



THE SUDBURY SCENE

A PUBLICATION OF THE SUDBURY SENIOR CENTER

November 2026

November Registration:

Non Fitness Activities:

Residents: Monday, November 2

Non-Residents: Tuesday, November 3

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.

You can register by contacting the Sudbury Senior Center. Call us at (978) 443-3055 or email: 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.



Photo by: Frank Schimmoller

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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 the following days:

Veteran's Day	Wed., 11/11
Thanksgiving	Thur., 11/26
Day after Thanksgiving	Fri., 11/27

Sudbury Senior Center

Hours:

Monday - Friday: 9:00AM - 4:00PM

DIRECTOR'S NOTES

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November is here, bringing cooler days, the beauty of late autumn, and a season of gratitude. As Thanksgiving approaches, we are reminded of the importance of friendship, community, and the many connections that make our Senior Center such a special place.

November is another busy month at the Senior Center. Join us for our popular Sudbury Eats lunches every Tuesday and Thursday, a special breakfast, and our festive Thanksgiving Luncheon on November 19th, featuring a traditional holiday feast and live acoustic guitar music by Chris Carter (see page 6).

There's plenty to enjoy this month. Stay active with our Fall 2 Fitness classes, including Qi Gong, Tai Chi, Zumba Gold, and Parkinson's Movement to Music. Explore technology classes, watercolor workshops, The Magic of Rock'n'Roll, Celebrity Bingo, our Book Clubs, and a seasonal Chai & Mulling Spice Blends workshop with Therapy Gardens (pages 4–9).

We're also offering informative presentations on Planning for Your Future, GLP-1 medications, Food Resources and SNAP, and Grief During the Holidays. In recognition of National Alzheimer's Disease Awareness Month, join us for a special presentation on understanding dementia-related behaviors. We're especially pleased to introduce our NEW Monthly Parkinson's Support Group, along with Nurse's Office Hours, Foot Care Clinics, and free SHINE Medicare counseling (see pages 4, 7, 9, and 12).

As we gather this Thanksgiving season, we are especially grateful for our wonderful members, dedicated volunteers, and generous supporters. Thank you for making the Sudbury Senior Center such a welcoming and vibrant community. Wishing you and your loved ones a happy, healthy, and joyful Thanksgiving!

~ 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
Museum Masterpieces: The Louvre

Music Session Tuesdays 9:30AM - 10:30AM
The Great Works of Sacred Music

History Session Wednesdays 9:30AM - 11:00AM
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- 2:00 PM | Registration Required

This month we will be featuring the 4 Part Docuseries entitled: Churchill At War (2024)

Monday, 11/9 Episode 1: The Gathering Storm 1h 1m

Driven by a childhood conviction to save Britain, Winston Churchill forges a path from soldier to Prime Minister amid the looming threat of German forces.

Monday, 11/16 Episode 2: His Finest Hour 56 m

Serving as PM and Minister of Defense, Churchill rallies the nation with speeches, aiming to attract US support as Hitler launches the Blitz on London.

Monday, 11/23 Episode 3: The Day of Destiny 59m

Churchill's unyielding efforts secure US entry into the war. But to defeat Nazi Germany, he must ally with Stalin and Roosevelt to form a Second Front.

Monday, 11/30 Episode 4: Out of The Storm 59m

As the war ends, Churchill navigates a shifting global landscape dominated by US-Soviet tensions, decolonization and the emerging nuclear era.

**November is National Alzheimer's Disease Awareness Month**

November is National Alzheimer's Disease Awareness Month, a time to raise awareness, support those living with Alzheimer's disease and other forms of dementia, and recognize the families and caregivers who care for them. If you or someone you love is experiencing memory concerns or navigating an Alzheimer's diagnosis, remember that you are not alone. Resources, guidance, and support are available to help every step of the way.

Helpful Resources:

Alzheimer's Association: www.alz.org | 24/7 Helpline: 800-272-3900

Alzheimer's Foundation of America: www.alzfdn.org | Helpline: 866-232-8484

National Institute on Aging: www.nia.nih.gov — Information on Alzheimer's, dementia, caregiving, and brain health.

iPhone Clinics - KevTech

Small Group Meeting **Fri., 11/6 10AM - 11AM**
 Small Group conversation. Q&A, and informal technology group.

Staying on Schedule: Using Calendar & Reminders
Fri., 11/13 10AM - 11AM

Discover how to use the Calendar and Reminders apps to keep track of appointments, tasks, and daily routines. You'll learn how to add events, set reminders, create lists, and even use Siri to help you stay on schedule with ease.

iPhone Essentials: Find My, Wallet, and Translate
Tue., 11/24 2PM - 3PM

Learn to share your locations with your friends and family, make safe, secure payments with our phones, and converse in different languages using the Translate app.

Registration required for all classes.

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



Monthly Investment Research Group Meeting

Monday, 11/16 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, November 16 | 9:30AM - 3:30PM

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.



Monthly Nurse's Office Hours

Tuesday, November 17
9:30AM - 11:30AM

new!

Join Health Department Nurse Katie Betts for our new Monthly Nurse's Office Hours. Come prepared and bring your questions about navigating MyChart, finding upcoming medical appointments online, understanding lab results, or other general health-related concerns.

The clinic will be held on the 3rd Tuesday of each month from 9:30 AM – 11:30 AM.

Appointments are 15 minutes.

Registration is required.

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: In-Person**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 11/27 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 11/27 Day after Thanksgiving.** (6 weeks)

Taste of Sudbury Monthly Luncheon**Thursday, November 19 12:00 PM - 2:00 PM**

November is a season of gratitude. Join us for a special Thanksgiving Luncheon filled with delicious food, friendship, and Live music.

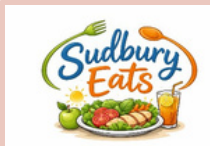
Enjoy a traditional feast of turkey with gravy and all the fixings—mashed potatoes, green beans, butternut squash, cranberry sauce, and stuffing. For dessert, choose between warm apple crisp with ice cream or classic pumpkin pie.

Chris Carter will entertain us with live acoustic guitar music as we dine and celebrate together.

Cost: \$10 per person. 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 is required for all meals.

Fee: \$5.00, payable at the door. Meals fill up fast so register ahead of time.

Lunch Menu: 12 PM on Tuesdays and Thursdays

Thu., 11/5: Spinach Mushroom Lasagna (veg.)

Tue., 11/10: Taco Tuesday! Tacos, Fixings, Yellow Rice, Refried Beans (GF)

Thu., 11/12: Roast Pork Tenderloin, Parslied Egg Noodles

Tue., 11/17: Tomato Rice Soup with Crusty Bread

Tue., 11/24: Chicken Noodle Soup, Side Salad

Breakfast on Monday, 11/30 at 10:00AM

French Toast Casserole, Breakfast Sausage, Fruit.

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



November Registration:

Sudbury Residents may start registering on Monday, November 2nd and non-residents may register starting on Tuesday, November 3rd.

Breakfast & Talk:

Springwell- Planning for your Future

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

Planning ahead is key to maintaining independence, safety, and peace of mind as we age. Join us for an informative presentation led by Larry Poirier, Outreach Manager at Springwell. Learn about healthy lifestyle habits, advance directives and estate planning, housing options, and practical steps to creating a plan for your future. Gain valuable insights and resources to help you make informed decisions and age with confidence. **Registration is required.**

GLP1 - A Little Less Bite for Your Appetite:

Breakfast & Learn with Nurse Katie Betts

Tuesday, 11/10 | 10:00AM - 11:00AM

Curious about GLP-1 medications and how they work? Come learn more about these increasingly common medications, how they affect appetite and blood sugar, and how they are being used to support weight management and diabetes care. Bring your questions and enjoy a light, healthy breakfast while learning more about this timely health topic.

Space is limited and registration is required.

Breakfast & Talk:

VA Coffee Hour by Assisting Hands Home Care

Friday, 11/13 | 10:00AM - 11:00AM

Join Assisting Hands Home Care for coffee, bagels, and donuts as we connect with our local Veterans. Meet our team and our dedicated Veteran Advocate, Fred McMillan, who can help Veterans better understand and navigate VA benefits, programs, and resources. We'll also share how eligible Veterans may receive FREE in-home care through the VA and how we can help support independence at home. Come grab a cup of coffee, meet the team, and bring your questions. **Registration is required.**

Responding to Dementia-Related Behavior:

Presented by Norma Milligan

Tuesday, 11/17 | 1:30PM - 2:30PM

In recognition of November's National Alzheimer's Disease Awareness Month, join Norma Mulligan from the Alzheimer's Association for an informative and important presentation on understanding and responding to dementia-related behaviors. Learn how changes in behavior can be a form of communication, explore practical, non-medical strategies for responding with compassion and understanding, and recognize when additional support may be needed. This valuable presentation is especially beneficial for caregivers, family members, and anyone seeking to better understand dementia. **Space is limited.**

Registration is required.

For additional information and support, visit the Alzheimer's Association at www.alz.org or call their 24/7 Helpline at 800-272-3900.

Lunch & Learn: Food Resources and SNAP

**Friday, 11/20 | Lunch: 12:00PM,
Presentation: 12:30PM**

Are rising food costs making it hard to put food on the table? Join the Sudbury Social Workers for a community Lunch and Learn about SNAP, food assistance programs, and other resources you may be eligible for. A nutritionist from Greene Nutrition will also share practical tips for healthy eating and wellness. **Space is limited and registration is required. Please Note: Per grant requirements, this program is open to Sudbury residents only.**

Chai & Mulling Spice Blends

Tuesday, 11/24 | 10:30AM - 11:30AM

Spice Up the Season with Therapy Gardens. Discover the wonderful aromas and flavors of classic chai and traditional mulling spices. Join Therapy Gardens for this fun, hands-on seasonal workshop where you'll create your own fragrant spice blends to take home and enjoy. Awaken your senses with the warm, comforting scents of the season. Don't miss this popular and engaging workshop! **Space is limited. Registration is required.**

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

NOVEMBER 2026 CALENDAR

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Monday Nov. 2 10:00 Art Session 10:00 Cribbage 11:00 Fit 4 Future 12:30 Mahjong 2:30 Tai Chi	Tuesday Nov. 3 9:30 Music Session 9:30 Zumba Gold 11:00 Strength & Bal. 1:30 Drums Alive 2:00 Caregivers Group 2:35 Line Dancing 3:00 Qi Gong	Wednesday Nov. 4 9:30 History Session 11:00 Fit 4 Future 12:00 Spoonfulls 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living	Thursday Nov. 5 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/Girl Scout Pres. 12:30 Canasta 2:30 Connection Circle 2:30 Zumba Gold	Friday Nov. 6 9:15 Mat Yoga 10:00 iPhone Small Grp 11:30 Drop-In Watrcldr 10:15 Chair Yoga 11:00 Fit 4 Future 12:30 Knitty Gritty 1:45 Drop In Watercldr 1:30 Desi Chat & Chai
Monday Nov. 9 10:00 Art Session 10:00 Cribbage 10:00 Stamp Club 10:00 Springwell Talk 11:00 Fit 4 Future 12:15 Parkinson's Fit. 12:30 Mahjong 1:00 Matinee Monday 1:30 Tap 2:30 Tai Chi 3:30 COA Meeting	Tuesday Nov. 10 9:30 Music Session 9:30 Zumba Gold 10:00 GLP1 Breakfast and Talk 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:00 Magic of Rock'n'roll (Part 2) 2:35 Line Dancing 3:00 Qi Gong	Wednesday Nov. 11 The Senior Center is CLOSED in honor of Veteran's Day	Thursday Nov. 12 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 2:30 Thurs. Book Club	Friday Nov. 13 9:15 Mat Yoga 9:30 Hearing Clinic 10:00 iPhone Clinic 10:00 VA Coffee Hour 10:15 Chair Yoga 11:00 Fit 4 Future 11:30 Watercolor with Angela 12:30 Knitty Gritty 1:45 Watercolor with Angela
Monday Nov. 16 9:30 Footcare Clinic 10:00 Art Session 10:00 Cribbage 11:00 Fit 4 Future 12:15 Parkinson's Fit. 12:30 Mahjong 1:00 Friends Meeting 1:00 Matinee Monday 1:30 Tap 2:00 Inv. Research Mtg. 2:30 Tai Chi	Tuesday Nov. 17 9:30 Music Session 9:30 Zumba Gold 9:30 Nurse's Office Hrs. 10:30 Photo Group 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 1:30 Dementia Talk 2:35 Line Dancing 3:00 Qi Gong	Wednesday Nov. 18 9:30 History Session 11:00 Fit 4 Future 12:00 Spoonfulls 1:00 Turn The Page 1:00 Chess for All 1:00 Bridge 1:00 Mindful Living 2:00 Grief & Holidays Talk 2:00 Celebrity Bingo	Thursday Nov. 19 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 Group 2:30 Zumba Gold 2:30 Connection Circle	Friday Nov. 20 9:15 Mat Yoga 10:15 Chair Yoga 11:00 Fit 4 Future 11:30 Drop-in Watrcldr 12:00 Food Resources & SNAP Lunch & Learn 12:30 Knitty Gritty 1:45 Drop-in Watrcldr
Monday Nov. 23 10:00 Art Session 10:00 Cribbage 10:00 Grief Support 11:00 Fit 4 Future 12:15 Parkinson's Fit. 12:30 Mahjong 1:00 Matinee Monday 1:30 Tap 2:30 Tai Chi	Tuesday Nov. 24 9:30 Music Session 9:30 Zumba Gold 10:30 Chai & Spice Blend Workshop 11:00 Strength & Bal. 12:00 Sudbury Eats 1:30 Drums Alive 2:00 iPhone Clinic 2:35 Line Dancing 3:00 Qi Gong	Wednesday Nov. 25 9:30 History Session 10:00 Parkinson's Support Group 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.	Thursday Nov. 26 CLOSED Happy Thanksgiving! 	Friday Nov. 27 CLOSED Day After Thanksgiving 
Monday Nov. 30 10:00 Art Session 10:00 Cribbage 10:00 Sud. Eats Breakfast 11:00 Fit 4 Future 12:15 Parkinson's Fit. 12:30 Mahjong 12:30 Knitty Gritty 1:00 Matinee Monday 1:30 Tap 2:30 Tai Chi			<u>Registration:</u> Sudbury Residents: Monday, 11/2 Non-Residents: Tuesday, 11/3	<u>Event Colors:</u> Blue: Zoom Green: Hybrid Purple: Off Site Red: Special

Girl Scout Alina Janigian Presentation: Prepare Your home for an Emergency

Thursday, 11/5 | 12:30PM - 1:00PM (During Sudbury Eats Lunch program)

Learn practical tips for preparing your home for an emergency, including helpful reminders and new suggestions. Discover how reflective address signs can help first responders locate your home quickly when every second counts. **This brief presentation will take place during the November 5th Sudbury Eats lunch.** Please join us and support Alina as she works toward earning her Girl Scout Gold Award!

The Magic of Rock'n'Roll: Part Two

Tuesday, 11/10 | 2:00PM - 3:00PM

Join Mort Birnbaum in this second part of his presentation 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.**

The Thursday Book Club

Tuesday, 11/12 | 2:30PM - 4:00PM

The Thursday Book Club meets monthly on the second Thursday of each month to read and discuss non-fiction books, with a focus on history, biography, politics, and sociology. Led by Michael Lustig, the group is currently discussing the following book: **Just Mercy: A story of Justice and Redemption by Brayn Stevenson.** **Registration is required.**

Grief and the Holidays Presentation

Wednesday, 11/18 | 2:00PM - 3:00PM

The holiday season can be especially difficult for those who have lost a loved one. Join Jay Maenhout, Bereavement Coordinator at West River Care, for a compassionate and interactive discussion about navigating grief during the holidays. Learn practical ways to honor loved ones, manage holiday traditions, communicate your needs, and find moments of comfort during this emotional time. Remember, there is no right or wrong way to grieve, and you don't have to face it alone. **Registration is required.**

Watercolor with Angela: Underpainting in Watercolor

Friday, 11/13 | 11:30AM - 1:30PM OR 1:45PM - 3:45PM

Come join us as we look beneath the surface and learn about underpainting in watercolor. This subtle whisper beneath the final image can set the mood or atmosphere while unifying the compositions as well as provide a "warm" or "cool" glow. All levels are welcome. Class fee is \$15.00.

Space is limited and registration is required.

Desi Chat & Chai

Friday, 11/6 | 1:30PM - 3:30PM

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, 11/17 | 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.

Stamp Club

Monday, 11/9 | 10AM - 11AM

Do you have a family stamp collection tucked away in your attic or closet? Give those treasured stamps a new purpose. Our Stamp Club members would be happy to take a look at your collection, offer an evaluation, or gratefully accept it as a donation. Simply bring your collection to an upcoming meeting or drop it off at the Senior Center's front desk. Interested in joining our group? The Stamp Club meets on the second Monday of every month. **Registration is required.**



Celebrity Bingo

Wednesday, 11/18 | 2:00PM - 3:00PM

\$1 per card to play. Registration is required. This month, **Nickole Boardman, Senior Center Director**, will be our guest star for Celebrity Bingo!



Jane Keilty - by Sarah Green Vaswani

Jane Keilty is the ultimate “people person”. Every story she tells you boils down to the people she’s met and how they’ve influenced her life. Born and raised in Connecticut, both in the “big city” of Danbury and the “tiny town” of Brookfield, Jane has led an international life that may be surprising for a girl whose grandfather grew tobacco on a farm in Connecticut.

When Jane was 14 years old, she was in a terrible car accident and spent a long time in the hospital. While she was there, she witnessed student nurses and saw how kind, respectful, and patient they were. This opened her eyes to the possibility of nursing as a career. After graduating Danbury High School, where her husband Frank also graduated, although they didn’t know each other well then, Jane went to the University of Bridgeport to study nursing. While she was there, mutual friends reintroduced Frank into her life. They dated all summer until her graduation and then moved to Boston so that he could go to law school. They lived all over Boston: Back Bay, Brighton, and Allston while she worked at what was then University Hospital in several roles including the Cardiac Intensive Care Unit, in Oncology (her favorite), and as a Nurse Recruiter, a role she loved because she got to meet so many people. Jane and Frank married in 1980 and had their first daughter in 1985. She took some time off and then went back to work as a part time Nursing Supervisor. They moved to Sudbury in 1988 and had their second daughter in 1990.

One day, Frank came home with big news; he was going to the Netherlands for 6 weeks for work. With two young girls at home and a job, Jane had to pivot quickly. Her babysitter came on full-time and they made it work. Little did Jane know that the six weeks would turn into a multi-year family move. While Jane and family were in Wassenaar Netherlands, they always had a house full of visiting friends and family.

It’s hard to know where she found the time to get involved in the expat community there, but she did. While her kids were attending the American School and meeting friends from all over the world, Jane was co-running a program called Monday Morning Networking. This program helped expats acculturate to life in the Netherlands with lectures from bankers about how money worked there, and the butcher and local bakers about how grocery shopping worked (all measurements in metric!) and local foods, and transportation (people rode bikes everywhere). She eventually became the Activities Coordinator for the American Women’s Club of The Hague, and then VP of the Board. People she met in the Netherlands have become lifelong friends she still sees.

In 2003, Jane came back to the US, taking a job at Norwood Hospital, a job she got over the phone partly because the interviewer knew both of Jane’s references. In 2009 she was poached back to University Hospital (now Boston University Medical Center) where she finished her career as a Nursing Director in 2022. In 2023, Jane started what she thinks of as the third chapter of her life: The Senior Center Chapter. She started off by taking fitness classes in the newly-opened building. She was so impressed with the programs and the nice people she was meeting that she became a volunteer. She was instrumental in the re-opening and running of the Medical Equipment Loan Closet, using her medical expertise to match people with the right equipment. She’s also a member of the Council on Aging, helps out with the Sudbury Eats lunch program, and volunteers as a driver with Community Rides. You might notice that these are all volunteer jobs where she gets to meet people. Jane says that her involvement at the Senior Center has helped show her the fabric of her town and the many opportunities Sudbury offers for people to get involved.

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: Sand Bucket Delivery

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.*

Program Highlight- Space Heater Exchange

This is the time of year when we're all thinking towards home heating. If you get your space heater out of storage and find that it's inoperable, or unsafe, please call and ask about the Space Heater Exchange. With this program, generously funded by the Friends of Sudbury Seniors, Inc. we are able to exchange your damaged, inoperable heater for a new one. Please call Sarah at 978-639-3223 to inquire about the program.

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
Monday, 11/9

Pick up: 11:30AM
Drop off: 12:00PM
Return Home: 1:00PM

Market Basket Maynard
(Digital Plaza)

Date: Every Tuesday of the Month
11/3, 11/10, 11/17, 11/24

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 2027 coverage.
SHINE Can Help.

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



Monthly Parkinson's Support Group

Wednesday, 11/25 | 10:00AM - 11:00AM

Meets The Last Wednesday of Every Month

Join us for our new monthly Parkinson's Support Group, a welcoming and confidential space for individuals living with Parkinson's disease and their caregivers to connect, share experiences, and find encouragement. The group offers mutual support, practical learning, helpful resources, and meaningful connections with others facing similar challenges. The group will be moderated by Melissa Harper, LSW, and Jay Maenhout of West River Care Home Health.

Space is limited. Registration is required.

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 Generations 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

The November Legal Clinic will be held on Wednesday, 11/25 starting at 1:00PM

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) Community Rides: Referral-only volunteer rides when no other options are available; rider pays tolls/parking. Call Jill Dube at 978-443-3055 for details.

ADDITIONAL RESOURCES

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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	Fridays

Daily Events (Open until Close)

Ping Pong, Pool Table, Coffee Social Hour, Outdoor Games: Cornhole, Bocce, Horseshoes.

Monthly Meetings

Stamp Club 10:00-11:00AM	11/9
Caregivers Support Group Offsite- 2:00PM	11/13
Pathways Coffee Hour 2:00-3:00PM	ON HOLD
Turn The Page Book Group 1:00-2:00PM	11/18
Legal Clinic By Appointment	11/25
Low Vision Support 1:00-2:00PM	11/19
Hearing Clinic 9:30-10:30AM	11/13
Investment Research Group 2:00-3:30PM	11/16
Grief Support Group 10:00-11:00AM	11/23
Nurse's Office Hours/Clinic 9:30-11:30AM	11/17
Parkinson's Support Group 10:00-11:00AM	11/25

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 Tabloski
Secretary: State Rep. Carmine Gentile

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

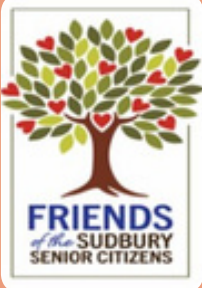
The Sudbury Council on Aging is a 9-member volunteer board appointed by the Sudbury Select Board. The COA's mission is to work with the Senior Ctr. Director to:
Identify the needs of Sudbury's older residents;
Educate the community and enlist their support and participation concerning these needs,
Design, 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.

**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.

**Wishing You a Happy Thanksgiving!**

As we celebrate this season of gratitude, we want to express how thankful we are for each and every one of you. Our Senior Center is a special place filled with friendship, laughter, kindness, and meaningful connections, all thanks to our wonderful community.

May this Thanksgiving bring you good health, happiness, peace, and the warmth of cherished memories. Whether you are surrounded by loved ones or enjoying a quiet moment of reflection, know that you are a valued part of our Senior Center family.

From all of us at the Sudbury Senior Center, we wish you a Happy, Healthy, and Joyful Thanksgiving!

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

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

Website: www.sudburyseniorcenter.org

Email: senior@sudbury.ma.us

