



The SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

SEPTEMBER 2025

First Time Receiving Our Newsletter?

This month, we're sending the newsletter to everyone aged 60 and over—just to give you a taste of all the programs that we offer. If you would like to keep receiving it regularly, just give us a call at (978) 443-3055. Our regular mailing list is for those 70 and over, but we'd be happy to add you early if you're interested.



SEPTEMBER REGISTRATIONS:

FALL I FITNESS SESSIONS

Reg. Period: 09/08—09/15

Registration starts on

Mon., 09/08 for Sudbury residents

Tue., 09/09 for non residents

NON - FITNESS ACTIVITIES &

EVENTS:

Registration for non-fitness
activities & events start on

Tue., 09/02 for Sudbury residents

&

Wed., 09/03 for non residents

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

**Monday 09/01 is
Labor Day
Senior Center is closed**

WHAT'S INSIDE

	PAGE
Welcome September	2
Academics/Matinee Mondays	3
Technology & Art	4
Fall 1 Fitness Classes	5
Board of Health FLU Clinic	6
Did you Know?	7
September Calendar	8
Lunch & Learn Events	9
September Events (Cont'd.)	10
Volunteer & Outreach/Van	11
Senior Profile	12
Additional Resources	13
Coming In October	14

2 | WELCOME SEPTEMBER

Welcome to Fall at the Sudbury Senior Center!

Fall is the perfect time to try something new, and we've got plenty happening this September. Thanks to a generous donation from the Friends of the Sudbury Senior Citizens group, we now have outdoor games—Cornhole, Bocce, and Horseshoes. Don't know how to play? Join our cornhole rules session with COA Chair Paul Marotta and give it a try—It's sure to be fun!

We're also excited to open a new game room, featuring pool and ping pong, available all day, every day. This was made possible by a pool table donated by the family of Jeff Beeler—our heartfelt thanks to the Beeler family for their generosity. Additionally, make sure to check out our new "Give & Take" bookshelves in the lounge. Find a good book or donate a gently used, newer one you recommend. See details on Page 10.

This month's calendar is packed with educational, cultural, and just-for-fun programs—Lunch & Learns (Page 9), iPhone and tech clinics (Page 4), art classes, music programs celebrating Hispanic Heritage Month (09/15-10/15), as well as introductory ukulele lessons, and of course, BINGO! Just \$1 per card to play and prizes for winners.

On the health front—September is also National Fall Awareness month. In addition to our "Stand Tall, Don't Fall" lunch and learn event, we are also offering a Balance Assessment Clinic with Aditi Chandra, DPT, owner of Longfellow Holistic Health Center (Page 9). Additionally, The Board of Health (Page 6) is offering a Flu clinic on September 24th (details on Page 6), and starting in October, we will have footcare clinics with nurses who specialize in foot issues for Sudbury residents. **Space is limited** (see page 14).

With the exception of events marked as "Drop-in", **all of our events and activities require registration.** Call or email us to secure your spot! We look forward to welcoming the cool weather with you soon!

~ Be well!

Nickole

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.



**Monday 09/01 is
Labor Day
Senior
Center is closed**

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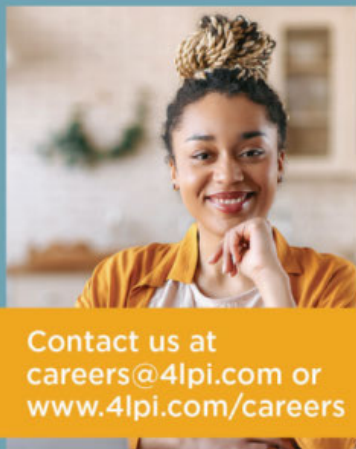
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Sudbury Council on Aging, Sudbury, MA

06-5177

THE GREAT COURSES DVD SERIES

On Zoom: Art Across the Ages**Mondays****Time: 10:00 AM - 11:00 AM**

Taught by Professor Ori Z. Soltes, this course will cover topics such as Art as the Offspring of Religion, Preclassical Greek Art, Roman and Judean Art, Early Christian Art and Its Progeny, Beginnings of Jewish Art, Christian Medieval Art and Gothic Art.

On Zoom: 30 Greatest Orchestral Works**Tuesdays****Time: 9:30 AM - 10:30 AM**

Experience the profound joy of landmark creations by Haydn, Beethoven, and others in this survey of orchestral works considered the greatest in Western history.

On Zoom: Industrial Revolution**Day: Wednesdays****Time: 9:30 AM - 11:00 AM**

Discover the inventors, business leaders, and ordinary workers who created our modern industrial world in this fascinating course.

Hybrid Meeting: Current Events**Thursdays****Time: 10:00 AM**

Join in this respectful discussion of world events with facilitator Don Sherman. Participants vote on, and then discuss, various topics. The group meets at the Senior Center and on Zoom.

FOR REGISTRATION; PLEASE CALL (978) 443-3055 OR EMAIL: SENIOR@SUDBURY.MA.US

MATINEE MONDAYS



In honor of Hispanic Heritage Month (Sep.15—Oct. 15), the Senior Center will be featuring movies celebrating Latino/Latina actors, directors and artists.

Movies will start promptly at 1:00PM and registration is required. Make plans with a friend, meet at the Senior Center, grab a bag of popcorn, and enjoy the show!

Monday, September 8**La Dolce Villa (2025)****Rated PG****1hr 39 mins**

When his daughter decides to buy a crumbling Tuscan villa, Eric rushes to Italy to talk her out of it—and instead, finds beauty, romance, and a new purpose.

Cast: Scott Foley, Violante Placido, Maia Reficco (Argentina)

Monday, September 15**The Long Game (2023)****Rated PG****1hr 52 mins**

Rejected by a Texas country club for his Mexican heritage, a veteran forms a team of underdog golfers to compete in the sport that excluded them.

Cast: Jay Hernandez (Mexico), Dennis Quaid, Cheech Marin (Mexican American).

Directed by: Julio Quintana (Cuban American)

Monday, September 22**Rita Moreno: Just a Girl who Decided to Go for It (2021)****Rated PG13****1hr 30 mins**

Winner of an Emmy, a Grammy, a Tony, and the 1st Hispanic woman to win an Oscar, Rita Moreno (Puerto Rico) helps narrate the story of her remarkable 70-year Hollywood career with audacity and wry humor.

Directed by: Mariem Perez Riera (Puerto Rico)

Monday, September 29**The Mother (2023)****Rated R****1hr 57 mins**

She's lethally accurate with a gun and trained to kill. Her enemies are about to discover how deadly she can be when they threaten her daughter's life. *Cast: Jennifer Lopez, Joseph Fiennes, Gael Garcia Bernal.*

4 | TECHNOLOGY & ART

IPHONE & IPAD CLASSES

Safari, Google, and ChatGPT

Date: Tuesday, 09/09

Time: 2 PM — 3 PM

In this class, we uncover the ways Safari can help with searching for information, including using Google and bookmarking important sites, and how AI applications like ChatGPT can assist with everyday tasks like writing emails, exploring different topics, and doing research.

Instacart, Uber, and Venmo

Date: Tuesday, 09/16

Time: 2 PM — 3 PM

We explore Instacart, Uber, and Venmo. These apps are used for ordering groceries to be delivered, getting rides from one place to another, and making transfers from your bank or card to friends and family.

Photos on iPhone: Deep Dive

Date: Tuesday, 09/23

Time: 2 PM— 3 PM

We learn about all of the available features on the iPhone's Photos app, including using Favorites and albums to organize photos, sharing photos with friends and family, and creating short compilations of photos and videos.

Setting up and Managing Email

Date: Tuesday, 09/30

Time: 2 PM— 3 PM

Learn about the basics of email and the Apple Mail app. This class explores the Mail app to learn about sending/reading emails, checking your inbox, and clearing junk and archive folders.

Small Group Discussion

Dates: Fridays, 09/12 and 09/26

Time: 2 PM— 3 PM

Small Group sessions to review specific questions. Come prepared. **Space is limited to 8 Participants.**

ADDITIONAL WORKSHOP

Taking & Organizing Photos

Date: Tuesday, 09/09

Time: 11:00 AM– 12:00PM

This hands-on class will help you take control of your digital photo collection so your memories are easy to find, enjoy, and share. Whether you're a beginner or just need better habits, you'll learn practical strategies for sorting, naming, and storing your digital images. Presenter Jon Baron will explore tools like Google Photos, Apple Photos, and cloud backups and teach you how to ensure that your pictures are safe and organized. Both Apple and Android products will be covered with the main emphasis on Android products. **Registration is required.**

WALK-IN TECH HELP

Need help with your technology? Have a question about your phone, tablet, or other device? Stop by the walk-in clinic on Thursdays in September from 9:30 AM to 11:00 AM. This is a drop-in session. **No registration is required.**

ART WORKSHOPS & COURSES

Summer Farewell Watercolor Workshop with Angela Ackerman

Friday, 09/19 Times: 11:30 AM—1:30 PM

OR 1:45 PM—3:30 PM

Come join us and paint the final days of summer. Consider photos for inspiration: picnic scenes, beach/boat scenes, close up fruit/ice cream, or sand marshes & dunes. We will use watercolor techniques, sponges, and other fun tools to create our watercolor paintings. All levels welcome. **Class fee is \$15.00 and registration is required.**

Capturing The Landscape with Lane Williamson

Wednesdays 09/17—11/19 Time: 10:00 AM—12:00 PM

Lane will lead the class in exploring elements of landscape work including composition, line, form, texture, and scale. Additionally, she will cover techniques in developing ways to guide the viewer's eye and establish mood in the work. Work to be done with "sticks" (graphite & pastel), as well as paint (acrylic & watercolor brushes will be needed).

Class is free however, participants may need to purchase materials as necessary. **Registration is required. Class limit 10 students.** This class is marked appropriate for beginners and experienced students.

For specific questions about course, please email: pondhousestudio@gmail.com

Registration Period for Fall 1 Fitness:

09/08 - 09/12

**Sudbury residents may register starting
on Monday, 09/08**

**Non residents may register starting on
Tuesday, 09/09**

FIT FOR THE FUTURE - Drop In

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

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 & stretching to upbeat music. This class is safe for beginners. *Limited Space*

T'AI CHI

Mondays | 2:30 PM — 3:30 PM

Sep. 15 — Nov. 10 (8 wks.) **Fee: \$48.00**

Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow movements and controlled breathing. Instructed by Jon Woodward, this is a great class for beginners.

ZUMBA GOLD

Tuesdays | 9:30 AM— 10:25 AM

Sep. 16 — Nov. 4 (8 wks.) **Fee: \$48.00**

OR

Thursdays | 1:00 PM — 1:55 PM

Sep. 18 — Nov. 6 (8 wks.) **Fee: \$48.00**

Zumba Gold is a fun cardio class with low impact movements that are gentle on your joints.

Each class is like a dance party with easy-to-follow steps. Instructed by Yachun Lin. All levels welcome.

MINDFUL LIVING

Wednesdays | 1:00 PM — 2:00 PM

Sep. 17— Nov. 5 (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 AM— 10:15 AM

Sep. 18—Nov. 6 (7 weeks) **Fee: \$42.00**

Join our fun tap dancing class. Instructor Susan Craver has been teaching fitness classes for over 28 years. All levels are welcome. *NO CLASS on 10/09

STRENGTH & BALANCE

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

Sep. 16— Nov. 4 (8 wks.) **Fee: \$48.00**

OR

Thursdays (HYBRID) | 10:30 AM — 11:30 AM

Sep. 18— Nov. 6 (8 wks.) **Fee: \$48.00**

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

DRUMS ALIVE

Tuesdays | 1:00 PM— 2:00 PM

Sep. 16 — Nov. 4 (8 wks.) **Fee: \$48.00**

Drums Alive is a unique sensory-motor drumming program involving drum sticks, an exercise ball, and music. Instructed by Yachun Lin, this class is sure to raise your energy. All levels welcome.

CHAIR YOGA

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

Sep. 18— Nov. 6 (8 wks.) **Fee: \$48.00**

Limit 16 participants/class

OR

Fridays (HYBRID) | 10:15 AM — 11:00 AM

Sep. 19—Nov. 7 (8 wks.) **Fee: \$48.00**

Limit 16 In-person/ Zoom

Yoga is excellent for loosening muscle tension & maintaining range of motion for the joints. Rebecca Reber is a 200-hour Yoga Fit Int'l Training System, Inc. RYT certified instructor. All welcome.

MAT YOGA

Fridays | 9:15 AM - 10:00 AM

Sep. 19— Nov. 7 (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 | FLU CLINIC



Senior Flu Clinic

DATE: Wednesday, September 24th, 2025

TIME: 10:00am – 2:00pm

LOCATION: 40 Fairbank Rd, Sudbury MA (Multi-Purpose Room)

The Sudbury Health Department will hold a Flu Clinic for Seniors **65 years of age and older**.

If you need assistance registering, please contact the Health Dept. at 978-440-5479 or Health@sudbury.ma.us

What to bring to the clinic:

- * **All** insurance cards
- * Govt issued ID
- * Wear Short sleeves
- * Arrive at scheduled time

To register online: Copy and Paste the link attached in your browser **OR** use the QR Code attached.

https://home.color.com/vaccine/register/sudbury?site=2025_9_24-sudbury-senior-center-flu-clinic



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A Glance at what's ahead!

FITNESS CLASSES

Mat & Chair Yoga
Fit For the Future (aerobics)
Tai Chi & Tap Dance
Strength & Balance
Mindful Living

CARD GAMES

Cribbage (Mondays AM)
Bridge (Wednesdays PM)
Canasta (Thursdays PM)
Mahjong (Mondays PM)
Game Central Station
Thursday afternoons

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everyone on Medicare
Tuesday and Thursday
by appointments.
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SPECIAL PROGRAMS

Floral Arrangements
Veteran's Appreciation
Holiday Luncheons
Musical Entertainment
Matinee Mondays
Foot Care

LIFE LONG LEARNING /

DVD LECTURE SERIES

Art Appreciation (Mondays)
Music Appreciation (Tuesdays)
History & Culture (Wednesdays)

Volunteer Services

Medical Equipment available
Friendly visits/ Phone Calls
Minor Home repairs
Tech. Support
Grocery Shopping needs

Ping Pong

Book Swap

Pool
Table

Bingo

Cornhole

Knitty Gritty

8 | SEPTEMBER 2025

Monday 1 LABOR DAY SENIOR CENTER IS CLOSED	Tuesday 2 9:30 30 Greatest Orch. 10:00 Grief Support 10:00 Van: Mkt. Basket 1:00 Shine appts. 2:00 Circle of Friends	Wednesday 3 9:30 Great Decisions 11:00 Fit for the Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge	Thursday 4 10:00 Current Events 10:30 BP Clinic 12:30 Game Central 2:30 Connection Circle	Friday 5 11:00 Fit for the Future 11:00 Cornhole with COA Chair Paul M. 11:30 Drop-In Waterclr. 12:30 Knitty Gritty 1:45 Drop-In Waterclr. 2:00 Johnny Appleseed
8 10:00 Art Across Ages 10:00 Cribbage 10:00 Stamp Club 11:00 Fit for the Future 11:30 Van: Trader Joe's 12:30 MahJong 1:00 Matinee Monday 3:30 COA Meeting	9 9:30 30 Greatest Orch. 10:00 Van: Mkt. Basket 11:00 Taking & Organizing Photos 1:00 Shine appts. 2:00 iPhone Clinic	10 9:30 Industrial Rev. 11:00 Fit for the Future 12:00 Spoonfulls 12:30 L&L: Stand Tall 1:00 Chess for All 1:00 Bridge 2:00 Bingo! 2:00 Pathways Coffee Hr	11 10:00 Current Events 10:30 BP Clinic 12:30 Canasta 12:30 Game Central 2:30 Connection Circle	12 9:30 Hearing Clinic 11:00 Fit for the Future 11:30 Drop-in waterclr. 12:30 Knitty Gritty 1:45 Drop-In Waterclr. 2:00 iPhone small workshop 2:00 Intro Ukulele Class
15 10:00 At Across Ages 10:00 Cribbage 10:00 Sing along with Mel Stiller 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 2:00 Tai Chi	16 9:30 30 Greatest Orch. 9:30 Zumba Gold 10:00 Van: Mkt. Basket 10:30 Photography Grp. 11:00 Strength & Bal. 1:00 Drums Alive 1:00 Shine Appts. 2:00 iPhone Clinic	17 9:30 Great Decisions 10:00 Capturing the Landscape-Art Class LW 11:00 Fit for the Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 1:00 Legal Clinic Appts. 1:00 Turn the Page	18 9:15 Tap 9:15 Chair Yoga 10:30 BP clinic 10:00 Current Events 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 1:00 Zumba Gold 1:00 Low Vision 2:30 Connection Circle	19 9:15 Mat Yoga 10:15 Chair Yoga 10:00 Desi Chai & Chat 11:00 Fit for the Future 11:30 Summer Farewell Watercolor workshop 12:30 Knitty Gritty 1:45 Summer Farewell Watercolor workshop 2:00 Intro Ukulele Class
22 10:00 At Across Ages 10:00 Cribbage 11:00 Rhumba! Samba! 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 2:00 Tai Chi	23 9:30 30 Greatest Orch. 9:30 Zumba Gold 10:00 Van: Mkt. Basket 11:00 Strength & Bal. 11:00 Planning for Medicare 1:00 Drums Alive 1:00 Acting Out Theater 1:00 Shine Appts. 2:00 iPhone Clinic	24 9:30 Industrial Rev. 10:00 Flu Clinic 10:00 Capturing the Landscape—Art class LW 11:00 Fit for the Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Bingo!	25 9:15 Tap 9:15 Chair Yoga 10:00 Current Events 10:00 Brain Health Talk 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 1:00 Friends Meeting 1:00 Zumba Gold 2:00 I Love Flamenco! 2:30 Connection Circle	26 9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop-in waterclr. 12:30 Knitty Gritty 1:00 Balance Assessmnt 1:45 Drop-In Waterclr. 2:00 iPhone small workshop 2:00 Intro Ukulele Class
29 10:00 At Across Ages 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 2:00 Tai Chi	30 9:30 30 Greatest Orch. 9:30 Zumba Gold 10:00 Van: Mkt. Basket 11:00 Strength & Bal. 12:30 Downsizing L&L 1:00 Drums Alive 1:00 Acting Out Theater 1:00 Shine Appts. 2:00 iPhone Clinic	EVENT COLORS: GREEN—Hybrid PURPLE—Off Site BLUE— Zoom RED— Special BLACK— Regularly Scheduled		Registration starts: Sudbury residents Tuesday, 09/02 Non residents Wednesday, 09/03

PLEASE REGISTER FOR ALL EVENTS IN ADVANCE



Lunch and Learn: Stand Tall, Don't Fall

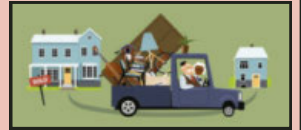
**Wednesday, 09/10 Lunch: 12:30PM,
Discussion: 1:00 PM**



September is Fall Prevention Month. Join us for a boxed lunch immediately followed by informational discussion on the health risks associated with falling and how to best reduce hazards and prevent injury. BOH nurse, Brittany Gale, will also review how to recover if you do fall. **Registration is required.**
*This event is sponsored by the Friends of the Sudbury Senior Citizens, Inc.

Downsizing Lunch & Learn Generations Law Group

**Monday 09/30
Lunch 12:30 PM, Discussion: 1:00 PM**



Join us for an informative panel on the essential steps of downsizing, featuring Attorney Tiffany A. Kudravetz from Generations Law Group. This expert panel will provide practical advice on what legal planning may be needed for this journey, help you explore housing options that fit your lifestyle and budget, and address common concerns about the downsizing process. Whether you're considering a move now or planning for the future, this session will equip you with the knowledge and confidence to make informed decisions about your next chapter. **Registration Deadline 09/19**



Proactive Brain Health—Breakfast & Learn Event

Thursday, 09/25 Time: 10:00 AM— 11:00 AM

Enjoy a light breakfast while you learn the Bridges by EPOCH recommended expert tips that can boost brain health and slow or prevent cognitive decline. We'll discuss convenient ways to incorporate superfoods, exercise, hobbies, and lifelong learning, and other brain-healthy habits into daily life. **Registration Deadline 09/18**



Planning for Medicare- Countdown to 65 Tuesday, 09/23 11:00 AM— 12:00 PM

Join Jenna Feitelberg, Field Outreach Consultant from BCBS of MA, for a 1 hour presentation where we will discuss 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. SudburyTV will record this event. **Registration is required.**



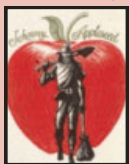
Happy Rosh Hashanah

Monday 09/22– Wednesday 09/24

Rosh Hashanah is the Jewish New Year, a two-day holiday that marks the beginning of the Jewish High Holy Days, a period of introspection and repentance leading up to Yom Kippur. It is a time for reflection on the past year and for looking ahead to the new year with hope & renewal. Happy Rosh Hashanah to all those who celebrate.



BUT WAIT— THERE'S MORE!



Johnny Appleseed Day

**Friday 09/05
2:00 PM—3:00 PM**

Did you know that Johnny Appleseed's home town is in Massachusetts? Come have fun taste testing local apple varieties, enjoy a baked apple treat, and learn about more about Johnny Appleseed with Jill Dube Assistant Director/Outreach Coordinator. **Registration is required and limited to 30 people.**



Cornhole with COA Chair Paul Marotta

**Friday 09/05
11:00 12:00 PM**

Join COA Chair Paul Marotta for a fun introduction to the game of cornhole. Bring an open mind, a positive attitude, and get ready to laugh, learn & enjoy some friendly competition with your fellow seniors. **Registration is required.**

Balance Assessment with Aditi Chandra

Friday 09/26 1:00 PM – 2:00PM

Aditi Chandra, DPT, Co-Owner of Longfellow Holistic Health Center, will offer 10-minute individual Balance Assessments at the Senior Center. **Registration is required.**



10 | SEPTEMBER EVENTS (CONT'D.)



**Intro to Ukulele with
Julie Stepanek**
Fridays: 09/12, 09/19, 09/26
Time: 2:00 PM –3:00 PM

Learn the fundamentals of ukulele playing! In this three-part lesson series, participants will learn how to tune, strum, and fret ukuleles, as well as read chord diagrams and tablature. No experience is necessary. Ukuleles will be provided, or you may bring your own. The class is free, but **registration is required. Class limit 25.** *This program is made possible through the generous sponsorship of the Friends of the Sudbury Senior Citizens, Inc.

Acting Out Theater (8 week class)



Dates: Tues. 9/23– 11/18
Times: 1:00 PM—2:00 PM

Step back into the golden age of radio. In this small-group class, participants will gather around the “microphone,” scripts in hand, to bring to life the hilarious 1940s-style misadventures of a kitten. Each 45-50 minute weekly session includes rehearsal and performance of two short, illustrated plays, complete with vintage-style sound effects. No stage, props, no costumes or experience needed. Bring your voice and imagination. **Class is free but registration is required. Class limited to 8 participants.**



Rhumba! Samba! Tango! Mambo! History of Latin Music with: John Clarke

Monday, 09/22 Time: 11:00 AM—12:00PM

Latin American music has shaped American pop for nearly a century, from early hits like *The Peanut Vendor* (1928) and *The Carioca* (1934) to the 1940s' Latin-infused chart-toppers by Xavier Cugat, Stan Kenton, and Jimmy Dorsey. The '50s brought mambo king Pérez Prado's *Cherry Pink & Apple Blossom White* & Ritchie Valens' *La Bamba*, while the '60s delivered classics like *Guantanamera*, Herb Alpert's *The Lonely Bull*, and the Grammy-winning *Girl from Ipanema*. Enjoy this lively program packed with danceable rhythms and sing-along favorites. **Registration is required.** *This event is sponsored by the Friends of the Sudbury Senior Citizens, Inc.

Sing along with Mel Stiller

Monday, 9/15 10:00 AM—11:00 AM

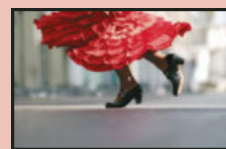
Mel has been playing piano and leading sing-alongs at parties, corporate events, public venues, and senior settings for more than 36 years. Song books will be distributed to participants with the lyrics to more than 500 standards, show tunes, and classic rock songs so you can make requests and sing along. **Registration is required.** *This event is sponsored by the Friends of the Sudbury Senior Citizens, Inc.

I love flamenco! Flamenco for Everybody with Eve Costarelli, of Always Be Dancing

Thursday, 09/25

2:00 PM—3:00 PM

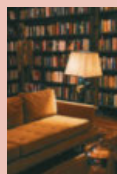
Eve will lead this interactive, highly engaging program that will get everyone dancing. Everyone will have a body-stretching, hand-clapping, foot-stomping good time. In this upbeat program, that is infused with the music and dance of flamenco, participants will absorb the dramatic postures and colorful flavor of flamenco. Participants will learn about duende, the heart of a flamenco dancer, how to use the body, the arms and hands and about the varied styles of flamenco and how to make rhythms with clapping and stamping the feet. This program is for all abilities. Participants can dance in their chairs or stand. Everybody is a participant. **Registration is required.**



BINGO!

Wednesdays, 09/10 & 09/24
Time: 2:00 PM—3:00 PM

BINGO is Back! Join us at the Sudbury Senior Center for our new BINGO program starting this September. \$1 per card to play and prizes for winners. **Space is limited and Registration is required.**



Leave a Book! Take a Book!

Drop-in daily 9:00AM—4:00 PM

Love to read? New this fall— Drop-in and explore our two bookshelves in the lounge. You're welcome to take a book to enjoy—or share the joy by donating gently used, clean books. Before donating, please call the front desk to check if we're currently accepting books. Kindly note, we cannot accept old or damaged books. Happy reading!



Our Loan Closet is Up and Running

Did you know about the Loan Closet? Our Loan Closet is an amazing resource for people with temporary equipment needs due to injury or surgery, or to people who find it hard to do certain things and could use a little support permanently. We carry wheelchairs, walkers, knee scooters, rollators, crutches, canes, shower chairs, toilet frames, bed rails, and incontinence supplies as well as other small items. We are currently seeking donations of **wheelchairs, shower transfer benches, rollators and walkers**. If you need something, or would like to donate something, **please call Sarah Green Vaswani at 978-639-3223**. The closet is open BY APPOINTMENT ONLY but requests can often be accommodated on the same day.



Medicare Open Enrollment October 15 – December 7

Changes to premiums, deductibles, co-pays, and drug coverage happen every year. SHINE counselors can help review your Medicare Prescription Drug or Advantage Plan to ensure you have the best coverage for 2026. **Call the Senior Center starting in October to book an appointment**—last year, spots filled by early November, so act quickly! Call (978) 443-3055 or email: senior@sudbury.ma.us and ask to speak with Jill Dube, our Assist. Director/ Outreach Coordinator.

Fuel Assistance - Starting October 1st



Opens October 1st 2025 and ends April 30th



If you have had fuel assistance previously, please be on the look out for the Southern Middlesex Opportunity Council's recertification application form in your mail. Jill Dube can help with recertification and new applications **starting October 1st**.

The Sudbury Food Pantry has moved!

**New location: 534 Boston Post Road,
Wayland MA.**

For additional information, contact the Food Pantry directly at: (978)443-7725 or email: info@sudburyfoodpantry.org

VAN TRIPS



Sudbury Connection Van Trip Trader Joe's in Framingham

Monday, September 8
Pick up time: 11:30 AM
Drop Off at: 12:00 PM
Return home: 1:00 PM



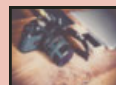
Market Basket Maynard (Digital Plaza)

Every Tuesday of the month
Pick up time from home: 10:00 AM
Drop Off: 10:30 AM
Return home: 11:30 PM

**Registered van riders, please contact the
MWRTA Reservation Center at 508-820-4650
two days in advance to schedule your ride.**

MONTHLY GROUP MEETINGS

Photography Group Tue., 09/16 10:30 AM– 12PM



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 to drop in.



Desi Chat & Chat Fri., 09/19 10:00—12:00 PM

A meet up of South Asian Americans to connect with each other. Enjoy some tea, conversations and camaraderie. Great way to meet your neighbors! All are welcome. We generally play a round of bingo at the end. If you would like to participate, please bring \$1 exact change. **Space is limited. To register, contact the Senior Center by Monday, September 15.**



Pathways Coffee Hour Wed., 09/10 2:00– 3:00PM

Our Pathways Coffee Hour warmly welcomes LGBTQIA+ older adults and allies to join us for a casual chat about this 'n' that. This is a drop-in session. Come in and enjoy some refreshments and socialize.

12 | SENIOR PROFILE



Volunteer: Viola Morse

Written by Sherry Fendell - Senior Center Volunteer

As a youngster, Viola was exposed to lots of different people and places. An international flavor permeated the first 5 1/2 years of her life; she lived in four countries prior to making her home in the U.S. English was her 5th language. She told me that she still has “pieces” of French, German, Hebrew and Spanish in her head. Her love for different kinds of people and languages remained a constant in her life.

As a refugee from Austria and Germany during WW2, Viola’s mother was recruited by the famous violinist Bronislaw Huberman, whose idea to create an orchestra of exiles saved hundreds of musicians who would otherwise have perished during WW2. The first conductor was Arturo Toscanini. The orchestra was on tour in the Middle East, where Viola’s parents met in Cairo, and she eventually was born. Her mother played the viola, and so loved her musical instrument, that when her daughter was born in 1946, she named her Viola! When Israel was in the process of becoming a state in 1948, Viola’s family had to leave Egypt. They settled in Holland for a year, then moved to Israel in 1949, but shortly after arriving there, when Viola was 3, her father passed away. Persuaded by family in the U.S. to re-home there, Viola’s family found no easy access to the U.S., and so had to stop over in Havana for a year before being granted entry into the U.S.

Throughout the interview, Viola emphasized the importance of education. Her mother would often say “Education comes first, always learn” and so Viola went to N.Y.U. to study education. Her first post-college job was working for the Lindsay administration which opened her eyes to a world beyond music.

Unfortunately, her mother died when Viola was 26. At that point she needed a change of scenery. A cousin from Boston convinced her to relocate, whereupon she learned to drive and began working for the New England Medical Center as a unit coordinator on the inpatient unit. She met her husband on her first interview and they worked together for 5 years. She LOVED her job, working together with the nurses, doctors and clinicians. Viola described having learned a great deal, even getting a chance to observe a surgery.

Viola’s thirst for knowledge, together with her drive to succeed, brought her back to school. This time she went to Suffolk University to earn her M.B.A. Later on, she became the Director of Marketing and Member Relations at the Harvard Community Health Plan.

Richard and Viola adopted 2 babies from Ecuador, Alex and Julie. One of several things that occupied her time after her children arrived from Ecuador was the development of her connections with people and issues related to “this wonderful country.” Two very special people that her husband and she met in the mid-nineties were American missionaries. In 2001, Viola created her own mission trips to Quito where she brought groups of travelers to help care for children at the city’s local orphanage, “For His Children”. The mission trips were part of a service ministry at the Wellesley Congregational Church.

An incredibly stimulating paid-work opportunity presented itself at Brandeis University. Viola became the Senior Director of Academic Affairs and Student Life. She worked with the students at Brandeis International Business School. She loved working with young people, in fact she received 2 awards there. The first was for “Outstanding Staff Member”, the second for being the “Coolest Non-Student”. Viola retired from her position when she was 72.

What does Viola like to do in her spare time? She adores classical music, having been raised with it. In the course of time, she added rock and roll and jazz to the mix. She enjoys reading, especially women’s historical fiction. And she loves to dance!

A question came to mind. “Would you enjoy sharing a meal with your clone”? I queried. “Sure, that would be interesting; I’d love to know what I don’t know about myself”! she answered. That was a wonderful answer from an intelligent, interesting and self-assured woman. I must say that I thoroughly enjoyed our conversation in the 90 minutes we spent together.

MONTHLY CLINICS & SUPPORT GROUPS

Stamp Club: Monday, 09/08	10:00 AM—11:00AM
Circle of Friends & Caregivers: Tuesday, 09/02	Offsite
Grief Support: Tuesday, 09/02	10:00 AM— 11:00AM
Pathways Coffee hour: Wed., 09/10	2:00 PM— 3:00 PM
Turn the Page Book Grp.: Wed., 09/17	1:00 PM—2:00 PM
Legal Clinic: 3rd Wed. of month, 09/17	By Appointment
Connection Circle: Thursdays	2:30 PM— 3:30 PM
<u>*see P.8 for meeting format: hybrid vs. Zoom</u>	
Low Vision Support: Thursday, 09/18	1:00 PM—2:00 PM
Hearing Clinic: Friday, 09/12	9:30 AM— 11:00 AM

DAILY & WEEKLY DROP-IN ACTIVITIES

Ping Pong & Pool Table: Daily	9:00 AM—3:30 PM
Coffee Social Hour: Daily	9:00 AM— 3:30 PM
Cornhole, Bocce, Horseshoes	9:00 AM— 3:30 PM
(Daily Outdoor games. Weather permitting)	
Bridge: Wednesdays	1:00 PM—3:30 PM
Blood Pressure Clinic: Thursdays	10:30 AM-11:30 PM
Game Central: Thursdays	12:30 PM-3:30 PM
Canasta: Thursdays	12:30 PM—3:30PM
The Knitty Gritty: Fridays	12:30 PM-3:30 PM
Drop-in Watercolor: Fridays	9/5, 9/12, 9/26
(Times: 11:30 AM and 1:45 PM)	

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: infoeref@springwell.com
 Domestic Violence Hotline: 1-800-799-SAFE (7233)
www.domesticviolenceroundtable.org
 Meals on Wheels (Springwell): 508-573-7246
 MetroWest Legal Services: 508-620-1830
 Suicide Prevention: 988
 Sudbury Housing Authority: 978-443-5112
 Sudbury Health Department: 978-440-5479

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

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Vice Chair: Patricia Tabloski
Secretary: TBD
Directors:
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 Anna Newberg
 Donald Sherman
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 Dr. Joel Bauman
 Mary Brauer
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	Marilyn Tromer
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For more information about the **Friends**, please visit <https://sudbryseniorcenter.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
- * 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.

FOOTCARE CLINIC

Coming in October – For Sudbury Residents Only!

Professional foot care by certified nurses from **Footcare Focus** specializing in preventative foot care and education for older adults & individuals with medical conditions that limit self-care. **Clinic fee is \$50 and registration is required.** No shows WILL be charged.

Services include:

- * Lower leg & foot assessments
- * Trimming and filing of thick toenails
- * Non-surgical treatment of calluses and corns
- * Gentle foot massage with natural oils
- * Foot care education

Ideal for: Individuals with diabetes, neuropathy, arthritis, or mobility challenges who have difficulty caring for their feet.

SPECIAL THANKS TO:



We would like to extend a special “Thank you!” to the **Friends of the Sudbury Senior Citizens, Inc.**, for their continued support & funding of many of our programs. Their support ensures that we are able to continue providing our community with quality educational & entertaining programs.

DISCLAIMERS: 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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