



The SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

JUNE 2025



“Yardwork“

By: Palig Garabedian

JUNE REGISTRATIONS:

- ◆ June non-fitness activities and events will begin on Monday, June 2nd.
- ◆ 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!

JUNETEENTH **CLOSED**
THURSDAY, JUNE 19

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.



WHAT’S INSIDE

	PAGE
Welcome June/Ukelele	2
Academics/ Welcome Nickole	3
Art Classes/Technology	4
Fitness Classes	5
Special Tech Workshops	6
Volunteer News	7
June Calendar	8
Father’s Day Luncheon	9
Red Sox Presentation	9
Juneteenth: 50’s R& B Talk	9
Trips	10
Monthly Events	11
Nat.’l Root Beer Float Day	12
Additional Resources	13
Drop-in Programs	14

2 | WELCOME JUNE

As we embrace the warmth and sunshine of the new month, we're also celebrating fresh beginnings and meaningful traditions here at the center. We kick things off with a special Father's Day BBQ luncheon to honor all the wonderful fathers in our community. After lunch, be sure to attend an exciting Red Sox presentation by expert and author Herb Crehan. In honor of Juneteenth, we'll take a nostalgic journey through the 1950s R&B music era with a special presentation. We will also celebrate Pride Month with a powerful screening of the movie *Rustin*. Do not miss it!

We're thrilled to welcome our new Director, **Nickole Boardman**, who joined us in May. **Come meet her at our National Root Beer Float Celebration Day on June 10th (See pg.12) —it's the perfect way to cool off and connect.**

Here's to a joyful June filled with community, celebration, and new connections. We look forward to seeing you all at the center soon.

Warmly,
Your Sudbury Senior Center Staff

Fall Ukelele Class?



Have you ever wanted to learn to play the ukelele? Would you be interested in signing up for a class in the fall for a small fee?

If so, please reach out to us by sending a **brief** email to: senior@sudbury.ma.us with the subject: **Fall Ukelele Class**

Please suggest 2 days of the week that would work best for you and whether you would rather have a morning or afternoon class.

PLEASE NOTE: Suggestions will be evaluated, however, ultimately, class date and time will depend on instructor's schedule and availability.

Duckett Funeral Home of J.S. Waterman & Sons

William R. Duckett
Funeral Director

656 Boston Post Road (Route 20), Sudbury
978-443-5777
Duckett-Waterman.com

A Service Family Affiliate of AFS/Service Corporation Int'l,
206 Winter Street, Fall River, MA 02720, 508-676-2454

WE BUY & SELL

Coins • Coin Collections
Precious Metals • Sterling Flatware
Gold Jewelry • Pocket Watches

TOP PRICES PAID
Call 508-753-9695

TABER RARE COINS

www.tabercoins.net

WE'RE HIRING!

AD SALES EXECUTIVES



**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers

FAMILY OWNED. FAMILY ORIENTED. RESIDENT CENTERED.
SUDBURY PINES EXTENDED CARE FACILITY



Short Term Rehabilitation • Long Term Care
Secure Behavioral Care Unit • Hospice Care
Short Term Respite Care

Family owned and operated since 1970

Come by and visit today

642 Boston Post Road • Sudbury, MA 01776
Phone# 978-443-9000 • www.sudburypines.com
admissions@sudburypines.com

**Supportive, Compassionate,
Personalized in-home care**



HEAVENLY HANDS
senior care
781-526-3675
WWW.HEAVENLYHANDS.CARE
Natick Ma

TRAIN with SHAIN

**IN HOME PERSONAL TRAINING
FOR SENIORS**

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED



THE GREAT COURSES DVD SERIES

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

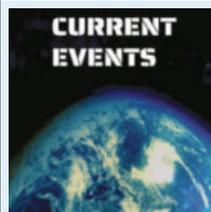
This course will introduce you to the art of 17th-century Holland. It traces the development of this renowned, Independent school of painting, and the great seafaring nation that produced the new society that would be reflected in that new art. The course concludes with the achievements of Holland's 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.

HISTORY CLASS—TO BE DETERMINED**On Zoom****Day: Wednesdays****Time: 9:30 AM - 11:00 AM**

Please contact the Senior Center in June for additional information. Call us at (978) 443-3055 or email: senior@sudbury.ma.us

**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.

**GREAT DECISIONS FOREIGN POLICY**

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

Time: 9:30AM

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. **Class is FULL.**

TO REGISTER FOR ANY OF THE GREAT COURSES DVD SERIES: PLEASE CALL (978) 443-3055 OR EMAIL: SENIOR@SUDBURY.MA.US

**Welcome Nickole Boardman: Our new Sudbury Senior Center Director****And enjoy a Root Beer Float at the event****Date: Tuesday, June 10****Time: 1:00 PM— 2:00 PM**

Please join us in welcoming Nickole Boardman as the new Director of the Sudbury Senior Center. Nickole brings with her nearly 15 years of experience working in senior centers, beginning her journey in Sterling as an Outreach Coordinator and later serving as Interim Director. She has also contributed her talents to the Princeton Senior Center and, most recently, The Groton Senior Center. Though new to Sudbury, Nickole is already eager to become part of the vibrant community here, and is excited to build on the programs already in place and is looking forward to meeting everyone. We're delighted to have her here to help make the center a welcoming, engaging space for all.

Registration is required.

4 | ART & TECHNOLOGY

Summer Shells, Turtles & Underwater Treasures with Angela Ackerman



REGISTRATION:

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



Drop-In WaterColor

Dates: Friday, June 13, 20, 27

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

This is a drop-in group. All skill levels are welcome. Bring your on-going or new projects and work in a relaxing sunny space with other like-minded artists. Come meet some of our wonderful painters. Please note: This is **NOT** an instructor led session.

Date: Friday, June 6

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

Come join us as we get into summer mode and paint underwater treasures of your choice. Bring in research of your liking that fits this beachy subject matter. We will play with textures and color.

All levels welcome!

Registration is required. Class fee is \$15.00

IPHONE & IPAD CLASSES

Exploring Outdoor Photography

Date: Friday, 06/06

Time: 2 PM — 3 PM

Following an introduction where we discuss photography concepts, we walk to a preselected location to learn about different photography techniques such as portrait mode, panoramic photos, and more. We get hands-on practice with the camera's different features, then return to the classroom for a slideshow of favorite photos. ** In the event of rain, class will be moved indoors and topic will be: The Photos App on iPhone: A Deep Dive **

Introduction to Editing Photos

Date: Tuesday, 06/10

Time: 2 PM — 3 PM

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

Staying Fit with Apple Watch

Date: Tuesday, 06/17

Time: 2 PM— 3 PM

This class walks attendees through the Apple Watch's built-in features for tracking health and fitness, as well as apps used for gaining a deeper understanding of your day-to-day health in the Apple Watch and iPhone. Class includes a 20-30 minute walk where we check our heart rates, track our calories, and count our steps.

Using iMovie for Beginners

Date: Tuesday, 06/24

Time: 2 PM— 3 PM

In this class, we go into the iMovie app to learn how to put photos and videos together into movies and slideshows. We cover techniques for cropping videos, adding subtitles, including transitions between clips, and more.

Small Group Discussion

Dates: Fridays, 06/13 and 06/27

Time: 2 PM— 3 PM

Small Group sessions 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 June 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 12 (6 wks.) **Fee: \$36.00**

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

Cutting the cord

Date: Tuesday, June 11

Time: 1:00—2:30 PM



Cut your costs on Internet/TV/Phone. Join Murray Bob to discover practical ways to cut your home telecom costs. Learn how to reduce your bill, stream TV and explore local phone options to choose the best internet provider. Discounts for lower-income households such as SNAP, Masshealth, public housing, Lifeline, will also be covered. You are welcome to bring your bills for the Q&A session to follow the talk. **Registration is required.**

Intro to Androids



Date: Tuesday, June 24

Time: 11:00 AM—12:00 PM

Join us for a friendly, hands-on workshop designed just for seniors who want to get more comfortable with their Android smartphones. We'll cover how to make video calls with loved ones, browse the internet safely, and keep your phone secure with easy tips. No experience needed—just bring your phone and your curiosity! **Registration is required.**

Tech with Teens

Date: Friday, June 27

Session 1: 2:00 PM

Session 2: 2:45 PM



Have you ever wondered what the kids in your life are doing on their phones all day? Teens relate very differently to technology than the generations before them. In this intergenerational program, local teens will be available to talk to you about the different tech they use, help you figure out how it's used and maybe get you in on the fun too! **Registration is required. Sign up for a session today!**

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit lpicommunities.com

QUALITY IN-HOME CARE FOR YOUR LOVED ONE. PEACE OF MIND FOR YOU.

Senior Helpers stands ready to serve your family's needs with personalized, in-home care and expertly-trained professional caregivers. Let us ease your mind with a complimentary in-home care assessment.

SENIOR **Helpers**
Senior Care, Only Better.

508.545.1694

seniorhelpers.com/ma/metrowest



All rights reserved. Senior Helpers locations are independently owned and operated. ©2024 SH Franchising, LLC.

Generations
LAW GROUP

111 Boston Post Rd., Suite 101
Sudbury, MA

Offices also in Acton & Andover, MA

978-263-0006
GenerationsLawGroup.com

**Wills, Trusts, & Estate Planning
Long Term Care & Medicaid Planning
Guardianships & Conservatorships
Probate & Trust Administration**

- ✓ Founded by a Nurse Attorney
- ✓ Client Care Program
- ✓ Solo Aging Solutions
- ✓ FREE Educational Resources:
 - eBooks
 - Monthly Webinars



Live Here, Live Well

*Sudbury's Premier
Assisted Living
Community*

www.orchard-hill.com

978-443-0080

MARY ANN MORSE
HOME CARE

Medicare-Certified
Home Health & Private
Pay Personal Care
Serving 19 MetroWest
Communities



Part of the
Mary Ann Morse Healthcare Network of
Senior Living & Healthcare Services
508.233.4735 | maryannmorse.org



PROGRAM HIGHLIGHT



Phone Buddies

The Senior Center’s Phone Buddy program has been matching isolated seniors with volunteer phone buddies for a while now; long enough for some of our matched pairs to form long-term mutually-beneficial bonds. Volunteers are matched with a senior based on common interests and schedule, and generally talk once a week on a pre-determined schedule. If you think a Phone Buddy may be right for you, please call Sarah at the Senior Center. A Buddy is 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!!*

FROM OUR COORDINATOR OF VOLUNTEER PROGRAMS



Finally! Spring has sprung.

I hope you’ve been able to spend some time outdoors, soaking up a little vitamin D and enjoying the renewal of greenery all around town. In our Volunteer Programs it’s also a time of new beginnings. We’ve re-opened the Medical Equipment Loan Closet (by appointment only- please do not drop by). In addition, we’re looking to re-start our Friendly Visitor program. If you’re interested in having a Friendly Visitor visit you, please call Sarah at 978-443-3055.



Make a Difference: Volunteer!

Volunteering is one of the most rewarding ways to give back to your community. Many older adults face challenges like loneliness, limited mobility, or a lack of social connection—but your time and presence can truly brighten their days. Whether it’s through friendly visits, helping with errands, leading an activity, or simply sharing a conversation, you can bring joy, companionship, and a renewed sense of connection to someone who needs it. These simple acts of kindness not only improve the lives of seniors but also provide a meaningful and fulfilling experience for volunteers. If you’re looking for a way to make a positive impact, consider volunteering. You’ll gain new perspectives, build lasting relationships, and be the reason someone smiles today.

Reach out to Sarah Green Vaswani, Coordinator of Volunteer Programs, at 978-639-3223 to learn how to apply and make a difference in a senior’s life. The process is easy! Learn more at <https://sudburyseiorcenter.org/about-us/get-involved/>

Rollators Wanted



Our Medical Equipment Loan Closet is seeking donations of rollators.

If you have one and are finished with it, please consider re-homing it to someone in need. Don’t worry if it’s not perfect; we are able to make minor repairs. We are also happy to accept donations of incontinence products (such as Depends) and nutritional shakes (such as Ensure) as long as the expiration date is more than 6 months away.

PLEASE NOTE: If you have any of these items to donate, please **DO NOT** bring them to the Senior Center without an appointment. Call Sarah Green Vaswani to set up a time.

8 | JUNE 2025 ACTIVITIES & EVENTS CALENDAR

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
10:00 Dutch Masters 10:00 Cribbage 12:30 Mahjong	9:30 Ping Pong 9:30 The Symphony 10:00 Grief Support 2:00 Circle of Friends and Caregivers	9:30 History of Japan—LAST CLASS 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 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. 2:00 iPhone Clinic
9	10	11	12	13
10:00 Dutch Masters 10:00 Cribbage 10:00 Stamp Club 11:30 Trader Joe's Trip 12:30 Mahjong 3:30 COA Meeting	9:30 Ping Pong 9:30 The Symphony 1:00 Nat.'l Root Beer Float Day and Welcome Nickole Event 2:00 iPhone Clinic	9:30 Great Decisions Foreign Policy 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Cutting the Cord	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 Watrclr. 12:00 Color & Puzzles 12:30 The Knitty Gritty 1:45 Drop-in Waterclr. 2:00 iPhone Small Grp.
16	17	18	19	20
10:00 Dutch Masters 10:00 Cribbage 12:30 Mahjong	9:30 Ping Pong 9:30 The Symphony 10:30 Photo Group 11:00 RMV Disability 12:00 Father's Day Luncheon 1:30 Red Sox Talk 2:00 iPhone Clinic	9:30 History TBD 11:00 50's Rhythm and Blues 12:00 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Turn The Page		11:30 Drop-in Watrclr. 12:00 Color & Puzzles 12:30 The Knitty Gritty 1:00 Pathways Coffee Hour—RUSTIN special 1:45 Drop-in Waterclr.
23	24	25	26	27
10:00 Dutch Masters 10:00 Cribbage 12:30 Mahjong	9:30 Ping Pong 9:30 The Symphony 11:00 Intro to Androids 2:00 iPhone Clinic	9:30 Great Decisions Foreign Policy 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 1:45 Drop-in Waterclr. 2:00 Tech with Teens 2:00 iPhone Small Grp
30				
10:00 Dutch Masters 10:00 Cribbage 12:30 Mahjong		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 

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

**Juneteenth:
Honoring
Freedom &
Resilience**



Juneteenth, celebrated on June 19th, marks the day in 1865 when enslaved African Americans in Galveston, Texas, finally learned of their freedom—more than two years after the Emancipation Proclamation was signed. Now recognized as a federal holiday, Juneteenth is a powerful reminder of the ongoing struggle for equity and justice, as well as a celebration of Black culture, heritage, and achievement. It's a time for reflection, education, and community—honoring the past while striving for a more inclusive future.

**Thursday, June 19th is
Juneteenth
The Senior Center is closed**

Father's Day Luncheon

Date: Tuesday, June 17 **Time:** 12:00 PM—1:00 PM

Come celebrate Father's Day with all your friends at the Sudbury Senior Center where you will feast on a BBQ lunch from Tennessee's Real BBQ. As a special treat, immediately following the luncheon, we will have a Red Sox presentation by renown baseball author and Red Sox expert, Herb Crehan. Let's knock it out of the ballpark for all the dads by saying "Thank you for all you do!". **Registration is required**



Remembering the 1975 Red Sox American League Champs

Date: Tuesday, June 17 **Time:** 1:30 PM—2:30 PM

*The 1975 season is among the most memorable in the rich history of the Boston Red Sox! Who can forget Pudge Fisk's famous 12th inning home run in Game 6 of the World Series?! And there has never been a more amazing pair of rookies than the Gold Dust Twins. Fred Lynn was the MVP and Rookie of the year while Jim Rice went on to a Hall of Fame career. When 1975 drew to a close, the Red Sox had won the East Division, swept the three-peat World Champion Oakland A's in the ALCS, and thrilled the country by taking the heavily favored Cincinnati Reds to seven games in an epic World Series. A season to remember! Join Herb Crehan, widely-recognized authority on Boston baseball history, for this wonderful presentation. **Registration is required.***



50's Rhythm & Blues

Date: Wednesday, June 18
Time: 11:00 AM—Noon



Join John Clarke for this fun presentation in honor of Juneteenth. We will learn about the beginnings of R&B in the late 1940s when Black music was first identified as "Rhythm & Blues". Following that era, the early and mid-1950s saw many R&B songs (like **Shake, Rattle & Roll**) released more successfully by white artists. The 1950s was truly an exciting transitional period for Rhythm & Blues and the music, the songs, the stories and the energetic performances are all here. **Registration is required.**

**RMV Presentation:
Disability Placards & Plates**

Date: Tuesday, June 17
Time: 11:00 AM — 12:00 PM



Do you or a loved one need a disability placard or plate for your vehicle? Join RMV Outreach Coordinator, Michele Ellicks for this informative presentation to learn about obtaining a disability placard or plate and the laws governing them. **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

2025 Trips

Our trips are very popular! Sign up early to avoid a waitlist.

July 16th, 2025 (Wednesday)-Ogunquit Playhouse- Come and be entertained with a live matinee performance of Guys and Dolls and enjoy a lunch at Clay Hill Farm. \$181.00 (Royal Tours). Call for current availability.



August 7th, 2025 (Thursday) – Berkshire Botanical Gardens with lunch at the 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 having time to explore on our own. \$141.00 (Royal Tours)* ***Please note there is a lot of walking on this trip and may not be ideal for guests with mobility challenges.***

August 20-22, 2025- Pennsylvania 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 see the flyers at the Sudbury Senior Center.

September 23, 2025 (Thursday) – A great day trip up to the Vermont country store during peak foliage season. Includes lunch at The Common Man Inn followed by stops at Simon Pearce glass blowing shop and King Arthur Bakery for last minute shopping. \$191.00 (Best of Times)

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

October 22, 2025 (Wednesday) – A Tribute to Oliva Newton John with lunch at Venus De Milo in Swansea, Ma. Enjoy her hits from the 70's to present. \$137.00 (Best of Times).* **A portion of the proceeds from each ticket sold is donated in support of the elimination of breast cancer.**

***Eastern Caribbean Cruise-February 7th-15th 2026**- Escape the winter blues-This trip is designed specifically for seniors. Round trip transfer from Boston to San Juan . Norwegian Cruise Lines departs with stops at St John, Tortola, Barbados, St. Lucia and St Marten. Too many perks to list. (Best of Times). Flyers at the Senior Center for pricing & other details. Book early.. price increases expected!

Flyers for all of the trips may be picked up at the Senior Center. Stop in, pick up a flyer and register at the front desk.



Sudbury Connection Van Trip Trader Joe's in Framingham

Monday, June 9
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, June 13
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, June 9.**



Pride Month: Celebrating Love, Identity & Equality

Each June, Pride Month honors the LGBTQ+ community by celebrating the diversity of identities, the progress made toward equality, and the ongoing fight for inclusion and rights. Rooted in the legacy of the 1969 Stonewall Uprising, Pride is both a joyful celebration and a call to action—recognizing the strength, resilience, and contributions of LGBTQ+ individuals. Pride Month invites us all to stand in solidarity and uplift every voice.



Photography Discussion Group

Date: Tuesday, June 17
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.

SENIOR CENTER STAFF

Director: Nickole 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

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

FRIENDS OF SUDBURY SENIORS

President: Jeff Levine	Board Members: Patricia Howard Catherine Kuras Donald Oasis Deanna Sklenak Steve Cibra Marilyn Tromer
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

Date: Tuesday, June 3

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, 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, call (978)443-3055 or email: senior@sudbury.ma.us. Sponsored by Dementia Friendly Sudbury and Orchard Hill Assisted Living.

Pathways Coffee Hour

Date: Friday, June 20

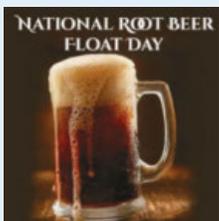
Time: 1:00 PM— 3:30 PM



In honor of Pride Month, 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. **Registration is required.**

MEDICARE OPTIONS WHEN WORKING PAST AGE 65

Most people first become eligible for Medicare when they turn 65, but many choose to continue working past that. There is a Medicare Special Enrollment Period for people still working past age 65. If you are currently employed and covered through your employer group health plan, you may delay enrolling in Medicare without a penalty. This also applies if you are covered through your spouse's current employment. Note: Delaying medical coverage may not be practical if your employer has fewer than 20 employees, because Medicare will be your primary insurance. However, once employment ends, other coverage, such as COBRA or a Health Connector Plan, will NOT prevent the penalty. Schedule your appointment with a SHINE counselor to confirm if your current coverage will protect you from any penalties. For further assistance about this or any Medicare issue, contact the SHINE program. To schedule a SHINE appointment, call the Sudbury Senior Center at (978)443-3055 or email us at: senior@sudbury.ma.us



Celebrate National Root Beer Float Day with Us!

Date: Tuesday, June 10

Time: 1:00 PM—2:00 PM

Join us at the Senior Center for a sweet celebration of National Root Beer Float Day! Enjoy a refreshing root beer float with **Jill Dube**, our Assistant Director and Outreach Coordinator, and take the opportunity to meet and chat with **Nickole Boardman**, our new Director. All are welcome. **Registration is required**—don't miss out on the fun!

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 (978) 443-3055 or email us at:

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.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

**ON HIATUS
UNTIL FALL 2025**

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 | June 13

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 | June 3

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.



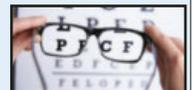
BLOOD PRESSURE WALK-IN CLINIC

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 | June 5

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.

SUPPORT OUR ADVERTISERS!

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME
Lisa Templeton

ltempleton@lpicommunities.com
(800) 477-4574 x6377

WE'RE HIRING!

AD SALES EXECUTIVES



BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



DON'T WEATHER THE SEASONS ALONE
~ Come home to ~



CHRISTOPHER HEIGHTS
AN ASSISTED LIVING COMMUNITY

Your own private apartment • Well balanced meals with fresh ingredients
Lively group activities • Care and support • No worries pricing

Call to schedule a tour 508-281-8001
99 PLEASANT ST., MARLBOROUGH, MA • www.ChristopherHeights.com

IF YOU LIVE ALONE

MDMedAlert!™ STARTING AT \$19⁹⁵ /mo.

At HOME and AWAY!

✓ Ambulance ✓ Police ✓ Family
✓ GPS & Fall Alert

"STAY SAFE in the HOME YOU LOVE!" **CALL NOW!**

800.809.3570 * md-medalert.com




Mirick, the right choice for all your legal needs.

Trusts and Estates | Elder Law



Christine Boutin
cboutin@miricklaw.com
508.929.1679

Worcester
Westborough
Boston

MIRICK
www.miricklaw.com

For all of your aging and caregiving questions...

I am juggling so much with caregiving – is there help for me?

Where can I get information about in-home help?

Which private options or public programs are right for me?

How do home-delivered meals work?

...the answer is  **springwell**

We're a non-profit, community resource for all.
Call us for the answers to your questions.

(617) 926-4100 / Greater Boston (508) 573-7200 / MetroWest
www.springwell.com



FREE SERVICE

CALL US!
When It's Time To Take The Next BEST Step!

We offer our resources and expertise to find Independent/Assisted Living or Memory Care because the right place means everything for you and your family.

oasis SENIOR ADVISORS
Oasis Northwest Boston
781-205-9455
OasisSeniorAdvisors.com/NW-Boston/

ADT-Monitored Home Security

Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Fire Safety
- Flood Detection
- Carbon Monoxide

ADT Authorized Provider **SafeStreets** **833-287-3502**

KEEM HOME CARE

Your comfort, Our Commitment
Promoting independence and well-being in the comfort of home

Personal Care • Live-in Care • Dementia Care
Respite Care • Assistance with ADL's
Supplementary Care in Assisted Living.

Call today to set up an evaluation
617-648-4407 / 617-648-4424
www.keemhomecarellc.com



NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

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

U.S. Postage
PAID
Sudbury, MA
PERMIT NO. 4
Presort Standard



Phone: (978) 443-3055 | Fax: (978) 443-6009

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

Website: www.sudburieseniorcenter.org

Email: senior@sudbury.ma.us



Or Current Occupant

Supporting an Active Lifestyle

New Horizons retirement community in Marlborough offers an extensive activities program, allowing residents to choose between physical activities, artistic projects, outdoor fun, and many other options.

Each program and activity is specifically designed to benefit the well-being of our residents. From cooking and baking events to poetry readings, live music and more, New Horizons encourages residents to continue to pursue and engage in their interests and hobbies.

Immediate availability, including three home-cooked meals daily, starting at \$3,400/month for one resident.



Independent Living, Assisted Living, and Memory Care

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

New Horizons

Call 508-460-5200 | Visit CountryCommunities.com



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

Sudbury Council on Aging, Sudbury, MA

06-5177