



# THE SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

MAY 2026



## NEW SUMMER HOURS MAY - SEPTEMBER

MON, WED, THU 9AM - 4PM  
TUES 9AM - 7PM  
FRI 9AM - 12PM

## MAY REGISTRATION

NON-FITNESS ACTIVITIES:  
Sudbury Residents: Friday, 5/1  
Non-Residents: Monday, 5/4

To register: Contact the Sudbury Senior Center by calling: (978) 443-3055 or emailing: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

- All payments must be received prior to the start of program.
- Payments must be received by cash or checks. Checks to be made payable to the Town of Sudbury.
- Please submit a separate check for each program.

On registration day, if the phone lines are busy, please hang up and try calling again. Do **NOT** leave a voicemail. We appreciate your understanding and apologize for any inconvenience. Thank you!

### 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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Spring has arrived, bringing warmer days, fresh energy, and a renewed sense of possibility. There's nothing quite like watching the landscape turn green and the flowers begin to bloom—so take a moment to get outside and enjoy it!

We're also excited to share some updates at the Senior Center. From May 1 through September 30, we'll be adjusting our hours to better serve our community. We'll stay open later on Tuesdays (until 7:00 PM) and close early on Fridays (at noon), creating more opportunities for those who may not be able to visit during traditional daytime hours.

With these new hours comes a refreshed lineup of evening programming, featuring a mix of fun, educational, and fitness opportunities. You're always welcome to drop in and relax—enjoy our games room, pool table, and ping pong, or bring a friend and make it a social outing. As the weather improves, our patio will also be open, offering outdoor favorites like cornhole, horseshoes, and bocce.

We're also excited to begin offering in-house meals cooked in our kitchen! As we get started, we'll be rolling this out gradually while staff and volunteers become familiar with the process. **Sign-ups will be limited at first, with each person able to register for two of the four available dates this month**, helping ensure that more people have a chance to participate.

In addition, we're offering a free trial exercise class led by TILT Fitness of Sudbury—come give it a try and discover something new you might enjoy. **Please register for one of the 2 session dates.**

Be sure to explore our evening programs this month and throughout the summer, and don't miss Scratch Ticket BINGO with staff—it's sure to be a fun time. We look forward to seeing you soon!

~ Nickole

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HOUSE TOUR**

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

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• **ART Mondays 10:00AM - 11:00 AM**

On Zoom: Masterworks of American Art

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.

• **MUSIC Tuesdays 9:30AM - 10:30 AM**

On Zoom: Beethoven - His Life and Music

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.

• **HISTORY Wednesdays 9:30AM - 11:00 AM**

On Zoom: The Vikings

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

• **CURRENT EVENTS Thursdays 10:00AM - 12:00PM**

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.

**PLEASE NOTE:**

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](mailto: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 | 1:00 PM- 3:00 PM | REGISTRATION REQUIRED**

Monday, 5/4 **The Last Laugh (TV-MA), 2019** Comedy 1h 38m  
 After moving to a retirement home, restless talent manager Al reconnects with long-client Buddy and coaxes him back out on the comedy circuit.

Monday, 5/11 **Eleanor The Great (PG-13), 2025** Drama 1h 38m  
 Grieving a friend, Eleanor moves to New York and meets a journalism student fascinated by her life story - a tall tale that soon spins out of control.

Monday, 5/18 **Thelma (PG-13), 2024** Comedy 1h 38m  
 Thelma isn’t your average 93- year-old grandmother - she’s tenacious, determined, and on a mission. After getting conned by a scammer, she teams up with a friend and his motorized scooter on a wild adventure to get back what’s hers.

### Taking Photos on Your Smartphone & Storing them on the Cloud

Thursday, 5/14 | 10:30 AM - 12:00 PM

This beginner-friendly class helps seniors take great photos with their smartphone and safely store them online. Learn camera basics, tips for better lighting and framing, and how to organize, back up, and share photos using services like Google Photos. Includes hands-on practice, plus guidance on storage, privacy, and security. No experience needed—just bring your smartphone and any account login information. Registration is required.

### Intro to Android Phones for Seniors

Friday, 5/22 | 10:30 AM - 12:00 PM

New to Android smartphones? This beginner-friendly class for seniors covers the basics—calls, texts, settings, Wi-Fi, apps, and safety tips. Enjoy hands-on practice and personalized help to build confidence. No experience needed—bring your phone and charger. Registration is required.

### iPhone Class: Using AI in Everyday Life

Tuesday, 5/19 | 2:00 PM - 3:00 PM

Join Gus from Kev Tech Services, and discover how Artificial Intelligence can make everyday life easier. This beginner-friendly session explores ChatGPT with a live demo and practical tips for creative, social, and safe AI use. Registration is required.

### Monthly Investment Research Group Meeting

Monday, 5/18 | 2:00 PM - 3:30 PM

Join group moderator, Bob May and meet with fellow curious, analytical, members who manage their own investments & enjoy sharing insights. No money is exchanged. **The group meets on the 3<sup>rd</sup> Monday of each month from 2:00PM - 3:30 PM. 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 from 9:30 AM - 11:00 AM.** No registration required.

## MONTHLY FOOTCARE CLINIC - SUDBURY RESIDENTS ONLY

Monday, 5/4 | 1:00 PM - 4:00 PM

AND

Monday, 5/11 | 9:00 AM - 3:30 PM

Certified nurses from Footcare Focus provide professional footcare, specializing in preventative care and education for older adults and those with medical conditions affecting self-care. Services include lower leg and foot assessments, trimming and filing thick toenails, non-surgical treatment of calluses and corns, gentle foot massage with natural oils, and footcare education.

Appointments are 30 minutes, with a \$50 clinic fee (cash or check only; make checks payable to Footcare Focus). **Registration is required, and missed sessions will be charged. Please arrive on time, with no toenail polish. Please note that this clinic is for Sudbury residents only.**

## CELEBRATE AMERICA 250

### State Songs of the USA with John Clark

Tuesday, 5/26 | 5:00 PM - 6:00 PM

Enjoy a lively program of familiar state songs—from “Yankee Doodle” to “Take Me Home, Country Roads”—and discover the stories behind them. Celebrate America’s 250th with music, history, and plenty of chances to sing along. Registration is required. **This event is sponsored by the Friends of the Sudbury Senior Citizens, Inc.**

### Tiny Garden of Liberty Make-and-Take Celebrate 250!

Tuesday, 5/12 | 11:00 AM - 12:00 PM

Celebrate 250 years of independence with a creative nod to America’s roots! Build your own mini “Liberty Garden” using symbolic plants, herbs, and natural materials inspired by colonial gardens and the spirit of 1776. Registration is required. **This event is sponsored by the Friends of the Sudbury Senior Citizens, Inc.**

- **FIT FOR THE FUTURE - Drop In Classes**

Mon, Wed & Fri | 11:00AM - 12:00 PM Fee: \$4.00

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.

- **TAI CHI**

Mondays | 2:30 PM - 3:30 PM

May 11 - June 22 (5 weeks) Fee: \$30.00

Tai Chi is a traditional Chinese exercise that improves energy flow through slow movements and controlled breathing. Led by Jon Woodward, this is a beginner-friendly class. **NO CLASS on 5/4, 5/18, or 5/25.**

- **ZUMBA GOLD**

Tuesdays | 9:30 AM - 10:25 AM

May 5 - June 23 (8 weeks) Fee: \$48.00 OR

Thursdays | 1:00 PM - 2:00 PM

May 7 - June 25 (8 weeks) Fee: \$48.00

Zumba Gold is a fun, low-impact cardio class with easy dance moves. Led by Yachun Lin, all levels are welcome.

- **MINDFUL LIVING**

Wednesdays | 1:00 PM - 2:00 PM

May 6 - June 24 (8 weeks) Fee: \$40.00

Join Lisa Campbell for a relaxing, renewing workshop blending breathwork, meditation, mindfulness, and stress management—open to all levels.

- **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 on 5/11 & 5/25.**

- **LINE DANCING**

Tuesdays | 2:35 PM - 3:35 PM

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

Join Paul Hughes for a fun line dancing workshop to stay active, boost memory, strengthen bones, and relieve stress—all levels welcome.

- **STRENGTH & BALANCE**

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

May 5 - June 23 (8 weeks) Fee: \$48.00 OR

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

May 7 - June 25 (8 weeks) Fee: \$48.00

This beginner-friendly class builds strength, balance, and flexibility, led by retired nurse and certified personal trainer Derry Tanner.

**HYBRID classes meet in-person and on zoom.**

- **DRUMS ALIVE**

Tuesdays | 1:30 PM - 2:30 PM

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

Drums Alive is a unique sensory-motor drumming program that combines drumsticks, exercise balls, and music for an engaging, full-body experience.

Led by Yachun Lin, this class is designed to boost your energy and is open to all levels.

- **CHAIR YOGA**

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

May 7 - June 25 (8 weeks) Fee: \$48.00 OR

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

May 8 - June 26 (7 weeks) Fee: \$42.00

Yoga helps release muscle tension and maintain joint mobility. Led by Rebecca Reber, a 200-hour Yoga Fit Int'l Training System, Inc. RYT-certified instructor, this class is open to all levels.

**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 weeks) 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. Limited supplies available. All levels welcome. **NO CLASS on 6/19.**

**All payments must be received prior to program start date. We accept cash or checks made payable to: Town of Sudbury. Please submit a separate check for each program.**

**SUMMER I FITNESS CLASSES WILL BEGIN MONDAY JULY 6TH.  
REGISTRATION FOR SUMMER I WILL BEGIN ON MONDAY, 06/29  
FOR SUD. RESIDENTS AND ON TUESDAY, 06/30 FOR NON-RESIDENTS**



**Weekly Lunch Program:  
Sudbury Eats**

Tuesday, 5/5 | 12:00 PM

Join us for the first month of **Sudbury Eats**: our new weekly lunch program. Have a healthy, in-house cooked meal with friends and neighbors. All meals are cooked in our kitchen. **Registration is required.**

**Fee: \$5.00 cash, payable at the door. Seating is limited and each person may ONLY sign up for two meals per month. Choose whichever two weeks you like.**

**May Lunch Menu:**

- 5/5- Cinco De Mayo Taco Bar - 2 Tacos with all the fixings and a side of beans and rice.
- 5/12: Spaghetti with meat sauce, garlic bread, garden salad.
- 5/19: Vegetarian Day. Lentil soup, hummus and roast veggie sandwich.
- 5/26: Potato leek soup and a ham sandwich.

**New Fitness Clinics:  
Life Classes with TILT Fitness**

Tuesday, 5/12 | 4:00 PM - 4:45 PM

OR

Tuesday, 5/19 | 4:00 PM - 4:45 PM

Join the professional trainers from Sudbury's very own TILT Fitness studio for one of two 45-minute sessions focused on functional, everyday movements. This 45 minute class focuses on functional movements that you use every day. You may not think about it, but everyday activities like picking something up (a deadlift), sitting and standing (a squat), or reaching overhead (a press) are all movements we practice in class. Whether you're new to fitness or looking to stay strong, this class is for you!

**All levels are welcome but registration is required. Please sign up for one session.**

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**Great Decisions Foreign Policy Course**

Fridays starting on June 12<sup>th</sup> 9:30 AM - 11:30 AM

**Class Dates: 6/12, 6/26, 7/10, 7/24,  
8/7, 8/21, 9/4, 9/18**

This 8-session foreign policy program meets in Room 2 at the Sudbury Senior Center. Using the Great Decisions Briefing Book and video, participants discuss today's most pressing global issues.

Two options to get the book: buy your own or join a group order (\$35). Contact Chery Finley between May 4th and May 15 to register and place your order (limited to 18 participants). Your payment is due by Friday, May 22. Miss the group order? Books are available at [www.fpa.org](http://www.fpa.org) for \$35.00 +Shipping.

**Magical Monarchs with Elke Jahns-Harms**

**Tuesday, 5/19 | 4:00 PM - 5:30 PM**

Delicate yet remarkably resilient, monarch butterflies migrate thousands of miles and inspire awe with their beauty and complexity. Elke and her husband Garth have documented their transformation up close, uncovering what makes them so special—and how we can help. In this engaging presentation, Elke shares key facts, debunks myths, and tells heartwarming stories, including what happens when urban teens encounter a butterfly raised by their classmates. Registration is required.

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

**Ask the Pharmacist - Lunch and Learn**

**Wednesday, 5/27 | 12:00PM Lunch  
12:30PM Talk**

Join us on May 27th for a special "Ask the Pharmacist" event sponsored by **New Horizons**. Joe Chammas, RPh, President and Pharmacy Manager of Sudbury Pharmacy, will be on hand to answer your questions about pharmacy options for seniors, the latest industry trends, navigating insurance, and medication safety. Lunch will be served at 12:00 PM, followed by the presentation. Registration is required.

**BINGO**

**Wednesday, 5/6  
2:00 PM - 3:00 PM**

**CELEBRITY BINGO**

**Wednesday, 5/20  
2:00 PM - 3:00 PM**

\$1 per card to play. Registration is required for each date. This month we welcome Combined Facilities Director, Sandra Duran, as our guest star for Celebrity Bingo!

**Tuesday Night Bingo with Staff**

**Tuesdays; 5/12 & 5/26 | 5:30 PM - 6:30 PM**

Double the Tuesdays, double the fun! Join us for Bingo on one (or both) Tuesdays in May—enjoy laughs, test your luck, and win scratch tickets. Registration required.

**Drop in Pool and Ping Pong daily**

Drop in anytime to play pool, or join us Tuesdays at 10:00 AM in the game room for open play with our friendly volunteer "pool sharks." All skill levels are welcome. Prefer something faster? Enjoy drop-in Ping Pong all week.

**Nui (Newey) Shibori Clinic**

**Tuesday, 5/12 | 3:30 PM - 5:00 PM**

Nui shibori is a simple Japanese dyeing technique where stitches are sewn into fabric, pulled tight, and tied before dyeing. Once rinsed and the threads removed, a unique pattern is revealed. Easy to learn and requiring only basic sewing, each piece is one of a kind. Registration is required. **Fee is \$5.00 cash to be paid at the door.**

**Art Clinic with Angela Ackerman**

**Friday, 5/15 | 9:30 AM - 11:45 AM**

We will be experimenting with color mixing using all the gorgeous colors of spring. Bring your favorite spring landscape, or spring garden photo with you to class to inspire some spring watercolors! Class fee: \$15.00. Space limited to 18 participants.

**Ukulele Jam Session**

**Friday, 5/8 and 5/22 | 10:00 AM- 11:00 AM**

In partnership with the Goodnow Library, we invite you to drop in and enjoy our FREE Ukulele Jam Sessions. Bring your ukulele, and play along. This is not an instructor led session and all are welcome.

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY <span style="float: right; color: purple; font-size: 2em;">8</span>   |
|---|--|---|---|--|
| <p><b><u>NEW SUMMER HOURS:</u></b></p> <p>M,W,TH 9AM-4PM<br/>TUE 9AM-7PM<br/>FRI 9AM-12PM</p>   | <p><b><u>REGISTRATION:</u></b></p> <p>Sud. Residents<br/>Fri., 5/1<br/>Non-Residents<br/>Mon., 5/4</p>   | <p><b><u>EVENT COLORS:</u></b></p> <p>Green - Hybrid<br/>Purple - Off Site<br/>Blue - Zoom<br/>RED - Special<br/>Black - Regular</p>  |   | <p style="text-align: right;">1</p> <p>9:30 Drop In Waterclr<br/>11:00 Fit for the Future</p>  |
| <p style="text-align: right;">4</p> <p>10:00 Masterworks<br/>10:00 Cribbage<br/>11:00 Fit for the Future<br/>12:30 Mah Jong<br/>12:30 Knitty Gritty<br/>1:00 Matinee Monday<br/>1:00 Footcare Clinic<br/>1:00 Tap<br/>2:30 Tai Chi - NO CLASS</p>   | <p style="text-align: right;">5</p> <p>9:30 Beethoven<br/>9:30 Zumba Gold<br/>11:00 Strength &amp; Bal.<br/>12:00 Sudbury Eats<br/>1:30 Drums Alive<br/>2:00 Circle of Friends<br/>2:35 Line Dancing</p>   | <p style="text-align: right;">6</p> <p>9:30 Vikings<br/>11:00 Fit for the Future<br/>12:30 Spoonfuls<br/>1:00 Chess for All<br/>1:00 Bridge<br/>1:00 Mindful Living<br/>2:00 Bingo</p>  | <p style="text-align: right;">7</p> <p>9:15 Chair Yoga<br/>9:30 Walk-in Tech<br/>10:00 Current Events<br/>10:30 BP Clinic<br/>10:30 Strength &amp; Bal<br/>11:00 Mother's Day-Silk Scarf<br/>12:30 Canasta<br/>1:00 Zumba Gold<br/>1:00 NEC Concert<br/>2:30 Connection Circle</p>  | <p style="text-align: right;">8</p> <p>9:15 Mat Yoga<br/>9:30 Drop In Watrclr<br/>10:00 Ukulele Drop In<br/>10:15 Chair Yoga<br/>9:30 Hearing Clinic<br/>11:00 Fit for the Future</p>      |
| <p style="text-align: right;">11</p> <p>9:00 Footcare Clinic<br/>10:00 Masterworks<br/>10:00 Stamp Club<br/>10:00 Cribbage<br/>11:00 Fit for the Future<br/>12:30 Mah Jong<br/>12:30 Knitty Gritty<br/>1:00 Therapy Animals<br/>1:00 Matinee Monday<br/>1:00 Tap - NO CLASS<br/>2:30 Tai Chi<br/>3:30 COA Meeting</p> | <p style="text-align: right;">12</p> <p>9:30 Beethoven<br/>9:30 Zumba Gold<br/>11:00 Strength &amp; Bal.<br/>11:00 Tiny Gardens-Make and Take<br/>12:00 Sudbury Eats<br/>1:30 Drums Alive<br/>2:35 Line Dancing<br/>3:30 Nui Shibori<br/>4:00 Life Classes TILT<br/>5:30 Bingo w/ Staff</p>                    | <p style="text-align: right;">13</p> <p>9:30 Vikings<br/>11:00 Fit for the Future<br/>12:30 Spoonfuls<br/>1:00 Chess for All<br/>1:00 Bridge<br/>1:00 Mindful Living<br/>2:00 Pathways Coffee</p>   | <p style="text-align: right;">14</p> <p>9:15 Chair Yoga<br/>9:30 Walk-in Tech<br/>10:00 Current Events<br/>10:30 Taking Photos JB<br/>10:30 BP Clinic<br/>10:30 Strength &amp; Bal<br/>12:30 Canasta<br/>1:00 Zumba Gold<br/>2:30 Connection Circle</p>                             | <p style="text-align: right;">15</p> <p>9:15 Mat Yoga<br/>9:30 Art with Angela A.<br/>10:15 Chair Yoga<br/>11:00 Fit for the Future</p>  |
| <p style="text-align: right;">18</p> <p>10:00 Masterworks<br/>10:00 Stamp Club<br/>10:00 Cribbage<br/>11:00 Fit for the Future<br/>12:00 Emergency Preparedness L&amp;L<br/>12:30 MahJong<br/>12:30 Knitty Gritty<br/>1:00 Matinee Monday<br/>1:00 Tap<br/>2:00 Inv. Research Grp.<br/>2:30 Tai Chi - NO CLASS</p>    | <p style="text-align: right;">19</p> <p>9:30 Beethoven<br/>9:30 Zumba Gold<br/>10:30 Photo Group<br/>11:00 Strength &amp; Bal.<br/>12:00 Sudbury Eats<br/>1:30 Drums Alive<br/>2:00 Using AI - iPhone<br/>2:35 Line Dancing<br/>4:00 Life Classes TILT<br/>4:00 Magical Monarchs<br/>5:30 Zentangle Clinic</p> | <p style="text-align: right;">20</p> <p>9:30 Vikings<br/>10:30 Photo. Group<br/>11:00 Fit for the Future<br/>12:30 Spoonfuls<br/>1:00 Chess for All<br/>1:00 Bridge<br/>1:00 Mindful Living<br/>1:00 Book Club Grp<br/>1:00 Legal by Apptmt<br/>2:00 Celeb. Bingo with Sandra Duran</p> | <p style="text-align: right;">21</p> <p>9:15 Chair Yoga<br/>9:30 Walk-in Tech<br/>10:00 Current Events<br/>10:30 BP Clinic<br/>10:30 Strength &amp; Bal<br/>12:30 Canasta<br/>1:00 Zumba Gold<br/>1:00 Low Vision<br/>1:00 Mother's Day Tea and Jazz<br/>2:30 Connection Circle</p> | <p style="text-align: right;">22</p> <p>9:15 Mat Yoga<br/>9:30 Drop in Watrclr<br/>10:00 Ukulele Drop In<br/>10:15 Chair Yoga<br/>10:30 Intro to Androids<br/>11:00 Fit for the Future</p> |
| <p style="text-align: right;">25</p> <p><b>MEMORIAL DAY</b></p> <p><b>SENIOR CENTER IS CLOSED</b></p>   | <p style="text-align: right;">26</p> <p>9:30 Beethoven<br/>9:30 Zumba Gold<br/>10:00 Grief Support<br/>11:00 Strength &amp; Bal.<br/>12:00 Sudbury Eats<br/>1:30 Drums Alive<br/>2:35 Line Dancing<br/>5:00 Songs of the USA<br/>5:30 Bingo w/ Staff</p>   | <p style="text-align: right;">27</p> <p>9:30 Vikings<br/>11:00 Fit for the Future<br/>12:00 Ask the Pharmacist L&amp;L<br/>12:30 Spoonfuls<br/>1:00 Chess for All<br/>1:00 Bridge<br/>1:00 Mindful Living</p>   | <p style="text-align: right;">28</p> <p>9:15 Chair Yoga<br/>9:30 Walk-in Tech<br/>10:00 Current Events<br/>10:30 BP Clinic<br/>10:30 Strength &amp; Bal<br/>12:00 Taste of Sudbury<br/>12:30 Canasta<br/>1:00 Zumba Gold<br/>2:00 Friends Meeting<br/>2:30 Connection Circle</p>    | <p style="text-align: right;">29</p> <p>9:15 Mat Yoga<br/>9:30 Drop In Watrclr<br/>10:15 Chair Yoga<br/>11:00 Fit for the Future</p>   |

### Taste of Sudbury: Culture Through Cuisine - Let's Celebrate Cinco De Mayo

Thursday, 5/28 | 12:00 PM - 2:00 PM

Celebrate the vibrant flavors and traditions of Mexico at our Taste of Sudbury cultural event. Join us as we honor Mexican culture through its rich and delicious cuisine in celebration of Cinco de Mayo. Savor authentic dishes, enjoy the festive atmosphere, and experience the spirit of this lively holiday with friends and community.

This popular event is expected to sell out, so be sure to call and register on the appropriate day—don't delay!

**Please Note that event fee is \$10.00 cash at the door.**

**Exact change is appreciated.**

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

### Emergency Preparedness Lunch & Learn with Sudbury Health Department and Fire Department

Monday, 5/18 | 12:00 PM Lunch  
12:30 PM Talk

Join us for an informative and practical Lunch & Learn on emergency preparedness, presented by the Sudbury Health Department and Fire Department. This session is designed specifically for older adults and will cover how to plan ahead for common emergencies such as power outages, extreme heat, and flooding. We'll walk through simple, actionable steps you can take to stay safe, including how to build a basic "go-bag" with essential supplies. Whether you're preparing for yourself or a loved one, this is a great opportunity to learn, ask questions, and feel more confident about handling unexpected situations.

Space is limited and registration is required.

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

**For ALL Non-Fitness Activities:**

**Sudbury residents may start registering on  
Friday, 5/1**

**Non-residents may start registering on  
Monday, 5/4**

### Mother's Day Afternoon Tea with Live Jazz by Komorebi

Thursday, 5/21 | 1:00 PM - 3:00 PM

A special event for **MOTHERS ONLY!**

Come and celebrate Mother's Day with an elegant, relaxing and memorable experience featuring a delightful selection of teas, light fare, and the smooth, uplifting sounds of live jazz by **Komorebi**.

**Space is limited and registration required.**

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



### New England Conservatory Presents: Trio Azure Concert Event

Thursday, 5/7 | 1:00PM - 3:00PM

New England Conservatory, in partnership with the Friends of the Sudbury Senior Citizens, Inc., presents a special Trio Azure concert featuring NEC students: Rita Hughes Soderbaum playing the viola, Zoe Schram, on clarinet and Ashly Zhang, piano. Full program details will be available 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.**

### Mother's Day: Silk Scarf Clinic

Thursday, 5/7 | 11:00 AM - 12:00 PM

Treat yourself to a creative escape at this special clinic for moms. Design and create your own beautiful silk scarf—no experience needed. This free session includes all supplies, but space is limited, so be sure to register early.

### Zentangle Clinic

Tuesday, 5/19 | 5:30 PM - 6:45 PM

Relax with Zentangle, a mindful drawing practice for all—no experience needed. Learn simple techniques to create beautiful patterns in a fun, stress-free environment. Registration required.

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

**Senior Profile: Frank Schimmoller****by Sarah Green Vaswani and Frank Schimmoller**

Senior Center Volunteer Frank Schimmoller has led a life that has taken him all over the world, both through his work and his hobbies. He's been to all 50 states, plus 6 continents (with the final one (Antarctica!) coming up next January), and many countries.

This world-traveler was born on a small Ohio farm town to parents who ran a poultry processing business. After graduating from High School, Frank joined the U.S. Air Force. They sent him to Syracuse University to become fluent in Russian so that he could spend most of his 4 years in the Air Force in Alaska flying airborne reconnaissance missions.

After the Air Force, Frank moved to the Washington DC area to go to school for computer science. After graduation he worked for a company that designed and installed computer systems for medical laboratories. This led to a move to New Jersey for his next job with a company which eventually became Quest Diagnostics. While at this company, he met Kathy and they married in 1972. He also got an MBA from Columbia University in 1987.

They had their son Justin in 1982. Justin now lives in Northborough with his wife, Kim, and two teenage daughters. Frank and Kathy have enjoyed providing daycare (now taxi) since the girls were infants. While designing laboratories in New Jersey he and the architect designed and patented a laboratory furniture system. In 1987, Frank and his family moved to Massachusetts to continue work with the architect. They chose Sudbury for the excellent schools and open spaces. When he moved to Sudbury, he was recruited for the Sudbury Permanent Building Committee and Designer Selection Board where he served for 27 years. Frank retired in 2014 after 22 years with MIT Lincoln Laboratory.

Frank has always been interested in photography, even serving as a yearbook photographer in High School, and his interest has stayed with him. He got involved with the Gateway Camera Club in Framingham and that led him to start a Photography Discussion Group, which he co-leads here at the Senior Center along with Diane Spottswood. The group has about 30 members and meets monthly for a casual discussion of photography. All are welcome to join in the discussion! Photography by members of this group will be exhibited in the Senior Center in May and June.

Frank is also a regular Greeter and is the go-to man when it comes to running the commercial dishwasher- a skill he picked up in his 50 years in Scouting, where he served as Assistant Scoutmaster of Sudbury Troop 61 and as Adult Training Coordinator for the local Council; training people to become Troop Leaders, a post he held for many years. When I asked Frank what he thinks people should know about the Senior Center, he said that too many people don't understand what a community resource it is. So many services and opportunities for social interaction are available here. It's great to come volunteer or just to hang out.

**Food Resources in Our Community**

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

- **Sudbury Food Pantry, 534 Boston Post Road, Wayland, MA, Tel: 978-443-7725**  
Visit [sudburyfoodpantry.org/pick-up-food](http://sudburyfoodpantry.org/pick-up-food) for details on signing up and food pick-up information.
- **Open Table Pantry, 33 Main Street, Maynard, MA, Tel: 978-369-2275/ 978-331-0252, Hours: Tues. 1:00–3:00PM (Seniors 65+), also Tues., 3:00–6:30 PM, and Thurs., 11:00 AM–4:30 PM. Pre-registration is required: [www.opentable.org](http://www.opentable.org) or by phone.**
- **Spoonfuls at the Sudbury Senior Center, Sudbury Senior Center, Wednesdays at 12:30 PM (unless otherwise noted)**  
Spoonfuls is a Massachusetts nonprofit that rescues fresh, healthy food that would otherwise go to waste and delivers it to organizations serving people facing food insecurity, with a focus on perishable, nutrient-rich items.

**Volunteers are waiting for YOU!**

Many volunteers are waiting to serve YOU! Grocery Shoppers, Library book delivery people (Goodnow-to-Go), and Phone Buddies sometimes wait a long time to be matched with someone seeking a volunteer. If you think you might enjoy having a volunteer for one of these services, please get in touch with Sarah Green Vaswani, Coordinator of Volunteer Services and talk to her about how it all works. Help our Volunteers feel useful and engaged!

**Good at Tech? Helpers Needed**

Are your friends always asking you to help them with their tech needs? Do you feel competent to help them out? If so, why not make it formal? You might be a great Tech Help volunteer! The Senior Center seeks people interested in helping to staff our weekly Tech Help Walk-in clinic once or twice a month. The clinic runs Thursdays from 9:30am – 11:00am. We're also interested in expanding to Tuesday evenings in the warmer months. Want more details? Call Sarah Green Vaswani at 978-639-3223.

**Drivers Wanted**

Community Rides is looking for volunteer drivers. If you have a good driving record, a reliable, 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.

Love hospitality? Volunteer with our upcoming meals program—help with prep, serving, dishwashing, and more. Interested? Contact Sarah Green Vaswani at 978-639-3223.

**Medical Equipment Loan Closet**

Our Loan Closet is running low on shower chairs, and reachers/grabbers. If you have unused equipment, clean and in good condition, please contact us!

**VAN TRIPS****2nd MONDAY of Month:****Monday, 5/11**

**Sudbury Connection Van Trip:  
Trader Joe's in Framingham**

**Pick up time: 11:30 AM  
Drop Off at: 12:00 PM  
Return home: 1:00 PM**

**Every TUESDAY of Month:****Every Tuesday of the month**

**Market Basket Maynard  
(Digital Plaza)**

**Pick up time: 10:00 AM  
Drop Off: 10:30 AM  
Return home: 11:30 AM**

**Registered van riders, please contact the MWRTA Reservation Center at 508-820-4650 two days in advance to schedule your ride.**

**Sudbury Senior Center, 40 Fairbank Rd., Sudbury MA 01776**

**Visit us at: [www.sudburyseniorcenter.org](http://www.sudburyseniorcenter.org)  
Contact us via email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)**

**| On Facebook: Sudbury Senior Center  
| Call: (978) 443-3055**

**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.

**Food Assistance**

**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.

**Free Legal Clinic**

The Sudbury Senior Center is pleased to offer a free legal clinic for older adults, providing the opportunity to meet one-on-one with an experienced elder law attorney. Attorneys from Generation Law, Mirick O’Connell, and Bowditch & Dewey LLP are available for confidential, 20-minute consultations to discuss topics such as estate planning, wills, trusts, Medicaid, and other elder law issues. The legal clinic takes place every fourth Wednesday of the month. Appointments are required. Call the Senior Center at (978) 443-3055 or email us at: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

**NEW! Monthly Grief Support Group Meeting**

**Monday | 5/26                      10:00AM - 11:00AM**

Pastor Osita Ehiabhi from the Metrowest Hospice Group will facilitate a new monthly Grief Support Group, held on the 4th Monday of each month. With over 20 years of experience, Pastor Ehiabhi offers compassionate guidance and support for those navigating loss. Please call and register with Jill Dube Assistant Director/Outreach Coordinator.

**Therapy Animals by Pets and People**

**Monday | 5/11                      1:00PM - 2:00PM**

As part of Mental Health Month during May and in collaboration with the Sudbury Board of Health; The Sudbury Senior Center invites you to drop by, take a break and de-stress with a visit from Therapy Dogs from Pets and People Foundation. Inspired by their specially trained animal assisted therapy teams, Pet and People strives to ease sadness and spread joy, laughter, comfort and warmth. Stop in, pet a dog and smile.

## Weekly Meetings

- Cribbage | 10:00-12:00PM MON
- Mah Jong | 12:30-3:30PM MON
- The Knitty Gritty | 12:30-3:30PM MON
- Circle of Friends | 2:00-3:00PM TUE  
(Meets Off-site)
- Spoonfuls | 12:30 -1:30PM WED
- Chess for All | 1:00-3:30PM WED
- Bridge | 1:00-3:30PM WED
- Connection Circle | 2:30-3:30PM THU  
(See Calendar for format details)
- BP Clinic | 10:30-11:30AM THU
- Walk-In Tech Help | 9:30-11:30AM THU
- Canasta | 12:30-3:30PM THU
- Drop-In Watercolor | 9:30-11:45AM FRI

## Daily Events (Open - Close)

- Ping Pong & Pool Table
- Coffee Social Hour
- Outdoor Cornhole, Bocce, Horsheshoes  
(weather permitting)

## Monthly Meetings

- Stamp Club | 10:00-11:00AM 5/11
- Circle of Friends | Offsite 5/5
- Pathways Coffee Hr | 2:00-3:00PM 5/13
- Book Group Mtg. | 1:00-2:00PM 5/20
- Legal Clinic | By Appointment 5/20
- Low Vision Support | 1:00-2:00PM 5/21
- Hearing Clinic | 9:30-10:30AM 5/8
- Inv. Research Grp. | 2:00-3:30PM 5/18
- Grief Support Grp. | 10:00-11:00AM 5/26



## Useful Phone Numbers

Springwell (Formerly BayPath): 508-573-7200  
 Social Security: 800-772-1216  
 Elder Abuse Hotline: 800-922-2276  
 MA Exec. Office of Elder Affairs: 800-246-4636  
 Behavioral Health Help Line: 833-773-2445  
 State Senator Jamie Eldridge: 617-722-1120  
 Springwell Info Referral: [infooref@springwell.com](mailto:infooref@springwell.com)  
 Domestic Violence Hotline: 800-799-SAFE (7233)  
 Meals on Wheels: 508-573-7246  
 MetroWest Legal Sevices: 508-620-1830  
 Suicide Prevention: 988  
 Sudbury Housing Authority: 978-443-5112  
 Sudbury Health Dept.: 978-440-5479



## Senior Center Staff

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

## Council On Aging Members:

Chair: Paul Marotta  
 Vice Chair: Patricia Tabloski  
 Secretary: Mary McLaughlin

Directors:  
 Dr. Joel Bauman  
 Mary Brauer  
 State Rep. Carmine Gentile  
 Jon Harding  
 Jane Keilty  
 Louis Petrovic

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 Ctr. 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.

## Friends of the Sudbury Senior Citizens:

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 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.

**SUDBURY SENIOR CENTER SUMMER HOURS:**

MAY 1<sup>ST</sup> - SEPTEMBER 30TH



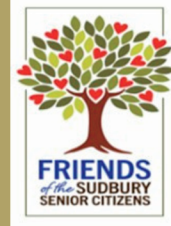
Mon, Wed, Thu 9AM - 4PM  
 Tue 9AM - 7PM  
 Fri 9AM - 12PM

**Photography Group**

Tuesday, 5/19 | 10:30 AM - 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.

**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.



**SPECIAL THANKS TO:**

We would like to extend a special “Thank you!” to The Friends of the Sudbury Senior Citizens, Inc., for their continued support & funding of many of our programs. Their support ensures that we are able to continue providing our community with quality educational & entertaining programs.



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Website: [www.sudburyseniorcenter.org](http://www.sudburyseniorcenter.org)

Email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)



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