



The SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

April 2026



- ◆ See Page 2 for April 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
- ◆ 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 APRIL

April showers bring May flowers—and warmer weather! The months are flying by, and we're already looking ahead to summer.

Beginning in May, the Senior Center will adjust its hours through September: 9AM–4PM on Monday, Wednesday, and Thursday; 9AM–7PM on Tuesday; and 9AM–12PM on Friday. The extended Tuesday evening hours will allow us to offer programs for working seniors or those who rely on rides after work. This schedule will also align with Town Hall's summer hours.

We're also excited to share that our kitchen has received its permit, and we're preparing to launch a lunch program. Over the next month, we'll begin small cooking events while we learn the equipment and train volunteers. We are excited to announce that our Coordinator of Volunteer Programs, Sarah Green Vaswani, will also serve as Kitchen Manager. Sarah brings a great deal of cooking experience and enthusiasm to this role and we are excited to have her lead this new initiative. The program will start with small luncheons and expand over time, beginning with a weekly lunch in May.

We are also seeking a fill-in van driver to provide coverage when our two drivers are unavailable or for programs outside regular hours. No special license is required—just a clean driving record and an interest in helping seniors stay connected. Training will be provided through MWRTA.

This month's programs include sessions on fall prevention and downsizing, a celebration of our nation's 250th anniversary with the Concord Traveling Players and a Boston Tea Party tasting, performances from the New England Conservatory, continuing ukulele lessons, and Taste of Sudbury – Cultures Through Cuisine featuring Mediterranean food.

Finally, the Board of Health Health Fair will take place on April 9, offering a day focused on wellness and local resources. We look forward to seeing you this month—at a program or just stopping by for coffee and conversation.

~Be well

- Nickole

APRIL REG. DATES

NON FITNESS EVENTS

- ◆ Residents Wed., 4/1
- ◆ Non-Res. Thu., 4/2

SPRING II FITNESS REG. START DATES

- ◆ Residents Mon., 4/27
- ◆ Non-Res. Tue., 4/28

SPRING II FITNESS CLASSES START THE WEEK OF 5/4/26

SEE PG.5 FOR DETAILS

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SUDBURY WITNESS HOUSE TOUR

SATURDAY MAY 2, 2026
11:00 AM-4:00 PM

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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: Beethoven—His Life & Music**Tuesdays****Time: 9:30 AM - 10:30 AM**

This 8-lecture course explores the composer's life, dysfunctional upbringing, & personal crises through the lens of his musical evolution. It includes analysis of over a dozen works, focusing on how his struggles fueled his artistic output. Instructor: Prof. Robert Greenberg.

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.

Hybrid Meeting: Current Events**Thursdays****Time: 10:00 AM**

Join in this respectful discussion of world events with a different group facilitator at each meeting. Participants vote on, and then discuss, various topics. The group meets at the Senior Center and on Zoom.

REGISTRATION FOR ALL ACTIVITIES

All programs & events require registration unless otherwise noted in 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—REGISTRATION REQUIRED

Make plans with a friend or two and come in and enjoy fresh popcorn and a great movie at the Senior Center on Mondays from 1:00-3:00 PM. Be sure to call and register!

Monday, 4/6**Murder Mystery (PG-13), 2019****Comedy****1hr 38m**

On a long-awaited trip to Europe, a New York City cop and his hairdresser wife scramble to solve a baffling murder aboard a billionaire's yacht.

Monday, 4/13**The Magic of Belle Isle (PG), 2012****Drama****1hr 49m**

A burned-out author finds his creative passion renewed when he moves to quaint Belle Isle and befriends a single mother and her three daughters.

Monday, 4/27**Bank of Dave (PG-13), 2023****Drama****1hr 47m**

A city lawyer finds unexpected warmth and community when he travels from London to the small Northern town of Burnley for an unusual gig.

4 | TECHNOLOGY/ AMERICA 250/ FOOTCARE

TECH WORKSHOP

Intro to Google Calendar for Seniors

Tuesday, April 14 11:00 AM— 12:00 PM

This beginner-friendly class introduces seniors to Google Calendar, an easy-to-use digital calendar for tracking appointments, events, and reminders. Participants will learn how to create and view events, set reminders for things like doctor appointments and medications, and navigate daily, weekly, and monthly calendar views.

No prior experience is required. The class is hands-on, taught at a slow pace in clear, non-technical language. Participants are encouraged to bring a smartphone, tablet, or laptop and ask questions throughout. By the end of the session, participants will feel more confident using Google Calendar to stay organized and keep track of their schedules. **Space is limited and registration is required.**

WALK-IN TECH HELP

Have a question about your phone, tablet, or other device? Stop by the walk-in clinic on Thursdays in April from 9:30 AM to 11:00 AM. **No registration is required.**

Investment Research Group

Friday 4/10 1:00 PM—3:00 PM

Meet with fellow curious, analytical members who manage their own investments & enjoy sharing insights. The group meets monthly on the 2nd Friday of each month from 1PM - 3PM. **Registration is required.**

AMERICA 250 SERIES— PROGRAMS CELEBRATING OUR NATION'S 250TH

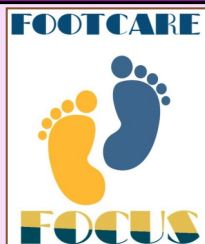
Concord Travelling Players presents: "A flurry of Birds"
Thursday, 4/16 1:00 PM — 2:00 PM

Join us for "A Flurry of Birds," a moving dramatic reading performed by nine older adult actors with extensive theater experience—many over 80, including one performer who is 97. Adapted from a prize-winning play created for the 200th anniversary of the Battle of the North Bridge, the performance brings to life the voices of Concord residents as they prepare for the arrival of the British Regulars & the events that follow. Blending storytelling with the **music and humor of the era**, this **50-minute performance** is a meaningful way to reflect on history during the 250th celebration. **Registration is required.**

Therapy Gardens: Boston Tea Party Tasting
Wednesday, 4/15 11:00 AM — 12:00 PM

Boston Tea Party Tasting Celebrate America's 250th! Travel back to 1773 and experience history through taste! This engaging workshop brings the Boston Tea Party to life with a deep dive into the event, and a guided tasting of some of the teas thrown into Boston Harbor. This session combines history, discussion, and tasting to create a truly engaging experience. **Space is limited and registration is required. This event is sponsored by the Friends of the Sudbury Senior Citizens, Inc.**

MONTHLY FOOTCARE CLINIC



2 CLINICS IN APRIL

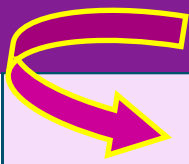
Dates: 4/6 AND 4/27

Times: Mon. 4/6 9:00 - 3:00 PM

Mon. 4/27 1:00 - 4:00 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.**



MAY SPRING II FITNESS REG. START DATES

Sud. residents: Starting Mon., 4/27

Non-residents: Starting on Tue., 4/28

**** Classes begin the week of 5/4/2026 ****

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

May 11— June 22 (5 wks.) **Fee: \$30.00**

Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow movements and controlled breathing. Instructed by Jon Woodward, this is a great class for beginners. **No Class on 5/4, 5/18, 5/25**

ZUMBA GOLD

Tuesdays | 9:30 AM— 10:25 AM

May 5—June 23 (8 wks.) **Fee: \$48.00**

OR

Thursdays | 1:00 PM — 2:00 PM

May 7—June 25 (8 wks.) **Fee: \$48.00**

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

MINDFUL LIVING

Wednesdays | 1:00 PM — 2:00 PM

May 6— June 24 (8 wks.) **Fee: \$40.00**

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

May. 4 — June 22 (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. **No class 5/11 & 5/25**

STRENGTH & BALANCE

Tuesdays (In-Person only) | 11:00 AM — 12:00 PM
May 5— June 23 (8 wks.) **Fee: \$48.00**

OR

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

May 7— June 25 (8 wks.) **Fee: \$48.00**

This beginner class is great for increasing strength, balance and flexibility. Instructor Derry Tanner is a retired nurse and certified personal trainer. **HYBRID classes meet “In-Person” and “On Zoom”**

DRUMS ALIVE

Tuesdays | 1:30 PM— 2:30 PM

May 5— June 28 (8 wks.) **Fee: \$48.00**

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

CHAIR YOGA

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

May 7 — June 25 (8 wks.) **Fee: \$48.00**

OR

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

May 8 — June 28 (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.

No class on 6/19. HYBRID classes meet “In-Person” and “On Zoom”

MAT YOGA

Fridays | 9:15 AM — 10:00 AM

May 8 — June 26 (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. **No class on 6/19**

LINE DANCING

Tuesdays | 2:35 PM — 3:35 PM

May 5 — June 23 (8 weeks) **Fee: \$48.00**

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 | HEALTH FAIR

SUBUDRY BOARD OF HEALTH PRESENTS
HEALTH FAIR

Join us as we launch public health week with an exciting health fair!

Thursday, April 9, 2026
Fairbanks Community Center - 40 Fairbanks Road
10:00am to 2:00pm

Don't miss this opportunity to connect with staff resources and take proactive steps toward a healthier lifestyle.

Sign up for:
Staff Yoga & Meditation Session 11:30AM-12:00PM
Resident Massage Appointment 10 min sessions
Employee Massage Appointment 10 min sessions
Vision Appointment 8:00AM-3:00PM

Enjoy a day of wellness with

- Free health screenings
- Vision appointments
- Chair massages
- Expert advice from a dietician
- Yoga sessions
- Local resource tables
- Fitbit Raffle prizes!

Sudbury Food Pantry Donations needed!

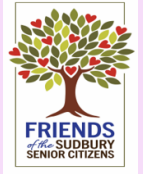
- Cereal
- Tomato Sauce
- Baking (cake & brownie mix)
- Snacks (full size cookies & crackers)
- Canned chili & beef stew
- Boxed potatoes
- Boxed Rice (near east / rice-a-roni)

NEC CONCERT

New England Conservatory: Voice & Piano Trio Concert



Tuesday, 4/28 1:00 PM – 3:00 PM



New England Conservatory, in partnership with Friends of the Sudbury Senior Citizens, Inc., presents a special voice and piano 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.**

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

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Floral Still Life Workshop with Angela Ackerman

Friday, 4/24

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



Join us for a fun Floral Watercolor Workshop. Bring a photo (preferably printed out) of a favorite still-life or objects that would make a cool still-life. All are welcome. **Class fee is \$15.00. Registration is required.**

Desi Chai and Chat

Friday, 4/3

1:30 PM — 3:30 PM



A meet up of South Asian Americans to connect with each other. Enjoy tea, conversations & camaraderie. All are welcome. We generally play a round of bingo at the end. To participate, please bring \$1 exact change. **Space is limited and registration is required.**



BINGO!

Wed., 4/8 2:00 - 3:00 PM

CELEBRITY BINGO!

Wed., 4/22 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. This month, we welcome Board of Health Director, Vivian Zeng, as our guest star for Celebrity Bingo!**

Ukulele with Julie

Friday, 4/17 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.** Class fee is \$10.00 and registration is required.

Itajime Shibori Indigo Dyeing Clinic

Friday 4/17

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.** All supplies will be provided. **Session fee is \$5.00. Please bring exact cash. Registration is required and space is limited to 10 participants. This event is partially sponsored by the Friends of the Sudbury Senior Citizens.**

Pathways Coffee Hour

Wednesday, 4/8

2:00 PM — 4:00 PM



Join us on for a special Pathways Movie Event as we welcome **LGBTQIA+ older adults and allies** for a showing of *Nimona*. Sit back, relax, and enjoy freshly popped popcorn and light beverages while watching this fun and heart-warming film together. After the movie, stick around for a casual chat and discussion about the film. It's a great opportunity to connect, share thoughts, and enjoy community. All are welcome, but **registration is required.**

MINDFUL LIVING— FREE DEMO CLASS



Mindful Living- Free Demo Class

Wednesday, April 29 | 1:00–2:00 PM

Relax and renew with Lisa Campbell in this **free Mindful Living workshop**. This session introduces simple practices including breathwork, meditation, mindfulness, and stress management to help you feel more balanced and present. No experience necessary—just come and enjoy an hour of calm and connection. Perfect timing to try the class before SPRING II fitness session starts the following week. **Space is limited and registration is required.**

8 | APRIL CALENDAR

<p>EVENT COLORS: GREEN—Hybrid PURPLE—Off Site BLUE— Zoom RED— Special BLACK— Regular</p>	<p>REGISTRATION Sud. Residents Wednesday, 4/1</p> <p>Non-Residents Thursday, 4/2</p>	<p>Wednesday 1 9:30 Vikings 10:00 LW Art Clinic 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living</p>	<p>Thursday 2 9:15 Chair Yoga 9:30 Walk-in Tech 10:30 BP Clinic 10:00 Current Events 12:30 Canasta 2:30 Connection Circle</p>	<p>Friday 3 9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop In Waterclr 12:30 Knitty Gritty 1:30 Desi Chat & Chai 1:45 Drop In Waterclr</p>
<p>9:00 Footcare Clinic 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</p>	<p>9:30 Beethoven 7 9:30 Zumba Gold 11:00 Strength & Bal. 1:30 Drums Alive 2:35 Line Dancing</p>	<p>9:30 Vikings 8 10:00 LW Art Clinic 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Bingo! 2:00 Pathways Coffee— Movie: NIMONA and Popcorn</p>	<p>9:15 Chair Yoga 9 9:30 Walk-in Tech 10:00 Current Events 10:00 B.O.H. Health Fair 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 1:00 Zumba Gold 2:30 Connection Circle</p>	<p>9:15 Mat Yoga 10 10:15 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for Future 11:30 Drop In Watrclr 12:00 AARP Lunch & Learn: Downsizing 12:30 Knitty Gritty 1:00 Ukulele Drop-In 1:00 Inv. Rsrch. Group 1:45 Drop In Watrclr</p>
<p>10:00 Masterworks 13 10:00 Stamp Club 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 National Peach Cobbler Day 1:00 Matinee Monday 1:00 Tap 2:30 Tai Chi</p>	<p>9:30 Beethoven 14 11:00 Google Calendar with Jon Baron 11:00 Strength & Bal. 2:35 Line Dancing</p>	<p>9:30 Vikings 15 10:00 LW Art Clinic 11:00 Therapy Gardens: Boston Tea Party Tasting 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 Grp 1:00 Legal by Apptmt</p>	<p>9:15 Chair Yoga 16 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 Flurry of Birds Play 1:00 Low Vision—Meet & Greet 2:30 Connection Circle</p>	<p>9:15 Mat Yoga 17 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Drop In Watrclr 12:30 Knitty Gritty 1:45 Drop in Watrclr 1:00 Shibori Clinic 2:00 Ukulele with Julie</p>
<p>20</p> <p>PATRIOT'S DAY</p> <p>SENIOR CENTER IS CLOSED</p>	<p>9:30 Beethoven 21 10:30 Photo Group 11:00 Strength & Bal. 2:35 Line Dancing</p>	<p>9:30 Vikings 22 10:00 LW Art —Last Class 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 with B.O.H. Director Vivian Zeng</p>	<p>9:15 Chair Yoga 23 9:30 Walk-in Tech 10:00 Current Events 10:30 Brunch and Learn: Fall Prevention 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 2:00 Friends Meeting 2:30 Connection Circle</p>	<p>9:15 Mat Yoga 24 10:15 Chair Yoga 11:00 Fit for the Future 11:30 Watrclr with A.A 12:30 Knitty Gritty 1:00 Ukulele Drop-In 1:45 Watrclr with A.A.</p>
<p>10:00 Masterworks 27 10:00 Cribbage 11:00 Fit for the Future 12:30 MahJong 1:00 Matinee Monday 1:00 Footcare Clinic</p>	<p>9:30 Beethoven 28 1:00 NEC Concert</p>	<p>9:30 Vikings 29 11:00 Fit for the Future 12:30 Spoonfuls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living- FREE Demo Class</p>	<p>9:30 Walk-in Tech 30 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal 12:30 Canasta 12:30 Game Central 12:00 Taste of Sudbury Luncheon: Mediterranean</p>	

Taste of Sudbury: Cultures Through Cuisine — Mediterranean Cuisine



Date: Thursday, 4/30

Time: 12:00 PM— 2:00 PM

Join us on as we explore the rich and flavorful traditions of **Mediterranean cuisine**. Enjoy a delicious mix of Middle Eastern and Greek lunch while learning about the culture behind the dishes. The fee is \$5.00. Please bring exact cash. **Registration is required and space is limited.** Sudbury residents may register beginning **Wednesday, April 1**, and non-residents starting **Thursday, April 2**. Don't delay—this popular event always sells out, so be sure to call on the appropriate registration date to secure your spot. Come hungry and ready to celebrate culture, community, and great food. Guests are also encouraged to bring a **non-perishable food item to donate to the Sudbury Food Pantry.**

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

LUNCH, BRUNCH & LEARN



Lunch and Learn— AARP Downsizing & Decluttering

Friday, 4/10 Lunch: 12:00 PM, Talk: 12:30 PM

Having too much stuff can impede people from relocating or getting health care into their homes. This engaging presentation explores why stuff is so important for some people and teaches ten easy-to-follow tips on downsizing and decluttering. Learn how to get started, stay organized, & have some fun doing it. **Space is limited. Registration is required.**



Lunch is sponsored by New Horizons in Marlborough.



Brunch and Learn: Fall Prevention and Safety

Thursday, 4/23 10:30 AM—11:30 AM

Join us for an informative Brunch & Learn with a Physical Therapist from **Bay State Physical Therapy** focused on helping seniors stay safe, strong, and independent. This engaging presentation will cover common fall risks, practical fall prevention strategies, and simple exercises that can improve balance and strength. Participants will also learn helpful tips on how to safely get up after a fall, along with a live demonstration of exercises you can practice at home. **Space is limited and registration is required.**

National Peach Cobbler Day

Monday 4/13

1:00 PM— 2:00 PM

Come hang with some of the Senior Center staff for an afternoon of fun, flavor, and friendly faces. We're celebrating **National Peach Cobbler Day**, and we will serving peach cobbler from our new certified kitchen. Stick around for a friendly corn hole tournament, share some laughs, or simply relax and chat with friends. **Registration is required.**

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.

Upcoming Trips — Adventure Awaits

The Sudbury Senior Center has an exciting lineup of trips planned for the months ahead. From art and theater to historic towns, horse racing, and even a festive holiday getaway, there's something for everyone. Flyers are available at the Senior Center, and we encourage you to sign up early. These popular trips fill quickly!

May 1 – Museum of Fine Arts & Arts in Bloom (Almost Full)

Celebrate spring with a beautiful visit to Boston's renowned Museum of Fine Arts during their spectacular **Arts in Bloom** event, where stunning floral arrangements inspired by works of art are displayed throughout the museum. After exploring the exhibits, we'll enjoy a delicious lunch at Maggiano's. *Only a few seats remain.*

June 25 – Ogunquit Playhouse: "Hello Dolly!"

Join us for a classic New England summer outing to the Ogunquit Playhouse in Maine to see the beloved Broadway musical **"Hello Dolly!"** This lively production is full of unforgettable songs, dazzling costumes, and plenty of charm. The day also includes lunch at the famous Warren's Lobster House.

August 11–12 – Lake George & Saratoga Springs (Overnight Trip)

Escape for a wonderful overnight getaway to the scenic beauty of Lake George and Saratoga Springs. Highlights include time in the charming resort towns and the thrill of **live horse racing at the historic Saratoga Race Course**. A perfect mix of relaxation, sightseeing, and excitement.

September 29 – Salem Day Trip

Step into history with a guided bus tour of Salem, Massachusetts. We'll visit the fascinating **Salem Witch Museum** and learn about the famous witch trials that shaped the town's past. The day includes lunch at the historic Hawthorne Hotel, right in the heart of Salem.

October 15 – Twin River Casino & Wright's Chicken Farm

Try your luck on this fun and social trip to Twin River Casino in Rhode Island. Whether you enjoy gaming or simply the lively atmosphere, it's always a great day out—especially with **lunch included** at the beloved Wright's Chicken Farm.

November 28 – December 5 – Holiday Trip: Nashville, Dollywood & Biltmore Estate

Don't miss our **exciting holiday adventure**. This unforgettable trip includes visits to three spectacular destinations beautifully decorated for the season:

- The vibrant music city of Nashville
- The festive charm of Dollywood
- The breathtaking Biltmore Estate in Asheville, North Carolina

It's the perfect way to kick off the holiday season with dazzling lights, music, and wonderful memories.

Reserve Your Spot Early. These trips are very popular and often sell out quickly. Stop by the Senior Center to pick up a flyer and register soon so you don't miss out on the fun.

We look forward to traveling with you!



Every April we show our gratitude towards volunteers of all stripes and in all roles. Senior Center volunteers provide services both here at the center, and out in the community. As Special Event Helpers and Greeters, they make us feel welcome and supported. As Tech Helpers they help us navigate our pesky cell phones and laptops. Phone Buddies, Grocery Shoppers, and Fit-it volunteers help our seniors stay connected, fed, and safe. In May, we will be hosting a luncheon for all the volunteers who have given of themselves in the last year, but in the meantime, when you see a volunteer, be sure to thank them for their time and effort on your behalf. The Senior Center runs on volunteers!

The Senior Center Needs You

If you love hospitality, 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, dishwashing, serving, and other assorted kitchen tasks. Interested? Contact Sarah Green Vaswani at 978-639-3223.

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.



Drivers Wanted

Community Rides is looking for volunteer drivers. If you have a good driving record, a reliable, and clean car, and are able to drive locally or into Boston to help people get to their appointments, please contact Sarah Green Vaswani at 978-639-3223.

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, 4/13
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.

12 | OUTREACH

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.**

On-Call Van Driver Needed – Sudbury Connection Van

The **Sudbury Connection Van** is looking for a reliable and responsible **On-Call Van Driver** to join our team. If you enjoy helping the community and have a clean driving record, we'd love to hear from you. This flexible, on-call, **PAID** position plays an important role in supporting local outreach and transportation needs. For more information, please call Jill Dube, Assistant Director/Outreach Coordinator at 978-639-3268.



Low Vision Support Group & Meet & Greet

Thursday, 4/16

1:00 PM— 2:00 PM

Are you experiencing reduced vision and wondering how to cope with this change? Do you have tips and suggestions to share with others whose vision has diminished? Would you like to learn about helpful resources or devices that may be useful to you? We host a monthly support group in partnership with the Massachusetts Association for the Blind and Visually Impaired for adults 55 and over with low vision or blindness. The group will meet on the third Thursday of each month at 1:00 pm at the Senior Center. Join us for a special Meet & Greet on **April 16 at 1:00 pm**, with light refreshments provided. Transportation is available to Sudbury residents. For more information, contact 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.

APRIL COLLECT– CRADLES TO CRAYONS



Ephraim Curtis Middle School is hosting a clothing drive to benefit children and young adults in Massachusetts. The drive is being led by Sudbury's 8th Grade Project 351 Ambassadors, Tristan Bronner and Sasha Romig, with help from the Curtis Angles, which is the middle school's community service group. **The drive starts on**

Monday, March 30th and runs through Friday, April 10th. Items collected will be donated to Cradles to Crayons, which is a non-profit organization that provides essentials to Massachusetts children who are homeless or in low-income households. Cradles to Crayons is requesting gently used or new clothing and shoes. For health reasons, the charity is asking that donated socks, pajamas and underwear be new.

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, 4/13	10:00 AM—11:00AM
Circle of Friends & Caregivers: Tuesday, 4/7	Offsite
Pathways Coffee hour: Wed., 4/8	2:00 PM— 3:00 PM
Turn the Page Book Grp.: Wed., 4/15	1:00 PM—2:00 PM
Legal Clinic: 3rd Wed. of month, 4/15	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, 4/16	1:00 PM—2:00 PM
Hearing Clinic: Fri., 4/10 (By Appt.)	9:30AM—11:00 AM
Investment Research Group (NEW): 2nd Friday of the month. 1st meeting will be held on Friday 4/10 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
Canasta: Thursdays	12:30 PM—3:30 PM
The Knitty Gritty: Fridays	12:30 PM—3:30 PM
Drop-in Watercolor: Fridays 4/3, 4/10, 4/17 (Times: 11:30 AM and 1:45 PM)	

USEFUL PHONE NUMBERS

Springwell (Formerly BayPath): 508-573-7200
 Social Security: 1-800-772-1213
 Elder Abuse Hotline: 1-800-922-2275
 MA Executive Office of Elder Affairs: 1-800-243-4636
 Medicare: 1-800-633-4227
 Behavioral Health Help Line: 833-773-2445
 State Senator Jamie Eldridge: 617-722-1120
 Representative Carmine Gentile: 617-722-2810

Springwell Info Referral: infoeref@springwell.com
 Domestic Violence Hotline: 1-800-799-SAFE (7233)
www.domesticviolenceroundtable.org
 Meals on Wheels (Springwell): 508-573-7246
 MetroWest Legal Services: 508-620-1830
 Suicide Prevention: 988
 Sudbury Housing Authority: 978-443-5112
 Sudbury Health Department: 978-440-5479

SENIOR CENTER STAFF

Director: Nickole Boardman, Director
Asst.Dir/Outreach Coordinator: Jill Dube
Admin. Coordinator: Chery Finley
Program & Pub. Coordinator: Palig Garabedian
Coordinator of Volunteer Programs: Sarah Green Vaswani
Receptionists: Mary Murray , Cindy Regan
S.H.I.N.E. Counselors: Wayne Antion, Marc Hertzberg
Tax Work-Off Coordinator: Viola Morse
Trip Coordinators: Franci Martel, Joe Bausk
Van Drivers: Linda Curran, Paul Marchand

COUNCIL ON AGING

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

FRIENDS OF SUDBURY SENIORS

President: Jeff Levine	Board Members: Joe Bausk
Vice President: Steve Cebra	Judy Honens
Treasurer: Janet Derby	Patricia Howard
Secretary : Joanne Bennett	Bob May
	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| 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.

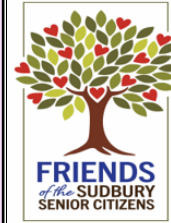


Photography Group

Tuesday 4/21

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: 4/3 & 4/17 Goodnow Lib 1PM— 2PM

FRI: 4/10 & 4/24 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.



Passover begins at sundown on April 1, and ends at sunset on April 9.



We extend our warmest wishes for a happy Passover to all those who observe.



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