

A Publication of the Sudbury Senior Center: the place for information, learning and connection for all older adults!



Photo by: Sherry Fendell, Senior Center Volunteer

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Have you heard the news?

At the December 7th Select Board Meeting, Town Manager Henry L. Hayes, Jr. announced that Debra Galloway, is the 2021 winner of the Supervisor of the Year award!

Debra is a very dedicated and hard working Director. We are all so happy for her!

The Senior Center Staff

Sharon, Ana Cristina, Chery, Janet, Tia and Linda



A message from Director, Debra Galloway

Welcome to January 2022!

All of us at the Sudbury Senior Center wish you a happy and healthy New Year!

We are excited to be in a new year and look forward to opening up more programs and classes to in-person meetings as soon as it is safe to do so. Although you may still be participating in our programs remotely, please feel free to reach out via phone or email with questions, concerns or thoughts. We love hearing from you! On the other hand, we would also appreciate your patience with call backs, as we do seem to have a very high volume of calls coming in each day.

We are always interested in new ideas for programs, special events, or suggestions for speakers and instructors. Please drop a note in our Suggestion Box or email at senior@sudbury.ma.us.

I would also like to thank the amazing staff and volunteers, who I work with every day, who deserve all the credit for my Supervisor of the Year award!

Take care - Debra Galloway, Director, Sudbury Senior Center

Newsletter Mailing List Renewal

If you live out-of-town, and are currently on, or would like to be on, our paper mailing list, please send a check for \$10.00 along with your name and address to the Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776. Alternatively, you can pick up the newsletter at the Senior Center or view it on our website, or add yourself to our online email list at the town's website at www.sudbury.ma.us.

To sign up for the emailed newsletter from the Town of Sudbury homepage, click on "Email Lists", enter your name and email address, and choose "Senior Center-General Information" and click "Sign up". You will then automatically receive our monthly newsletters and Email Updates via email. Your email address will never be shared.



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All courses are held at Temple Shir Tikva in Wayland


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The Great Courses DVD Series

The Concerto via Zoom

Tuesdays, 9:30—10:30 AM

October 12 - February 15

January 4

Lec 13 - Tchaikovsky

January 11

Lec 14 - Brahms and the Symphonic Concerto

January 18

Lec. 15 - Dvorak

January 25

Lec. 16 - Rachmaninoff



To sign up for any of the Great Courses DVD series, email Chery Finley at finleyc@sudbury.ma.us.

A Zoom link will be emailed to everyone who has signed up the day before each class.

The same Zoom link is used for the duration of the series and we stream the class for 1—50 attendees; no need to notify us if you can't participate.



The Great Courses DVD Series

Genius of Michelangelo via Zoom

Mondays, 10:00—11:00 AM

September 20 - January 31

January 3

Lec. 29 - *The Completion of the Julius Tomb*

Lec. 30 - *The Capitoline Hill Projects; The Brutus*

January 10

Lec. 31 - *The New St. Peter's Basilica*

Lec. 32 - *Michelangelo's Roman Architecture*

January 17—no class

January 24

Lec. 33 - *Michelangelo's Roman Architecture Part 2*

Lec. 34 - *Piety and Pity-The Florentine Pieta*

January 31

Lec. 35 - *The Rondanini Pieta and the Late Poetry*

Lec 36 - *Death of Michelangelo—The Master Legacy*

The Great Courses DVD Series

Experiencing America - A Smithsonian Tour through American History via Zoom

Wednesday, 9:30—10:30 AM

December 22 - February 23

January 5

Lec. 5 - *Emancipation and the Civil War*

Lec. 6 - *Gold, Guns and Grandeur*

January 12

Lec. 7 - *The First Americans*

Lec. 8 - *Planes, Trains & Automobiles*

January 19

Lec. 9 - *Communications from Telegraph to TV*

Lec. 10 - *Immigrant Dreams and Struggles*

January 26

Lec. 11 - *User Friendly Democratizing Technology*

Lec. 12 - *Extinction and Conservation*



Severe Weather/Power Outages

The Senior Center will *cancel programs* when school is cancelled due to severe weather. We will close the Senior Center only if the Town Manager deems it unsafe to open. Information about cancellations or postponements will be shared on the Town and Senior Center websites, as well as the main phone line (978) 443-3055.

Don't forget to have an emergency plan with family, friends or neighbors, and have contact numbers ready, extra food, water and medications, **charged phones**, and extra batteries. Need more info about planning for emergencies? Contact Ana Cristina Oliveira, Outreach Information Specialist at oliveiraa@sudbury.ma.us or 978-443-3055. You might also visit the Sudbury Board of Health Nurse's webpage at www.sudbury.ma.us/nurse to see the link on Emergency Preparations: [Sudbury Emergency Handbook](#)



Make Sure You Receive Emergency Notifications!

Sign up for Sudbury's Emergency Notifications to receive urgent messages to the community about weather or other issues on your home and cell phones. Go to the Town website at www.sudbury.ma.us and click on the red "Emergency Notifications" button on the right side. If you need help with this, please contact the Senior Center at 978-443-3055.

SPRING 2022
ADVENTURES in
LIFELONG LEARNING

Enjoy remote courses for seniors 60+ on Zoom!

Tuesdays, April 5, 12, 26 and May 3
Visit our website to join the mailing list and learn more.
www.bit.ly/Adventures-FSU
Registration will open on Tuesday, March 8, at 11am.

Adventures in Lifelong Learning courses are free to all participants, thanks to partial funding support from the Older Americans Act as granted by BayPath Elder Services, Inc., and grants from Framingham Cultural Council, Marlborough Cultural Council, and Natick Cultural Council.

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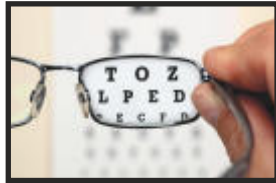
4ipi Contact us at careers@4ipi.com
www.4ipi.com/careers

Low Vision Support Group

Thursday, January 6 at 1:00 PM

Meets on the first Thursday of the month.

Sign up by calling the Senior Center at 978-443-3055.



MAHJONG

We are playing Mahjong every Monday from 1:00 - 3:00 PM

No Class Jan 17

We have a few spots open, please call 978-443-3055 to join.



Cribbage

Starting on January 3

Meets every Monday from 10:00—12:00 PM

No class Jan 17

Please sign up by calling 978-443-3055

Intermediate Bridge

Beginning on January 12

Playing every Wednesday from 1:00—3:30 PM

Please sign up by calling 978-443-3055

TURN THE PAGE Book Group

Wednesday, January 19 at 1:00 PM



Via Zoom

Book: *The Secret Keeper of Jaipur*

Author: Alka Joshi

Wonderful Watercolors

8 Fridays, 11:30-1:30 or 1:45-3:45 PM

Class fee: **\$65**

Dec 17, Jan 7, 14, 21, 28, Feb 4, 11 & 18

Hybrid Class

Build your skills in a relaxing and inspiring workshop. If there is enough demand, we will continue to offer both classes, if not, we will only offer the 1:45 PM class.

To register, contact Chery Finley at 978-639-3269 or email finleyc@sudbury.ma.us.

CANASTA

Meets every Thursday at the Senior Center from 1:00—3:45 PM.

Looking for new and experienced players.

Please call the Senior Center at 978-443-3055 to register.



CRIBBAGE & SCRABBLE PLAYERS WANTED

We have people interested in playing. Call the Senior Center to sign up!



S.A.I.L.

Staying Active & Independent for Life

8 Thursdays from 9:15 – 10:00 AM
Dec 30, Jan 6, 13, 20, 27, Feb 3, 10, 17



On ZOOM - cost \$40.00

Instructor Derry Tanner is a retired nurse and certified personal trainer.

SAIL is a 45-minute, safe and effective fitness class. Learn research-tested strength, balance and flexibility exercises that can help to make you stronger, make you feel better, and improve your balance. This class is marked **SAFE** for beginners.

T'AI CHI

8 Mondays from 2:15 - 3:00 PM
Dec 13, 20, Jan 3, 10, 24, 31, Feb 7 & 14

No Class January 17

On ZOOM - cost \$40.00

Jon Woodward is a certified T'ai Chi instructor with many years of experience and teaches at several local fitness clubs and senior centers in the Metrowest area.

T'ai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being.

Fit for the Future

Mondays, Wednesdays & Fridays
11:00 - 11:45 AM

No class Monday, January 17.
Class takes place in the Gym.



Sign up on Friday morning beginning at 9:00 AM for next week's classes.

\$4.00 per class - Exact Change Only

- Limited to the first 15 people who sign up
- Must check-in at the Senior Center front desk
- Wear a mask and social distance yourself as you wait to be checked in
- New students need to complete a fitness waiver
- Instructor Lois Leav has been teaching the *Fit for the Future* class for the past 30 + years.

CHAIR YOGA

8 Fridays from 9:30 - 10:15 AM
Jan 14, 21, 28, Feb 4, 11, 18, 25 & March 4.

On ZOOM - cost \$40.00

Join Rebecca Reber for a gentle and relaxing class, with stretching. Yoga is excellent for loosening muscle tension and maintaining range of motion for the joints. Most of the class takes place while sitting.

REGISTRATION

for S.A.I.L, T'ai Chi and Chair Yoga

- TO REGISTER email Chery Finley at finleyc@sudbury.ma.us.
- Make check payable to "Town of Sudbury"
- Mail your check to Chery Finley, Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776.
- New participants will be asked to complete a fitness waiver form .
- The Zoom link and password will be sent to you the day before the class.

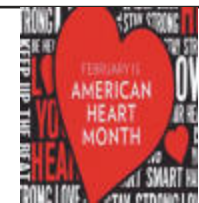
If you need financial assistance, please call us at 978-443-3055.



Planning to Stay Home

Legal Seminar
Tuesday, January 11
1:00-2:00 PM

Do you want to stay in your home for as long as you possibly can? How do you plan for that? In this seminar, Elder Law Attorney Arthur Bergeron discusses the HELOCs, reverse mortgages, the Commonwealth's Home Modification Program, and other programs that can help you plan to live your life at home. Please sign up by contacting the Senior Center at 978-443-3055 or email senior@sudbury.ma.us.



Heart Health Awareness Month

A presentation by Emerson Hospital, coming to the Sudbury Senior Center on February 15, 2022.

Tax Season is nearly upon us!

AARP-Sponsored Tax Return Preparation Schedule
March 7 - April 12, 2022

As of Friday, February 4th - Appointments can be scheduled on Mondays and Tuesdays with Emil Ragnones, Fred Taylor, and Dave Calder, our AARP trained and certified Tax Return Volunteers this year.

For people who **don't** have brokerage accounts, help starts **Monday, March 7**. For those with brokerage accounts, including people with stocks, appointments will begin **Monday, March 21**.

Be sure to bring the year-end tax documents you got in the mail from banks, brokerage accounts, pension plans and other sources of income, and a *copy of your last year's tax return*. Also, bring IRS issued Letter 6475 or Notice 1444-C (to be mailed in early 2022) which indicates the amount of your Third Economic Impact Payment that you would have received earlier this year.

Beginning February 4th, you may make an appointment by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Plan to arrive 15 minutes before your scheduled appointment time, for preregistration paperwork.

Earn a Property Tax Abatement!

There are opportunities to work for the town and "earn" a property tax abatement. The Transfer station, in particular, needs Put and Take monitors next spring. Be social, use your skills and help the town! Please note: a slot is not guaranteed and the abatement is considered income for Federal tax purposes (but not State). Call for an application or leave a message for Coordinator Josephine King at (978) 443-3055.

Can I Still Change My Medicare Plan?



Even though Medicare's Open Enrollment Period in the Fall has ended, you may still be able to change plans during 2022. Below are some opportunities to change plans at this time of year:

Exceptional Circumstances: If you believe you made the wrong plan choice because of inaccurate or misleading information, you can call 1-800-MEDICARE to request enrollment in a different plan.

Medicare Advantage Open Enrollment: If you are in a Medicare Advantage (HMO or PPO) plan at the beginning of the year, a change can be made from January 1 through the end of March

For Prescription Advantage members or those getting "Extra Help" paying for prescription drugs: You can change your Medicare Advantage plan or drug plan during the year.

5-Star Special Enrollment Period: You have an opportunity to enroll in a top-rated (5-Star) plan, once during the year. For 2022, the Tufts Medicare Preferred HMO plans are 5-Star rated.

Medigap Plan: You can enroll in a Medigap plan or switch to a different plan throughout the year.

Trained SHINE (Serving Health Insurance Needs of Everyone...on Medicare) volunteers offer free, confidential counseling on Medicare options. To schedule a SHINE appointment, contact Ana Cristina Oliveira, Outreach Specialist at 978-639-3268 or oliveiraa@sudbury.ma.us. For other SHINE-related matters, call 1-800-243-4636. Leave your name, town and phone number.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
10:00 Michelangelo (Lec. 29 & 30) 10:00 Cribbage 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (3)	9:00 English Learner 9:00 Coffee Hour 9:30 The Concerto (Lec. 13) 1:00 Bingo	9:30 Experiencing America (5 & 6) 11:00 Fit for the Future	8:45 –9:30 BP walk-in clinic 9:15 Tap Dance (1) 9:15 Staying Active (2) 10:00 Current Events 1:00 Canasta 1:00 Low Vision Support Grp 2:30 Connection Circle	9:30 Chair Yoga (8) 11:00 Fit for the Future 11:15 Uber Tech Clinic 11:30 Watercolors (2) 1:45 Watercolors (2)
10	11	12	13	14
10:00 Michelangelo (Lec. 31 & 32) 10:00 Cribbage 11:00 Fit for the Future 1:00 Mahjong 1:00 Stamp Club 2:15 Tai Chi (4)	9:00 English Learner 9:00 Coffee Hour 9:30 The Concerto (Lec. 14) 1:00 Planning to Stay Home talk 1:00 Bingo 1:00 Legal Clinic 4:00 COA Board mgt	9:30 Experiencing America (7& 8) 10:00 Trips 2022 meeting 11:00 Fit for the Future 1:00 Intermediate Bridge	8:45 –9:30 BP walk-in clinic 9:15 Tap Dance (2) 9:15 Staying Active (3) 10:00 Current Events 1:00 Canasta 1:00 Short Story Group 2:30 Connection Circle	9:30 Chair Yoga (1) 9:30 Hearing Clinic 11:00 Fit for the Future 11:15 Uber Tech Clinic 11:30 Watercolors (3) 1:00 Movie – Minari 1:00 Notary Services 1:45 Watercolors (3)
17	18	19	20	21
The Senior Center is closed in honor of Martin Luther King, Jr.	9:00 English Learner 9:00 Coffee Hour 9:30 The Concerto (Lec. 15) 1:00 Bingo	9:30 Experiencing America (9& 10) 11:00 Fit for the Future 1:00 Intermediate Bridge 1:00 Turn the Page Book Group	8:45 –9:30 BP walk-in clinic 9:15 Tap Dance (3) 9:15 Staying Active (4) 10:00 Current Events 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga (2) 11:00 Fit for the Future 11:15 Uber Tech Clinic 11:30 Watercolors (4) 1:45 Watercolors (4)
24	25	26	27	28
10:00 Michelangelo (33 & 34) I 10:00 Cribbage 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (5)	9:00 English Learner 9:00 Coffee Hour 9:30 The Concerto (Lec. 16) 1:00 Bingo	9:30 Experiencing America (11 & 12) 11:00 Fit for the Future 1:00 Intermediate Bridge	8:45 –9:30 BP walk-in clinic 9:15 Tap Dance (4) 9:15 Staying Active (5) 10:00 Current Events 1:00 Canasta 2:00 Friends of Sudbury Snr. 2:30 Connection Circle	9:30 Chair Yoga (3) 11:00 Fit for the Future 11:15 Uber Clinic 11:30 Watercolors (5) 1:00 Movie -Going in Style 1:45 Watercolors (5)
31				
10:00 Michelangelo (35 & 36) 10:00 Cribbage 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (6)			Events listed in blue are on Zoom Events listed in black are at onsite at the senior center	

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From Janet Lipkin, Volunteer Program Coordinator

The calendar has changed from 2021 to 2022, and the new year brings hope that the pandemic that has enveloped our world is increasingly being understood with advances in science, and being brought under control. Besides the new year bringing hope, it also offers a chance to make new goals for oneself. A common goal made is to become more engaged and involved with the community. Doing so does not have to be overwhelming...it can be a simple action—or, if you want, something on a regular basis. The feeling that you get by helping someone or connecting with a neighbor is energizing and exhilarating...just ask our volunteers!

Submission by a recipient of Tech Help:

"I'm 83 years old and have never owned a computer. Never wanted one. My kids gave me a fancy phone to use so that I could do something called "Zoom." No idea how to use it. The Senior Center gave me an appointment with a volunteer to teach me. Now I have Zoom on my phone and know how to use it. Life-changing."

If you have a story about how volunteerism has impacted your life, please feel free to submit it to me at LipkinJ@sudbury.ma.us. You decide if you want your name mentioned as the author, or to have it be anonymous.

BBBBRRRRR...it's cold outside! Our Volunteer Programs have ways to warm your soul:

Phone Buddies

Volunteers make a weekly phone call to their matched senior. Especially during the pandemic, this program has been a big success, creating nice relationships and helping with the isolation many have been experiencing, especially when the cold weather settles in. If you would like to participate in this program, please contact Janet Lipkin at 978-639-6223 or email LipkinJ@sudbury.ma.us.



Goodnow to Go

Goodnow to Go is a collaboration with the Goodnow Library to supply library materials to Sudbury residents unable to travel to the Library. A Senior Center volunteer is matched with the patron and will deliver the library materials to the patron's residence, then return them to the library when the circulation period expires. For more information, contact Goodnow's Michael Briody, mbriody@minlib.net, 978-440-5535. To volunteer, contact Janet Lipkin at LipkinJ@sudbury.ma.us, 978-639-3223.

Safety First:

- **Sand Buckets:** Our volunteer Sand Bucket Brigade is making deliveries to seniors that request sand. The sand can then be applied by the homeowner to the walkways and driveways to help prevent slips and falls. *If you are in need of a sand bucket for the winter, please call Janet Lipkin at 978-639-3223, and we will have a volunteer deliver it to you within a few days of the request being made.*
- **Home Safety Checks:** A collaboration with the Sudbury Fire Department to ensure working smoke and carbon monoxide detectors/alarms. This is for older Sudbury homeowners who have a non-urgent need.
- **Lockbox:** A small key safe with the owner's housekey is affixed to the home for emergency access by the Fire Department. Sponsored by: Sudbury Firefighters IAFF Local 2023.

If interested in scheduling a Home Safety Check or getting a lockbox, please contact Janet Lipkin at 978-639-3223; LipkinJ@sudbury.ma.us

With deep gratitude to our Senior Center volunteers for all they do! - Janet Lipkin





The Massachusetts Good Neighbor Energy Fund

is available to any Massachusetts resident who, because of temporary financial difficulty, cannot meet a month's energy expense and is not eligible for state or federal energy assistance. Income must fall between 60 and 80 percent of the state's median income levels.

Income eligibility guidelines for 2021-2022 are as follows:

Household Size	Total Gross Yearly Income
1	<u>\$40,952 - \$54,601</u>
2	<u>\$53,552 - \$71,401</u>
3	<u>\$66,152 - \$88,201</u>
4	<u>\$78,752 - \$105,001</u>
5	<u>\$91,352 - \$121,801</u>
6	<u>\$103,952 - \$138,601</u>
7	<u>\$106,315 - \$141,752</u>
8	<u>\$108,677 - \$144,901</u>

Sudbury residents can apply for assistance by contacting Ana Cristina Oliveira, Outreach/ Information Specialist, at oliveiraa@sudbury.ma.us or 978-639-3268.

Low-income Home Energy Assistance Program (LIHEAP)

The **Low-income Home Energy Assistance Program (LIHEAP)** has been available in Massachusetts to low-income households since 1977.

Also known as Fuel Assistance, this program helps income-eligible households pay a portion of their heating bills between November 1 and April 30.

To see if you qualify, call the Sudbury Senior Center and ask to speak with Ana Cristina Oliveira, Outreach Information Specialist, at 978-443-3055.



RESOURCES

BayPath Elder Services 508-573-7200

Meals on Wheels (BayPath): 508-573-7246

Caregiver Resources: www.caregivingmetrowest.org

Domestic Violence Hotline: 1-877-785-2020

Elder Abuse Hotline: 1-800-922-2275

Metro West Legal Services: 508-620-1830

MA Executive Office Elder Affairs: 1-800-243-4636

Sudbury Housing Authority: 978-443-5112

MWRTA -508-820-4650

Social Security: 1- 800-772-1213

Sudbury Community Food Pantry- 978-443-7725

SUDBURY SENIOR TRIPS 2022

TRIPS Meeting on
Wednesday,
January 12
at 10:00 AM



We will discuss the following trips in detail:

The Newport Place House –April 19, 2022

Bermuda, March 1, 2022

Repositioning Cruises

Boston to Bermuda to Boston; August 19—26, 2022 with Norwegian Cruise Line

Boston to Canada to Boston; September 18—25, 2022 with the Royal Caribbean Cruise

Boston to Miami; October 15 –27, 2022 with Celebrity Cruises.

To sign up for a trip, please email Joe Bausk at Joebausk@verizon.net or call 978-443-8963.

COFFEE HOUR



Every Tuesday & Thursday

9:00 - 11:00 AM

All are welcome! Let's chat!

Caregiver Support Group - in Person

Starting on FEBRUARY 1 at 2:00 PM

Caregivers often feel like they are alone. Support groups develop a sense of community through shared feelings and experiences. People feel connected with one another which can assist them in addressing their personal concerns and their need to ask questions.

People feel comfortable enjoying a good laugh and rejuvenate through inspiring, and often comical stories that are shared between members.

Come join us if you're caring for a loved one with memory loss. We are meeting in person at the Senior Center on the second Tuesday of the month. Hope to see you! To register, please call the Sudbury Senior Center at 978-639-3268 or email Ana Cristina Oliveira at oliveiraa@sudbury.ma.



Movies at the Senior Center



Friday, January 14 at 1:00 PM

Minari PG-13, 2 hours

A tender and sweeping story about what roots us, *Minari* follows a Korean-American family that moves to a tiny Arkansas farm in search of their own American Dream. The family home changes completely with the arrival of their sly, foul-mouthed, but incredibly loving grandmother. Amidst the instability and challenges of this new life in the rugged Ozarks, *Minari* shows the undeniable resilience of family and what really makes a home.

Friday, January 28 at 1:00 PM

Going in Style - R , 2 hours

Lifelong buddies Willie (Morgan Freeman), Joe (Michael Caine) and Albert (Alan Arkin) decide to buck retirement and step off the straight-and-narrow when their pension funds become a corporate casualty. Desperate to pay the bills and come through for their loved ones, the three men risk it all by embarking on a daring adventure to knock off the very bank that absconded with their money.

Blood Pressure Clinic

Patty Moran, Board of Health Nurse,
Is offering a walk-in Blood Pressure Clinic
at the Senior Center
every Thursday from 8:45 - 9:30 AM



Gobble Wobble Completed!!

Thank you to all who participated in
Gobble Wobble 2021. The winners are . . .

1st place - Marie Rock with 184,620 steps
2nd place - Marilyn Tromer with 140,062 steps
3rd place - Pat Howard with 129,799 steps

Special THANKS to all who participated for the 3
weeks in November.

All together we took 1,212,323 steps, this is
approximately 606.16 miles walked!

You are all GOBBLE WOBBLE ROCK STARS!

Chery Finley

Sudbury Connection Van Service

Are you a Sudbury resident who is aged 60+, or under 60
with a disability?

The Sudbury Connection Van Service provides wheelchair
accessible transportation to and from medical appoint-
ments, as well as to shopping and errands in Sudbury and
surrounding towns from Monday – Friday 9:00—4:00.
One passenger per trip.

Medical appointment destinations include: Sudbury, Marl-
borough, Concord, Wayland and Framingham.

Shopping and errand destinations include: all stores in
Sudbury, Stop and Shop Town Center in Wayland, Target
plaza in Marlborough and Market Basket Plaza in
Maynard.

Please complete the application to become a registered
rider. You can find the application at: [https://
sudburyseniorcenter.org/services/transportation/](https://sudburyseniorcenter.org/services/transportation/)

Hearing Clinic

Friday, January 14

9:30 - 11:00 AM

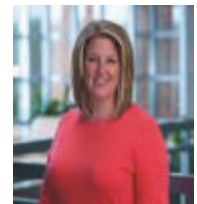


Michael Drennan, BC-HIS, of Rogers Hearing
Solutions, offers complimentary wax and hearing
screenings at the Senior Center. Please call us at
978-443-3055 to schedule your appointment.

Bridges by Epoch at Sudbury is offering Virtual Caregiver Programs on Zoom

Caregiver Support Group
January 19 at 11:00 AM

Early Stage Support Group
January 12 at 4:30 PM



Please RSVP directly with Cindy Gerante, Senior
Advisor, Bridges by Epoch at 978-261-7007 or
email Cindy at cgerante@bridgesbyepoch.com.

Dementia Friendly Sudbury:

Dementia Friends Info Session on Zoom

Thursday, January 13 at 2:00 PM

Goodnow Library and The Dementia Friendly Sudbury
Action Team is hosting a Dementia Friends Info Session.
In this one-hour zoom discussion, you will learn:

- What dementia is and what it's like to live with it
- Five key messages about living with dementia

The Zoom link to register is: [https://
goodnowlibrary.assabetinteractive.com/calendar/
dementia-friends-information-session-2/](https://goodnowlibrary.assabetinteractive.com/calendar/dementia-friends-information-session-2/)

The Sudbury Council on Aging is a nine member Town Committee, appointed by the Sudbury Select Board, to identify the needs of Sudbury's older residents, educate the community and enlist the support of all residents concerning these needs, promote services to fill these needs, and promote and support any other programs which are designed to assist older adults in the community.

SUDBURY COUNCIL ON AGING

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Bethany Hadvab 978-440-5476
Trip Coordinators
Joe Bausk
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Linda Curran
Ron DeMarco
Volunteer Program Coordinator
Janet Lipkin



Uber Clinic Technology Support

Tuesdays 3:00-4:00 PM & Fridays 11:15 - 12:15 PM and 1:00 - 2:00 PM.
Call 978-443-3055 to schedule an appointment.

NOTE: 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. In addition, while we very much appreciate the advertisers who support this newsletter, we cannot endorse any products or services.

NOTARY SERVICES

Free service provided By: Joe Bausk

January 14 at 1:00 PM



Production and distribution of this monthly newsletter are partially funded by the State Formula Grant from the Executive Office of Elder Affairs.

Consultation

Outreach and Information

Information about resources and services for older adults, caregivers, and their families in Sudbury. Free consultation by appointment.

Legal Clinic

Free 20-minute phone consultation by appointment.

S.H.I.N.E. (Serving the Health Information Needs of Everyone on Medicare)

Free consultation on Medicare health insurance by appointment.

Community Services

Phone Buddies

Volunteers make weekly calls to older adults who would like to socialize.

Friendly Visitor Program

Volunteers make weekly visits to seniors unable to leave their homes to socialize.

Grocery Shopping

Volunteers make weekly visits to supermarket and bring food to the door.

Lockbox

Lockbox - A small key safe with the owner's housekey is affixed to the home for emergency access by the Fire Department. Sponsored by Sudbury Firefighters IAFF Local 2023.

Nutrition

Home Delivered Meals

Hot lunch delivered to older residents who are unable to leave home. \$3 suggested donation. Registration through BayPath Elder Services: 508-573-7200.

Safety

Home Safety Checks

Collaboration with the Sudbury Fire Dept. to ensure working smoke and CO alarms, for older Sudbury homeowners who have a non-urgent need.



B I N G O

**Feeling lucky?
We are playing Bingo
every Tuesday
at the Senior Center
From 1:00—3:00 PM
Come on down!**

INTERMEDIATE TAP DANCE

Learn new steps and practice what you know in a fun, relaxed atmosphere with instructor Susan Craver.

Class will run for 8 Thursdays at 9:15 AM
on Jan 6, 13, 20, 27, Feb 3, 10, 17, March 3

No Class Feb 24

Please pay \$48.00 when you register for the class.

If you have any questions, please contact us at 978-443-3055 or email senior@sudbury.ma.us.



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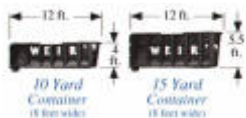
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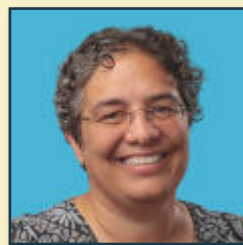
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A monthly publication from the

Sudbury Senior Center and Sudbury Council on Aging

40 Fairbank Road

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<http://sudburyseniorcenter.org>



The Senior Scene



Or Current Occupant



Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

Senior Center hours: Monday through Friday 9:00 AM to 4:00 PM

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