



THE SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

October 2026



October Registration:

Non Fitness Activities:

Residents: Thursday, October 1

Non-Residents: Friday, October 2

FALL 2 Fitness Registration Week:

Monday, 10/26 to Friday, 10/30

(Details on Page 5)

Payment is required before 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, October 12
in honor of
Indigenous Peoples' Day
(Columbus Day)

Please Note:

October marks the return of
The Senior Center back to its
regular hours.
Mon-Fri: 9:00AM - 4:00PM

DIRECTOR'S NOTES

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October is here, bringing beautiful foliage, crisp air, and all the wonderful sights and sounds of fall. It's Mother Nature's reminder to get outside and enjoy fall before winter arrives.

September was an exciting month as more than 100 people joined us to celebrate our NEW Sudbury Eats program and the generous Cummings Foundation grant that made it possible. Join us for \$5 home-cooked lunches every Tuesday and Thursday, plus a special breakfast this month. Registration is required—see page 6.

October marks the return of the Senior Center back to its regular hours of Mon - Fri: 9:00AM - 4:00PM. It is a month packed with activities. Choose from more than a dozen exercise classes, including NEW Qi Gong and Parkinson's Music to Movement, technology help, games like Chess, Canasta, Bridge, Mahjong, Ping Pong, Pool and be sure to check out our NEW Beginner Bridge class, Friendly Feud Game Show event, BINGO, and our NEW, Monthly Non-Fiction Book Club. Meet featured watercolor artist Angela Ackerman at our Meet the Artist event (page 7), or stop by The Knitty Gritty knitting group (Back to its regularly scheduled Friday afternoons starting on October 9th).

We're also offering Foot Care and Blood Pressure Clinics, free SHINE appointments during Medicare Open Enrollment, and a special Lunch & Learn on Scams presented by The Sudbury Police Department, followed by a Medication Take-Back Program (see page 9).

Looking ahead to November, we'll introduce a Meaningful Aging Group (see page 14) and a Parkinson's Support Group. There's something for everyone, so come join us, try something new, and enjoy fall at the Sudbury Senior Center.

~ 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

New class starting on 10/27: To Be Determined

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

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

New class: "The Mysterious Etruscans" Instructed By Prof. Steven L. Tuck.

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, 10/05 **The Lost City, PG-13 (2022)** **Romantic Comedy, adventure** **1h 52m**
In this adventure rom-com, a novelist (Sandra Bullock) and her cover model (Channing Tatum) embark on a real-life jungle quest to find an ancient city.

Monday, 10/12 The Sudbury Senior Center is CLOSED in honor of Indigenous Peoples' Day (Columbus Day)

Monday, 10/19 **Yintah, R (2024)** **Documentary Film** **1h 50m**
In this documentary, two indigenous women and their clans fight to save their land - and history - from being destroyed by an energy company's pipeline.

Monday, 10/26 **Ghostbusters, PG (1984)** **Family Movie, Sci-Fi, Goofy** **1h 45m**
It's four wisecracking New Yorkers versus a marshmallow apocalypse. They're nobody's first choice to save the world but, hey, who else are you gonna call?

Honoring Indigenous Peoples' Day

As we observe Indigenous Peoples' Day on October 12, we recognize the Indigenous peoples who lived in and cared for this region long before Sudbury was incorporated in 1639. The area surrounding the Sudbury River was home to Native communities whose lives were closely connected to the land and waterways for food, travel, and gatherings. Sudbury was inhabited by the Nipmuc people, whose communities were throughout central and eastern Massachusetts.

Indigenous Peoples' Day is an opportunity to learn more about this history and to honor the cultures, traditions, and enduring contributions of Indigenous peoples—past and present.

iPhone Clinics - KevTech**Small Group Meeting Fri., 10/9 10AM-11AM**

Small Group conversation. Q&A, and informal technology group.

Personalizing Your Device Tue., 10/13 2PM-3PM

Customize your device to better suit your preferences. We cover reorganizing your Home Screens, creating folders, changing the appearance of your displays, and choosing pictures for the wallpaper and Lock Screens.

Using YouTube, Netflix & Other Streaming Devices**Tue., 10/27 2PM-3PM**

This class teaches participants how these services work and how users can find interesting content to enjoy.

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, 10/19 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, **No appointment needed.**

**Monthly Footcare Clinic - Sudbury Residents Only****Monday, October 19 | 1:00PM - 4:00PM****And****Monday, October 26 | 9:30AM - 4:00PM**

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.

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.**

PARKINSON'S - MOVEMENT TO MUSIC

Mon., 11/9-12/14 | 12:15PM-1:15PM Fee: \$36.00

NEW CLASS! Move, groove and connect! Build strength, balance, flexibility, and confidence with this movement to music class for those living with Parkinson's. Instructed by Susan Craver. All levels are welcome. (6 weeks)

TAP DANCE

Mon., 11/9-12/14 | 1:30-2:30PM 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. (6 weeks)

TAI CHI

Mon., 11/2-12/21 | 2:30-3:30PM Fee: \$48.00

Tai Chi is an ancient form of Chinese exercise enhancing the flow of internal energy in the body utilizing slow movements and controlled breathing. Beginner class instructed by Jon Woodward. (8 weeks)

ZUMBA GOLD: In-Person

Tue., 11/3-12/15 | 9:30-10:25AM 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. (7 weeks)

STRENGTH & BALANCE - In Person

Tue., 11/3-12/15 | 11:00AM - 12:00PM Fee: \$42.00

This beginner class is great for increasing strength, balance, and flexibility. Instructor Derry Tanner is a retired nurse and certified personal trainer. (7 weeks)

DRUMS ALIVE

Tue., 11/3-12/15 | 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. (7 weeks)

LINE DANCING

Tue., 11/3-12/15 | 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. (7 weeks)

QI GONG

Tue., 11/3-12/15 | 3:00PM-4:00PM Fee: \$42.00

NEW CLASS! Qi Gong combines gentle movements, meditation, and focused breathing to promote balance, relaxation, and overall well-being. Exercises can be performed standing or seated. All levels are welcome. Instructed by Lydie Barquet. (7 weeks)

MINDFUL LIVING

Wed., 11/4-12/16 | 1:00-2:00PM Fee: \$30.00

Join Lisa Campbell for a relaxing, renewing workshop blending breathwork, meditation, mindfulness, and stress management- open to all levels. (6 weeks)

No Class on 11/11- Veteran's Day

STRENGTH & BALANCE: Hybrid

(In-Person & Zoom)

Thur., 11/5-12/17 | 10:30AM-11:30PM Fee: \$36.00

This beginner class is great for increasing strength, balance, and flexibility. Instructor Derry Tanner is a retired nurse and certified personal trainer. **No Class on 11/26 Thanksgiving Day.** (6 weeks)

ZUMBA GOLD - Hybrid (In-Person & Zoom)

Thur., 11/5-12/17 | 2:30-3:30PM Fee: \$36.00

Same Zumba class as Tuesday but offered in hybrid format. All levels are welcome. Instructed by Yachun Lin. **No Class on 11/26 Thanksgiving Day.** (6 weeks)

CHAIR YOGA: In-Person

Thurs., 11/5-12/17 | 9:15-10:00AM Fee: \$36.00

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. **No Class on 11/26 Thanksgiving Day.** (6 weeks)

MAT YOGA

Fri., 11/6-12/18 | 9:15-10:00AM Fee: \$36.00

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. **No Class on 12/27 Day after Thanksgiving.** (6 weeks)

CHAIR YOGA: Hybrid (In-Person & Zoom)

Fri., 11/6-12/17 | 10:15-11:00 AM Fee: \$36.00

Same Chair Yoga Class as Thursday but Hybrid Format. All levels are welcome. Instructed by Rebecca Reber. **No Class on 12/27 Day after Thanksgiving.** (6 weeks)

Taste of Sudbury Monthly Luncheon

Thursday, October 15 12:00 PM - 2:00 PM

October is Italian American Heritage Month, a time to celebrate the rich culture, traditions, history, and many contributions of Italian Americans. Join us for our October Taste of Sudbury Luncheon as we celebrate with good food and great company.

Enjoy a delicious Italian-inspired menu featuring garlic bread, Italian wedding soup, beef lasagna or veggie option: eggplant parmesan (limited quantity), and mini cannolis for dessert. Mangia!

Cost is \$10 per person and registration is required. Space is limited, so don't delay—please register on the appropriate registration date for residents and non-residents.

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



Sudbury Eats Weekly Lunch Program

Registration required for all meals.
Fee \$5.00 at the door.

Lunch Menu: 12 PM on Tuesdays and Thursdays

Tue., 10/6: Potato Cheese Soup, salad, pudding.

Thu., 10/8: Lemon Chicken Soup, Greek Salad.

Tue., 10/13: Chicken & Dumplings, Broccoli, Apple crisp.

Tue., 10/20: Meatloaf, Mashed Potatoes, Green Beans, Oatmeal raisin cookies.

Thu., 10/22: Lentil Soup, Salad, Garlic Bread, Fruit Salad.

Tue., 10/27: Spaghetti with Meat Sauce, Garlic Bread, Yellow Sheet Cake.

Thus., 10/29: Beef Stew, Pumpkin Pie Custard.

Breakfast on Friday, 10/16 at 10:00AM

Spinach Cheese Crustless Quiche, Potatoes O'Brien, Fruit

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



October Registration:

Sudbury Residents may start registering on Thursday, October 1st and non-residents may register starting on Friday, October 2nd

Rhumba, Samba, Tango! Mambo!

Tuesday, 10/6 | 10:30AM - 11AM

In honor of Hispanic Heritage Month- John Clark returns for this popular presentation celebrating the vibrant influence of Latin American music on American popular music. Enjoy favorites from Carmen Miranda, Desi Arnaz, Ritchie Valens, Herb Alpert, and more. **Registration is required.**

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

The Magic of Rock'n'Roll: Songs with Power

Thursday, 10/8 | 1:30PM - 2:30PM

Rock 'n' roll didn't just change music—it changed a generation! Join us for a nostalgic journey through unforgettable hits of the 1950s and beyond. Join Mort Birnbaum and discover the stories behind iconic songs and the artists who made them famous, enjoy classic recordings, and sing along as we celebrate the timeless spirit of rock 'n' roll. **Registration is required.**

Capturing the Landscape with Lane Williamson

**Wednesdays, October 7 - December 16
10:00AM - 12:00PM**

Lane will lead this 10 week class in exploring elements of landscape work, including composition, line, form, texture, and scale. Additionally, she will cover techniques for guiding the viewer's eye and establishing mood in the work. Participants will work with "sticks" (graphite and pastel), as well as paint (acrylic and watercolor brushes will be needed). The class is free; however, participants may need to purchase materials as necessary. **Registration is required.** Class limit is 10. For specific questions about the course, participants may email Lane at pondhousestudios@gmail.com **No class on 11/11**

NEW!! The Thursday Book Club

Tuesday, 10/8 | 2:30PM - 4:00PM

The Thursday Book Club will meet monthly on the second Thursday of each month to read and discuss non-fiction books, with a focus on history, biography, politics, and sociology. The group is limited to 10 participants and will be led by Michael Ludwig. **Registration is required.**

October Book: Everyone Who Is Gone Is Here: The United States, Central America, and the Making of a Crisis (2024) by Jonathan Blitzer.

Michael will select the books for October, November and December. Beginning in January, members will choose future books from a list of proposed titles.

Meet The Artist: Angela Ackerman

Friday, 10/9 | 2:00PM - 3:00PM

Please stop by the lobby of the Sudbury Senior Center to view the current exhibit and meet the artist, Angela Ackerman, who will be available to discuss her artistic journey and answer questions about her artwork, process, and inspiration. Angela's exhibit Less is More is currently on view and will run through the end of October. Angela teaches watercolor right here at the Senior Center, so if you are inspired you can sign up to try these techniques in a future class yourself! **This event is a drop-in and no registration is required.**

Watercolor with Angela: Dramatic Fall Foliage

**Friday, 10/16 | 11:30AM - 1:30PM
OR 1:45PM - 3:45PM**

Are you mesmerized by the awesome grace and beauty of trees and foliage? Come join in the fun as we play with watercolor and/or line work to create personal interpretations of the New England landscape in autumn. We will be practicing watercolor techniques along with observational skills and color mixing.

All levels are welcome. Class fee is \$15.00. Space is limited and **registration is required.**

OCTOBER 2026 CALENDAR

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<u>Event Colors:</u> Blue: Zoom Green: Hybrid Purple: Off Site Red: Special	<u>Fall 2 Fitness</u> <u>Reg. Week:</u> <u>10/26-10/30</u> <u>Fall 2 Sessions Start</u> <u>in November</u>		Thursday 1 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	Friday 2 9:15 Mat Yoga 9:30 Drop In Watrcldr 10:15 Chair Yoga 11:00 Fit 4 Future 11:00 Desi Chat & Chai SENIOR CENTER CLOSING AT 1:00PM
Monday 5 10:00 Art Session 10:00 Cribbage 10:00 Stamp Club 11:00 Fit 4 Future 12:15 Movmt. 2 Music 12:30 Mahjong 1:00 Matinee Monday 1:30 Tap 2:30 Tai Chi	Tuesday 6 9:30 Music Session 9:30 Zumba Gold 10:30 Rhumba, Samba 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:00 Caregivers Support Group 2:35 Line Dancing	Wednesday 7 9:30 History Session 9:30 Interim Bridge 10:00 Art with Lane 10:30 Beginners Bridge 11:00 Fit 4 Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Bingo	Thursday 8 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 1:30 Magic- Rock'n'roll 2:30 Zumba Gold 2:30 Connection Circle 2:30 Thurs. Book Club	Friday 9 9:15 Mat Yoga 9:30 Hearing Clinic 10:00 iPhone Small Group meeting 10:15 Chair Yoga 11:00 Fit 4 Future 11:30 Drop In Waterclr 12:30 Knitty Gritty 1:45 Drop In Waterclr 2:00 Meet the Artist: Angela Ackerman
Monday 12 Indigenous Peoples' day (Columbus Day) Sudbury Senior Center is CLOSED	Tuesday 13 9:30 Music Session 9:30 Zumba Gold 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:00 iPhone: Personlize your Device 2:35 Line Dancing	Wednesday 14 9:30 History Session 9:30 Interim Bridge 10:00 Art with Lane 10:30 Beginners Bridge 11:00 Fit 4 Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living	Thursday 15 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	Friday 16 9:15 Mat Yoga 10:00 Sudbury Eats Breakfast 10:15 Chair Yoga 11:00 Fit 4 Future 11:30 Watercolor/ A.A. 12:30 Knitty Gritty 1:00 Tai Chi Walking 1:45 Watercolor/ A.A.
Monday 19 10:00 Art Session 10:00 Cribbage 11:00 Fit 4 Future 12:15 Movmt. 2 Music 12:30 Mahjong 1:00 Footcare Clinic 1:00 Matinee Monday 1:30 Tap 2:30 Tai Chi 2:00 Inv. Research Mtg 3:00 COA Meeting	Tuesday 20 9:30 Music Session 9:30 Zumba Gold 10:30 Photog. Group 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:35 Line Dancing	Wednesday 21 9:30 History Session 9:30 Interim Bridge 10:00 Art with Lane 10:30 Beginners Bridge 11:00 Fit 4 Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Book Club Mtg. 1:00 Mindful Living 2:00 Celeb. Bingo	Thursday 22 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 Friendly Feud 2:00 Friends Meeting 2:30 Connection Circle	Friday 23 9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit 4 Future 11:30 Drop In Waterclr 12:00 L&L: Scams and Medication Take Back 12:30 Knitty Gritty 1:45 Drop In Waterclr
Monday 26 9:30 Footcare Clinic 10:00 Art Session 10:00 Cribbage 10:00 Grief Supp. Grp. 11:00 Fit 4 Future 12:15 Movmt. 2 Music 12:30 Mahjong 1:00 Matinee Monday	Tuesday 27 9:30 Music Session 12:00 Sudbury Eats 2:00 iPhone: Using YouTube & Other Streaming Devices	Wednesday 28 9:30 History Session 9:30 Interim Bridge 10:00 Art with Lane 10:30 Beginners Bridge 11:00 Fit 4 Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Legal Clinic	Thursday 29 9:30 Walk-in Tech 10:00 Current Events 10:30 BP Clinic 12:00 Sudbury Eats 12:30 Canasta 2:30 Connection Circle	Friday 30 11:00 Fit 4 Future 11:30 Drop In Watrcldr 12:30 Knitty Gritty 1:00 Tai Chi Walking 1:45 Drop In Watrcldr 2:00 Halloween Social & Pizza

10/26 - 10/30: Registration Week for Fall 2 Fitness. Classes start in November. See Page 5

Parkinson's Movement to Music

3 Week Mini-Session

Mondays, 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. These fun classes are a great way to improve your mind-body connection while making new friends. This 3 week mini session will be led by our own Susan Craver. Susan is a member of Dance PD (Brooklyn, NY) and Dancing with Parkinson's Canada (Canada). Class fee is \$36.00 and **registration is required**. Space is limited.

Tai Chi Walking with Jon Woodward

Friday, October 16 or Friday, October 30

1:00PM - 2:00PM

Tai Chi Walking combine gentle movement, balance, and mindful breathing to improve stability, flexibility, and relaxation. All levels are welcome. **Registration is required**. Please pick one session only.

Friendly Feud Game Show

Thursday, 10/22 | 2:30PM - 3:30PM

Looking for a great time with friends? Modeled after the popular TV game show, Friendly Feud will surely entertain - whether joining in on a team, or cheering on your friends. Attend this exciting game show presented by Assisting Hands Home Care to test your knowledge of pop culture and trivia. **This program is brought to you by: Assisting Hands Home Care. Registration is required.**

Lunch & Learn: Scam Awareness & Medication Take-Back

Friday, 10/23 | Lunch: 12:00PM, Talk: 12:30PM

Join the Sudbury Police Department for a Lunch & Learn on online and phone scams targeting older adults. Learn how to recognize scams, protect yourself, and report suspicious activity. Lunch is at 12:00 PM, followed by the presentation at 12:30 PM.

Afterward, SPD will offer a Prescription Medication Take-Back for expired, unused, or unwanted prescriptions. Please bring medications with minimal packaging; no vitamins, shampoo, or household products. **Registration is required.**

Sponsored by The Friends of the Sudbury Senior Citizens, Inc.

Desi Chat & Chai

Friday, 10/2 | 11:00AM - 1:00PM

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](mailto:senior@sudbury.ma.us) to register.

Photography Group

Tuesday, 10/20 | 10:30AM - 12:00PM

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.

Beginner Bridge with Inez Heal

Wednesdays, 10/7-11/25

10:30AM - 12:15PM

8 week class.

Learn to play Bridge.

Space is limited.

Registration is required.

Intermediate Bridge with Inez Heal

Wednesdays, 10/7-11/25

9:30AM - 10:30AM

8 week class.

Intermediate Bridge.

Space is Limited.

Registration is required.

Bingo

Wednesday, 10/7

2:00 M - 3:00PM

Celebrity Bingo

Wednesday, 10/21

2:00PM - 3:00PM

\$1 per card to play. Registration is required for each date. This month **Tina Rivard, Public Works Director**, will be our guest star for Celebrity Bingo!

Halloween Social & Pizza

Friday, 10/30 | 1:00PM - 2:00PM

Come dressed in your best Halloween costume and enjoy some pizza, tricks, treats, and drinks. We'll have prizes for the best costumes, so get creative and join us for some spooky fun. **Registration is required.**

Sponsored by The Friends of the Sudbury Senior Citizens, Inc.



HAPPY HALLOWEEN

More Adventures Await — 2026 Trips!

There's still time to get out, explore, and enjoy a great day with friends. We have two wonderful trips remaining in 2026, offering everything from gaming and great food to festive holiday entertainment. Mark your calendars and join us for one—or both.

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

Try your luck and enjoy a fun and social day at Twin River Casino in Rhode Island. Whether you enjoy gaming or simply taking in the lively atmosphere, it's a great opportunity to get away for the day. The trip also includes a delicious meal at the beloved Wright's Chicken Farm. (Royal Tours)

December 9 — "A Christmas to Remember" at the Davenport Yacht Club

Celebrate the holiday season with an afternoon of wonderful food and live entertainment. Enjoy a delicious luncheon while listening to the Deep Blue C Orchestra, a talented 17-member orchestra performing festive favorites. It's sure to be a memorable day filled with music and holiday cheer. (Royal Tours)

And we're not stopping there.. We're already looking ahead to another exciting year of travel. Be sure to check out the December issue of The Sudbury Scene for a preview of many of our upcoming 2027 trips. There are plenty of new destinations and adventures on the horizon, so start planning your next getaway with us.

November Off-Site Special Events

**Veteran's Day
Appreciation Luncheon**

Location:

Wayside Inn
72 Wayside Inn
Sudbury, MA

Date:

**Thursday, November 12
12:00 PM**

Veterans and spouses are welcome to enjoy a delicious meal and lively conversation at this popular annual event.

The event is sponsored by The 1Lt. Scott Milley Foundation of Sudbury.

Space is limited and registration is required.

Registration is now OPEN. Please contact Chery Finley at the Sudbury Senior Center to register.

Call (978) 639-3269 or

email: finleyc@sudbury.ma.us

RSVP Deadline is Thursday, October 29

**Boston Symphony Orchestra
Bus Trip**

Location:

Boston Symphony
Orchestra, Boston

Date:

**Thursday, November 19
10:30 AM**

The Friends of the Sudbury Senior Citizens, Inc. is thrilled to sponsor an exclusive bus trip to Boston for a behind-the-scenes treat. **Conductor: Samy Rachid conducts Weber, Mendelssohn and Schumann.**

Enjoy world-class music, a unique glimpse into the BSO's creative process, and stress-free transportation—all at a special group rate! Round-trip transportation included and limited seating — advance registration required.

Fee is \$60.00 and registration deadline is Wednesday, October 7th.

For more details or to reserve your seat, contact the Sudbury Senior Center at (978) 443-3055 or email: Senior@sudbury.ma.us

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

Program Highlight- 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 senior riders with volunteers who provide transportation in their private vehicles. All rides are based on volunteer availability. Participation is referral only, through our Outreach Coordinator Jill Dube. If you need a ride, please contact The Sudbury Senior Center at 978-443-3055 and ask for Jill.

Program Highlight: Sand Bucket Delivery

As the summer heat dies down, it's only natural that we look ahead to winter. Did you know about our winter Sand Bucket Program? It's a collaborative effort of the Wayside Inn (which donates the empty buckets), the Department of Public Works (which fills the empty buckets with a sand and salt mixture), and our Senior Center volunteers who deliver buckets to the homes of Sudbury seniors who need it. The homeowner then applies the sand to their own walkways and driveways to help prevent slips and falls in icy weather. If you are in need of a sand bucket for the winter, please call the Senior Center at 978-443-3055. We will ask you a few questions and get you all signed up for the program. *This is not an on-demand program, so please plan ahead.*

We ♥ Our Volunteers

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

**Due to the Indigenous Peoples' Day Holiday closure,
this month's van trip will take place on 10/19**

Pick up: 11:30AM

Drop off: 12:00PM

Return Home: 1:00PM

Market Basket Maynard
(Digital Plaza)

Date: Every Tuesday of the Month

10/6, 10/13, 10/20, 10/27

Pick up: 10:00AM

Drop off at: 10:30AM

Return Home: 11:30AM

Fuel Assistance Starting October 1st

The Fuel Assistance Program is an energy assistance program that can help pay for heating costs during the heating season, Between November 1 and April 30 of each year. To see if you qualify, check the income eligibility chart listed. If you have had fuel assistance previously, please be on the look out for the Southern Middlesex Opportunity Council's recerticate application form in your mail. Please call the Senior Center and ask for Jill Dube, Asst. Director/ Outreach Coordinator for application assistance.

Household Size Maximum Gross Income for Fiscal Year 2027

1 Person	\$53,585
2 People	\$70,073
3 People	\$86,561
4 People	\$103,049



Medicare Open Enrollment – 10/15 - 12/7

Medicare plans change every year!
This is the time to decide on your coverage for 2027
SHINE Can Help!

SHINE counselors provide free Medicare counseling to help you compare options and save money. Call your senior center for a SHINE appointment between October 15 and December 7.

Reminder: At your appointment, please have your Medicare card, other insurance cards, your drug list and your Medicare account username and password. If you don't have an account, you can go to Medicare.gov to create one.

Do you know a caregiver who could use a little boost during the long winter months?

From October to March, the Dementia Friendly Group and the Sudbury Senior Center put special gift bags to local caregivers. Each bag has fun themed items, along with helpful tips and resources for caregivers. If you or someone you know could benefit, contact Jill Dube, Asst. Director/Outreach Coordinator to make a referral. Call (978) 443-3055 or [email: senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

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

The October Legal Clinic will be held on Wednesday, October 28, 2026.

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 border town.
- 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.

Weekly Meetings

Cribbage 10:00-12:00PM	Mondays
Mahjong 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 11:30-11:45AM	Fridays
Or 1:45PM-3:45PM	
The Knitty Gritty 12:30-3:30PM (Eff. 10/9)	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	10/5
Caregivers Support Group Offsite- 2:00PM	10/6
Pathways Coffee Hour 2:00-3:00PM	ON HOLD
Book Group Meeting 1:00-2:00PM	10/21
Legal Clinic By Appointment	10/28
Low Vision Support 1:00-2:00PM	10/15
Hearing Clinic 9:30-10:30AM	10/9
Investment Research Group 2:00-3:30PM	10/19
Grief Support Group 10:00-11:00AM	10/26

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./Kitchen Manager:
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: State Rep. Carmine Gentile

Directors: Dr. Joel Bauman, Mary Brauer,
Dr. Jon Harding, Jane Keilty, Patsy Maxon-
Alternate Director, Mary McLaughlin, Louis Petrovic

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 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.

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.

**>NEXT
MONTH****COMING IN NOVEMBER****Meaningful Aging****8 Week Session: Fridays 11/6 - 1/15 | 2:00 PM - 3:30 PM**

Join Leigh Benowitz for an engaging topic oriented group to discuss meaningful aging. How we can intentionally take care of ourselves, body, mind, and heart. Topics will be offered such as: What are our beliefs about aging, creating connections as ongoing meaning, societal ageism, creating joy, creating safe spaces for healthy grieving. This is a 8 week session starting in November.

Space is limited and registration is required.

Also, keep your eyes peeled for a New Parkinson's Support Group starting in November. Look for more details in November's edition of The Sudbury Scene.

**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

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



Or Current Occupant



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

Summer Office Hours: Mon. thru Fri.: 9:00 AM - 4:00 PM

Website: www.sudburyseniorcenter.org

Email: senior@sudbury.ma.us

