



# The SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

## March 2026



No longer wish to receive a paper copy of this newsletter?  
See Page 9 for details about removing your name from our mailing list.

- ◆ See Page 2 for March Registration dates.
- ◆ To register for any of our programs, please call the Sudbury Senior Center at (978) 443-3055 or email: [senior@sudbury.ma.us](mailto: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.



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## 2 | WELCOME MARCH

### Happy March!

It's hard to believe that March is here— and warmer weather is finally in sight. As spring approaches, it's the perfect time to get out and see all that the Senior Center has to offer. This month, our schedule is jam-packed with fun, games, music, and educational programs. Enjoy Ukulele, Ping Pong, Pool, and Bingo—and don't miss **Celebrity Bingo featuring Sudbury's very own Police Chief, Scott Nix, with a guest appearance by service dog, officer Rico.**

On the educational side, we're offering a **Lunch & Learn on Brain Health Awareness** and well as the final session of our five-part **Long-Term Care** series. We also have **two footcare clinic dates in March.** These clinics are for Sudbury residents and they will fill quickly, so be sure to call and book your appointments on Monday, March 2nd.

Interested in the **Boston Symphony Orchestra**? See page 10 for more information about this very special trip organized and sponsored by **the Friends of the Sudbury Senior Citizens, Inc.** The event price includes tickets to the Orchestra's rehearsal program as well as transportation. Don't miss this exciting opportunity! **Registration deadline is March 10.**

We are also excited to announce a new transportation option— **The Community Rides program.** See details on page 11.

It's a great time to come and check us out. We truly have something for everyone. If you have any other suggestions, please drop us a line in our suggestion box. We love to hear from you.

~ Be well,

Nickole

## MARCH REG. DATES



### NON FITNESS EVENTS

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

### SPRING I FITNESS REG. START DATES

- \* Residents—Wednesday, 3/4
- \* Non-Res. —Thursday, 3/5

Classes start week of  
3/9/26

See page 5 for class details.

### Duckett Funeral Home of J.S. Waterman & Sons

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## 4 | TECHNOLOGY/FOOTCARE CLINIC

### IPHONE & IPAD CLASSES— REGISTRATION REQUIRED

#### Introduction to Facebook

Tuesday, March 10

2:00 PM — 3:00 PM

Facebook is a popular social media platform where people create profiles, connect with friends and family, share posts, and interact through comments, messages, and groups. This class dives into the Facebook app and shows participants how to post content, view posts, and interact with friends.

#### Instacart, Uber and Venmo

Tuesday, March 31

2:00 PM — 3:00 PM

This class explores three different apps: Instacart, Uber, and Venmo. These apps are used for ordering groceries to be delivered, getting rides from one place to another, and making transfers from your bank or card to friends and family.

### 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.**

### TECH WORKSHOP with Jon Baron

#### Intro to Microsoft Word & Excel for Seniors

Thursday, March 12

11:00 AM— 12:00 PM

Join Jon Baron in this introductory class for seniors on **Microsoft Word & Excel**, where participants will learn how these programs can help with everyday tasks such as writing letters, creating lists, organizing expenses, and tracking simple data.

The Word portion of class covers typing & editing text, changing font size & style, saving documents, and printing. The Excel portion introduces spreadsheets, including entering data, simple calculations, adjusting columns, and creating basic tables. Instruction is hands-on, paced slowly, taught in clear, non-technical language. Participants are encouraged to bring their laptop & ask questions. No experience is necessary. **Space is limited and registration is required.**

### SENIOR U WORKSHOP

#### Passwords & Privacy— What you really need to know

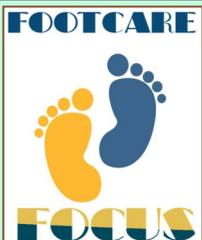


Tuesday, March 24

11:00 AM — 12:00 PM

Join the experts from Senior U for this presentation on straightforward guidance for staying secure without confusion. No tech jargon. No password shaming. **Space is limited & registrations is required.** This event is sponsored by the Friends of the Sudbury Senior Citizens, Inc.

### MONTHLY FOOTCARE CLINIC



**2 CLINICS IN  
MARCH!**

**Dates: 3/23 AND 3/30**

**Times: Mon. 3/23 9:00 - 2:00 PM**

**Mon. 3/30 1:00 - 4:00 PM**

**2 DATES  
IN MARCH**

**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. START DATES**

**Sud. residents: Starting on Wed., 3/4**  
**Non-residents: Starting on Thu., 3/5**  
**\*\* Classes begin the week of 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.**

Join Lois Leav for this fun and popular 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. 7 (5 wks.)** **Fee: \$30.00**

**OR**

**Thursdays | 1:00 PM — 2:00 PM**

**Mar. 12 — Apr. 9 (5 wks.)** **Fee: \$30.00**

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**

**Mondays | 1:00 PM — 2:00 PM**

**Mar. 9 — Apr. 13 (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. **NO CLASS 3/23 & 3/30**

**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. 7 (5 wks.)** **Fee: \$30.00**

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 levels 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 fun workshop. Line dancing is a great way to stay active, boost your memory, strengthen your bones & relieve stress. All levels welcome.



# 6 | AARP TAX PREP.

# ★ NEW MONTHLY PROGRAM ★



## AARP—Sponsored Tax Return Preparation Schedule

**Dates: February 2, 2026 – April 6, 2026**

Appointments with our Tax-Aide volunteers, Emil Ragonas, 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 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.

For appointments, contact Chery Finley at the Senior Center at (978)639 - 3269, during our normal business hours (Mon -Fri, 9:00 4:00 PM) or email:

[finleyc@sudbury.ma.us](mailto:finleyc@sudbury.ma.us)

Calls/messages will be returned in the order with which they were received.

## NEW: Monthly Investment Research Group

\* Every 2nd Friday of every month, 1-3PM \*

**March Date: Friday 3/13 1:00 — 3:00 PM**

Interested in Smarter Investing? A new Investment Research Group is forming and looking for curious, analytical members who manage their own investments and enjoy sharing insights. This peer-driven group focuses on data-based market analysis, knowledge sharing, and continuous learning-no money involved. **The group will meet the 2nd Friday of every month from 1-3pm. Registration is required.**

Ready for more sunshine?

Daylight Saving Time begins Sunday, March 8th

Don't forget to set your clocks ahead one hour before bed!



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# ART CLASSES, BINGO & MUSIC | 7

## Farmers Market Watercolor Workshop with Angela Ackerman



Friday, 3/20

11:30 AM — 1:30 PM OR 1:45 PM — 3:30 PM

We will be drawing and painting from observation. Please bring in any fresh fruit or vegetables that inspire you - onions, garlic, lemon, carrots, lettuce, etc. Photos are ok and will work as well. All levels welcome. **Class fee is \$15.00 and registration is required.**



**BINGO!** Wed., 3/11 2:00 - 3:00 PM

AND

**CELEBRITY BINGO!**

Wed., 3/25 2:00 - 3:00 PM

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 each date.**

**\*Do not miss\***, Sudbury Police Chief Scott Nix and his guest, Officer Rico from the K-9 unit as our guest Bingo callers on Wed., 3/25 during our special edition of **CELEBRITY BINGO!**



## Color & Light Clinic - Lane Williamson (8 WKS.)

Wednesdays, 3/4 — 4/22 10:00 AM — 12:00 PM

This **eight-week**, studio-based course explores how color and light create mood, atmosphere, and depth. Working from life, photos, and imagination, participants will experiment with color relationships, warm-cool contrast, value, and different lighting effects. Each class includes demonstrations, individual work time, and group discussion. Open to beginners and experienced artists alike, the course encourages skill-building, creative exploration, and developing a personal visual voice in a supportive, social setting. **Space is limited to 12 participants. Registration is required.**

## Ukulele with Julie

Friday, 3/20 2:00 PM — 3:00 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

**Session has a minimum of 12 participants to run.**



## N.E. CONSERVATORY CONCERT

New England Conservatory:  
Piano concert 4 hands Duo



Thursday 3/19 1:00 PM — 3:00 PM

New England Conservatory, in partnership with Friends of the Sudbury Senior Citizens, Inc., presents a special piano four-hands duo concert featuring talented NEC students. This performance is part of the Community Performance Partnership Program. Full program details will be shared closer to the event. Light refreshments will be served following the concert.

**Space is limited and registration is required.**

**\*\*\* Sudbury's Annual Town Election is coming up on Monday, March 30, 2026. All voting is held at the Fairbanks Community Center 7am—8pm. Further information & Vote By Mail applications are available on the Town Website at [Sudbury.ma.us](http://Sudbury.ma.us) or contact the Sudbury Town Clerk's office at 978-639-3551. \*\*\***

## Pathways Coffee Hour—Pizza and Improv

Wednesday, 3/11 2:00 PM — 3:00 PM

Join us this month for Pizza and Improv. Monthly **drop-in** session welcoming LGBTQIA+ older adults for friendly chat & camaraderie. All are welcome.



## SHIBORI INDIGO DYEING

Itajime Shibori

Indigo Dyeing: 2 clinics

Tuesday 3/17

11:00 AM — 12:30 PM

OR 1:00 PM — 2:30 PM



Shibori is a traditional Japanese fabric dyeing technique that creates beautiful patterns using folding and simple resist methods. In this class, we'll explore Itajime Shibori, also known as "board clamping." Fabric is folded, placed between shapes, and held together with clamps or rubber bands before being dyed in rich indigo. Participants will create unique flour sack dish towels to take home. **No experience needed**, just come ready to have fun and enjoy the creative process! All supplies will be provided. **Each session is 1.5hrs in length and has a 10 participant limit. Sign up for the morning OR the afternoon session. These clinics are sponsored by the Friends of the Sudbury Senior Citizens, Inc.**

# 8 | MARCH CALENDAR

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
<p>10:00 Masterworks</p> <p>10:00 Cribbage</p> <p>11:00 Fit for the Future</p> <p>12:30 MahJong</p>	<p>9:30 Greatest Orch.</p> <p>2:00 Crochet Clinic</p>	<p>9:30 Vikings</p> <p>10:00 LW Art Clinic</p> <p>11:00 Fit for the Future</p> <p>12:30 Spoonfuls</p> <p>1:00 Chess for All</p> <p>1:00 Bridge</p>	<p>9:30 Walk-in Tech</p> <p>10:30 BP Clinic</p> <p>10:00 Current Events</p> <p>12:30 Canasta</p> <p>12:30 Game Central</p> <p>2:30 Connection Circle</p>	<p>11:00 Fit for the Future</p> <p>11:30 Drop In Waterclr</p> <p>12:30 Knitty Gritty</p> <p>1:45 Drop In Waterclr</p>
<p>10:00 Masterworks 9</p> <p>10:00 Stamp Club</p> <p>10:00 Cribbage</p> <p>11:00 Fit for the Future</p> <p>12:30 MahJong</p> <p>1:00 Matinee Monday</p> <p>1:00 Tap</p> <p>2:30 Tai Chi</p> <p>3:30 COA Meeting</p>	<p>9:30 Greatest Orch 10</p> <p>9:30 Zumba Gold</p> <p>11:00 Strength &amp; Bal.</p> <p>1:30 Drums Alive</p> <p>2:00 iPhone Clinic</p> <p>2:00 Crochet Clinic</p> <p>2:35 Line Dancing</p>	<p>9:30 Vikings 11</p> <p>10:00 LW Art Clinic</p> <p>11:00 Fit for the Future</p> <p>12:30 Spoonfuls</p> <p>1:00 Chess for All</p> <p>1:00 Bridge</p> <p>1:00 Mindful Living</p> <p>2:00 Bingo!</p> <p>2:00 Pathways Coffee-Pizza &amp; Improv</p>	<p>9:15 Chair Yoga 12</p> <p>9:30 Walk-in Tech</p> <p>10:00 Current Events</p> <p>10:30 BP Clinic</p> <p>10:30 Strength &amp; Bal</p> <p>11:00 Intro to Word and Excel</p> <p>12:30 Canasta</p> <p>12:30 Game Central</p> <p>1:00 Zumba Gold</p> <p>2:30 Connection Circle</p>	<p>9:15 Mat Yoga 13</p> <p>10:15 Chair Yoga</p> <p>9:30 Hearing Clinic</p> <p>11:00 Fit for Future</p> <p>11:30 Drop In Watrclr</p> <p>12:30 Knitty Gritty</p> <p>1:00 Ukulele Drop-In</p> <p>1:00 Inv. Rsrch. Group</p> <p>1:45 Drop In Wtrclr</p>
<p>10:00 Masterworks 16</p> <p>10:00 Cribbage</p> <p>11:00 Fit for the Future</p> <p>12:30 MahJong</p> <p>1:00 Matinee Monday</p> <p>1:00 Tap</p> <p>2:30 Tai Chi</p>	<p>9:30 Greatest Orch. 17</p> <p>9:30 Zumba Gold</p> <p>10:30 Photo Group</p> <p>11:00 Strength &amp; Bal.</p> <p>11:00 Shibori AM clinic</p> <p>1:00 Shibori PM clinic</p> <p>1:30 Drums Alive</p> <p>2:35 Line Dancing</p>	<p>9:30 Vikings 18</p> <p>10:00 LW Art Clinic</p> <p>11:00 Fit for the Future</p> <p>12:30 Spoonfuls</p> <p>1:00 Chess for All</p> <p>1:00 Bridge</p> <p>1:00 Mindful Living</p> <p>1:00 Book Club Mtg.</p> <p>2:00 LTC Talk—Last talk</p>	<p>9:15 Chair Yoga 19</p> <p>9:30 Walk-in Tech</p> <p>10:00 Current Events</p> <p>10:30 BP Clinic</p> <p>10:30 Strength &amp; Bal</p> <p>12:30 Canasta</p> <p>12:30 Game Central</p> <p>1:00 NEC Piano Concert</p> <p>1:00 Zumba Gold</p> <p>1:00 Low Vision</p> <p>2:30 Connection Circle</p>	<p>9:15 Mat Yoga 20</p> <p>10:15 Chair Yoga</p> <p>11:00 Fit for the Future</p> <p>11:30 Watrclr with A.A</p> <p>12:30 Knitty Gritty</p> <p>1:45 Wtrclr with A.A.</p> <p>2:00 Ukulele with Julie</p>
<p>9:00 Footcare Clinic 23</p> <p>10:00 Masterworks</p> <p>10:00 Cribbage</p> <p>11:00 Fit for the Future</p> <p>12:30 MahJong</p> <p>1:00 Matinee Monday</p> <p>1:00 NO CLASS- Tap</p> <p>2:30 Tai Chi</p>	<p>9:30 Greatest Orch. 24</p> <p>9:30 Zumba Gold</p> <p>11:00 Strength &amp; Bal.</p> <p>11:00 Passwords &amp; Privacy—Senior U</p> <p>1:30 Drums Alive</p> <p>2:35 Line Dancing</p>	<p>9:30 Vikings 25</p> <p>10:00 LW Art Clinic</p> <p>11:00 Fit for the Future</p> <p>12:00 L&amp;L: 6 Pillars Brain Health</p> <p>12:30 Spoonfuls</p> <p>1:00 Chess for All</p> <p>1:00 Bridge</p> <p>1:00 Mindful Living</p> <p>2:00 Celeb. Bingo— with Police Chief Nix &amp; Rico (k-9 unit)</p>	<p>9:15 Chair Yoga 26</p> <p>9:30 Walk-in Tech</p> <p>10:00 Current Events</p> <p>10:30 BP Clinic</p> <p>10:30 Strength &amp; Bal</p> <p>12:00 Taste of Sudbury Luncheon</p> <p>12:30 Canasta</p> <p>12:30 Game Central</p> <p>1:00 Friends Meeting</p> <p>1:00 Zumba Gold</p> <p>2:30 Connection Circle</p>	<p>9:15 Mat Yoga 27</p> <p>10:15 Chair Yoga</p> <p>11:00 Fit for the Future</p> <p>11:30 Drop In Wtrclr</p> <p>12:30 Knitty Gritty</p> <p>1:00 Ukulele Drop-In</p> <p>1:45 Drop in Wtrclr</p>
<p>10:00 Masterworks 30</p> <p>10:00 Cribbage</p> <p>11:00 Fit for the Future</p> <p>12:30 MahJong</p> <p>1:00 Matinee Monday</p> <p>1:00 NO CLASS- Tap</p> <p>1:00 Footcare Clinic</p> <p>2:30 Tai Chi</p>	<p>9:30 Greatest Orch. 31</p> <p>9:30 Zumba Gold</p> <p>11:00 Strength &amp; Bal.</p> <p>1:30 Drums Alive</p> <p>2:00 iPhone Clinic</p> <p>2:35 Line Dancing</p>	<p><b>EVENT COLORS:</b></p> <p>GREEN—Hybrid</p> <p>PURPLE—Off Site</p> <p>BLUE— Zoom</p> <p>RED— Special</p> <p>BLACK— Regular</p>	<p><b>REGISTRATION</b></p> <p>Sud. Residents Monday 3/2</p> <p>Non-Residents Tuesday 3/3</p>	<p><b>SPRING I FITNESS</b></p> <p><b>REG. START</b></p> <p>Residents: Wednesday 3/4</p> <p>Non-Residents: Thursday 3/5</p>



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.





**Taste of Sudbury: Cultures Through Cuisine —  
St. Patrick's Day Luncheon with LIVE Irish music by Killeeshil**

Thursday, 3/26

12:00 PM — 2:00 PM

**Celebrate the Luck of the Irish with Us!** Get ready for a toe-tapping, taste-bud-tempting celebration of Irish culture at the Senior Center. Enjoy a traditional Irish boiled dinner featuring tender corned beef, boiled cabbage, carrots, and potatoes—plus can't-miss Irish soda bread. Save room for dessert because we're serving up the crowd-favorite Grasshopper pie! **And**, back by popular demand, the **LIVE music of Killeeshil** will fill the room with authentic Irish sounds that'll have you feeling transported straight to the Emerald Isle. So grab your favorite green attire & come celebrate with us—it's sure to be a shamrockin' good time. **Join us for lunch and help nourish neighbors in need- bring a non-perishable food item to donate to The Sudbury Food Pantry. Lunch fee: is \$5.00. Please bring exact cash. Space is limited and registration is required! Sudbury residents: register beginning Monday, 3/2. Non-residents- Tuesday, 3/3. Do not delay!**

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

**TALKS AND LUNCH & LEARNS**

**Long Term Care Talk: Arriving at the End of the Line -  
Planning with Clarity and Care**

Wednesday, 3/18

2:00 PM — 3:00 PM

While end-of-life planning isn't something we often talk about, learning more about our options can bring peace of mind and confidence—for ourselves and for those we love. This program invites gentle, honest conversation about planning ahead, understanding choices, and approaching these topics with compassion rather than fear. We'll explore how modern medicine, including palliative care and supportive treatments, can help maintain comfort and dignity. Learning about these resources *before* a crisis allows us to make thoughtful decisions and better support our families when it matters most. **Our guest speaker, Dr. Wilkinson** earned his MD and PhD at Duke and completed neurosurgery residency at MGH. He served 20 years as Chair of Neurosurgery at UMass Medical Center, directing the residency & neurotrauma programs, later practiced at MGH & Newton Wellesley Hospital, and retired in 2019 after 14 years as an MGH consultant. **Registration is required.** Light refreshments will be served.

**Lunch & Learn: Six Pillars  
of Brain Health- AARP**



Wednesday, 3/25

Lunch: 12:00 PM,  
Talk: 12:30 PM

A lifestyle that supports brain health can make a difference to your well-being throughout your life. This session is a good overview for anyone interested in improving their brain health and will provide actionable steps you can take along with resources to learn more. **Jeff Zornitsky, from AARP MA Speakers Bureau, will be presenting.** Join us for this very informative lunch and learn event in honor of Brain Health Awareness in March. **Registration is required. Space is Limited.**



Lunch generously sponsored  
by New Horizons,  
Marlborough.



**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](mailto: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 | SENIOR PROFILE



**Franci Martel**

**Article by: Betsy Nikula**

### **“No Senior Left Behind!”**

As one of the Trip Coordinators for the Sudbury Senior Center, Franci Martel believes “no senior should be left behind” and she encourages any senior unsure about joining in on a trip to try it. She will sit with a senior new to the community so that they are comfortable and make sure they meet other friendly faces on the trips. Pretty soon Franci says, the newbie will make connections with others and will enjoy the new companionship and start to plan for future trips.

Franci was born and brought up in neighboring Lincoln and graduated from Lincoln-Sudbury Regional High School. She attended Middlesex Community College and then transferred to San Diego State University after getting married. Her husband was in the military, which took them to many different places including San Diego. In driving cross country to San Diego with her husband, Franci took the southern route going west and the northern route coming back east. As a result, she has traveled to every state other than Washington and Alaska. She has visited Hawaii on a separate vacation trip as one could imagine, it is rather difficult to get there by car!

After ending up back in Massachusetts in 1979 she settled in Marlborough. Franci’s main career was raising her three sons. When her children grew a bit older, she went to work at Bose Corporation in Framingham. She spent 20 years in customer service and sales before retiring in 2015. She has also dabbled in real estate for years and still finds the market interesting.

Franci has lived in Marlborough for close to 40 years. She has looked after many of her elderly relatives who also resided in Marlborough, including her mother who moved from Lincoln in early 2000. Her three sons are all currently living in Massachusetts with their families. This has allowed Franci the opportunity to spend some quality time with her five grandchildren, whom she loves very much.

Over the years Franci volunteered with Habitat for Humanity in Hudson and Beacon Hospice in Framingham. She already has a list of ways she hopes to volunteer in the future. Her plans include volunteering for the American Red Cross, Rosie’s Place in Boston, and the Food Bank in Worcester. It’s apparent that Franci is passionate about caring for people.

Currently Franci enjoys playing Mah-Jongg, bowling, reading, going to lunch and the movies with friends, and container gardening. She is also delighted with her volunteer job here at the Sudbury Senior Center and hopes to provide (with the help of Joe Bausk, the co-coordinator) many fun trip opportunities for all of us in the coming year. Franci is a kind and generous volunteer who is always there with a smile and willingness to help. Thank you, Franci, for all that you do!

## BOSTON SYMPHONY ORCHESTRA BUS TRIP



### **A Rare Boston Symphony Experience**

The Friends of the Sudbury Senior Citizens, Inc. is thrilled to sponsor an **exclusive bus trip to Boston** for a behind-the-scenes treat: **The Boston Symphony Orchestra’s Rehearsal Performance**. Enjoy world-class music, a unique glimpse into the BSO’s creative process, and **stress-free transportation**—all at a special group rate!

**Round-trip transportation included and limited seating — advance registration required.**

**Date: Thursday, April 23**

**Registration deadline: Tuesday, March 10**

**Fee: \$50–\$60 (Tickets and transportation included)**

**Payment due: Friday, March 20**



For more details or to reserve your seat, call the Senior Center at (978) 443–3055 and ask for **Nickole Boardman**.



### 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 still looking for volunteers drivers. 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 for more information.



### Phone Buddies

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

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

### Medical Equipment Loans & Donations

Free Medical equipment is available for loan, including walkers, wheelchairs, canes, shower chairs, raised toilet seats, commodes, and more. Please call ahead to check availability and arrange pick-up. We also accept clean, gently used equipment in good condition. Call in advance to confirm current needs. Questions or urgent needs? Call Sarah at (978) 639-3223.



### \* NEW PROGRAM \*

### Community Rides

Community Rides is a volunteer-based transportation program designed as a last-resort option for community members who have exhausted all other transportation resources. The program connects volunteers with senior riders, with volunteers providing rides in their own personal vehicles. **All rides are based on volunteer availability.** Participation is by referral only through our Outreach Coordinator, Jill Dube, who works closely with Volunteer Coordinator, Sarah Green Vaswani, to match riders with an available volunteer.

**PLEASE NOTE: Rides are available Monday-Friday, 9:00 a.m.- 4:00 p.m. Riders are responsible for any tolls or parking costs associated with their trip.**

Please note that passengers who use wheelchairs or require hands-on assistance must travel with an aide, as volunteer drivers are unable to provide physical support. Questions? Contact Jill at (978) 639-3268.



### VAN TRIPS



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

Monday, 3/9  
 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.

## Transportation Options available to Sudbury residents

- \* **Sudbury Connection Van:** Wheelchair-accessible rides for residents **60+ or 18+ with a disability; Mon–Fri, 8:45am–3:30pm** within Sudbury and bordering towns.
  - \* **MWRTA Dial-a-Ride:** Evening rides for approved riders available on **Tues & Thurs, 4:00–7:00pm.**
  - \* **Catch Connect Sudbury:** On-demand micro-transit **Mon–Fri, 8:00am–6:00pm** within Sudbury or to **Target in Marlborough.**
  - \* **Go Sudbury!: \$30/month in Uber vouchers** (eligibility applies).
  - \* **Boston Hospital Shuttle:** Shared rides to select medical facilities **Tues–Thurs.**
- Community Rides:** Referral-only volunteer rides when no other options are available; rider pays tolls/parking.

Contact **Jill Dube** at **978-443-3055** for details.

## Fuel Assistance

**Opens October 1<sup>st</sup> 2025 and ends April 30<sup>th</sup>**

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 & Income

Number of People In Household	60% of Estimated State Median Income
1	\$51,777
2	\$67,709

## William James Interface Referral Service

**A mental health and wellness referral Helpline available Monday through Friday, 9 am-5 pm, at (888) 244-6843.**

This is a free, confidential referral service for residents of participating communities, which includes Sudbury. Callers from these participating communities are matched with licensed mental health providers from an extensive database. Each referral best meets the location, insurance, and specialty needs of the caller.

**Please reach out to them directly for appointments.**

## Low Vision Support Group & Meet & Greet

Monthly support group for adults 55+ with low vision or blindness to learn about helpful resources.

**3rd Thursday of each month | 1-2:30 PM at the Senior Center.** In partnership with MABVI, transportation is available for Sudbury residents.

**Special Meet and Greet: Thu. 4/16 at 1:00 PM**  
For more info, call Jill Dube 9978) 639-3268.

## MARCH COLLECTION – Sudbury Food Pantry

**We are collecting non-perishable food items for the Sudbury Food Pantry. Some of the items needed are:**

**Tomato Sauce, Cereal, Baking (Cake and Brownie Mix), Pasta Mac and Cheese, Boxed & Canned Meals, Boxed Rice, Canned Soups, Condiments (Ketchup, Mustard, Mayo, etc). Donate what you can. Your generosity is greatly appreciated.**

## Do you need assistance with buying food? We can help!

**WHAT IS SNAP:** Supplemental Nutrition Assistance Program (formerly known as Food Stamps) which is a federal nutrition program administered by the Department of Transitional Assistance (DTA) for Massachusetts residents.

**WHO IS ELIGIBLE:** SNAP eligibility is based on who is in the household, income and certain expenses. Check your eligibility in 30 seconds using the Mass.gov confidential screening tool. Contact Jill Dube, Assistant Director/Outreach Coordinator, if you have questions or need assistance at 978-639-3268.

## MONTHLY CLINICS & SUPPORT GROUPS

Stamp Club: Monday, 3/9	10:00 AM—11:00AM
Circle of Friends & Caregivers: Tuesday, 3/3	Offsite
Pathways Coffee hour: Wed., 3/11	2:00 PM— 3:00 PM
Turn the Page Book Grp.: Wed., 3/18	1:00 PM—2:00 PM
Legal Clinic: 3rd Wed. of month, 3/18	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, 3/19	1:00 PM—2:00 PM
Hearing Clinic: Fri., 3/13 (By Appt.)	9:30AM—11:00 AM
Investment Research Group (NEW): 2nd Friday of the month. 1st meeting will be held on Friday 3/13 at 1:00 PM	

## 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
Chess for All: Wednesdays	1:00 PM— 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 3/6, 3/13, 3/27 (Times: 11:30 AM and 1:45 PM)	

## USEFUL PHONE NUMBERS

<p>Springwell (Formerly BayPath): 508-573-7200</p> <p>Social Security: 1-800-772-1213</p> <p>Elder Abuse Hotline: 1-800-922-2275</p> <p>MA Executive Office of Elder Affairs: 1-800-243-4636</p> <p>Medicare: 1-800-633-4227</p> <p>Behavioral Health Help Line: 833-773-2445</p> <p>State Senator Jamie Eldridge: 617-722-1120</p> <p>Representative Carmine Gentile: 617-722-2810</p>	<p>Springwell Info Referral: <a href="mailto:inforef@springwell.com">inforef@springwell.com</a></p> <p>Domestic Violence Hotline: 1-800-799-SAFE (7233) <a href="http://www.domesticviolenceroundtable.org">www.domesticviolenceroundtable.org</a></p> <p>Meals on Wheels (Springwell): 508-573-7246</p> <p>MetroWest Legal Services: 508-620-1830</p> <p>Suicide Prevention: 988</p> <p>Sudbury Housing Authority: 978-443-5112</p> <p>Sudbury Health Department: 978-440-5479</p>
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### SENIOR CENTER STAFF

### COUNCIL ON AGING

### FRIENDS OF SUDBURY SENIORS

<p><b>Director:</b> Nickole Boardman, Director</p> <p><b>Asst.Dir/Outreach Coordinator:</b> Jill Dube</p> <p><b>Admin. Coordinator:</b> Chery Finley</p> <p><b>Program &amp; Pub. Coordinator:</b> Palig Garabedian</p> <p><b>Coordinator of Volunteer Programs:</b> Sarah Green Vaswani</p> <p><b>Receptionists:</b> Mary Murray , Cindy Regan</p> <p><b>S.H.I.N.E. Counselors:</b> Wayne Antion, Marc Hertzberg</p> <p><b>Tax Work-Off Coordinator:</b> Viola Morse</p> <p><b>Trip Coordinators:</b> Franci Martel, Joe Bausk</p> <p><b>Van Drivers:</b> Linda Curran, Paul Marchand</p>	<p><b>Chair:</b> Paul Marotta</p> <p><b>Vice Chair:</b> Patricia Tabloski</p> <p><b>Secretary:</b> Mary McLaughlin</p> <p><b>Directors:</b></p> <p>Dr. Joel Bauman</p> <p>Mary Brauer</p> <p>State Rep. Carmine Gentile</p> <p>Jane Keilty</p>	<table border="1" style="width: 100%;"> <tr> <td style="vertical-align: top;"> <p><b>President:</b></p> <p>Jeff Levine</p> <p><b>Vice President:</b></p> <p>Steve Cebra</p> <p><b>Treasurer:</b></p> <p>Janet Derby</p> <p><b>Secretary :</b></p> <p>Joanne Bennett</p> </td> <td style="vertical-align: top;"> <p><b>Board Members:</b></p> <p>Joe Bausk</p> <p>Judy Honens</p> <p>Patricia Howard</p> <p>Bob May</p> <p>Donald Oasis</p> <p>Marilyn Tromer</p> </td> </tr> </table>	<p><b>President:</b></p> <p>Jeff Levine</p> <p><b>Vice President:</b></p> <p>Steve Cebra</p> <p><b>Treasurer:</b></p> <p>Janet Derby</p> <p><b>Secretary :</b></p> <p>Joanne Bennett</p>	<p><b>Board Members:</b></p> <p>Joe Bausk</p> <p>Judy Honens</p> <p>Patricia Howard</p> <p>Bob May</p> <p>Donald Oasis</p> <p>Marilyn Tromer</p>
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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| SO MUCH MORE

## Drop in 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.



## Photography Group

Tuesday, 3/17

10:30AM — 12:00 PM

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.



### 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.

## Ukulele Jam & Strum-A-Long in March

FRI: 3/6 & 3/20 Goodnow Lib 1PM— 2PM

FRI: 3/13 & 3/27 Sud. Sen. Ctr. 1PM— 2PM

We're excited to partner with the Goodnow Library to offer FREE Ukulele Jam Sessions! Drop-in session. 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.



## Happy Holi

Holi, a.k.a. The Festival of Colors,

celebrated by Hindus in India & by millions worldwide, is a holiday to welcome spring & to celebrate love. Holi signifies the triumph of good over evil & is marked by throwing colored powders, water, dancing, singing & feasting.



### Unclaimed Property Division

[findmassmoney.gov](http://findmassmoney.gov)

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

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