



The SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

February 2026



FEBRUARY CLOSURES

Presidents' Day 2/16

REGISTRATION DATES

* Residents Monday, 2/2
* Non-Res. Tuesday, 2/3

SNEAK PEAK TO MARCH:
*Spring I fitness sessions start
the week of 3/9.
For registration detail,
see page 5*



No longer wish to receive a paper copy of this newsletter?



See Page 9 for details about removing your name from our mail list.

- ♦ 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.

MISSION:
The Sudbury Senior Center's mission is to support the dignity, independence, and well-being of Sudbury's older adults and their families by providing programs and services in a welcoming environment for all.



WHAT'S INSIDE	PAGE
Welcome February	2
Academics/Matinee Mondays	3
Technology/Workshops/Footcare	4
Fitness Sessions	5
AARP/ Valentines Floral Workshop	6
Art, Games & More	7
February Calendar	8
Luncheon, Talk & Mardi Gras	9
Trips/ Collette Pres./Music	10
Volunteer News	11
Outreach	12
Additional Resources	13
Winter Weather/Snow Policy	14

2 | WELCOME FEBRUARY

February may be the shortest month of the year, but it often feels like one of the longest. Cold, dark days and winter weather can keep us indoors as we patiently wait for spring and warmer days to return. Don't let the winter blues get you down—come spend some time with us at the Senior Center!

Join us for a movie, games like Bridge, or Mahjong, an exercise class, or one of our many engaging programs. We have CELEBRITY BINGO with Sudbury Town Manager, Andy Sheehan this month. Step out of your comfort zone, make a new friend, or reconnect with an old one over coffee—on us! Our café always has coffee, tea, and hot chocolate available.

For older adults, strong and lasting relationships play an important role in overall quality of life, and staying connected truly matters at every age. The Senior Center offers a warm, welcoming space where everyone is embraced, regardless of background, financial situation, health needs, or mobility. Many seniors think of the center as a "home away from home"—a comfortable place to see familiar faces, catch up with friends, and make new connections.

Beyond social connection, the Senior Center is also a valuable resource. Are you struggling with transportation to appointments, managing heating costs, making ends meet financially, dealing with food insecurity, or navigating health insurance or Medicare questions? Do you need Meals on Wheels? Did you know we can help with all of these? No question is too small—and if we don't have the answer, we will help find it for you.

When winter weather keeps you at home, we also offer books and puzzles you can borrow to stay busy and engaged. Come explore our library or donate a book you've enjoyed so someone else can enjoy it too. Our puzzle shelves are overflowing—come grab a few!

With so many activities and supports available, don't let this short month bring you down. Come join us at the Senior Center, and together we'll get through the long winter days.

A few important reminders:

- To help keep everyone healthy, please stay home if you are feeling unwell, no matter the symptoms, and visit us when you are feeling better.
- Most programs require registration and fill up quickly. Please call early to reserve your spot. We often have a waitlist for events. If you find you cannot attend an event you are registered for, kindly let us know so we can offer your space to someone else.

We look forward to seeing you soon!

~Nickole

Duckett Funeral Home of J.S. Waterman & Sons

William R. Duckett

Funeral Director

656 Boston Post Road (Route 20), Sudbury

978-443-5777

Duckett-Waterman.com

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

WE BUY & SELL

Coins • Coin Collections

Precious Metals • Sterling Flatware

Gold Jewelry • Pocket Watches

TOP PRICES PAID

Call **508-753-9695**

TABER RARE COINS

www.tabercoins.net

FAMILY OWNED. FAMILY ORIENTED. RESIDENT CENTERED.

SUDSBURY PINES EXTENDED CARE FACILITY

Short Term Rehabilitation • Long Term Care

Secure Behavioral Care Unit • Hospice Care

Short Term Respite Care

Family owned and operated since 1970

Come by and visit today

642 Boston Post Road • Sudbury, MA 01776

Phone# **978-443-9000** • www.sudburypines.com

admissions@sudburypines.com

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



HEAVENLY HANDS

senior care

781-526-3675

WWW.HEAVENLYHANDS.CARE

Natick Ma

TRAIN with SHAIN

IN HOME PERSONAL TRAINING
FOR SENIORS

Gait, Balance/Fall Prevention
& Strength Training

(508) 231-6378

www.trainwithshain.net

FULLY INSURED



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

Sudbury Council on Aging, Sudbury, MA

06-5177

THE GREAT COURSES DVD SERIES

On Zoom: Masterworks of American Art

Mondays

Time: 10:00 AM - 11:00 AM

Explore the history of American art in this 24-lecture series with renowned art historian Professor William Kloss. From the colonial era to World War I, discover how American painters captured the story and spirit of a growing nation through unforgettable masterpieces shown in full color.

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

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

Meet up with a friend or two and come on in and enjoy some fresh popcorn and a movie.

Registration is required.

Monday, Feb. 2

American Symphony — Documentary (2023)

Length: 1h 43m

This moving documentary follows celebrated musician Jon Batiste as he works to compose a sweeping new symphony — just as his life partner, writer Suleika Jaouad, faces a recurrence of cancer after years in remission. The film captures the highs of artistic triumph, the lows of personal hardship, and above all, the power of love, resilience, and creativity to bring people together.

Monday, Feb. 9

Worth — Drama (2021)

Length: 1h 58m

Based on true events, *Worth* follows a lawyer tasked with leading the 9/11 Victim Compensation Fund as he struggles to balance legal formulas with the human stories behind the tragedy. A powerful drama about empathy, justice, and the value of every life.

Monday, Feb. 23

Nonnas — Comedy (2025)

Length: 1h 54m

Based on a true story, *Nonnas* follows Joe, a man mourning his mother, who honors her memory by opening an Italian restaurant staffed entirely by grandmothers — real “nonnas” — cooking their traditional family recipes. A warm, feel-good movie about food, family, community and second chances.

4 | TECHNOLOGY/FOOTCARE CLINIC

IPHONE & IPAD CLASSES— REGISTRATION REQUIRED

Understanding iCloud and your Apple Account **Tuesday, February 10** **2:00 PM — 3:00 PM**

This class provides a general overview of the iPhone and iPad Settings app. Learn to find information on your Apple accounts, manage information stored on iCloud, and synchronize your devices.

Finding Books and Building your Digital Library **Tuesday, February 24** **2:00 PM — 3:00 PM**

Learn how to use the Books app on your iPhone and iPad to find books and read them on your devices. We will explore titles, find free books and make texts easier to read on your devices.

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.**

THERAPY GARDENS AND SENIOR U WORKSHOPS

Chocolate Tasting

Wednesday, 2/11

11:00 AM — 12:00 PM



Taste the magic and become a flavor expert as you sample darks, milks and a wildcard choice that makes people raise an eyebrow—in a good way. Some light learning, and plenty of delicious chocolate. **Space is limited and registration is required.** This event is sponsored by The Friends of the Sudbury Senior Citizens, Inc.

Artificial Intelligence (AI) Awareness

Wednesday, 2/18

10:30 AM — 11:30 AM

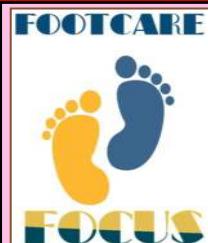


Learn about Artificial Intelligence or AI. Join us for this informative and popular workshop to learn about AI, what it is and what it isn't.

Space is limited and registration is required.

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

MONTHLY FOOTCARE CLINIC



Monthly Footcare Clinic

Date: Monday, 2/23

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 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.**



MARCH SPRING I Fitness Reg.

Sudbury residents: Wed., 3/4

Non-residents: Thu., 3/5

Classes begin Monday, 3/9/2026

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

Mar. 9 — Apr. 13 (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

Mar. 10 — Apr. 21 (7 wks.) Fee: \$42.00 OR

Thursdays | 1:00 PM — 2:00 PM

Mar. 12 — Apr. 23 (7 wks.) Fee: \$42.00

Zumba Gold is a fun cardio class with low impact movements that are gentle on your joints. Each class is like a dance party with easy-to-follow steps. Instructed by Yachun Lin. All levels welcome.

MINDFUL LIVING

Wednesdays | 1:00 PM — 2:00 PM

Mar. 11 — Apr. 22 (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

Mar. 9 — Apr. 13 (6 weeks) Fee: \$36.00

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

Mar. 10 — Apr. 21 (7 wks.) Fee: \$42.00

OR

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

Mar. 12 — Apr. 23 (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

Mar. 10 — Apr. 21 (7 wks.) Fee: \$42.00

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

CHAIR YOGA

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

Mar. 12 — Apr. 23 (7 wks.) Fee: \$42.00

OR

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

Mar. 13 — Apr. 24 (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

Mar. 13 — Apr. 24 (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

Mar. 10 — Apr. 21 (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.

6 | AARP TAX PREP.



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 with our Tax-Aide volunteers, Emil Ragones, can be scheduled on Mondays & Tuesdays. 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

VALENTINES FLORAL WORKSHOP

Sudbury Garden Club

Valentine's FLOWER ARRANGEMENT WORKSHOP

Thursday, 2/12 10:30 AM - 12PM

Create a small valentine's floral arrangement with guidance from talented members of the Sudbury Garden Club who will share basic floral arranging tips.

Join us for a fun morning of love and flowers. Fee is \$20 and includes all supplies. Cash or checks accepted.

Make checks payable to: Sudbury Garden Club

Space is limited to 12 participants. Registration deadline is Friday, 2/6.

**Sud. residents may register starting on 2/2
Non-residents may register starting on 2/3**

**CONTACT THE SUDBURY SENIOR CENTER TO REGISTER
CALL (978) 443-3055 OR EMAIL:
SENIOR@SUDBURY.MA.US**

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

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

Visit ipcommunities.com



Scan to contact us!

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

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



508.545.1694

seniorhelpers.com/ma/metrowest



111 Boston Post Rd., Suite 101
Sudbury, MA

Offices also in Acton & Andover, MA

978-263-0006
GenerationsLawGroup.com

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

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



Sudbury's Premier Assisted Living Community

www.orchard-hill.com

978-443-0080



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



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



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

Sudbury Council on Aging, Sudbury, MA

06-5177

ART CLASSES, GAMES & MORE | 7

 <p>Playing with Reflections - Angela Ackerman</p> <p>Fri., 2/13 11:30AM—1:30PM OR 1:45 PM — 3:30 PM</p> <p>Join us as we experiment and play with reflections in water and understand how light works in reflections in general. Please bring a photo that works with this thematic element that inspired you. All levels are welcome. Class fee is \$15.00 and registration is required.</p>	 <p>Snuggle Puff Throw Blanket Crochet Workshop (5 weeks)</p> <p>Tuesdays, 2/10 — 3/10 2:00 PM — 3:30 PM</p> <p>Create a cozy, colorful puff blanket using soft yarn squares stitched together. Bring your scrap yarn or use from the yarn available at the clinic. No experience necessary. Space is limited to 12 participants. Registration is required.</p>
 <p>Photography Group</p> <p>Tuesday, 2/17 10:30AM — 12:00 PM</p> <p>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.</p>	<p>Desi Chai and Chat</p> <p>Tuesday, 2/10 9:30 AM — 11:30 AM</p>  <p>A meet up of South Asian Americans to connect with each other. Enjoy some tea, conversations and camaraderie. 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 and registration is required.</p>
 <p>BINGO!</p> <p>Wed., 2/11 2:00 PM — 3:00 PM</p> <p>CELEBRITY BINGO!</p> <p>Wed., 2/25 2:00 PM — 3:00 PM</p> <p>The more people who come, the more games we can play and the more money you can win. \$1 per card to play. Registration is required for both events. <u>*Do not miss*</u>, Asst. Town Manager/Finance Director, Victor Garofalo as our guest Bingo caller on Wed., the 25th during our special edition of CELEBRITY BINGO!</p>	<p>Drop - In Coffee with Nickole</p> <p>Friday, 2/27 9:00 AM-10:00 AM</p> <p>Start your weekend with a warm cup of coffee and friendly conversation with Nickole. Drop-in session</p> <p>Leave a Book, Take a Book!</p> <p>Drop-in daily 9:00 AM — 4:00 PM</p> <p>Drop-in and explore our two bookshelves in the lounge.</p> <p></p> <p>Pathways Coffee Hour</p> <p>Wednesday, 2/11 2:00 PM — 3:00 PM</p> <p>Monthly drop-in coffee session welcoming LGBTQIA+ older adults for friendly chat and camaraderie. All are welcome.</p>
<p>Drop in and play Pool or Ping Pong all week</p>  <p>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.</p>	<p>Ukulele Jam & Strum-A-Long</p>  <p>Fridays in February</p> <p>FRI: 2/6 & 2/20 @ Goodnow Library 1 PM— 2 PM</p> <p>FRI: 2/13 & 2/27 @ Sud. Sen. Center 1 PM— 2 PM</p> <p>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. <u>PLEASE NOTE: This is different from the Ukulele Session with Julie Stepanek on 2/20 from 2pm-3pm</u></p>

8| FEBRUARY CALENDAR

Monday 10:00 Masterworks 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 1:00 Tap 2:30 Tai Chi	2	Tuesday 9:30 Greatest Orch. 9:30 Zumba Gold 11:00 Strength & Bal. 1:30 Drums Alive 2:35 Line Dancing	3	Wednesday 9:30 Vikings 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living	4	Thursday 9:30 Walk-in Tech 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	5	Friday 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	6
10:00 Masterworks 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 1:00 Tap 2:30 Tai Chi 3:30 COA Meeting	9	9:30 Greatest Orch. 9:30 Zumba Gold 9:30 Desi Chai & Chat 10:00 Collette Trips Presentation 11:00 Strength & Bal. 1:30 Drums Alive 2:00 iPhone Clinic 2:00 Crochet Clinic 2:35 Line Dancing	10	9:30 Vikings 11:00 Fit for the Future 11:00 Chocolate Tasting Workshop 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 2:00 Bingo! 2:00 LTC Talk- Aging 2:00 Pathways Coffee	11	9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Floral Workshop 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 1:00 Zumba Gold 2:30 Connection Circle	12	9:15 Mat Yoga 10:15 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for Future 11:30 Watrclr with A.A 12:30 Knitty Gritty 1:00 Ukulele Drop-In 1:45 Wtrclr with A.A.	13
PRESIDENTS' DAY SENIOR CENTER IS CLOSED	16	9:30 Greatest Orch. 9:30 Zumba NO CLASS 10:30 Photo Group 11:00 Strength & Bal. 1:30 Drums Alive 2:00 Crochet Clinic 2:35 Line Dancing	17	9:30 Vikings 10:30 Art. Intel. Workshop 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 1:00 Book Club Mtg.	18	9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 1:00 Mardi Gras Celeb. 1:00 Zumba NO CLASS 1:00 Low Vision 2:30 Connection Circle	19	9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop In Watrclr 12:30 Knitty Gritty 1:45 Drop In Wtrclr 2:00 Ukulele with Julie	20
	23	9:00 Footcare Clinic 10:00 Masterworks 10:00 Natl. Banana Bread Day with Jill 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 1:00 Tap 2:30 Tai Chi	24	9:30 Greatest Orch. 9:30 Zumba Gold 11:00 Strength & Bal. 1:30 Drums Alive 2:00 iPhone Clinic 2:00 Crochet Clinic 2:35 Line Dancing	25	9:30 Vikings 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Celeb. Bingo!	26	9:00 Coffee Hr/ NB 9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop In Wtrclr 12:30 Knitty Gritty 1:00 Ukulele Drop-In 1:45 Drop in Wtrclr 2:00 Golden Age—Jive	27
				EVENT COLORS: GREEN—Hybrid PURPLE—Off Site BLUE—Zoom RED—Special BLACK—Regular		REGISTRATION Sud. Residents Monday 2/2 Non-Residents Tuesday 2/3			

No longer wish to receive a paper copy of this newsletter? Would you like to get an electronic
version instead? See Page 9 for more details.

LUNCHEON, TALKS, AND MARDI GRAS | 9



Taste of Sudbury: Cultures Through Cuisine Chinese Lunar New Year Luncheon

Thursday, 2/26 12:30 PM — 2:30 PM

Join us in February as *Taste of Sudbury: Cultures Through Cuisine* celebrates Chinese culture and the Lunar New Year, welcoming **2026 — the Year of the Horse**. Enjoy a delicious catered lunch while learning about traditions and cuisine tied to this festive celebration. **This popular event will sell out, so do not delay registration.** Sudbury residents may register beginning **Monday, February 2**, and non-residents beginning **Tuesday, February 3**. The event fee is \$5.00. Please bring exact cash. Space is limited.

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

Long Term Care Talk: Aging in Place

Wednesday, 2/11
2:00 PM — 3:00 PM



Most seniors prefer to remain in their own homes, but doing so safely may require thoughtful planning. This program explores the concept of aging in place and addresses common safety concerns and limitations. Join **John Valpey, Certified Aging in Place Specialist from Positive Living Solutions**, to learn about practical home modification options, associated costs, and solutions that can help you stay in your home safely and comfortably. Light refreshments will be served. **Registration is required.**

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

Mardi Gras Celebration with Jazz Music by Komorebi

Thursday, 2/19 1:00 PM — 3:00 PM



Celebrate Mardi Gras with an afternoon of music, creativity, and fun. Enjoy the lively sounds of **Mathew Proujansky and his jazz group, Komorebi**, while taking part in a festive **Mardi Gras-themed self-led craft workshop**. Work at your own pace to decorate your masks and take home as a keepsake of the celebration. Light refreshments will be served. **Space is limited and registration is required.** Sudbury residents may register starting on **Monday 2/2**, while on-residents may register on **Tuesday, 2/3**.

This event is supported in part by a grant from the Sudbury Cultural Council, a local agency supported by the Massachusetts Cultural Council, a state agency.



A Note to our readers regarding our newsletter—The Sudbury Scene

If you currently receive a paper copy of *The Sudbury Scene* and enjoy reading it, thank you—there is nothing you need to do. We're happy to continue mailing it to you each month. If you have moved, or if you no longer wish to receive a paper copy of our newsletter, we kindly ask that you contact the Senior Center and request to be removed from the mailing list or to sign up for the electronic version. This helps reduce paper waste and keeps our records accurate. Call us at (978) 443-3055 or email us: senior@sudbury.ma.us to find out how. Thank you!

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| TRIPS

Start Planning your getaways now!

We're excited to share a wonderful lineup of day trips and multi-day adventures planned for 2026. Whether you're looking for a fun day out or an unforgettable travel experience, there's something for everyone. Stop by the Senior Center to pick up trip flyers with full details and pricing.

Day Trip

* **Viva Las Elvis**

Thursday, April 16, 2026

Enjoy an incredible Elvis Tribute Show and luncheon featuring **Dan Fontaine**, a nationally award-winning tribute artist who perfectly captures the look, sound, and spirit of Elvis Presley. Includes luncheon and show. Cost: **\$140.00** (through Best of Times). *Elvis fans—don't miss this one!*

Multi-Day Trips

* **Ireland & Northern Ireland**

September 6–18, 2026

Travel from Dublin through the stunning countryside of Ireland and Northern Ireland, with stops including **Waterford, Kilkenny, the Cliffs of Moher, Belfast**, and more. Offered by Collette Tours. See flyer for pricing and full itinerary.

* **Nashville & Smoky Mountains Holiday**

Nov. 28 – Dec. 5, 2026

Celebrate the holiday season with visits to **Nashville, Dollywood**, and the breathtaking **Biltmore Estate** in **Asheville, North Carolina**. Offered by **Collette Tours**. See flyer for pricing and details.

DO NOT MISS!!!! REGISTRATION IS REQUIRED

Collette Tours Presentation

Tuesday, 2/10 10:00AM — 12:00 PM



Register to attend and learn more about upcoming trips, including:

- **Ireland & Northern Ireland (2026)**
- **Nashville & Smoky Mountains Holiday (2026)**
- **Holland & Belgium River Cruise (2027)**

Space is limited and registration is required. Call the Senior Center by Friday, February 6th, to reserve your seat for this informative presentation.



MUSIC IN FEBRUARY



Ukulele with Julie

Fri., 2/20 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.

Session has a minimum of 12 participants to run.

Class fee is \$10.00 and registration is required.

The Golden Age of Jive

Fri., 2/27 2 PM – 3 PM

Celebrate **Black History Month** with an upbeat musical presentation with **John Clark**, exploring the fun and flair of Jive. More than a music style, jive is an attitude brought to life by jazz greats like **Louis Armstrong, Fats Waller, Cab Calloway, and Ella Fitzgerald**. Join us for this lively program guaranteed to make you smile and tap your feet. **Registration is required.** **This event is sponsored by The Friends of the Sudbury Senior Citizens, Inc.**



The Senior Center Needs You!

If you love hospitality, or driving, then we have volunteer opportunities for you! The Senior Center is getting closer to starting a meals program and we will need people to help out with meal prep (chopping, cleaning veggies, etc), dishwashing, serving, and other assorted kitchen tasks. We're also looking at a new transportation program. If you have a valid driver's license and are interested in driving your neighbors to appointments, we would love to talk to you. If you're interested in either of these programs, 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.

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

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.

VAN TRIPS



Sudbury Connection Van Trip to Trader Joe's in Framingham

Monday, 2/9

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.

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

Massachusetts Circuit Breaker Tax Credit

If you are 65 or older, live in Massachusetts, and own or rent your primary residence, **you may qualify for a refundable tax credit up to \$2,730 for 2025.**

Income limits are:

- ◆ \$75,000 (single)
- ◆ \$94,000 (head of household)
- ◆ \$112,000 (married filing jointly)

Homeowners may qualify if their property taxes plus half of water and sewer costs exceed 10% of their income.

Renters may qualify if 25% of their annual rent exceeds 10% of their income. **To apply, file SCHEDULE CB with your**

Massachusetts state tax return. If you have any questions, please call Jill Dube at (978) 639-3268.

Need Help with Transportation?



Thinking about driving less? Don't like driving in snow or ice? Perhaps you are starting to think about

giving up the keys? Sudbury has many transportation options available for older adults. To learn what might work best for you, call Jill Dube, Assistant Director/Outreach Coordinator who can help you find safe, reliable, and affordable ways to get where you need to go. Call (978) 443-3055 and ask to speak with Jill.

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

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.

National Banana Bread Day with Jill



Monday, 2/23

10:00 AM — 11:00 AM

Whether you love it warm from the oven, packed with chocolate chips, or topped with a little butter, banana bread is the ultimate comfort bake. Jill is sharing the joy today—so grab a slice, savor the sweetness, and join us in the café area for some lively conversation and a delicious treat to start off your week on a sweet note. **Registration is required.**

FEBRUARY COLLECTION

WE ARE COLLECTING PET ITEMS

February Donation Drive—Pets in Need

This February, The Sudbury Senior Center is collecting items to support local pets in need. We welcome donations of new and unopened pet food, treats, toys, leashes, and pet care supplies. Your generosity helps keep beloved pets healthy, happy, and with the families who love them. Thank you for helping our furry friends.



ADDITIONAL RESOURCES | 13

MONTHLY CLINICS & SUPPORT GROUPS

Stamp Club: Monday, 2/9	10:00 AM—11:00AM
Circle of Friends & Caregivers: Tuesday, 2/3	Offsite
Pathways Coffee hour: Wed., 2/11	2:00 PM— 3:00 PM
Turn the Page Book Grp.: Wed., 2/18	1:00 PM—2:00 PM
Legal Clinic: 3rd Wed. of month, 2/18	By Appointment
Connection Circle: Thursdays <i>*see P.8 for meeting format: hybrid vs. Zoom</i>	2:30 PM— 3:30 PM
Low Vision Support: Thursday, 2/19	1:00 PM—2:00 PM
Hearing Clinic: Fri., 2/13 (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 (Daily Outdoor games. Weather permitting)	9:00 AM— 3:30 PM
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 2/6, 2/20, 2/27 (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

SENIOR CENTER STAFF

COUNCIL ON AGING

FRIENDS OF SUDBURY SENIORS

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

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

President:
Jeff Levine
Vice President:
Steve Cebra
Treasurer:
Janet Derby
Secretary :
Joanne Bennett

Board Members:

Joe Bausk
Judy Honens
Patricia Howard
Bob May
Donald Oasis
Marilyn Tromer

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.

For more information about the *Friends*, please visit <https://sudburseniorcenter.org/about-us/friends-of-sudbury-seniors/> or leave a message at 978-443-3055 and a Friend will call you back.

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.



Did you know that **1 in 10 Massachusetts residents** has unclaimed property waiting for them?

It could be an old bank account, a forgotten insurance policy, uncashed checks, or even a safe deposit box you didn't know existed.

Visit FindMassMoney.gov or call our office at **617-367-0400**.

✓ Official State Program ✓ Easy-to-Follow Instructions

This information is provided as a public service. Searching state unclaimed property databases is always free. Never pay anyone to search on your behalf.

LET'S GROW YOUR BUSINESS
Advertise in our Newsletter!

CONTACT ME
Joe Dapper

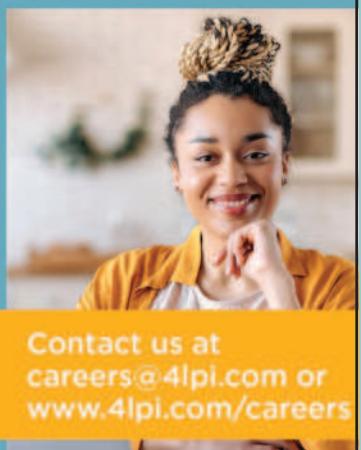
jdapper@4LPi.com
(351) 214-9557 x9557

WE'RE HIRING!
AD SALES EXECUTIVES



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

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



Contact us at
[careers@4ipi.com](mailto:cCareers@4ipi.com) or
www.4ipi.com/careers



DON'T WEATHER THE SEASONS ALONE

Come home to ~



CHRISTOPHER HEIGHTS
AN ASSISTED LIVING COMMUNITY

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

Call to schedule a tour 508-281-8001

99 PLEASANT ST., MARLBOROUGH, MA • www.CHRISTOPHERHEIGHTS.COM

IF YOU LIVE ALONE

MDMedAlert!™
At HOME and AWAY!

STARTING AT
\$19.95
/mo.



- ✓ Ambulance
- ✓ Police
- ✓ Family
- ✓ GPS & Fall Alert

CALL NOW!

800.809.3570

md-medalert.com

*Mirick, the right choice for all
your legal needs.*

Trusts and Estates | Elder Law

Christine Boutin

caboutin@miricklaw.com

508.929.1679



Worcester
Westborough
Boston
www.miricklaw.com

MIRICK

We make
senior living
simple.



When it's time to consider
senior living and care options,
call us for personalized help with
finding exactly the right place.

We can help you find:

- Independent Living
- Assisted Living
- Memory Care
- Respite Services
- Home Care
- Hospice

781-205-9455

NW-Boston@YourOasisAdvisor.com
OasisSeniorAdvisors.com/NW-Boston



ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide

ADT
Authorized
Provider

SafeStreets

833-287-3502



NEVER MISS
OUR NEWSLETTER!

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit
www.mycommunityonline.com



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

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

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



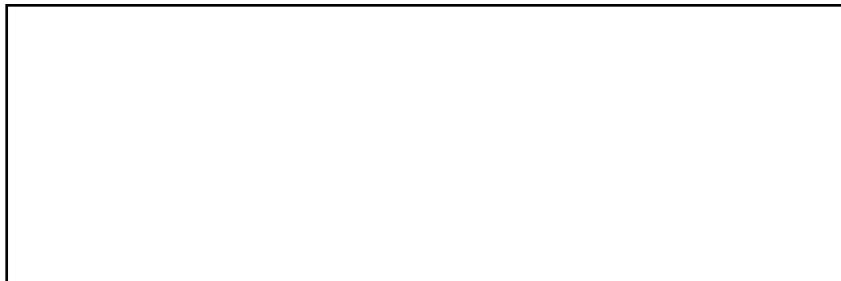
Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.ipicommunities.com

Sudbury Council on Aging, Sudbury, MA

06-5177

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

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



Or Current Occupant



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

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

Website: www.sudburryseniorcenter.org

Email: senior@sudbury.ma.us



New Horizons

**Independent Living, Assisted Living,
and Memory Care in Marlborough**

Give away your snow shovel



Don't spend your retirement shoveling snow. At New Horizons retirement community in Marlborough, our staff handles all snow removal — even clearing off your car. Set the shovel aside and enjoy the cozy comfort of the Metrowest's premier not-for-profit retirement community.



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

For new residents, we will guarantee no increase for SIX YEARS to the basic monthly fee!

*Care plans available at an additional cost based on need.

400 Hemenway Street, Marlborough | 508-460-5200 | CountryCommunities.com



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

Sudbury Council on Aging, Sudbury, MA

06-5177