



The SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

DECEMBER 2025



- ♦ To register for any of our programs, please call the Sudbury Senior Center at (978) 443-3055 or email: senior@sudbury.ma.us
- ♦ All payments must be received before the start of the program.
- ♦ We accept cash or checks made payable to The Town of Sudbury, unless otherwise noted in event description.
- ♦ Please submit a separate check for each program.

DECEMBER CLOSURES

Dec. 24 Senior Center will be closing at 12:00PM
Dec. 25 CLOSED Christmas
Dec. 26 CLOSED Day After Christmas

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

WHAT'S INSIDE	PAGE
Welcome December	2
Academics/Matinee Mondays	3
Technology/Footcare Clinic	4
Fitness	5
Trips	6
Workshops, Clinics & More	7
December Calendar	8
Talks, Arts & Celebrations	9
Luncheon & LSCO Concert	10
Volunteer News	11
Outreach/Toys for Tots Collection	12
Additional Resources	13
Winter Weather/Snow Policy	14

2 | WELCOME DECEMBER

Warm Holiday Reflections

As we approach the end of another year, I find myself reflecting on all the moments, joyful and challenging, that have shaped our community. Each of us carries memories from the past twelve months: celebrations and connection, laughter and learning, as well as times of loss, transition, or uncertainty. Whatever this year brought your way, please remember that you are not alone. We are here to support you, and we walk this path together.

This season also reminds me how deeply grateful I am for the people who bring this Center to life. Our dedicated team—Jill, Palig, Sarah, Chery; our front desk staff, Mary, Cindy, and Jo-Ann; and our wonderful van drivers, Paul, Linda, and Danielle—show up each day with compassion, professionalism, and heart. Their commitment helps ensure that everyone who enters this building feels welcomed, respected, and cared for.

I am equally thankful for our incredible volunteers—those who greet visitors, support the front desk, help with administrative tasks, assist at events, offer SHINE counseling, tax work off, serve on the COA Board, serve on the Friends of the Sudbury Senior Citizens board, and so many others who quietly give their time and talents. Your generosity is woven into every experience here, and this Center would not be the same without you.

Together, we continue to build a place filled with warmth, peace, and connection—a home for learning, exercising, socializing, discovering new interests, and simply enjoying the company of others. While our accomplishments this year can be measured in numbers, it's the conversations, the friendships, and the sense of belonging that truly define who we are. As we look toward the new year, I'm excited to continue growing alongside this amazing team and to get to know even more of you. I feel genuinely blessed to be part of something so meaningful and special.

And as we step into a fresh year, I would love to hear from you. What programs or activities would you like to see at *your* Senior Center? Do you have a skill or passion you'd like to share? Is there something new you're eager to learn? Are there movies you'd enjoy during our matinees? Workshops, speakers, classes, crafts, fitness, discussion groups—anything you can imagine is welcome.

This is *your* Center, and we want it to reflect the interests and voices of the people who fill it. Please reach out, share your ideas, and let us know how we can continue to improve and grow. Feeling truly blessed as we wrap up this year and step into the new year—together.

Stay Healthy and Be well!

~ Nickole

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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**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.

REGISTRATION REMINDER

All programs and events require registration unless otherwise noted in specific event description.

To register for any of our programs, please call (978) 443-3055 or email senior@sudbury.ma.us

All payments must be received prior to program start date.

We accept cash or checks made payable to Town of Sudbury unless otherwise noted in newsletter.

Please submit a separate check for each program.

MATINEE MONDAYS

Monday, Dec. 8**Elf (2003)****Rated: PG****1:00 PM— 3:00 PM****1hr 37min**

Raised as an oversized elf, Buddy travels from the North Pole to New York City to meet his biological father, Walter Hobbs, who doesn't know he exists and is in desperate need of some Christmas spirit.

Monday, Dec. 15**8 Crazy Nights (2002)****Rated: PG-13****1:00 PM— 3:00 PM****1hr 36 min**

Davey Stone, an alcoholic with a criminal record, is sentenced to community service under the supervision of an elderly referee. Davey is then faced with trying to reform and abandon his bad habits.

Monday, Dec. 22**A Charlie Brown Christmas and How the Grinch Stole Christmas****1:00 PM— 3:00 PM**

Matinee Monday brings the holiday cheer with *A Charlie Brown Christmas* and *How the Grinch Stole Christmas*. Come enjoy these timeless favorites.

Monday, Dec. 29**The Holiday (2006)****Rated: PG-13****1:00 PM—3:00 PM****2hr 12 min**

Amanda lives in LA and is a movie trailer editor. Iris lives in Surrey and is a journalist. The two decide to swap houses for two weeks at Christmas - both trying to forget their troubled love lives, until love finds them anyways.

Grab a friend or two, register, and come in to view one or all of our movies featured this month. What better way to spend cold Monday afternoons than with friends and some fresh popped popcorn! * NO MATINEE MONDAY ON 12/01

4 | TECHNOLOGY/FOOTCARE CLINIC

IPHONE & IPAD CLASSES— REGISTRATION REQUIRED

Apple Watch for Beginners

Tuesday, December 9

2:00 PM — 3:00 PM

This class covers the Apple Watch's hardware—speakers, screen, and buttons—and the basics of navigating its apps for messaging, calls, and other key functions.

Taking and Editing Videos

Tuesday, December 16

2:00 PM — 3:00 PM

Learn to use the camera app to record videos, adjust video quality settings, explore different video types, and edit your clips in Photos.

ADDITIONAL TECH WORKSHOP

Senior U: CRYPTO Made Clear

Wednesday, December 10

Time: 10:00 AM — 11:00 AM

Cut through the hype and confusion around cryptocurrency, digital wallets, and blockchain. This clear, practical session explains how digital money works, what's changing in finance, and what older adults should know to stay informed and secure. Perfect for anyone curious about the future of money—no tech background required.

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



Hanukkah, The Eight Day Festival of Lights, begins at sundown on Sunday, December 14, and continues through Monday, December 22, 2025.

The first candle is lit on the Chanukiah (menorah) on the first night of Hanukkah.
Happy Hanukkah!

*** MONTHLY FOOTCARE CLINIC ***



Monthly Footcare Clinic

Date: Monday, 12/15

Time: 9:00 AM — 1:00 PM

**OPEN TO SUDBURY
RESIDENTS ONLY**

Professional footcare by certified nurses from **Footcare Focus** specializing in preventative footcare and education for older adults & individuals with medical conditions that limit self-care. Services include: Lower leg and foot assessments, trimming and filing of thick toenails, non-surgical treatment of calluses and corns, gentle foot massage with natural oils and Footcare education. **Limited appointment time slots are available. Session length is 30 minutes. Clinic fee is \$50 and registration is required. Cash or checks ONLY. Please make checks payable to: Footcare Focus. 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. Class is safe for beginners. **Space is Limited.**

T'AI CHI

Mondays | 2:30 PM — 3:30 PM

Nov. 17 — Dec. 22 (6 wks.) **Fee: \$36.00**

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

Nov. 25 — Dec. 16 (4 wks.) **Fee: \$24.00**

OR

Thursdays | 1:00 PM — 2:00 PM

Nov. 20 — Dec. 18 (4 wks.) **Fee: \$24.00**

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

Nov. 19 — Dec. 17 (4 wks.) **Fee: \$20.00**

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

Nov. 20 — Dec. 18 (4 weeks) **Fee: \$24.00**

Join our fun tap dancing class. Instructor Susan Craver has been teaching fitness classes for over 28 years. All levels are welcome.

STRENGTH & BALANCE

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

Nov. 18 — Dec. 23 (6 wks.) **Fee: \$36.00**

OR

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

Nov. 20 — Dec. 18 (4 wks.) **Fee: \$24.00**

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 | 1:30 PM — 2:30 PM

Nov. 25 — Dec. 16 (4 wks.) **Fee: \$24.00**

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

Nov. 20 — Dec. 18 (4 wks.) **Fee: \$24.00**

OR

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

Nov. 21 — Dec. 19 (4 wks.) **Fee: \$24.00**

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

Nov. 21 — Dec. 19 (4 wks.) **Fee: \$24.00**

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

Trips and more trips...

What a wonderful year it has been travelling with all of you! Below, find the trips we are currently offering. Flyers with trip details may be picked up at the Sudbury Senior Center.

Canyon Country - April 17- 24th, 2026: Visit the Grand Canyon, Zion National Park, Bryce Canyon, Lake Powell, and final stop- Las Vegas. Offered by Collette Tours. See flyer for pricing and details.

Please note Departure date changed from April 10th to April 17th.

Ireland and Northern Ireland - September 6th- 18th, 2026: Travel from Dublin all the way to Northern Ireland. Stops in Waterford, Kilkenny, Cliffs of Moher, Belfast and more. Offered by Collette Tours. See flyer for pricing and details.

Nashville and the Smoky Mountains Holiday - November 28 - December 5th, 2026: Visit Nashville, Dollywood, and The Biltmore in Asheville, North Carolina during the beautiful holiday season. Offered by Collette Tours. See flyer for pricing and details.

Mark your calendar and sign up early - The Tall Ships 2026, Boston - July 14th (Tuesday).

Offered by Best of Times: Brunch in Danversport , followed by a sailboat ride around the Tall Ships— \$167.00
This trip is expected to sell out fast so reserve your spot early.

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SUDBURY GARDEN CLUB

BOXWOOD TREE WORKSHOP

TUESDAY, DECEMBER 9 10:30 AM - 12:30 PM

Build Your Own Boxwood Tree Workshop
Join the Sudbury Garden Club for a fun, hands-on workshop where you'll create your own beautiful boxwood tree. Perfect as a gift or to keep!
Cost: \$35 (includes all supplies and decorations)

Registration is required.
Sudbury residents may register starting on Monday, 12/1
Non-residents may start registering on Tuesday, 12/2
For registration, contact The Sudbury Senior Center
Call: (978) 443-3055 or email: senior@sudbury.ma.us

Space is limited. Registration deadline: Friday, 12/05
Cash or check only. Make checks payable to:
Sudbury Garden Club

Desi Chai & Chat

Friday, 12/5 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.

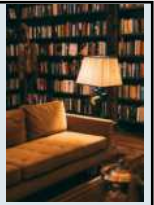
Space is limited. To register, contact the Senior Center by 12/3.

Leave a Book, Take a Book!

Drop-in daily

9:00 AM — 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 of reading by donating gently used clean books. Kindly note, we cannot accept old or damaged books. We also have many puzzles you may choose to bring home and work on.



BINGO!

Wednesday, 12/17

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. \$1 per card to play and prizes for winners. **Registration is required.**

Pathways Coffee Hour

Wednesday, 12/10 2:00 PM — 3:00 PM



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. All are welcome.



Drop in and play Pool or Ping Pong all week

You can drop in to play pool anytime, but if you'd like to learn or sharpen your skills, join us Tuesday mornings at 10:00 AM in the game room, for open play with our friendly volunteer "pool sharks." Whether you're a beginner or an intermediate player, all are welcome for some fun and friendly competition. Prefer something faster paced? We also offer drop-in Ping Pong all week.

ART CLINIC

DROP-IN ART SESSIONS

Angela Ackerman Workshop: Cool Colored Landscapes

Friday, 12/12 11:30 AM —1:30 PM
OR 1:45 PM —3:30 PM

Let's dive into color. Experiment with cool palettes and warm contrasts using inspiration from your favorite landscape or artist. Subtle or bold—the choice is yours. All levels are welcome. Hope to see you there!

Class fee is \$15.00 and registration is required.

Drop-In Water Color

Fridays: 12/5, 12/19 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. This is **NOT** an instructor led session.

8 | DECEMBER CALENDAR

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
10:00 Art Across Ages 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 2:30 Tai Chi	9:30 Greatest Orch. 9:30 Zumba Gold 10:00 Grief Support 11:00 Strength & Bal. 1:30 Drums Alive 2:30 Line Dancing 2:00 Circle of Friends and Caregivers	9:30 Industrial Rev. 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living	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 1:00 Zumba Gold 2:30 Connection Circle	9:15 Mat Yoga 10:15 Chair Yoga 10:00 Desi Chai & Chat 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 8 10:00 Cribbage 10:00 Stamp Club 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. 9 9:30 Zumba Gold 10:30 SGC Boxwood Workshop 11:00 Strength & Bal. 1:30 Drums Alive 2:00 iPhone Clinic 2:30 Line Dancing	9:30 Industrial Rev. 10 10:00 Senior U: Crypto 11:00 Fit for the Future NO SPOONFULS 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Gingerbread House Workshop 2:00 Pathways Coffee	9:15 Chair Yoga 11 9:15 Tap 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 1:00 Zumba Gold 2:00 Crochet Clinic 2:30 Connection Circle	9:15 Mat Yoga 12 10:15 Chair Yoga 9:30 Hearing Clinic 10:00 National Hot Chocolate Day 11:00 Fit for Future 11:30 Waterclr. Wrkshp. with AA 12:30 Knitty Gritty 1:45 Waterclr. Wrkshp. with AA
10:00 Art Across Ages 15 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 2:30 Tai Chi	9:30 Greatest Orch. 16 9:30 Zumba Gold 10:00 Springwell Talk 10:30 Photo Group 11:00 Strength & Bal. 1:00 Snowflake Workshop 1:30 Drums Alive 2:00 iPhone Clinic 2:30 Line Dancing	9:30 Industrial Rev. 17 10:00 LW Art Class 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 1:00 Turn the Page 1:00 Legal Clinic By Appointment 2:00 Bingo!	9:15 Chair Yoga 18 9:15 Tap 10:30 BP clinic 10:00 Current Events 10:30 Strength & Bal 12:00 Taste of Sud: Holiday Lunch 12:30 Canasta 1:00 Zumba Gold 1:00 Low Vision 2:30 Connection Circle	9:15 Mat Yoga 19 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop In Waterclr 12:30 Knitty Gritty 1:00 LSCO Concert 1:45 Drop In Waterclr
9:00 Footcare Clinic 22 10:00 Art Across Ages 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 1:00 Friends Meeting 2:30 Tai Chi	9:30 Greatest Orch. 23 11:00 Strength & Bal. 2:30 Line Dancing	9:30 Industrial Rev. 24 11:00 Fit for the Future NO SPOONFULS SENIOR CENTER CLOSING AT NOON		
10:00 Art Across Ages 29 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday	9:30 Greatest Orch. 30 1:00 Drums Alive 2:00 iPhone Clinic 2:30 Line Dancing	9:30 Industrial Rev. 31 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 NYE Celebrations	EVENT COLORS: GREEN—Hybrid PURPLE—Off Site BLUE— Zoom RED— Special BLACK— Regular	Event Registration: Sudbury residents Monday, 12/1 Non-residents Tuesday, 12/2

Planning Ahead & Eating Well for a Healthy Future**Tuesday, December 16****10:00 AM — 11:00 AM**

Join Springwell's Outreach Manager, **Larry Poirier** and Registered Dietician, **Traci Robidoux** for a lively discussion on planning for your future and eating for better health and wellbeing. Learn practical tips you can use right away to feel your best and stay independent. Larry and Traci bring years of experience in elder services and are excited to share their knowledge, answer your questions, and help you take steps toward a healthier, more confident future. Enjoy healthy snacks and enter our raffle for a grocery gift card. Space is limited and **registration is required**.

**Gingerbread House Workshop****Wednesday, December 10 2:00 PM—3:00 PM**

Join Nickole, Senior Center Director, and Jill, Assistant Director, for a fun and festive *Make & Take Gingerbread House* event. For just \$10 per person, you'll receive a gingerbread house kit complete with all the candy and decorations you need to design your own sweet masterpiece. Show off your creativity, enjoy cheerful holiday music, and take home your gingerbread house to display for the season—or use it as a delightful centerpiece. Come unleash your inner child and get into the holiday spirit with us. **Registration is required and space is limited.** Register today!

NYE 2026 Celebrations: Ring in the New Year with Karaoke and Snacks**Wednesday, December 31
1:00 PM — 3:00 PM**

Let's wrap up 2025 in style. Join your friends at the Senior Center for a joyful New Year's Eve celebration filled with music (Karaoke and all!), laughter, and plenty of good cheer. Enjoy light finger snacks, fresh fruit, and non-alcoholic sparkling wine as we get ready to usher in the New Year together. As the hour closes, we'll raise our glasses and join voices in a heartfelt rendition of "*Auld Lang Syne*," welcoming the year ahead in true tradition. Let's celebrate friendship, fond memories, and new beginnings. **Welcome 2026!** **Registration is required.**

Let It Snow, Let It Snow, Let It Snow... Crafts**Tuesday, December 16 1:00 PM — 2:00 PM**

As we prepare to officially welcome winter, join Program Coordinator, Palig Garabedian, for a festive **Snowflake-Making Art & Craft Session**. We'll create sparkling, glittery Gold, Silver, and Black snowflakes (yes, black snowflakes) to decorate our Multi - Purpose Room for the **New Year's Eve celebration** on the 31st. No experience necessary & supplies will be provided. **Registration is required** and space is limited to 12 participants. Let's keep the holiday spirit alive as we prepare to ring in the New Year with this sparkly workshop. Hope to see you there.



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. We appreciate the advertisers who support this newsletter, but we cannot endorse any products or services. Production & distribution of this monthly newsletter is partially funded by the State Formula Grant from the MA Executive Office of Elder Affairs.

10| LUNCHEON & LSCO CONCERT

Taste of Sudbury: Cultures Through Cuisine Holiday Luncheon

Thursday, December 18

12:00 PM — 2:00 PM

Don't miss our *third* Taste of Sudbury luncheon—one of our most popular events! No matter which holiday you celebrate, this festive gathering brings our community together to share food, and holiday cheer. Enjoy a delicious meal while listening to the lively sounds of the **Kings of Swing**. It is sure to be a rocking good time.



Space is limited and registration is required. Fee is \$5.00 at the door. Please bring exact change.

Sudbury residents may start registering on Monday, December 1st and non-residents may start registering on Tuesday, December 2nd. This event will sell out so don't delay. Contact the Senior Center to register.

Don't delay—this event will fill up quickly. Happy Holidays, everyone!

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



Lincoln Sudbury Civic Orchestra Chamber Players (LSCO)

Friday, December 19 1:00 PM — 3:00 PM



In collaboration with the COA, the Sudbury Senior Center invites you to attend this special concert event by The LSCO Chamber Players. The group opens its second season with a concert of small ensemble works featuring orchestra members and guest performers. The program will include works by Haydn, Bach, Diabelli, Part, Sudbury's own William Nicholson, and more. Now in its 53rd season, the orchestra created the Chamber Players project in 2024 to provide free concerts to Sudbury, Lincoln and surrounding communities. The ensemble incorporates winds, strings, brass, guitar and piano. Don't miss this special concert event. Afterwards, stay and socialize with the players while you enjoy some light snacks & beverages. **Registration is required.**

Photography Group

Tue. 12/16 10:30AM - 12:00PM

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 & pros are all welcome.

Pictured to the right, The Martha Mary Chapel, lit up by the amazing Aurora lights at the Wayside Inn in Sudbury. The photographer, Frank Schimmoller, is one of the group's leaders. What an amazing shot!



The Senior Center Needs You!

Looking to give back to your community? We're currently looking for people to work in our upcoming meals program, drive neighbors to appointments, label the monthly newsletter, greet people at the Senior Center, and provide technical support to seniors. If you're interested in volunteering, please call Sarah at 978-639-3223 and she will be happy to discuss the options.

Winter is Coming... Get Your Sand Buckets Now!

Did you know about our winter Sand Bucket Program? It's a collaborative effort of the Wayside Inn (which donates the empty buckets), the Department of Public Works (which fills the empty buckets with a sand and salt mixture), and our Senior Center volunteers who deliver buckets to the homes of Sudbury seniors who need it. The homeowner then applies the sand to their own walkways and driveways to help prevent slips and falls in icy weather. **If you are in need of a sand bucket for the winter, please call the Senior Center at 978-443-3055. We will ask you a few questions and get you signed up for the program. *This is not an on-demand program, so please plan ahead.***



Medical Equipment Donations & Loans

We gratefully accept **clean, gently used, and fully functioning** medical equipment.

We also **loan out walkers, wheelchairs, tub seats, canes, and other items** to community members in need.

Before visiting, please call **978-443-3055** to:

- **Schedule an appointment for drop off or pick up of equipment**
- **Check if we have the equipment you're looking for**
- **See whether we can use the items you wish to donate**

Please **do not leave equipment outside.**

VAN TRIPS



Sudbury Connection Van Trip to Trader Joe's in Framingham

Monday, December 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 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.



Combat Winter Loneliness with a Phone Buddy

The dark days of winter can make people feel increasingly isolated and lonely. The Senior Center is here to help. Sometimes a warm weekly phone call. If you would like to try it out, give Sarah a call at 978-639-3223 and she will find a volunteer to match you with. Our Phone Buddies often form lasting friendships with the people they call.

AARP Tax Appointments

coming in January



Look for details in our January Newsletter

12 | OUTREACH

Food Resources in Our Community

If you or someone you know could use a little help keeping the pantry stocked, there are several wonderful local resources offering nutritious food and support.

Sudbury Food Pantry

Address: 534 Boston Post Road, Wayland, MA

Tel: 978-443-7725

Visit sudburyfoodpantry.org/pick-up-food for details on signing up and food pick-up information.

Open Table Pantry

Address: 33 Main Street, Maynard

Tel: 978-369-2275 or 978-331-0252

Hours: Tuesdays 1:00–3:00 PM (Seniors 65+)

Tuesdays 3:00–6:30 PM

Thursdays 11:00 AM–4:30 PM

Pre-registration is required: www.opentable.org or by phone.

Spoonfuls at the Sudbury Senior Center

Sudbury Senior Center, Wednesdays at 12:30 PM (unless otherwise noted)

Spoonfuls is a Massachusetts nonprofit dedicated to rescuing healthy, fresh food that would otherwise be discarded and distributing it to community organizations supporting those experiencing food insecurity. Their focus is on perishable, nutrient-rich items such as fruits, vegetables, lean meats, dairy, and prepared foods. **NO SPOONFULS on 12/10 or 12/24.**

Fuel Assistance

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 on this page. If you have questions, call the Senior Center at (978) 443-3055 and ask to speak with Jill Dube.

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



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.



National Hot Chocolate Day with Jill

Friday, 12/12

10:00 AM—11:00 AM

Celebrate National Hot Chocolate Day with Jill. Create your own custom cocoa at our cocoa bar—complete with toppings and sweet treats. Then, settle into our cozy lounge by the fireplace, sip your drink, and enjoy festive holiday music. Don’t forget to wear your most fun ugly holiday sweater (completely optional). **Registration is required.**

***All beverages in the lounge must be covered at all times. Thank you for your cooperation.**

TOY COLLECTION FOR TOYS FOR TOTS

Donation Deadline:
Thursday, 12/11
The box will be picked
up on Friday, 12/12

Spread Some Holiday Cheer

The Sudbury Senior Center is proud to be a **Toys for Tots** collection site this season. Help bring joy to a child by donating a **new, unwrapped toy (still in its packaging)** and placing it in the Toys for Tots box at the entrance of our main office. Please make your donations by **Thursday, December 11th** as the collection box will be picked up on **Friday, December 12th**. Together, we can make the holidays brighter for local children in need. Thank you!



MONTHLY CLINICS & SUPPORT GROUPS

Stamp Club: Monday, 12/8	10:00 AM—11:00AM
Circle of Friends & Caregivers: Tuesday, 12/2	Offsite
Grief Support: Tuesday, 12/2	
Pathways Coffee hour: Wed., 12/10	2:00 PM— 3:00 PM
Turn the Page Book Grp.: Wed., 12/17	1:00 PM—2:00 PM
Legal Clinic: 3rd Wed. of month, 12/17	By Appointment
Connection Circle: Thursdays	2:30 PM— 3:30 PM
<i>*see P.8 for meeting format: hybrid vs. Zoom</i>	
Low Vision Support: Thursday, 12/18	1:00 PM—2:00 PM
Hearing Clinic: Fri., 12/12 (By Appt.)	9:30AM—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 AM
Game Central: Thursdays	12:30 PM- 3:30 PM
Canasta: Thursdays	12:30 PM—3:30 PM
The Knitty Gritty: Fridays	12:30 PM—3:30 PM
Drop-in Watercolor: Fridays 12/5, 12/19	
(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:
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 Mary Brauer
 State Rep. Carmine Gentile
 Jane Keilty
 Anna Newberg
 Donald Sherman

FRIENDS OF SUDBURY SENIORS

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

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's mission is to work 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, and
- * 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 | STAY SAFE AND PREPARED THIS WINTER

As we head into weather, it's important to plan ahead to stay safe!

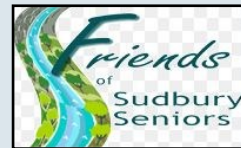
Be Prepared: Create an emergency plan with family, friends, or neighbors. Keep important phone numbers, extra food, water, medications, charged phones, pet supplies, and batteries ready. For tips, contact **Jill Dube**, Asst. Director/Outreach Coordinator, at dubej@sudbury.ma.us or call (978) 639-3268.

Stay Informed: If the Town activates the Emergency Shelter or issues urgent updates, alerts will be posted on the Town website and sent through automated phone calls. To receive these notifications, visit www.sudbury.ma.us and click the red "Emergency Notifications" button.

Need help? Call the Senior Center at (978) 443-3055.

Senior Center Closings: If **Sudbury Public Schools** close due to inclement weather, Senior Center programs are canceled. Staff will still answer calls and emails. Updates will be shared on the Town and Senior Center websites and phone line. If all Town buildings are closed, staff will work remotely. For questions during weather events, contact senior@sudbury.ma.us or call (978) 443-3055. For emergency preparedness guidance, contact Jill Dube at (978) 639-3268.

*** In case of an emergency, always call 911***



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.

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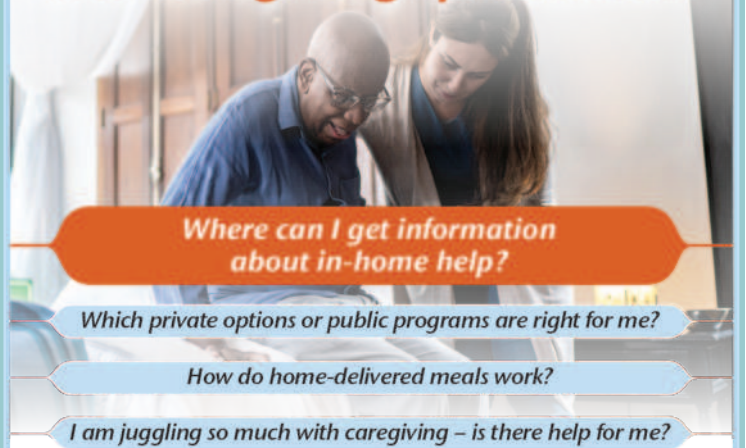


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