Williamson workshop: Imagine it; Draw it!



Dates: Wed. 05/14, 05/21, 05/28 & 06/04

Times: 10:00 AM — 12:00 PM

Drawing is a creative process that should engage your imagination as well as your drawing skills. This course encourages those who already draw well to loosen up and pull your imaginative skills into the process. Not appropriate for beginners. **Registration is required and class limit is 10.** No class fee but supplies may need to be purchased, totaling approximately \$20.00.

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

Back to Basics with iPhone & iPad

Date: Thursday, May 8

Time: 2 PM — 3 PM

This introductory class introduces new users to the basics of using the iPhone and iPad. We cover the hardware of the iPhone and iPad, important areas of the devices, and accessing common tools like the flashlight, alarm, and camera.

iPhone: Taking & Organizing Photos

Date: Tuesday, May 13

Time: 2 PM — 3 PM

In this class, we dive into the Camera app on the iPhone, exploring different features of the camera and adjustments that can be made for taking pictures in different settings. We also go into Photos and discuss organizing photos into Favorites and Albums.

Staying in Touch with iPhone

Date: Tuesday, May 20

Time: 2 PM — 3 PM

This class focuses on using the iPhone and iPad to stay in touch with friends and loved ones. We learn about sending texts in Messages, managing contacts in Phone, and setting up video calls in FaceTime. We also learn to use Siri to make calls and send messages.

Discovering Music in Spotify

Date: Tuesday, May 27

Time: 2 PM — 3 PM

In this class, we explore the Spotify app and learn to use it to explore music from artists we love, build playlists of songs and albums, and listen to audiobooks and podcasts.

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 May 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.

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 | GREAT DECISIONS



Great Decisions Foreign Policy

Dates: Wednesdays— 06/11, 06/25, 07/09, 07/23, 08/06, 08/20, 09/06, 09/17

Time: 9:30 AM

This 8-session foreign policy program will take place at the Sudbury Senior Center in Room 2. This course is designed to encourage thoughtful discussion relating to current global challenges. Created by the Foreign Policy Institute, the program involves reading the Great Decisions Briefing Book and meeting to watch the DVD and discuss the most critical global issues facing America today.

We are offering two methods to purchase the book: 1) Participants may purchase the book directly, or 2) Bulk purchase to save on postage. Please register for the class and indicate whether you will buy your own book, or buy one through the group purchase (the cost will be \$31-\$35 based on size of the order). **Please sign up by contacting, Chery Finley, Administrative Coordinator, between Monday, May 5 and Friday, May 16. We need your order by May 16, in order to have time to order the books. Space with limited to 18 participants. All payments must be received by Thursday, May 22nd.**

Note: If you miss the group purchase, briefing books are available for your purchase at the Foreign Policy Association website at www.fpa.org for \$35.00 + Shipping.

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PROGRAM HIGHLIGHT



Friendly Visitor

Loneliness and social isolation can lead to an increase in the risk of physical and mental health problems including heart disease, dementia, depression, and even premature death. Friendly Visitors are volunteers who make weekly visits to homebound seniors, in their homes, to reduce social isolation. They form warm, long-term bonds which can help both the senior and the volunteer thrive.

Our Friendly Visitor program has been suspended for some time, but we're looking to get it started again soon and are looking for participants. If you're looking for a Friendly Visitor to visit you, or think that being a Friendly Visitor might be a good match for you, please contact Sarah Green Vaswani 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 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

April was National Volunteer Appreciation Month. I hope you noticed signage showing some love to our volunteers around the Center,



and that you took a minute to thank one for all they do. In the last 11 months, our volunteers have collectively put in over FIVE THOUSAND hours of service to their community, doing everything from helping someone straighten out their google accounts or get their photos into folders on their phones, to fixing broken dresser drawers, or delivering groceries. On May 20th, we will show them our appreciation with a lovely brunch, sponsored by the Friends of Sudbury Seniors, and set up and served by Sudbury Town Employees! If you were an active volunteer in the last 12 months, and did NOT get an invitation, please contact me. If you did, please remember to RSVP! Space is limited.

Be A Greeter!



The Senior Center is seeking warm, outgoing, and engaging people to be Greeters at the Senior Center. Greeters welcome participants as they come in, help them sign in, and show them around. They may give tours to visitors or prospective members, make coffee, or help with occasional office projects. Some Greeters work a weekly shift (9-noon, or noon-3) and some only once or so a month. The schedule can change month to month, with as much of a commitment as you're able to make. If you're interested in learning more about becoming a Greeter, please call Sarah Green Vaswani at 978-443-3055.

8 | MAY 2025 ACTIVITIES & EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday 1	Friday 2
EVENT COLORS: GREEN —Hybrid PURPLE —Off Site BLUE — Zoom RED — Special BLACK — Regularly Scheduled	PLEASE NOTE: FITNESS CLASSES CALENDAR IS NOW ON PG. 9	PLEASE REGISTER FOR ALL EVENTS IN ADVANCE 	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 12:30 Game Central 1:00 Low Vision 2:30 Connection Cir.	11:30 Drop-in Watrcldr. 12:00 Color & Puzzles 12:30 The Knitty Gritty 1:45 Drop-in Waterclr.
5	6	7	8	9
10:00 Dutch Masters 10:00 Cribbage 12:30 Mahjong	9:30 Ping Pong 9:30 The Symphony 10:00 Grief Support 11:30 Mother's Day Jazz Luncheon 2:00 Circle of Friends and Caregivers	9:30 History of Japan 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge 2:00 Mother's Day Floral Workshop	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 12:30 Game Central 2:00 iPhone Clinic 2:30 Connection Cir.	9:30 Hearing Clinic 10:00 Desi Chai & Chat 11:30 Drop-in Watrcldr. 12:00 Color & Puzzles 12:30 The Knitty Gritty 1:45 Drop-in Waterclr.
12	13	14	15	16
10:00 Dutch Masters 10:00 Stamp Club 10:00 Cribbage 11:30 Trader Joe's Trip 12:30 Mahjong 3:30 COA Meeting	9:30 Ping Pong 9:30 The Symphony 12:00 N.E.C. Concert and Lunch 2:00 iPhone Clinic	9:30 History of Japan 10:00 LW: Imagine it, Draw it! 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge 2:00 Animal Therapy	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 12:30 Game Central 2:00 Gardening for Joy Talk 2:30 Connection Cir.	11:30 Drop-in Watrcldr. 12:00 Color & Puzzles 12:30 The Knitty Gritty 1:00 Pathways Coffee Hour 1:45 Drop-in Watrcldr.
19	20	21	22	23
10:00 Dutch Masters 10:00 Cribbage 12:30 Mahjong	9:30 Ping Pong 9:30 The Symphony 10:30 Photo Group 2:00 Making Memories Cafe 2:00 iPhone Clinic	9:30 History of Japan 10:00 LW: Imagine it, Draw it! 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 2:00 Friends Meeting 2:30 Connection Cir.	11:30 Watercolor Workshop with A.A. 12:00 Color & Puzzles 12:30 The Knitty Gritty 1:45 Watercolor Workshop with A.A.
26	27	28	29	30
	9:30 Ping Pong 9:30 The Symphony 2:00 iPhone Clinic	9:30 History of Japan 10:00 LW: Imagine it, Draw it! 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge Legal Clinics by Appt.	9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 12:30 Game Central 2:30 Connection Cir.	11:30 Drop-in Watrcldr. 12:00 Color & Puzzles 12:30 The Knitty Gritty 1:45 Drop-in Watrcldr.



Did you know? We are now on Facebook! Visit us, like and follow our Page and Share.

New England Conservatory Violin and Piano Concert



Date: Tuesday, May 13

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. **Registration is required.** Sudbury residents may register starting on Thursday 05/01, and Non-Sudbury residents on 05/05. **Reg. deadline for all is Thursday, 5/8**

Mothers Day Jazz Luncheon with Matthew Proujansky and his band: Komorebi

Date: Tuesday, May 6

Concert Time: 11:30 AM—1:00 PM with Lunch at 12:00 PM

Join us for a festive Jazzy Luncheon in celebration of Mother's Day! Let's honor all Moms with a special performance by Sudbury resident Matthew Proujansky and his jazz combo, **Komorebi**. Enjoy a delightful blend of music spanning multiple genres, including jazz, classical, a solo guitar piece, selections from *The Wizard of Oz*, and timeless hits by The Beatles — truly something for everyone! **Space is limited and registration is required.** **Registration for Sudbury residents opens on Thursday, May 1st; and Non-Sudbury residents may call to register starting on Friday, May 2nd.**



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, a state agency



Mother's Day Floral Workshop

Date: Wednesday, May 7

Time: 2:00PM –3:00 PM

Celebrate Mother's Day with a touch of spring at this lovely Floral Workshop. Participants will choose from a colorful selection of Pansies, pot their flower, and take their creations home to enjoy. The workshop is led by The Thursday Garden Club of Sudbury and offers a hands-on cheerful way to welcome the season and create a special gift. **Registration is required and limited to 20.** **Registration will open to Sudbury residents on Thursday, May 1st. Non-Sudbury residents may register starting on Friday, May 2nd based on space availability.**

MAY IS MENTAL HEALTH MONTH

Therapy Animals: Pets and People

Date: Wednesday, May 14

Time: 2:00 PM—3:00 PM



As part of Mental Health Month during May and in collaboration with the Sudbury Department of Health; The Sudbury Senior Center invites you to visit the center, to take a break and de-stress with a visit from therapy dogs from Pets and People Foundation. Inspired by their specially trained animal assisted therapy teams, Pets and People strives to ease sadness and spread joy, laughter, comfort & warmth. Stop-in, pet a dog and smile. **Registration is required.**

NEW FITNESS CALENDAR

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

Tuesdays: 9:30 AM Zumba Gold, 11:00 AM Strength & Balance, 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**

10 | SENIOR PROFILE

Senior profile: Anna Newberg

By Caleb Cochran

Sudbury senior Anna Newberg has some great stories.

Take, for example, the one about a 1968 visit to Boston, when she was a young medical technologist working in Connecticut. She had a friend who worked at Children's Hospital, and she said to Anna, "What are you going to do when I have to go to work?" Perhaps a visit to one of the city's great museums, Anna offered. The friend asked, "Aren't you curious about the hospitals here? Don't you want to see one?"

Well, Anna had always wanted to see Massachusetts General Hospital, so she walked to the front desk and asked, "Can I see your lab?"

The receptionist directed Anna to Human Resources, where Anna was asked to fill out an application form. "We're not going to show you the lab just because you walked in," she was told.

"The lady who showed me the lab was very nice," Anna remembers. "She said to me, 'You actually have some experience.'" Anna was encouraged to apply for a role in the neonatal care unit, and she ended up taking the job, but not before catching another stroke of good luck. At that time, Mass General offered housing to staff, but when Anna went to the appropriate office to ask about housing, she was told that she would need roommates.

"And then, a girl tapped me on the shoulder with a key," Anna remembers. "She said, 'I am leaving. My roommates need a roommate.' so I thought, 'I'm meant to go there.' When I went to the apartment, who would be my roommate but the woman who gave me the application form!"

Born in Kunming, China, during World War II, Anna moved with her family to Hong Kong, and then to Uruguay. She came to the U.S. as a college student, first at a Catholic junior college in North Carolina, and later the University of Hartford, where she studied medical technology. In 1968, shortly before her fateful trip to Boston, she became a U.S. citizen. She married her husband in 1972 and the couple moved to St. Louis before returning to New England and settling in Sudbury when her husband took a job with Sperry Research Center on Route 117.

These days, Anna is in her second three-year term as a member of the Sudbury Council on Aging, working closely with the Senior Center to advocate for seniors. "I think when people get older, they are quite open and tell you what they think," Anna says. She also takes advantage of many activities at the Senior Center, including music, history, and current events offerings.

A positive person who exudes warmth, Anna said, as our interview drew to a close, "I just want to tell people, whether they are young or old: Appreciate everything they have. Look for what is good in something."





Sudbury Connection Van Trip Trader Joe's in Framingham

Monday, May 12

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 Trader Joe's in Framingham.

Note: Trip occurs every 2nd Monday of month.

Desi Chai & Chat

Date: Friday, May 9

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, May 5th.**

Gardening for Joy and Ecological Intention

Date: Thursday, May 15

Time: 2:00 PM—3:00 PM

We garden for joy and beauty. The ever-changing tapestry of blooms, textures, and colors delights the senses. But a garden's purpose can reach further—supporting nature and cultivating a healthier ecology for all. Through examples from gardens we've designed, built, and nurtured, we'll explore five essential principles to increase the ecological value of your garden. In this image-rich talk, you'll discover how uncommon and native plants can work together to create vibrant, resilient landscapes that are not only stunning, but also support pollinators, birds, and living soil. Come be inspired to deepen your garden's purpose—growing a space that brings joy, fosters connection, and makes a meaningful impact just beyond your door. **Registration is required.**

Presented by Leisha Johnson, MSME, Certified Master Gardener, Owner and Principal Designer of Gardens by the Yard located in Wayland, MA.



SENIOR CENTER STAFF

Director: Nikole Boardman, 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 Vice President: Joseph Bausk Treasurer: Janet Derby Secretary: Joanne Bennett	Board Members: Patricia Howard Catherine Kuras Donald Oasis Deanna Sklenak
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For more information about the **Friends**, please visit <https://sudburieseniorcenter.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

Date: Tuesday, May 6

Time: 2:00 PM

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 us at (978)443-3055 or at: senior@sudbury.ma.us. This event is sponsored by Dementia Friendly Sudbury and Orchard Hill Assisted Living.

Beware of Medicare Fraud and Scams

With approximately 67 Million beneficiaries on Medicare, and the number consistently growing, more seniors are suspected to be victims of Medicare Fraud and abuse. Remember that Medicare will never unexpectedly call, text, or email you. False billing and offering free products are some of the most common Medicare Scams. Learn to protect yourself by following a few easy steps:

- * Do not give your Medicare number or any personal info such as your Social Security number.
- * Routinely check your Medicare statements or your Medicare Summary notice to make sure charges are accurate.
- * Call the Senior Medicare Patrol Office (1-800-892-0890 x1352) to report any fraud or get help with your situation.
- * If you think a call might not be real, hang up and call 1-800-MEDICARE (1-800-633-4227) to check.



Pathways Coffee Hour

Date: Friday, May 16

Time: 1:00 PM— 2:00 PM

DID YOU KNOW? May 16th is National Honor Our LGBTQIA+ Elders Day!

Our Pathways Coffee Hour warmly welcomes LGBTQIA+ older adults and allies to join us for a casual chat about this 'n' that... This month, we'll have info about all the local Pride events and other special events for rainbow elders that will be happening throughout June.

Save the date : On June 20th, LGBTQIA+ older adults and allies are warmly welcome to join us for a showing and discussion of *RUSTIN* at the Sudbury Senior Center. *Rustin* illuminates the work of civil rights activist /rainbow icon *Bayard Rustin*, awarded the Presidential Medal of Freedom as the key organizer of the March on Washington for Jobs and Freedom at which Dr. Martin Luther King, Jr. delivered his "I Have a Dream" speech.

SHINE Medicare COUNSELING

SERVING HEALTH INSURANCE NEEDS OF ELDERLY

The **SHINE** (Serving the Health Insurance Needs of Everyone) Program in Massachusetts provides free, unbiased health insurance information, counseling, and assistance to Medicare beneficiaries and their caregivers.

SHINE counselors are available year round to assist with all of your Medicare needs including screening for assistance programs, reviewing claims, and much more. To schedule a SHINE appointment, please call the Senior Center at (508)443-3055 or email: senior@sudbury.ma.us

Free Legal Clinic

The Sudbury Senior Center is pleased to offer a free legal clinic for older adults, providing the opportunity to meet one-on-one with an experienced elder law attorney. Attorneys from Generation Law, Mirick O'Connell, and Bowditch & Dewey LLP are available for confidential, 20-minute consultations to discuss topics such as estate planning, wills, trusts, Medicaid, and other elder law issues. The legal clinic takes place every fourth Wednesday of the month. Appointments are required. Call the Senior Center at 508-443-3055 or by email: senior@sudbury.ma.us



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: info@springwell.com
Domestic Violence Hotline: 1-800-799-SAFE (7233)
www.domesticviolencearoundtable.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 | May 20

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 | May 9

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 | May 6

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

Come on in and have a Board of Health nurse check your Blood Pressure. Sign-in at the front desk.

LOW VISION SUPPORT GROUP



Thursday | May 1

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. 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.

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Email: senior@sudbury.ma.us



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Our rental office is open 7 days a week at 400 Hemenway Street, Marlborough. Walk-ins are welcome!

New Horizons

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Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Sudbury Council on Aging, Sudbury, MA

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