

The SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

JANUARY 2026



Martha Mary Chapel, Sudbury MA

Photo By: Frank Schimmoller

JANUARY REGISTRATION DATES

NON - FITNESS

- Residents: Friday, 1/2
- Non-Residents: Monday, 1/5

WINTER I FITNESS

- Residents: Tuesday, 1/6
- Non-Residents: Wednesday, 1/7

All payments must be received before classes start on Monday, 1/12

- 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.

JANUARY CLOSURES

Thursday January 1 New Year's Day Monday January 19 Martin Luther King, Jr. 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 | HAPPY NEW YEAR!

Welcome, 2026!

It's hard to believe another year has passed. I love the start of a new year—fresh goals, new experiences, and a chance to make every moment count. This year, try something new: reconnect with a friend, start a hobby, read a book, or learn a skill.

The senior center is a great place to do all of these—join a club, meet someone for coffee, try a craft or exercise class, or explore a tech course. If you're new, we can't wait to meet you; if you've been here before, come back and bring a friend!

As I begin my ninth month at the center, I'm feeling more settled in my role. One of my goals this year is to meet more of you. To start, I'll be hosting Coffee with the Director Fridays in January 16th,23rd & 30th from 9–10 a.m. Stop by for a chat—I'd love to hear your ideas or simply get to know you better. And anytime you're at the center, please say hello. I truly enjoy hearing your stories, ideas and suggestions.

As you begin the year, consider starting a new tradition. For years, my family has kept a **New Year Memory Jar**, and it's become one of our favorite ways to preserve the moments that matter. Each new year brings countless memories—big or small. Family milestones like births, graduations, weddings, or special vacations all deserve a place to be remembered.

Our memory jar sits on the kitchen counter, ready for family and friends to jot down the date and a meaningful moment from their time with us. By year's end, the jar becomes a beautiful collection of memories we cherish. We look forward to opening it every New Year's Day— It always brings back moments we forgot, and let's us relive the ones we treasured most. Perhaps you want to start this tradition too?

Cheers to making 2026 meaningful and memorable and we look forward to seeing you at the Center soon!

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 & Gothic Art. Last lecture 1/26

On Zoom: The Vikings

Wednesdays Time: 9:30 AM - 11:00 AM

Discover the tremendous impact Vikings had on the history and culture of Western Civilization. Taught by award-winning Prof. Kenneth W. Harl.

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. Last lecture 2/24

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 FOR ALL ACTIVITIES



Length: 1h 26m

Length: 1h 41m

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

Start off the New Year with Matinee Mondays at the Senior Center. Make plans to meet up with a friend or two and come on in and enjoy some freshly popped pop corn and a nice movie. Make sure to register!

Monday, Jan. 12 Call Me Kate (Documentary, 2022)

A revealing and intimate documentary about legendary actress Katharine Hepburn, assembled from newly uncovered home movies, audio tapes and photographs. The film explores the private life behind the icon: her early years, her struggles and insecurities, and the strength and independence that made her a trailblazer in Hollywood. Beautifully honest and moving, it's a tribute to a woman who lived on her own term—and an inspiring story about staying true to yourself.

Monday, Jan. 26 Groundhog Day (Romantic Comedy, 1993)

A cynical weatherman finds himself reliving the same day over and over while covering a small-town Ground-hog Day event. As he repeats the day endlessly, he's forced to rethink his choices—and eventually discovers humor, humility, and a chance to change. A clever, charming comedy classic.

THE SENIOR CENTER IS CLOSED ON MONDAY, JANUARY 19 IN HONOR OF MARTIN LUTHER KING, JR. DAY

4 | TECHNOLOGY/FOOTCARE CLINIC

IPHONE & IPAD CLASSES— REGISTRATION REQUIRED

iPhone Essentials: Control Center and Files

Tuesday, January 13

2:00 PM — 3:00 PM

This class covers essential features included in the iPhone and iPad. You will learn to use tools such as Flashlight, Timer, Calculator, and Alarm. Other topic to be explored is the Files app, where you can scan documents and organize files.

Using the iPhone for Health and Emergencies

Tuesday, January 27

2:00 PM — 3:00 PM

This class explores how the iPhone can help in different emergency situations and offer insight into our health. Learn how to set up emergency contacts, use the SOS feature, turn on voice activation, and use the Health app to find patterns and changes in your physical health.

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

NEW YEAR, HEALTHY EATING HABITS - THERAPY GARDENS TALKS

Delicious Diabetic Cooking

Tuesday, 1/20 | 1:00 PM — 2:00 PM

Discover how to enjoy flavorful, satisfying meals while keeping them low-sugar and low-carb. Learn simple, affordable recipes—along with diabetic-friendly spices, ingredients, and cooking tips—to make healthy eating easy and delicious. **Registration is required; space is limited.**

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

Anti-Inflammation Diet

Wednesday, 1/28 | 2:00PM — 3:00 PM

Learn how consuming ultra processed foods affect your health. Topics covered include the health risks associated with additives, preservatives and high levels of sugar and salts. Additionally, learn how to read food labels to make healthier choices. **Registration is required and space is limited.**

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

MONTHLY FOOTCARE CLINIC



Monthly Footcare Clinic

Date: Mon., 1/12 AND Mon., 1/26

Time: 1:00 PM — 4:00 PM

FOCUS NOTE: 2 CLINICS DATES IN JANUARY

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 check ONLY. Make check payable to: Footcare Focus. No shows will be charged for missed session. Please remove all toe nail polish. Please arrive on time. CLINIC IS FOR SUDBURY RESIDENTS ONLY.

*** NOTE: TWO CLINIC DATES AVAILABLE IN JANUARY****

WINTER I REGISTRATION PERIOD: 1/5 — 1/9
SUD. RES. REG. STARTS: TUESDAY 1/6
NON-RES. REG. STARTS: WEDNESDAY, 1/7
ALL PAYMENTS MUST BE RECEIVED BEFORE
THE START OF CLASSES ON MONDAY, 1/12

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

Jan. 12 — Feb. 23 (5 wks.)

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 1/19 and 2/16

ZUMBA GOLD

Tuesdays | 9:30 AM — 10:25 AM

Jan. 13 — Feb. 24 (6 wks.) Fee: \$36.00 OR

Thursdays | 1:00 PM — 2:00 PM

Jan. 15 — Feb. 26 (6 wks.) Fee: \$36.00

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. NO CLASS ON TUE., 2/17 OR THU., 2/19

MINDFUL LIVING

Wednesdays | 1:00 PM — 2:00 PM

Jan. 14 — Feb. 25 (7 wks.) Fee: \$35.00

Gather with Lisa Campbell to relax and renew in this workshop that encompasses breathwork, meditation, mindfulness, stress management. All levels welcome.

TAP DANCE NEW DAY & TIME

Mondays | 1:00 PM — 2:00 PM

Jan. 12 — Feb. 5 (5 weeks) Fee: \$30.00

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 1/19 & 2/16

STRENGTH & BALANCE

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

Jan. 13 — Feb. 24 (7 wks.) Fee: \$42.00

OR

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

Jan. 15 — Feb. 26 (7 wks.) Fee: \$42.00

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

Jan. 13 — Feb. 24 (6 wks.) Fee: \$36.00

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. NO CLASS ON 2/19

CHAIR YOGA

Thursdays (In-Person Only) | 9:15 AM — 10:00 AM Jan. 15 — Feb. 26 (7 wks.) Fee: \$42.00

OR

Fee: \$30.00

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

Jan. 16 — Feb. 27 (7 wks.) Fee: \$42.00

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

Jan. 16 — Feb. 27 (7 wks.) Fee: \$42.00

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.

LINE DANCING

Tuesdays | 2:35 PM — 3:35 PM ¬ Jan. 13 — Feb. 24 (7 weeks) Fee: \$42.00

Join instructor Paul Hughes for this new workshop. Line dancing is a great way to stay active, boost your memory, strengthen your bones and relieve stress. All are welcome.

AARP TAX PREP. SCHEDULE



AARP—Sponsored Tax Return Preparation Schedule

Dates: February 2, 2026 - April 6, 2026

Registration for appointments will start on Tuesday, February 2 for Sudbury residents and on Wednesday, February 3rd for all others. Appointments can be scheduled on Mondays & Tuesdays with our Tax-Aide volunteers, Emil Ragones. The AARP program is open to everyone but focuses on low to moderate-income people who cannot afford to pay for professional preparation.

Please note: Those without brokerage accounts may begin scheduling appointments on Monday, Feb. 2nd. Those with brokerage accounts or stocks may begin scheduling on Monday, March 16. Tax preparers cannot prepare partial-year returns when income was earned and taxable in another state.

Book your appointments starting on Feb. 2nd at 9:00 AM by contacting Chery Finley at the Senior Center at 978-639-3269 or

via email: finleyc@sudbury.ma.us

ORCHARD HILL VISIT



Spend your day with us-Start with a craft at 11:30am, stay for a delicious lunch and explore the community with a guided tour

WHEN: JANUARY 14, 2026 WHERE: 761 Boston Post Rd Sudbury, MA

Space is limited RSVP to The Sudbury Senior Center 978 443 3055 By January 10th, 2026

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Winter Trees/Dramatic Shadows Workshop with Angela Ackerman

Fri., 1/16 11:30AM-1:30PM OR 1:45PM-3:30 PM

We will be playing around with tree landscapes, dramatic shadows-think snow scenes, winter greenery, animals/birds with dramatic shadows and any ideas you have for a painting with some dramatic shadows. Please bring in a photo or research that will inspire you. All levels are welcome! Class fee is \$15.00 and registration is required.



Photography Group Tuesday, 1/20 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.



BINGO!

Wed., 1/7 2:00 PM — 3:00 PM **CELEBRITY BINGO!**

Wed., 1/21 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. Do not miss, Town Manager Andy Sheehan, as our guest Bingo caller on Wed., the 21st during our special edition of CELEBRITY **BINGO!** Registration is required for both events.

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.

Light and Movement in Landscape with Lane Williamson (10 weeks)

Wednesdays 1/14 — 3/18 10:00 AM - 12:00 PM

In this course we will give careful thought to light, movement and abstraction in landscape drawing and painting. We will work en plein air and also from source material. If you are planning to take this course, begin collecting landscape source material on a regular basis. This course is not suitable for beginners.

Registration is required. Class limit is 12



2 FREE Tap DEMO **Sessions** Mon. 1/12 & 1/26

12:30 PM — 1:00 PM

Join us for 2 free demo classes in January at the start of our Winter I TAP Fitness session. Sessions are free but registration is required. Come and give it a try.

Drop - In Coffee with Nickole on Fridays 9:00 AM-10:00 AM 1/16, 1/23 & 1/30

Start your weekend with a warm cup of coffee and friendly conversation with Nickole. Drop-in session

Leave a Book, Take a Book!

Drop-in daily

9:00 AM — 4:00 PM

No shoes

required!

Drop-in and explore our two bookshelves in the lounge.



Pathways Coffee Hour Wednesday, 1/14 2:00 PM — 3:00 PM

Monthly drop-in coffee session welcoming LGBTQIA+ older adults for friendly chat and camaraderie. All are welcome.

Ukulele Jam & Strum-A-Long



Fridays in January

FRI: 1/9 & 1/23 @ Goodnow Library 2 PM— 3 PM

FRI: 1/16 & 1/30 @ Sud. Sen. Center 1 PM— 2 PM

We're excited to partner with the Goodnow Library to offer FREE Ukulele Jam Sessions! This is a drop-in session and all are welcome at either location. Bring your own ukulele and come strum along with friends! This is a self-led session with no instructors. PLEASE NOTE: This is different from the Ukulele Session with Julie on Friday 1/16 (See page 10)

8 JANUARY CALENDA	AR			
EVENT COLORS: GREEN—Hybrid PURPLE—Off Site BLUE— Zoom RED— Special BLACK—Regular	Non-Fitness Registration: Sudbury residents Friday, 1/2 Non-residents Monday, 1/5	Winter I Fitness Registration: Sudbury residents Tuesday, 1/6 Non-residents Wednesday, 1/7	Thursday 1 NEW YEAR'S DAY! SENIOR CENTER IS CLOSED	Friday 2 11:00 Fit for the Future 11:30 Drop In Watercolor 12:30 Knitty Gritty 1:45 Drop In Watercolor
Monday 5 10:00 Art Across Ages 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 3:30 COA Meeting	Tuesday 6 9:30 Greatest Orch. 2:00 Circle of Friends and Caregivers	Wednesday 7 9:30 Vikings 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 2:00 Bingo!	10:00 Current Events 10:30 BP Clinic 12:30 Canasta 12:30 Game Central 2:30 Connection Circle	9:30 Hearing Clinic 11:00 Fit for Future 11:30 Drop In Wtrclr 12:30 Knitty Gritty 1:45 Drop in Wtrclr
10:00 Art Across Ages 10:00 Cribbage 10:00 Stamp Club 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 12:30 TAP DEMO class 1:00 TAP- NEW DAY & TIME 1:00 Footcare Clinic 2:30 Tai Chi	9:30 Greatest Orch. 9:30 Zumba Gold 11:00 Strength & Bal. 1:30 Drums Alive 2:00 iPhone Clinic 2:35 Line Dancing	9:30 Vikings 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 2:00 Long Term Care and Planning Talk 2:00 Pathways Coffee	9:15 Chair Yoga 10:00 Bagels & Coffee 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	9:00 Coffee w/ Nickole 9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Watrclr with A.A 12:00 New Tax Law lunch & learn 12:30 Knitty Gritty 1:00 Drop-In Jam Session Ukulele 1:45 Wtrclr with A.A. 2:00 Ukulele with Julie
MARTIN LUTHER KING, JR. DAY SENIOR CENTER IS CLOSED	9:30 Greatest Orch. 9:30 Zumba Gold 10:30 Photo Group 11:00 Strength & Bal. 1:00 Diabetic Cooking Talk 1:30 Drums Alive 2:35 Line Dancing	9:30 Vikings 10:00 LW Art Class 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Turn the Page 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 1:00 Legal Clinic Appts. 2:00 Celeb. Bingo!	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 2:30 Connection Circle	9:00 Coffee w/ Nickole 9:15 Mat Yoga 10:15 Chair Yoga 11:30 Drop In Wtrclr 11:00 Fit for the Future 12:30 Knitty Gritty 1:45 Drop in Wtrclr
26 10:00 Art Across Ages – LAST CLASS 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 12:30 TAP DEMO class 1:00 TAP 1:00 Footcare Clinic 2:30 Tai Chi	9:30 Greatest Orch. 9:30 Zumba Gold 11:00 Strength & Bal. 1:30 Drums Alive 2:00 iPhone Clinic 2:35 Line Dancing	9:30 Vikings 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 2:00 Anti-Inflammation Diet Talk	9:15 Chair Yoga 10:30 BP Clinic 10:00 Current Events 10:30 Strength & Bal 12:00 Taste of Sudbury Luncheon 12:30 Game Central 12:30 Canasta 1:00 Zumba Gold	9:00 Coffee w/ Nickole 9:15 Mat Yoga 10:15 Chair Yoga 11:30 Drop In Wtrclr 11:00 Fit for the Future 12:30 Knitty Gritty 1:00 Sing Along w/Mel 1:00 Drop-In Jam Session Ukulele 1:45 Drop in Wtrclr

Taste of Sudbury: Cultures Through Cuisine Holiday Luncheon

Thursday, January 29

12:00 PM — 2:00 PM

Ciao Ragazzi! Join us in January as we celebrate Italian American culture as part of our Taste of Sudbury: Cultures Through Cuisine Luncheon event.

Enjoy a delicious Italian meal, and as the name suggests, let your spirits get lifted

while enjoying a delicious serving of Tiramisu for dessert. Space is limited and registration is required. Fee is \$5.00 at the door. Please bring exact change. Sudbury residents may start registering on Friday, January 2nd and non-residents may start registering on Monday, January 5th. This event will sell out so don't delay. This event is sponsored by the Friends of the Sudbury Senior Citizens, Inc.



with Attorney Christine Boutin

Wednesday, January 14 2:00 PM - 3:00 PM

If you or a loved one may be facing a need for long term care, an analysis of your estate plan is absolutely essential. A review of will beneficiaries, the naming of fiduciaries, the titling of assets, the selection of agents in powers of attorney and health care documents is necessary to protect your family and preserve your assets to the greatest degree possible. In addition, the benefits of potential asset transfers must be weighed against tax implications and Medicaid rules and restrictions. Join us for this very important talk with Attorney Christine Boutin from Mirick Law and get your questions answered. Light refreshments to be served. Registration is required.

This event is sponsored by The Friends of the Sudbury Seniors, Inc.

Long Term Care & Planning Talk | Lunch & Learn : The New Tax Law OBBBA (The One Big **Beautiful Bill Act) Made Simple** Seminar



Friday, January 16

Lunch: 12:00 PM

Talk: 1:00 PM — 3:00 PM

Join us for pizza for lunch and stay for this very important talk presented by Emil Ragones, our AARP Tax-Aide Volunteer. Emil will be hosting this presentation to help us learn the key provisions of the One Big Beautiful Bill Act (OBBBA) and how it impacts individual taxpayers, especially older adults. Bring your questions—plenty of time for Q&A. Space is limited and registration is required. Sudbury residents may register starting on Friday, January 2nd and non-residents may register starting on Monday, January 5th.

This event is sponsored by the Friends of the Sudbury Seniors, Inc.

Retired Men's Association

The Retired Men's Association of Boston/Metrowest (RMA) welcomes retirees from over 20 Massachusetts communities to join in social activities, discussions, hikes, trips, and monthly meetings with guest speakers. Meetings are held at 10:00 AM on the second Friday of each month at the First Baptist Church in Sudbury. Guests are welcome. For more information, email: rmena.acct@gmail.com

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 | SENIOR PROFILE



Senior Profile: Regina O'Rourke

By: Sarah Green Vaswani

Regina O'Rourke is like a crème brûlée: Hard to break into, but when you do, you're rewarded with a warm and sweet interior. Born on the upper east side of Manhattan in 1947 to a mechanic and a stay-at-home mother, she learned early on the value of contributing to her community. At 14 years old, she started volunteering as a Candy Striper at Lennox Hill Hospital, a job she hoped would help her to become a nurse. That dream was never fulfilled because of family circumstances, but she never stopped putting herself in situations where she could help others.

Married just a few months after her high school graduation, and very soon becoming a mother of 2, Regina found herself a new avenue to help people; serving as president of the PTA for 4 years. One day at school pick up, she noticed several kids hanging around outside. She asked them what they were doing and they said they were waiting for their parents who weren't due to arrive for another 2 hours. Seeing a need, Regina went to a friend who was a gym teacher and together they petitioned the school board to allow them to start an after-school program. It ended up being the first program of its kind in the district, and was soon copied extensively.

Regina and her husband divorced when her kids were young and Regina started working full time. She worked for an Executive Search firm until a need for work-life balance convinced her to take on a job with less pay but more time with her children. She then worked in various positions at a major Wall Street bank, seeing it through several mergers in her 33 years there. At one time she served as Executive Assistant to the Senior Managing Director of the bank. He had a staff of 350 providing technical support for the division under him and she served all of them in addition to providing direct supervision to a team of 8. It was a job that tested her skills, but even then, she found a way to help. The blood drives she coordinated won awards for having the most donors for any company on Wall Street. Her secret to recruitment...have a sign-up table right as they were coming in to the bank on payday! A fun fact about Regina-she has special blood suitable for transfusions to preemies. She gave blood every 52 days and platelets every 3 months for as long as she was able. During her time in NY, Regina also volunteered for the Children's' Hope Foundation- an organization for children with AIDS, writing grants and planning parties and events for the kids.

In 2008, a major family crisis changed her outlook on life. She no longer sweats the small stuff. She doesn't let little things bother her anymore, and now sees life through a different lens. Regina moved to Sudbury in 2018, to be closer to her daughter and Massachusetts grandchildren. At a loss for what to do in a new town where she didn't know anyone, she took her daughter's advice and checked out the Senior Center. Regina hasn't left since. A dedicated volunteer, Regina can be found at the front desk and at our weekly Spoonfulls program, helping people. Regina says "volunteering is something you should do from your heart. You get more out of it than you give".

MUSIC IN JANUARY

Ukulele with Julie Fri., 1/16 2 PM - 3 PM

Julie returns by popular demand. Learn how to play the Ukulele. No experience is necessary and all are welcome. Ukuleles are provided or bring your own. Class fee is \$10.00 and registration deadline is Friday, 1/9. Class has a min. of 15 participants to run. Don't delay! Call or email to register and join us for a fun hour of music.

Mel Stiller Sing Along Fri., 1/30 1 PM — 2 PM

Mel has been playing piano and leading sing-alongs at parties, 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.**

VOLUNTEER NEWS | 11

Kitchen Volunteers Needed!

The Senior Center is getting closer to starting a meals program and we will need people to help out with meal prep, dishwashing, serving, and other dining program tasks. All required training will be provided.

If you're interested in helping out with the meals program, please call Sarah at 978-639-3223 and she will be happy to tell you more!

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

Our Sand Bucket program is up and running for the winter. With this program, volunteers deliver buckets of a sand and salt mixture 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 and salt mixture bucket for the winter, please call the Senior Center at 978-443-3055. We will ask you a few questions and get you all signed up for the program. This is not an on-demand program, so please plan ahead.



VAN TRIPS



TRADER Sudbury Connection Van Trip to Trader Joe's in Framingham

Monday, 1/12

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.

WWW.SUDBURYSENIORCENTER.ORG

Medical Equipment Donations & Loans

Please note that procedures for using the Loan Closet have changed. Please come only during the hours listed below for returning.

To donate or return equipment (drop-in, no appt required):

Tuesdays from 9am-11:30am Fridays from 3:00pm – 4:00pm

To borrow (call first for availability):

Fridays from 3:00pm – 4:00pm Wednesdays from 1:30pm – 3:30pm (beginning in January)

Items we generally take: CLEAN and in GOOD REPAIR walkers, rollators, wheelchairs, transport chairs, shower chairs or benches, clean raised toilet seats and commodes (not the buckets), adult pull ups and briefs.

Items we do NOT take: Slings, fitted boots, tubing, adult diapers, anything requiring a prescription or professional fitting.

Please call Sarah at 978-639-3223 with questions or if you have an urgent need outside of these hours.

Space Heater Exchange

If your space heater is inoperable, or unsafe, please call and ask about the Space Heater Exchange. With this program, generously funded by the Friends of Sudbury Seniors, Inc. we are able to exchange your damaged, inoperable heater for a new one. Please call Sarah at 978-639-3223 to inquire about the program.

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.

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.



Bagels and Coffee with Jill

Thursday, 1/15

10:00 AM-11:00 AM

Wake Up & Smell the Coffee (and Bagels) Start your morning with a smile at National Bagel and Coffee Day with Jill. Come in, warm up, and enjoy a cozy breakfast as you ease into your day. Sip a cup of coffee, bite into a delicious bagel, and enjoy light conversation

with friends—what better way to greet the morning? Registration is required — don't hit snooze on this one!

JANUARY COLLECTION: SUDBURY CARE PANTRY

Drop off new, unopened personal care products

Sudbury CARE Pantry Collection

The Sudbury Senior Center will dedicate the month of January to collecting items for the Sudbury CARE Pantry. We welcome donations of new,

unopened personal care products such as deodorant and shampoo,

as well as laundry and household cleaning supplies. Thank you!

Please visit their website for more information: https://www.st-elizabeths.org/care-pantry



MONTHLY CLINICS & SUPPORT GROUPS

DAILY & WEEKLY DROP-IN ACTIVITIES

Stamp Club: Monday, 1/12

Circle of Friends & Caregivers: Tuesday, 1/6

Pathways Coffee hour: Wed., 1/14

Turn the Page Book Grp.: Wed., 1/21

Legal Clinic: 3rd Wed. of month, 1/21

Connection Circle: Thursdays

10:00 AM—11:00AM

2:00 PM—3:00 PM

1:00 PM—2:00 PM

By Appointment

2:30 PM—3:30 PM

*see P.8 for meeting format: hybrid vs. Zoom

Low Vision Support: Thursday, 1/15 1:00 PM—2:00 PM

Hearing Clinic: Fri., 1/9 (By Appt.) 9:30AM—11:00 AM

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

Blood Pressure Clinic: Thursdays

Game Central: Thursdays

Canasta: Thursdays

The Knitty Gritty: Fridays

1:00 PM— 3:30 PM

10:30 AM-11:30 AM

12:30 PM— 3:30 PM

12:30 PM—3:30 PM

Drop-in Watercolor: Fridays 1/2, 1/9, 1/23, 1/30

(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: inforef@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

Joanne Bennett

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: Mary McLaughlin

Directors:Dr. Joel Bauman
Mary Brauer

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Donald Oasis

Marilyn Tromer

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'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.

<u>Stay Informed:</u> 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 <u>www.sudbury.ma.us</u> and click the red "Emergency Notifications" button.

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

<u>Senior Center Closings:</u> If <u>Sudbury Public Schools</u> 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 <u>senior@sudbury.ma.us</u> 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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Email: senior@sudbury.ma.us



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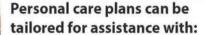






We understand that transitioning to assisted living can be a big change. That's why we created our Get Up and Go program, designed to gently encourage residents who are either adjusting after years of living alone or facing cognitive changes or depression.

Through this program, our caring staff and resident volunteers personally invite and accompany participants to a variety of activities each week. We monitor their engagement to ensure each resident is finding meaningful connections and joyful moments. Over time, our goal is for these residents to begin to join in on their own, reigniting a sense of purpose, belonging, and fun.



- · Bathing, dressing, and grooming
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