



THE SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

September 2026



September Registration:

Non Fitness Activities

Residents: Tuesday, September 1

Non-Residents: Wednesday, September 2

Payment is required prior to the start of each program. We accept cash or checks only. Please make checks payable to the Town of Sudbury and submit a separate check for each program.

If you reach a busy signal on registration day, please hang up and try your call again. Please do not leave a voicemail. We appreciate your patience and apologize for any inconvenience. To contact the Sudbury Senior Center, call us at (978) 443-3055 or [email: senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

Need Help with Program Fees?

If a program fee presents a financial hardship, please contact Jill Dube, Assistant Director/Outreach Coordinator. We may be able to help.

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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.



Holidays and Closures:

**The Sudbury Senior Center will be closed on
Monday, September 7
in honor of Labor Day.**

Rosh Hashanah begins at sunset on Friday, September 11th. Happy holidays to all those who celebrate.

Yom Kippur begins at sunset on Sunday, September 20th. Wishing all who observe a meaningful and peaceful holiday.

DIRECTOR'S NOTES

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Summer flew by, and we hope September continues to bring plenty of beautiful weather to enjoy. There's something special about this time of year—the crisp air, familiar routines returning, and the perfect blend of warm days and cool evenings. The fun continues this September with extended hours and an exciting lineup of programs. **Please note that we will return to our regular schedule of Monday - Friday, 9:00 a.m. to 4:00 p.m. in October.**

We're especially excited to celebrate the official launch of our new Sudbury Eats lunch program, made possible through the generosity of a grant from the Cummings Foundation. **Join us for our Sudbury Eats Gala** for an evening of hors d'oeuvres, mocktails, and celebration. **The event is free, but registration is required** (See page 11 for details). We are also happy to announce that, beginning in September, you can enjoy lunch two days a week. Lunch will be served on Tuesdays and Thursdays at noon for just \$5. Registration is required.

September is filled with fun, including fall crafts, a Grandparents Day celebration, our very popular karaoke event, and the return of Elke Jahns-Harms for a delightful musical presentation, as well as our Free **Document Day** to assist you with filling out your Health Care Proxy and Power of Attorney by appointment (See page 12 for details).

NEW in October, we will be offering a music and movement class for those with living with **Parkinson's** (see page 14 for details) and we are working towards starting a Parkinson's support group! Details coming soon.

We wish you a wonderful fall and hope to see you at the **Gala**, for lunch, or at one of our many exciting September programs!

~Be Well

Nickole

Registration:

Registration is required for all programs unless otherwise noted.

To register, call (978) 443-3055 or email:

senior@sudbury.ma.us

Payment is due prior to program start date.

We accept cash or checks payable to The Town of Sudbury.

Great Courses On Zoom

Art Session Monday 10:00AM - 11:00AM

8/17 - 10/15: Vatican and the World of Italian Art

Music Session Tuesdays 9:30AM - 10:30AM

5/12 - 10/20: 23 Greatest Solo Piano Works

History Session Wednesdays 9:30AM - 11:00AM

7/29 - 10/14: The Lost Worlds of South America

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.

Matinee Mondays | 1:00 PM- 3:00 PM | Registration Required

Monday, 9/14 Song Sung Blue (PG-13), 2025 Drama 2h 12m

Hugh Jackman and Kate Hudson star as struggling performers Mike and Claire, whose Neil Diamond tribute act sparks romance- and unexpected success.

Monday, 9/21 Ticket to Paradise (PG-13), 2022 Romantic Comedy 1h 44m

Oscar winners George Clooney and Julia Roberts star as divorced parents who form an uneasy alliance to prevent their daughter's wedding in Bali.

Monday, 9/28 A Beautiful Day in the Neighborhood (PG), 2016 Drama 1h 48m

Writer Lloyd Vogel forges a friendship with famed children's television host Fred Rogers and learns to make peace with his painful past.

Tuesday Evening Docuseries & Popcorn | 5:00 PM - 6:00 PM | Registration Required

Tuesday, 9/8 Becoming (PG), 2020 1h 29m

Join former First Lady Michelle Obama in an intimate documentary looking at her life, hopes and connections with others as she tours with "Becoming".

Tuesday, 9/15 Unknown: Cosmic Time Machine (TV-14), 2023 1h 4m

The James Webb Telescope stirs imaginations with vivid photos of distant galaxies. This documentary tracks its historic journey from inception to launch.

Tuesday, 9/22 Unknown: killer Robots (TV-14), 2023 1h 10m

What happens when a machine makes life-or-death decisions? This documentary explores all the dangers of artificial intelligence in military application.

Tuesday, 9/29 Shipwrecked: Nightmare at Sea (TV-14), 2026 1h 29m

Never-before-seen footage & survivor accounts trace the 2012 shipwreck of a luxury cruise and the disaster that ensued, in this immersive documentary.

iPhone Clinics - KevTech

AI Photo & Creativity **Tue., 9/8** **2PM-3PM**
Using AI to enhance photos and to create art.

Small Group Meeting **Fri., 9/18** **10AM-11AM**
Small group conversation. Open Q&A, and informal technology help.

AI: Claude, Chat, Gemini **Wed., 9/23** **2PM-3PM**
Intro to different Artificial Intelligence (AI) models and how to use them daily, which one to use vs. others.

Registration is required. To register, call (978) 443-3055 or email: senior@sudbury.ma.us

These classes are sponsored through a grant from The Sudbury Foundation.

Monthly Investment Research Group Meeting

Monday, 9/21 2:00PM - 3:30PM

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

Walk-in Tech Help

Have questions about your phone, tablet, or another device? Drop in on Thursdays from 9:30AM–11:00AM, or stop by to see our volunteer, David Frank, on Tuesday evenings in September, from 5:00PM – 6:30PM. **No appointment needed.**

**Monthly Footcare Clinic - Sudbury Residents Only**

Monday, Sept. 14 9:00AM - 2:30PM

And

Monday, Sept. 28 9:00AM - 2:30PM

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 in length, 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.

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.

Registration for Fitness Programs

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

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

Mon., 9/14-10/19 | 2:30-3:30PM Fee: \$30.00

Tai Chi is an ancient form of Chinese exercise enhancing the flow of internal energy in the body utilizing slow movements and controlled breathing. This is a beginner class instructed by Jon Woodward.

This session is 5 weeks long. No class on 9/7 & 10/12.

ZUMBA GOLD

Tues., 9/8-10/20 | 9:30-10:25AM Fee: \$42.00
OR

Thur., 9/10-10/22 | 2:30-3:30PM Fee: \$42.00

Zumba Gold is a fun cardio class with low impact movements that are gentle on your joints. Instructed by Yachun Lin, this class welcomes all levels.

Each session is 7 weeks in length.

MINDFUL LIVING

Wed., 9/2 - 10/21 | 1:00-2:00PM Fee: \$40.00/class

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

This session is 8 weeks in length.

TAP DANCE

Mon., 9/14-10/19 | 1:30-2:30PM Fee: \$30.00

Join our fun tap dancing class. Instructor Susan Craver has been teaching fitness classes for over 28 years. All levels are welcome. **This session is 5 weeks in length.**

LINE DANCING

Tue., 9/8-10/20 | 2:35-3:35PM Fee: \$42.00

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

This session is 7 weeks in length.

STRENGTH & BALANCE

Tues., 9/1-10/20 In-Person

11:00AM - 12:00PM Fee: \$48.00

OR

Thur., 9/3-10/22 Hybrid (In-Person & Zoom)

10:30AM-11:30PM 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.

Each session is 8 weeks in length.

DRUMS ALIVE

Tues., 9/8-10/20 | 1:30-2:30PM Fee: \$42.00

Drums Alive is a unique sensory-motor drumming program involving drum sticks, an exercise ball, and music. Instructed by Yachun Lin, this class is open to all levels. **This session is 7 weeks in length.**

CHAIR YOGA

Thurs., 9/3-10/22 In-Person

9:15-10:00AM Fee: \$48.00

OR

Fri., 9/4-10/23 Hybrid (In-Person & Zoom)

10:15-11:00 AM Fee: \$48.00

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 are welcome.

Each session is 8 weeks in length.

MAT YOGA

Fri., 9/4-10/23 | 9:15-10:00AM Fee: \$48.00

Rebecca Reber will help you connect movement and breath as you move into poses. Bring 2 yoga blocks and a yoga belt. All levels are welcome.

This session is 8 weeks in length.

FALL 2 Fitness Session

Registration week:

10/26 - 10/30

Sessions start:

Week of 9/2



Taste of Sudbury Monthly Luncheon**Thursday, September 17 12:00 PM - 2:00 PM**

Join us for a special Taste of Sudbury Monthly Luncheon as we celebrate Hispanic National Heritage Month. Enjoy a delicious catered lunch while recognizing the rich cultures, traditions, and culinary heritage of Hispanic communities. This month's luncheon will be catered by Buffet Way of Marlborough and will feature a menu of Mojo Chicken Leg Quarter, Yellow Rice, Black Beans, bread roll, and mixed Green Salad. To finish the meal, enjoy a classic Tres Leches Cake for dessert. **The fee is \$10.00 per person, payable at the door. Registration is required.** Please be sure to register during the appropriate registration period for residents or non-residents.

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

Sudbury Eats Weekly Lunch Program

Starting in September, enjoy a healthy, in-house cooked meal with friends on **Tuesdays and Thursdays.**

September Lunch Menu**Tuesdays and Thursdays at 12:00 PM**

Tue., 9/8: Summer Corn and Potato Soup, side salad
 Thu., 9/10: Chicken Pot Pie, side salad
 Tue., 9/22: Baked Haddock, Corn on the Cob, Potatoes
 Thu., 9/24: American Chop Suey, Roasted Carrots
 Tue., 9/29: Tacos with fixings, Yellow Rice, Refried Bean

Breakfast on Monday, September 28 at 10:00AM

Pancakes, Home Fries, Bacon, Fresh Fruit Salad.

All meals require registration and fee is \$5.00 at the door.

This lunch program is generously supported by a grant from the Cummings Foundation



Registration Dates:

Tuesday, September 1st for Sudbury Residents
Wednesday, September 2nd for Non-Residents

Therapy Gardens Presents: The More Interesting Life

Tuesday, 9/8 | 5:00PM - 6:00 pm

60 New Pursuits, skills and commitments for older adults. Come and join us for this lively program about adding curiosity, pursuits and fresh challenges to later life. **Registration is required.**

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

Musical Adventures on the Water: The Moldau and Scheherazade

Tuesday, 9/29 | 4:00PM - 5:30PM

Rimsky-Korsakov's dramatic symphonic poem Scheherazade features a captivating storyteller relating Sinbad's voyages on the story seas, while Smetana's engaging Moldau takes listeners on a river trip through his beloved Czech countryside. **Elke Jahns-Harms** returns to take us on a guided tour of these great pieces. We'll listen to the music, interspersed with discussions on the composers, the cultural and historical context, and the stories depicted in each piece. **Registration is required.**

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

Grandparenting with Purpose: Henry Quinlan Presenter

Wednesday, 9/9 | 10:00AM - 11:30PM

In celebration of Grandparents Day on Sunday, September 13, join Henry Quinlan for an engaging presentation on how grandparents can help build character, confidence, and meaningful connections with their grandchildren. Discover practical ways to share your wisdom and strengthen family relationships—with a little help from AI and in coordination with parents. **Registration is required.**

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

Therapy Gardens Presents: Autumn Landscape

Friday, 9/25 | 10:00AM - 11:00 AM

Bring fall indoors by creating a seasonal landscape using carefully selected natural materials, rich textures, and harvest-inspired design elements. **Workshop fee: \$10.00. Please pay with cash at the door. Registration is required.**

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

Painted Pine: Fall Themed Wood Craft Workshop

Tuesday, 9/29 | 3:30PM - 5:30PM

Join us for a fun and creative Painted Pine Craft Workshop. Create a finished seasonal or decorative project using custom laser cut wood pieces that are painted and assembled during class. Choose from a "Hello Fall" Pumpkin Round (approximately 8.5" round) **OR** a "Thanksgiving Turkey" Shelf Sitter (approximately 9.5" tall). All skill levels are welcome.

The workshop is approximately 2 hours, registration is required, and the fee is \$10.00 at the door. Space is limited and registration deadline is 9/15.

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

MONTHLY CALENDAR SEPTEMBER 2026	Tuesday1 9:30 Music Session 11:00 Strength & Balance 12:00 NO Sudbury Eats 2:00 Caregivers Support Group	Wednesday2 9:30 History Session 11:00 Fit 4 Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living	Thursday3 9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal. 12:30 Canasta 2:30 Connection Circle	Friday4 9:15 Mat Yoga 9:30 Great Decisions 9:30 Drop-In Watercolor 10:15 Chair Yoga 11:00 Fit 4 Future	
	Monday7 Senior Center is CLOSED for LABOR DAY	Tuesday8 9:30 Music Session 9:30 Zumba Gold 10:00 Desi Chat & Chai 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:00 iPhone Clinic 2:35 Line Dancing 5:00 Tue. Docuseries 5:00 Therapy Gardens 5:00 Walk-in Tech help	Wednesday9 9:30 History Session 10:00 Grandparents Talk -Henry Quinlan 11:00 Fit 4 Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Bingo	Thursday10 9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal. 12:00 Sudbury Eats 12:30 Canasta 1:00 Low Vision Group 2:30 Zumba Gold 2:30 Connection Circle	Friday11 9:15 Mat Yoga 9:30 Hearing Clinic 9:30 Watercolor with Angela 10:00 Early Jewish Performers-John Clark 10:15 Chair Yoga 11:00 Fit 4 Future
	Monday14 9:00 Footcare Clinic 10:00 Art Session 10:00 Stamp Club 10:00 Cribbage 11:00 Fit 4 Future 12:30 Mahjong 12:30 Knitty Gritty 1:00 Matinee Mon. 1:30 Tap 2:30 Tai Chi 3:30 COA Meeting	Tuesday15 9:30 Music Session 9:30 Zumba Gold 10:30 Photo Group 11:00 Strength & Bal. 12:00 NO Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing 5:00 Tue. Docuseries 5:00 Sudbury Eats Gala 5:00 Walk-in Tech Help	Wednesday16 9:30 History Session 11:00 Fit 4 Future 12:00 Spoonfulls 1:00 Book Group Mtg. 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living	Thursday17 9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal. 12:00 Taste of Sudbury 12:30 Canasta 1:00 Low Vision 2:30 Zumba Gold 2:30 Connection Circle	Friday18 9:15 Mat Yoga 9:30 Great Decisions 9:30 Drop-in Watercolor 10:00 iPhone Small Group Meeting 10:15 Chair Yoga 11:00 Fit 4 Future
	Monday21 10:00 Art Session 10:00 Cribbage 11:00 Fit 4 Future 12:30 Mahjong 12:30 Knitty Gritty 1:00 Matinee Mon. 1:30 Tap 2:30 Tai Chi 2:30 Inv. Research Mtg.	Tuesday22 9:30 Music Session 9:30 Zumba Gold 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing 5:00 Tue. Docuseries 5:00 Nachos & Karaoke 5:00 Walk-in Tech Help	Wednesday23 9:30 History Session 10:00 Flu Clinic 11:00 Fit 4 Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 1:00 Legal Clin. appt. 2:00 iPhone Clinic 2:00 Celeb. Bingo	Thursday24 9:15 Chair Yoga 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 10:30 Strength & Bal. 12:00 Sudbury Eats 12:30 Canasta 2:30 Zumba Gold 2:30 Connection Circle	Friday25 9:15 Mat Yoga 9:30 Drop-In Watercolor 10:00 Therapy Gardens 10:15 Chair Yoga 11:00 Fit 4 Future
	Monday28 9:00 Footcare Clinic 10:00 Art Session 10:00 Cribbage 10:00 Grief Supp. Grp. 11:00 Fit 4 Future 12:30 Mahjong 12:30 Knitty Gritty 1:00 Matinee Mon. 1:30 Tap 2:30 Tai Chi	Tuesday29 9:30 Music Session 9:30 Zumba Gold 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing 3:30 Painted Pine Craft 4:00 Musical Adv. Pres. 5:00 Tue. Docuseries 5:00 Walk-In Tech help	Wednesday30 9:30 History Session 10:00 National Hot Mulled Cider Day 11:00 Fit 4 Future 12:00 Spoonfulls 12:30 Docu. Day Appt. 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living	Event Colors: Blue: Zoom Green: Hybrid Purple: Off Site Red: Special	

Registration for Non-Fitness Activities starts:

Tuesday, September 1st for Sudbury Residents

Wednesday, September 2nd for Non-Residents

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

Early Jewish Performers with John Clark

Friday, 9/11 | 10:00 AM - 11:00 AM

John Clark returns to the Sudbury Senior Center for a special presentation celebrating the contributions of early Jewish performers in honor of Rosh Hashanah. Join us as we explore the lives and careers of legendary entertainers, including Al Jolson, Sophie Tucker, Eddie Cantor, Fannie Brice, and Alma Gluck. **Registration is required.**

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

Desi Chat & Chai

Tuesday, 9/8 | 10:00AM - 12:00PM

A meet up of South Asian Americans to connect with each other. Enjoy some tea, conversations, and camaraderie. We generally play a round of Bingo at the end. This is optional, however, if you would like to participate, please bring \$1 exact change. Space is limited and **registration is required**. Call (978) 443-3055 or email: senior@sudbury.ma.us to register.

Photography Group

Tuesday, 9/15 | 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.

Watercolor with Angela: Dramatic Shadows

Friday, 9/11 | 9:30AM - 11:45AM

Discover techniques for creating depth, mood, and striking contrast through guided instruction and hands-on practice. All levels are welcome. Class fee: \$15.00. Space limited to 18 participants. **Registration is required.**

Nachos and Karaoke

Tuesday, 9/22 | 5:00PM - 7:00PM

Join us for a fun-filled evening of music, laughter, and community at Karaoke Night! Whether you're ready to sing your favorite song or cheer on friends and neighbors, it's the perfect way to spend a summer evening. No experience needed — just bring your energy and get ready for a great time! **Registration is required.**

National Hot Mulled Cider Day

Wednesday, 9/30 | 10:00AM - 11:00AM

Celebrate the flavors of fall with us on National Hot Mulled Cider Day. Join the Senior Center staff for a cozy morning featuring warm mulled cider, delicious apple cider donuts, and great company. Come relax, visit with friends, and enjoy this festive seasonal treat. **Registration is 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.

Bingo

**Wednesday, 9/9
2:00 PM - 3:00 PM**

Celebrity Bingo

**Wednesday, 9/23
2:00 PM - 3:00 PM**

\$1 per card to play. Registration is required for each date. This month **Stephanie Oliver, Human Resources Director**, will be our guest star for Celebrity Bingo!



For registration: Call (978) 443-3055 or email: senior@sudbury.ma.us



Linda Faust; by Jane Keilty

Meeting Linda Faust is like going to a concert featuring a variety of bands. Music is central to Linda's life whether it's jazz, blues, folk or rock. Linda's most recent performance for Karaoke night at the Sudbury Senior Center featured her singing "Stone Soul Picnic" by the 5th Dimension as well as RESPECT a la Aretha Franklin. She brought the house down! It's essential to this story that you know Linda is a deaf and blind woman who also enjoys walking, kayaking, tandem bike riding, and occasionally watching audio enhanced movies.

Born in Hartford, Connecticut in 1948, she arrived a bit early and required care in an oxygen rich incubator. This unfortunately resulted in Retinopathy of Prematurity (ROP) causing significantly limited vision. Her parents felt it was important for Linda to be part of the standard school community as opposed to a school for the blind, so Linda never learned the Braille method of reading.

As a child, Linda learned classical music with a piano teacher. In college, she used a friend's accordion and tried to play rock music in a coffee house. The accordion was not seen as an appropriate instrument she was not allowed to perform. She then transitioned to using a boyfriend's guitar to teach herself chords and music that led her to the coffee house scene and many different clubs and parties where she was comfortable singing and playing the guitar. She was part of an all-women's blues band in Florida for 10 years and loved it. Being able to be part of that type of community really defines her. Whitney Houston was a major influence; her favorite song being "I Will Always Love You". This is the type of song that Linda chooses to sing at karaoke, which is a big part of her ongoing music career. The American Council of the Blind has regular karaoke activities which Linda participates in.

Hearing issues started for Linda later in life and she admits that she ignored symptoms; she was always asking to have the volume turned up and to have the treble adjusted, but she was actually losing her hearing.

Her hearing is now severely impaired and is helped somewhat through the use of hearing aids, however, it is still very difficult for her when there is more than one person talking.

About eight years ago Linda moved from Florida to Sudbury. It was a difficult transition; the cold weather and suburban setting with fewer transportation options have been frustrating. Linda acts as her own best advocate, as she has done throughout her life; identifying and utilizing resources such as the Mass Commission for the Blind, which offers programs and support. The Deaf Blind Community Access Network provides an additional avenue of support for Linda.

The Low Vision Support Group at the Senior Center is a routine part of Linda's activities. She's also known for her involvement in Transportation Committee meetings. She gets involved in conventions and extended programs offering support for people with blindness and offering what she can from her own experience to help others. Regular participation in karaoke keeps Linda close to her true passion: music. Linda says her song at the next Senior Center karaoke event will be Carole King's "Natural Woman," an apt description of the vivacious singer in the raspberry-colored dress. We are fortunate have Linda as a member of our Sudbury Senior Center community.

Board of Health Senior Flu Clinic

Protect yourself this flu season by getting your annual flu vaccine. The Sudbury Health Department invites adults ages 65 and older, to attend the Senior Flu Vaccination Clinic **on Wednesday, September 23, 2026, from 10:00 a.m. to 2:00 p.m. at the Fairbank Community Center. Registration is required and can be completed at <https://tinyurl.com/SeniorFluClinic2026>**

Please bring all insurance cards and a government-issued photo ID, wear a short-sleeved shirt for easy vaccine administration, and arrive at your scheduled appointment time. If you need assistance registering, contact the Sudbury Health Department at (978) 440-5479.



What We Do

Did you know that our volunteers:

- Make small outdoor home repairs
- Provide technology support
- Work in the kitchen preparing and serving meals
- Make weekly visits & calls to seniors
- Pick up groceries for clients
- Help out at special events
- Deliver library materials to seniors unable to get to Goodnow Library
- Pick up donated baked goods from local supermarkets
- Assist with monthly newsletter mailings
- All this and a whole lot more!

Do you think you would be a great volunteer? Or, do you need a great volunteer?

Contact Sarah Green Vaswani at 978-639-3223 for more information on both.

Sudbury Eats Opening Gala Event



Date: Tuesday, 9/15
Time: 5:00PM-7:00PM

Join us for passed hors d'oeuvres, light desserts, and great company to celebrate our new meals program Sudbury Eats, and to toast the Cummings Foundation for the generous grant they've given us in support. See what our kitchen can do! **Registration for this free event is open now. Space is limited so sign up soon.**

This program is generously supported by a grant from the Cummings Foundation.



Featured Program: Spoonfulls Food Delivery

What and When is Spoonfulls?

Spoonfulls is a food recovery organization. They go to grocery stores, get the merchandise that might otherwise be wasted, and bring it to people who will use it. Spoonfulls exists because of a paradoxical challenge: On the one hand here in the U.S., there's a lot of good food to go around – on the other hand, people are still hungry. In Massachusetts, 2 in 5 households are facing food insecurity, while around a third of all the food in the U.S. goes unsold or uneaten. While a small portion of this is donated to people facing food insecurity and more is recycled, a vast majority becomes food waste. Spoonfulls recognizes that food recovery, picking up and delivering good, unsold, food to people who need it, is a practical solution to wasted food and hunger.

Spoonfulls delivers food to the Senior Center every Wednesday. Beginning in September, we will go back to opening the Spoonfulls program at NOON. Come on in and try it out! We operate on a lottery system for the order of admittance so don't worry about lining up early.

Van Trips

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

**Van Trip to Trader Joe's
(Framingham)**

**Date: 2nd Monday of Month
9/14/26**

Pick up: 11:30AM

Drop off at: 12:00PM

Return Home: 1:00PM

**Market Basket Maynard
(Digital Plaza)**

**Date: Every Tuesday of
Month**

Pick up: 10:00AM

Drop off at: 10:30AM

Return Home: 11:30AM



Medicare Open Enrollment – SHINE Can Help!

Open Enrollment runs from October 15 through December 7. If you have a Medicare Prescription Drug Plan or Medicare Advantage Plan (HMO/PPO), watch for information from your plan in late September outlining any changes for 2027. Premiums, deductibles, copays, and covered medications can change each year. Meet with a SHINE counselor to review your options and make sure your current plan still meets your needs. Call the Senior Center **starting in October** to book an appointment.

2026 Document Day - Sudbury Residents ONLY

Wednesday, 9/30 12:30PM - 4:00PM

MetroWest Legal Services will offer free 15-minute appointments at the Sudbury Senior Center to help older adults complete Health Care Proxy and/or Power of Attorney documents. **Appointments for Wednesday, September 30 are by registration only.** To register beginning September 1, or to request an intake form or more information, contact Jill Dube at (978) 443-3055. Completed intake forms are due by Wednesday, September 16.

Open to Sudbury residents only per grant requirements.



Weekly Blood Pressure Clinic

Thursdays, 10:30AM

Board of Health Nurse Katie Betts provides free, walk-in blood pressure screenings every Thursday at 10:30AM. No appointment is necessary. Simply sign up at the front desk.

Free Legal Clinic

The Sudbury Senior Center offers a free legal clinic for older adults on the fourth Wednesday of each month. Experienced elder law attorneys from Generation Law, Mirick O'Connell, and Bowditch & Dewey LLP provide confidential, 20-minute consultations on estate planning, wills, trusts, Medicaid, and other elder law issues. Appointments are required and, pending lawyer availability, may be held by phone or in person. To schedule your September appointment, call (978) 443-3055 or email senior@sudbury.ma.us. **The September Legal Clinic will be held on Wednesday, September 23, 2026.**

Caregivers Support Group

Tuesday | 9/1 2:00PM - 3:00PM

Caregivers are invited to connect and share support at Orchard Hill Living while their loved ones participate in the Circle of Friends activity group. Facilitated by Jill Dube. For more information, call 978-639-3268 or email: dubej@sudbury.ma.us Sponsored by Dementia Friendly Sudbury and Orchard Hill Assisted Living.

Transportation Options

Available to Sudbury Residents

- 1) 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.
- 2) MWRTA Dial-a-Ride: Evening rides for approved riders available on Tues & Thurs, 4:00–7:00pm.
- 3) Catch Connect Sudbury: On-demand micro-transit Mon–Fri, 8:00am–6:00pm within Sudbury or to Target in Marlborough.
- 4) Go Sudbury!: \$30 per month in Uber vouchers (eligibility applies).
- 5) Boston Hospital Shuttle: Shared rides to select medical facilities. Tuesday–Thursday service
- 6) 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.

Monthly Grief Support Group Meeting

**Monday | 9/28
10:00AM - 11:00AM**

Join Pastor Osita Ehiabhi of MetroWest Hospice for a monthly Grief Support Group on the fourth Monday of each month. Please call to register with Jill Dube, Assistant Director/Outreach Coordinator.

Hearing Clinic

Friday | 9/11 9:30AM

Michael Drennan, Board Certified Hearing Instrument Specialist, offers a free hearing clinic on the 2nd Friday of each month. Registration is required.

Weekly Meetings

Cribbage 10:00-12:00PM	Mondays
Mahjong 12:30-3:30PM	Mondays
The Knitty Gritty 12:30-3:30PM	Mondays
Spoonfulls 12:00 -1:00PM	Wednesdays
Chess for All 1:00-3:30PM	Wednesdays
Bridge 1:00-3:30PM	Wednesdays
Connection Circle 2:30-3:30PM	Thursdays
(See Calendar for format details)	
BP Clinic 10:30-11:30AM	Thursdays
Walk-In Tech Help 9:30-11:30AM	Thursdays
Canasta 12:30-3:30PM	Thursdays
Drop-In Watercolor 9:30-11:45AM	Fridays

Daily Events (Open until Close)

Ping Pong & Pool Table
Coffee Social Hour
Outdoor Cornhole, Bocce, Horseshoes- Weather permitting

Monthly Meetings

Stamp Club 10:00-11:00AM	9/14
Caregivers Support Group Offsite- 2:00PM	9/1
Pathways Coffee Hour 2:00-3:00PM	ON HOLD
Book Group Meeting 1:00-2:00PM	9/16
Legal Clinic By Appointment	9/23
Low Vision Support 1:00-2:00PM	9/17
Hearing Clinic 9:30-10:30AM	9/11
Investment Research Group 2:00-3:30PM	9/21
Grief Support Group 10:00-11:00AM	9/28

Useful Phone Numbers

Springwell (Formerly BayPath): 508-573-7200
Social Security: 800-772-1216
Elder Abuse Hotline: 800-922-2276
Mass. 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: inforef@springwell.com
Domestic Violence Hotline: 800-799-SAFE (7233)
Meals on Wheels: 508-573-7246
MetroWest Legal Services: 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
Trip Coordinators: Franci Martel, Joe Bausk
Van Drivers: Linda Curran, Paul Marchand

Council on Aging Members:

Chairperson: Paul Marotta
Vice Chair: Patricia Trobolski
Secretary: Mary McLaughlin

Directors: Dr. Joel Bauman, Mary Brauer, State Rep. Carmine Gentile, Dr. 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

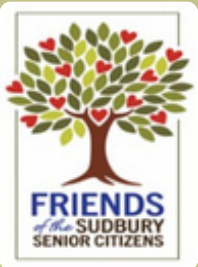
The Friends of Sudbury Senior Citizens, Inc., is a 501C non-profit organization that supports the Sudbury Senior Center through volunteering and fundraising. The Friends supported the new Senior Center in the new Community Center by funding a patio and pergola, a fireplace for the new lounge as well as many of our monthly special programs.

NEW FITNESS CLASS!!**Movement to Music for Those Living with Parkinson's****Monday, 10/5, 10/19 and 10/26 | 12:15PM - 1:15PM**

Move, groove, and connect! Enjoy music and movement while building strength, balance, flexibility, and confidence. This fun, supportive class is a great way to improve your mind-body connection while making new friends.

This three-week mini session will be led by our very own Susan Craver. Susan is a member of Dance PD (Brooklyn, NY) and Dancing with Parkinson's (Canada). **Registration is required.**

We're excited to add this class to our Fall 2 Fitness Sessions beginning in November.
Registration for the Fall 2 Fitness Sessions opens the week of Monday, October 26.

**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.

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

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Or Current Occupant



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

Summer Office Hours: Mon., Wed., Thur.: 9:00 AM - 4:00 PM

Tue.: 9:00 AM - 7:00 PM

Fri.: 9:00 AM - 12:00 PM

Website: www.sudburyseniorcenter.org

Email: senior@sudbury.ma.us

