



The SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

OCTOBER 2025



Official Start of "Spooky Season"



Photo by: Palig Garabedian

OCTOBER REGISTRATIONS:

Sudbury residents Wed., 10/01

Non-residents Thu., 10/02

To register for any of our
activities and/or events,
contact the Sudbury Senior
Center at

(978)443-3055 or email:
senior@sudbury.ma.us

OCTOBER CLOSURES:

Monday, October 13
In observance of
Indigenous Peoples'
Day

Sudbury Senior Center Sick Policy Reminder

If you're feeling unwell, please stay
home and avoid visiting the Senior
Center. Many in our community are
more vulnerable to illness, and we
want to keep everyone safe. Your
consideration is greatly appreciated.
~ Senior Center Staff

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2 | WELCOME OCTOBER

As the cool, fresh air rolls in and the vibrant colors of a New England fall surround us, it's the perfect time to get out, connect with others, and enjoy everything the season has to offer—before the colder weather encourages us to stay indoors.

This month, we're excited to launch several new and returning programs. We're beginning our *Celebrating Cultures Through Cuisine* series, exploring a different culture each month through food. October features Southeast Asian culture as we celebrate Diwali—come experience the flavors and traditions.

We're also introducing a *NEW footcare clinic* (open to Sudbury residents only) focused on preventative care. There is a \$50 fee for the clinic and appointments are limited—see page 14 for more detail.

If you enjoy hands-on activities, join us for a fall-themed *Succulent Pumpkin Craft* or try an *Indoor Gardening* class. For those who love to learn, we have a *Fire Safety Lunch & Learn*, a *breakfast talk on memory loss and "senior moments"*, and a *Book Talk with author Suzanne Parry*. Don't forget about our iPhone clinics too!

Do you know all of Sudbury's transportation options? Join us for our *Transportation Fair*, where we'll discuss changes and offer a hands-on session on how to book a ride.

We're also offering a *Balance Assessment Clinic*, plus an important discussion on *Navigating Long-Term Care* and planning ahead for health-related changes.

And of course, we haven't forgotten the fun—*Ukulele classes*, *Bingo*, and *Cornhole* are happening all month long. Our Ping Pong and Pool tables are also open all day. Come learn to play pool and cornhole with experienced players who'll teach you the basics or help improve your game.

A quick update on the Sudbury Senior Center kitchen: When I arrived in April, the kitchen was incomplete and lacked major functional equipment. I'm happy to report that the equipment has arrived and is now in place. We're moving forward with the permitting process to allow for on-site meals—stay tuned for updates. Interested in volunteering in the kitchen? Call or send me a message.

Finally, don't forget to stop by on *Halloween in costume*—we'll have a special trick or treat waiting for you. We hope you'll join us for a month full of learning, connection, creativity, and fun. Let's make the most of this beautiful season together. 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.



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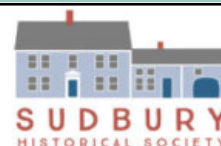
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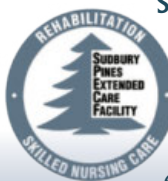
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THE GREAT COURSES DVD SERIES

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



This October, **Matinee Mondays** features a thrilling tribute to the **master of suspense himself—Alfred Hitchcock**. Join us each Monday afternoon for a curated selection of his **timeless classics** that will entertain, thrill, and keep you on the edge of your seat from start to finish. With unforgettable twists, iconic performances, and Hitchcock's signature style, these suspenseful films are not to be missed. Make plans to meet up with friends at the Senior Center, grab a bag of fresh popped popcorn and enjoy the show!

Monday 10/6**The Birds (1963)****Rated PG-13****1hr 59min****Start Time: 1:00 PM**

The film follows a series of unexplained and increasingly violent bird attacks on the residents of a small California coastal town. As fear spreads and chaos ensues, the characters struggle to survive and uncover the mystery behind the birds' sudden aggression. A classic of horror cinema, *The Birds* is known for its eerie atmosphere, pioneering special effects, and psychological tension. Starring Rod Taylor, Jessica Tandy, Suzanne Pleshette, Tippi Hedren, and Veronica Cartwright.

Monday 10/20**Vertigo (1958)****Rated PG****2hrs 9min****Start Time: 1:00 PM**

A former San Francisco police detective juggles wrestling with his personal demons and becoming obsessed with the hauntingly beautiful woman he has been hired to trail, who may be deeply disturbed. The film explores themes of psychological manipulation and obsession, and features James Stewart, Kim Novak, and Barbara Del Geddes.

Monday 10/27**Psycho (1960)****Rated R****1hr 49 min****Start Time: 1:00 PM**

Phoenix secretary Marion Crane, on the lam after stealing \$40,000 from her employer in order to run away with her boyfriend Sam Loomis, is overcome by exhaustion during a heavy rainstorm. Traveling on the back roads to avoid the police, she stops for the night at the ramshackle Bates Motel and meets the polite but highly strung proprietor Norman Bates, a young man with an interest in taxidermy and a difficult relationship with his mother. Starring Anthony Perkins, Janet Leigh, and John Gavin.

Fun Fact: English film director Alfred Hitchcock made cameo appearances in 40 of his films. They began during production of *The Lodger: A Story of the London Fog* when an actor failed to show up and the director filled in for him.

4 | TECHNOLOGY/NEW CLINIC

IPHONE & IPAD CLASSES— REGISTRATION REQUIRED

Staying in Touch

Date: Tuesday, 10/7

Time: 2:00 PM — 3:00 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, 10/14

Time: 2:00 PM — 3:00 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.

Finding Books/Building Your Digital Library

Date: Tuesday, 10/21

Time: 2:00 PM — 3:00 PM

In this class, we learn to use the Books app on iPhone and iPad to find books and read them on our devices. We explore different titles, find free books, and make text easy to read on smaller screens.

Taking and Organizing Photos

Date: Tuesday, 10/28

Time: 2:00 PM — 3:00 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.

Small Group Discussion

Dates: Fridays, 10/10 and 10/24

Time: 2:00 PM — 3:00 PM

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

ADDITIONAL TECH WORKSHOP

Senior U: How to use Artificial Intelligence (AI) and ChatGPT

Wednesday, 10/29

Time: 1:00 PM — 2:00 PM

Come learn how AI tools can help with planning, learning, hobbies, and entertainment. **Class size is limited to 20 participants and registration is required.**

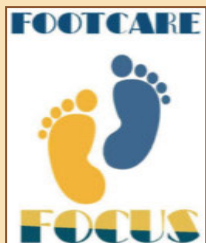
***This workshop is sponsored by the Friends of the Sudbury Senior Citizens Group, Inc.**



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 October from 9:30 AM to 11:00 AM. This is a drop-in session. **No registration is required.**

*** MONTHLY FOOTCARE CLINIC ***



Monthly Footcare Clinic

Date: Monday, 10/27

Time: 9:00 AM — 1:00 PM

NEW!!!

**OPEN TO 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.

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 and Foot care education. **Limited appointment time slots are available. Session length is 20 minutes. PLEASE NOTE: Clinic fee is \$50 and registration is required.**

No shows will be charged for missed session. Please remove all toe nail polish before appointment.

Please arrive on time. CLINIC IS FOR SUDBURY RESIDENTS ONLY.

FIT FOR THE FUTURE - Drop In

Mon., Wed., & Fri. | 11:00 AM — 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 & 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. ***NO CLASS ON 10/13***



ZUMBA GOLD

Tuesdays | 9:30 AM — 10:25 AM

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

OR

Thursdays | 1:30 PM — 2:30 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 18 participants/class

OR

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

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

Limit 18 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 are 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 | TRIPS



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.**

December 5, 2025 (Friday) - Salem Cross Inn luncheon and Bright Night show. Come and enjoy a delicious luncheon out in West Brookfield. Stop at Yankee Candle for a bit of shopping, then go on to the Bright Nights where you will experience many lighted winter and holiday displays during a 2.5-mile ride from the comfort of the bus. \$129.00 (Royal Tours).

February 7th- 15th 2026 — Eastern Caribbean Cruise-Escape the winter blues- round trip transfer from Boston / Logan airport. 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 are at the Senior Center for pricing & other details. Price increases are expected so book early!

Canyon Country — April 10-17, 2026 — Grand Canyon, Zion National Park, Bryce Canyon, Lake Powell and lastly Las Vegas. Early bookings (Double) starting at \$3,699(Collette Tours). For more details see the flyers at the Senior Center.

The Tall Ships will be coming to Boston July 2026. Look for the flyers at the Senior Center in January. This trip is expected to sell out quickly.

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Succulent Pumpkins and the History of Pumpkin Décor— Mass Horticultural Society Wednesday, 10/15 1:00 PM– 2:00PM

For this project we will be using pumpkins, various succulents, moss, and a glue gun. No soil or pumpkin carving knives necessary. We will learn which is the best type of pumpkin to use, how to select and prepare succulent plant cuttings, and the best (and easiest) way to assemble your masterpiece. We will learn about the long and winding history of seasonal pumpkin décor like Jack-O-Lanterns. **Registration is required and class size is limited to 15.**

Sudbury residents may start registering on Wed., Oct 01 & non-residents starting on Thu., Oct 02.

*** This workshop is sponsored by The Friends of the Sudbury Senior Citizens Group, Inc.**



Indoor Gardening Wizardry by Therapy Gardens

Friday, 10/24 11:00 AM — 12:00 PM

Grow flowers, herbs, or veggies indoors with the right lighting, soil, and tools. Includes optional microgreen kits for participants. A great workshop to incorporate into your healthy eating lifestyle. **This workshop is free but registration is required. Class size is limited to 20.**

***This workshop is sponsored by the Friends of the Sudbury Senior Citizens Group, Inc.**

A Taste of Sudbury: Celebrating Cultures Through Cuisine

Tuesday, 10/28 Time: 12:00 PM— 1:30 PM



Food has a unique way of bringing people together, creating connections, and celebrating traditions. *A Taste of Sudbury: Celebrating Cultures Through Cuisine* is a **new monthly program** at the Senior Center where community and culture meet at the table. Each month, we'll explore a different culture through its flavors — sometimes with a shared meal, other times with small bites or appetizers — offering a “taste” of the traditions that make each community unique. Join us to mix, mingle, meet your neighbors, and enjoy the rich diversity that makes Sudbury feel like home. **This month we spotlight Sudbury's Southeast Asian community as they celebrate DIWALI. Food catered by: Masala Art in Needham. Event fee: \$5.00 at the door. Space is LIMITED and registration is required. Sudbury residents may register starting on Wed., 10/01 and non-residents starting on Monday, 10/06. The deadline to register for ALL is 10/17.**

***This event is partially sponsored by The Friends of the Sudbury Senior Citizens Group, Inc.**

ART WORKSHOP

DROP-IN ART SESSIONS

Exploring Textures Workshop with Angela Ackerman

Friday, 10/17 11:30 AM — 1:30 PM
OR 1:45 PM — 3:30 PM



We will be using bubble wrap, salt, stencils, dried flower petals, ferns, leaves, and herbs to create amazing textured watercolors using a fall palette. Please bring in some of the items listed above as well as an experimental mindset for this workshop. All levels are welcome. **Class fee is \$15.00 and registration is required.**

Drop-In Water Color

Fridays: 10/3, 10/10, 10/24, 10/31

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. This is **NOT** an instructor led session.

8| OCTOBER CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
EVENT COLORS: GREEN—Hybrid PURPLE—Off Site BLUE— Zoom RED— Special BLACK— Regular	Registration starts: Sudbury residents Wednesday, 10/1 Non-residents Thursday, 10/2	1 9:30 Industrial Rev. 10:00 LW Art Class 11:00 Fit for the Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living	2 9:15 Tap 9:15 Chair Yoga 10:00 Current Events 10:30 BP Clinic. 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 1:30 Zumba Gold 2:30 Conn.Cir: CANCELED	3 9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop-In Waterclr. 12:30 Knitty Gritty 1:45 Drop-In Waterclr.
10:00 Art Across Ages 6 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 2:30 Tai Chi 3:30 COA Meeting	9:30 Greatest Orch. 7 9:30 Zumba Gold 10:00 Grief Support 11:00 Strength & Bal. 1:00 Drums Alive 1:00 Acting Out Theater 2:00 iPhone Clinic 2:00 Caregivers Group	9:30 Industrial Rev. 8 10:00 LW Art Class 11:00 Fit for the Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Bingo! 2:00 Pathways Coffee Hr	9:15 Chair Yoga 9 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 1:00 Cornhole with Paul 1:30 Zumba Gold 2:30 Connection Circle	9:15 Mat Yoga 10 10:15 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for the Future 11:30 Drop-in waterclr. 12:30 Knitty Gritty 1:00 Balance Assessmt. 1:45 Drop-In Waterclr. 2:00 iPhone small wrk. 2:00 Intermed. Ukulele
13 THE SENIOR CENTER IS CLOSED IN OBSERVANCE OF INDIGENOUS PEOPLES' DAY	9:30 Greatest Orch. 14 9:30 Zumba Gold 11:00 Strength & Bal. 1:00 Drums Alive 1:00 Acting Out Theater 2:00 iPhone Clinic	9:30 Industrial Rev. 15 10:00 LW Art Class 11:00 Fit for the Future 11:00 LWV Voter Reg. 12:00 Spoonfulls 12:00 L&L Fire Safety 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 1:00 Succulent Pumpkins 1:00 Legal Clinic Appts. 1:00 Turn the Page	9:15 Tap 16 9:15 Chair Yoga 10:30 BP clinic 10:00 Current Events 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 1:30 Zumba Gold 1:00 Transportation Fair 1:00 Low Vision 2:30 Connection Circle	9:15 Mat Yoga 17 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Exploring Textures 12:30 Knitty Gritty 1:45 Exploring Textures 2:00 Intermed. Ukulele
10:00 Art Across Ages 20 10:00 Cribbage 10:00 Stamp Club 10:00 Learn to play pool 11:00 Fit for the Future 11:30 Van: Trader Joe's 12:30 MahJong 1:00 Matinee Monday 2:30 Tai Chi	9:30 Greatest Orch. 21 9:30 Zumba Gold 10:00 Aging/Mem. Loss 10:30 Photography Grp. 11:00 Strength & Bal. 1:00 Drums Alive 1:00 Acting Out Theater 2:00 iPhone Clinic	9:30 Industrial Rev. 22 10:00 LW Art class 11:00 Fit for the Future 12:00 Spoonfulls 12:30 National Pumpkin Day with Jill 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Bingo!	9:15 Tap 23 9:15 Chair Yoga 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 1:00 Friends Meeting 1:30 Zumba Gold 2:00 LTC Talk (Pt.1) 2:30 Connection Circle	9:15 Mat Yoga 24 10:15 Chair Yoga 10:00 Desi Chai & Chat 11:00 Fit for the Future 11:00 Indoor Gardening 11:30 Drop-in waterclr. 12:30 Knitty Gritty 1:45 Drop-In Waterclr. 2:00 iPhone small wrk. 2:00 Intermed. Ukulele
9:00 Footcare Clinic 27 10:00 Art Across Ages 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 2:30 Tai Chi	9:30 Greatest Orch. 28 9:30 Zumba Gold 11:00 Strength & Bal. 12:00 Taste of Sudbury 1:00 Drums Alive 1:00 Acting Out Theater 2:00 iPhone Clinic	9:30 Industrial Rev. 29 10:00 LW Art class 11:00 Fit for the Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 AI & ChatGPT 1:00 Mindful Living 2:00 LTC Talk (Pt.2)	9:15 Tap 30 9:15 Chair Yoga 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 1:00 Friends Meeting 1:30 Zumba Gold 1:00 Book Talk 2:30 Connection Circle	9:15 Mat Yoga 31 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop-in waterclr. 12:30 Knitty Gritty 1:45 Drop-In Waterclr. 12:00 Spooky Pizza Lunch



Find us on Facebook. Visit our page: Sudbury Senior Center. Like, Follow and Share

Fire Safety with Sudbury Fire Dept. Lunch and Learn



Date: Wednesday, 10/15

Time: 12:00 PM Talk: 12:30 PM — 1:30 PM

In honor of Fire Safety Month, join us for a special Lunch & Learn with Captain Alex Gardner of the Sudbury Fire Department. Captain Gardner will share important fire safety tips geared toward older adults and answer your questions. ***Lunch is generously sponsored by Oak Knoll Rehab and Healthcare Center in Framingham.**

Don't miss this informative and delicious event.

Registration is required and the deadline to register is October 7th.

Normal Aging vs Memory Loss – Breakfast and Learn Event

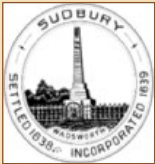


Tuesday, 10/21 10:00 AM – 11:00 AM

“Senior moments” are a completely normal part of getting older, and for many, they are nothing to be overly concerned about. Major memory loss, however, is not a normal part of the aging process. So, when is forgetfulness something more? Join an insightful presentation by **Bridges by EPOCH** where you will be treated for a light breakfast treat, and where the panel will identify normal, age-related changes in memory versus dementia. They'll help you understand the difference better and when it may be time for a screening. **Registration is required.**

Deadline to register is 10/16.

TRANSPORTATION FAIR



**Transportation Fair: Sponsored by
The Sudbury Transportation Committee**

Thursday, 10/16 1:00 PM — 3:00 PM

Discover the many transportation options available in our community.

Drop-in session and open to all. Learn about local services and get help with applications. For further questions, call (978) 443-3055 and ask to speak with our Assist. Director/Outreach Coordinator, Jill Dube.

NATIONAL PUMPKIN DAY

**Celebrate National Pumpkin
Day with Jill Dube**



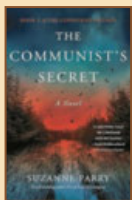
Thursday, 10/22

12:30 PM — 1:30 PM

Join us for an informal yet festive gathering in our café area for full of pumpkin fun, and autumn-inspired activities.

Registration is required.

Book Talk: The Communist's Secret with author: Suzanne Parry



Date: Thursday, 10/30

Time: 1:00 PM — 2:00 PM

Blinded by devotion to the Communist Party, self-centered Katya Karavayeva breaks the cardinal rule of Soviet life: never say anything that can be used against you. As Nazi Germany invades and the Soviet Union mobilizes, Katya joins a volunteer militia in hopes of redemption—only to find herself under attack within weeks.

Join us for a compelling book talk with former Pentagon official and award-winning author Suzanne Parry as she discusses *The Communist's Secret*, the second installment of *The Leningrad Trilogy*. Suzanne, author of *Lost Souls of Leningrad*, holds degrees from Princeton and Purdue and studied Russian in Moscow. **Registration is required.**

OCTOBER OBSERVANCES & CELEBRATIONS



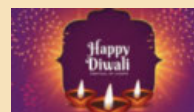
YOM KIPPUR

OCTOBER 1— OCTOBER 2

Yom Kippur is considered the most important and solemn holiday in the Jewish faith, a day dedicated to atonement and spiritual cleansing. We wish a meaningful day to all those who observe it.

DIWALI

OCTOBER 21



One of the most anticipated and cherished festivals, celebrated annually by Hindus in India and overseas. Also called the “Festival of Lights”, Diwali is recognized as the festival of joy, happiness, and prosperity. Happy Diwali!

LGBTQ+ HISTORY MONTH



Founded in 1994 by Missouri High School teacher Rodney Wilson, LGBTQ+ History Month is the observance of lesbian, gay, bisexual, transgender & queer history and the related civil right movements.

10| EVENTS (CONT'D.)/LTC TALKS



Intermediate Ukulele Classes with Julie Stepanek

Friday 10/10, 10/17, 10/24 Time: 2:00 PM –3:00 PM

Continue your ukulele adventure with Julie in October. After a quick review and Q&A, the class will jump to playing songs and working on strum patterns. Focusing on 2-4 chord songs in the key of C, this class is perfect for those who took September's class or who have a basic understanding of ukulele. **Registration is required. Class limit 25.**

***This program is made possible through the generous sponsorship of the Friends of the Sudbury Senior Citizens, Inc.**

Cornhole with COA Chair Paul Marotta

Thursday 10/9

Time: 1:00 PM - 2:00 PM



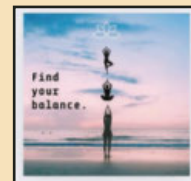
Join COA Chair Paul Marotta for a fun introduction to the game of cornhole. Bring a positive attitude, and get ready to laugh, learn and enjoy some friendly competition with your fellow seniors. **Registration is required.**

Balance Assessments with Aditi Chandra

Friday, 10/10

Time: 1:00 PM — 3:00 PM

Concerned about your balance? Help prevent a fall. Aditi Chandra, DPT, Co-Owner of Longfellow Holistic Health Center, will offer 10-minute individual Balance Assessments at the Senior Center. **Space is limited**



BINGO!

Wed., 10/8 & 10/22

Time: 2:00 PM —3:00 PM

BINGO is back so join us. The more people who come, the more games we can play and the more money you can win. Bring a friend! \$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

Time: 9:00AM— 4:00 PM

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.

LONG TERM CARE—5 PART SERIES TALK (FUTURE SERIES COMING)

Long Term Care- 5 Part Presentation (LTC Talks)

Presentation Part 1: Thursday, 10/23

Time: 2:00 PM – 3:00 PM

Presentation Part 2: Wednesday, 10/29

Time: 2:00 PM — 3:00 PM

Speakers: Bob May and Bob Lieberman are long time residents of Sudbury who have bravely offered to tell their story of how the onset of serious illness adversely affected the lives of their families in multiple ways.

Speaker: Walter T. Burke, Esq was in private practice for over forty years specializing in Elder Law, Trusts and Estates and Business. He is past chair of the New York State Bar Association Elder Law Section (3,000 members) and past chair of the American Bar Association Senior Lawyers Section (16,000 members).

The program will address the many reasons people find it so difficult to think about and plan for the possible need for long term care. It will dispel the many misunderstandings about this topic and offer concrete options that families can use to approach this challenge.

The second program in this five part series will review the role of government programs, such as Medicare and Medicaid, as well as private insurance. It will outline the many rules and options involved with paying for the high cost of long term care. Speakers for this program will be an expert in government programs and an experienced Elder Law attorney.

Light Refreshments will be offered. **Registration is required.**

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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The Loan Closet; Beyond Wheelchairs and Walkers

When you think of our Medical Equipment Loan Closet, you probably imagine wheelchairs and walkers, and you would be right, but we have lots of different items, including ones you might not think of. We currently have a large inventory of adult incontinence supplies, protein shakes, and smaller items you might not even know exist like oxygen tubing, adaptive silverware for people with grip difficulties, wheelchair cushions, a baby monitor, long-handled shoehorns, and even a leg lifter! Before you buy something, call the Senior Center and see if we have it. You just never know. Our Medical Equipment Loan Closet is open **BY APPOINTMENT ONLY** but requests can often be accommodated on the same day. Call Sarah at (978) 639-3223 or email: greenvaswanis@sudbury.ma.us

Your Phone Buddy is Waiting for You!



As we say goodbye to summer and sunshine, and into the shorter, darker days of fall and winter, it's easy to isolate ourselves and fall into isolation. Loneliness and social isolation can lead to an increase in the risk of physical and mental health problems including heart disease, dementia, and depression. At the Senior Center, we have programs to reduce isolation, even among people who are unable to leave home.

Phone Buddies are volunteers who make weekly phone calls to homebound seniors. They form warm, long-term bonds which can help both the senior and the volunteer thrive. If you would like a Phone Buddy one is waiting for you! Call Sarah Green Vaswani at 978-639-3223 to learn more about it.

From Our Volunteer Coordinator

At the Sudbury Senior Center, we have over 150 volunteers who really make our programs come alive. They are Fix-it helpers, Phone Buddies, Greeters, Tech Helpers, and much more. When asked, they say that volunteering gives them a sense of purpose and helps them stay active and engaged in our community in ways that staying home alone does not. If you're looking for a greater sense of purpose, give me a call and we will find something that fits your talent and ability. ~Sarah



VAN TRIPS



Sudbury Connection Van Trip Trader Joe's in Framingham

Monday, October 20
Pick up time: 11:30 AM
Drop Off at: 12:00 PM
Return home: 1:00 PM



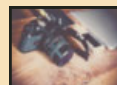
Market Basket Maynard (Digital Plaza)

Every Tuesday of the month
Pick up time from home: 10:00 AM
Drop Off: 10:30 AM at Market Basket
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., 10/21 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 Chai & Chat Fri., 10/24 10:00 AM - 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 10/16.

Pathways Coffee Hour Wed., 10/8 2:00 PM — 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 | OUTREACH/LWV VOTER REG.

Fuel Assistance - Starting October 1st Opens October 1st 2025 and ends April 30th

The Fuel Assistance Program is an energy assistance program that can help you pay for heating costs during the heating season, between November 1st and April 30th of each year. To see if you qualify, check the income eligibility chart listed. If you have questions, call the Senior Center at (978) 443-3055 and ask to speak with Jill Dube, Asst. Director/Outreach Coordinator. 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.



Medicare Open Enrollment OCT. 15 – DEC.17

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 Asst. Director/Outreach Coordinator.

Fiscal Year 2026

Home Energy Assistance Program (HEAP) Income Eligibility and Income levels

Number of People in Household	60% of Estimated State Median Income
1	\$51,777
2	\$67,709
3	\$83,641
4	\$99,573

Do you know a caregiver who could use a little boost during the long winter months?



From October to March, the Dementia Friendly Group and the Sudbury Senior Center give out special gift bags to local caregivers. Each bag has fun, themed items, along with helpful tips and resources for caregivers. If you or someone you know could benefit, contact Jill Dube, Assistant Director/Outreach Coordinator, to make a referral. Call 978-443-3055 or email: senior@sudbury.ma.us

LEAGUE OF WOMEN VOTERS — SPECIAL EVENT

Voter Registration at Sudbury Senior Center
Tuesday, October 15 11:00 AM - 2:00 PM



Join us for a special Voter Registration and Voter Information event. Volunteers from The League of Women Voters of Sudbury will be on hand and available to help you:

- * Register to vote or update your voter information
- * Apply to vote by mail – convenient and secure
- * Answer questions about voting accessibility

Stop by anytime between 11 AM and 2 PM, no appointment needed. Can't make it in person? Visit VoteInMA.com.

SUDBURY FOOD PANTRY

**The Sudbury Food Pantry
has moved!**



New location:

534 Boston Post Rd., Wayland MA 01778

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

HAPPY HALLOWEEN!

SPOOKY HALLOWEEN PIZZA LUNCHEON

FRIDAY, 10/31

12:00 PM – 2:00 PM



JOIN US FOR A FRIGHTFULLY FUN PIZZA LUNCHEON ON HALLOWEEN, PACKED WITH SPOOKY TRICKS, TASTY TREATS, AND A WHOLE LOT OF HAUNTINGLY GOOD TIMES! DON YOUR BEST COSTUME FOR A CHANCE TO WIN A GIFT CERTIFICATE, BUT BEWARE— ONLY THE MOST CREATIVE WILL CLAIM THE PRIZE! ***SPACE IS LIMITED AND REGISTRATION IS REQUIRED, SO RESERVE YOUR SPOT... IF YOU DARE!***

MONTHLY CLINICS & SUPPORT GROUPS

Stamp Club: Monday, 10/20	10:00 AM—11:00AM
Circle of Friends & Caregivers: Tuesday, 10/7	Offsite
Grief Support: Tuesday, 10/7	10:00 AM— 11:00AM
Pathways Coffee hour: Wed., 10/8	2:00 PM— 3:00 PM
Turn the Page Book Grp.: Wed., 10/15	1:00 PM—2:00 PM
Legal Clinic: 3rd Wed. of month, 10/15	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, 10/16	1:00 PM—2:00 PM
Hearing Clinic: Friday, 10/10	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 10/3, 10/10, 10/24,10/31	(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

Chair: Paul Marotta
Vice Chair: Patricia Tabloski
Secretary: Mary McLaughlin
Directors:
 State Rep. Carmine Gentile
 Anna Newberg
 Donald Sherman
 Jane Keilty
 Dr. Joel Bauman
 Mary Brauer

FRIENDS OF SUDBURY SENIORS

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Vice President: Joseph Bausk	Donald Oasis
Treasurer: Janet Derby	Deanna Sklenak
Secretary : Joanne Bennett	Steve Cebra
	Marilyn Tromer
	Judy Honens

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
- * To promote and support any other programs which are designed to assist older adults in the community.

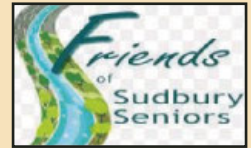
The Friends of Sudbury Senior Citizens, Inc., is a 501C non-profit organization that supports the Sudbury Senior Center through volunteering and fundraising.

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.

14 | FOOD DRIVE/POOL TABLE

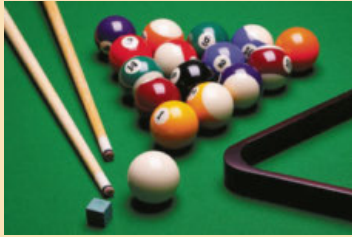
October Food Drive for the Sudbury Food Pantry

As the holiday season approaches, the Sudbury Senior Center will be collecting donations for the **Sudbury Food Pantry** throughout October. We welcome **non-perishable, non-damaged, and non-expired canned or boxed goods**. All items collected will be delivered to the Food Pantry in early November to help support our community during the holidays. Please look for the donation bin inside the Sudbury Senior Center, and give what you can. **Your generosity makes a difference—thank you!**



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.



Come Learn to Play Pool

Monday 10/20 10:00 AM — 2:00 pm

Looking for a fun new hobby or a little challenge? Come learn to play pool with help from some of our experienced players. They’ll be available on **Monday, 10/20 between 10:00 AM and 1:00 PM** to share tips,

explain the rules, and play a few friendly games. **Our new pool table is open daily from 9:30 AM to 3:30 PM, so you can keep practicing what you’ve learned.** Whether you’re a beginner or brushing up, it’s a great way to meet others and enjoy a little friendly competition.

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