

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



Chinese New Year 2022—Year of the Tiger—Bellagio Hotel Lobby

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AARP-Foundation Tax-Aide Program March 7 - April 5, 2022



Tax appointments are available by appointment only one of our AARP trained and IRS certified Tax-Aides. Please note the following:

If you don't have brokerage accounts, appointments will begin on Monday, March 7.

If you HAVE brokerage accounts, including stocks, appointments will begin on Monday, March 21.

To make an appointment call the Senior Center at 978-443-3055 . Please arrive 20 minutes before your scheduled appointment time, for preregistration paperwork or stop by the senior center ahead of time to pick up the intake paperwork .

A message from Jeffrey Levine , Chairperson, Sudbury Council on Aging

“My middle name is ‘Tsunami.’” That’s what **John Beeler** would tell anyone who wondered whether he was serious about pursuing something he felt strongly about.

He was fearless when it came to promoting his values, and in his later years, his values strongly aligned with the Sudbury Council on Aging, the Senior Center and the promotion of support services for Sudbury’s older population. John was very concerned about the marginalization of the elderly, and never hesitated to tell anyone who would listen, and many who wouldn’t, that the support of our older population was every bit as important as the education and support of our children and needed to be a major part of all community planning.

John passed away in January after a long illness. I first met John when I started to attend programs at the Senior Center. John was a long-time member of the COA and a friend to all of us who value the Sudbury Senior Center and its community. A fighter to the end, John will be missed for his insight, his humor and his commitment and dedication to the welfare of our senior population and the betterment of the Town of Sudbury. We were so fortunate for the time he shared with us.

Jeff Levine
Chairman



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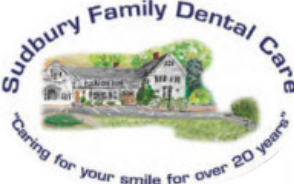
- Peer-led courses: history, government,
literature, science, music, art
- Interesting lunchtime speakers
- Small group day trips to museums, concerts, historical sites
- Fall and spring semesters and a six-week summer program
- Year-round activities: book club, movie mavens, current events
discussions, French conversation, and a 6-week summer program

All courses are held at Temple Shir Tikva in Wayland

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*The Great Courses DVD Series****The Concerto –Part 3 - Zoom***

Tuesdays, 9:30—10:30 AM

October 12 - March 22

March 1**Lec 21 - Schonberg, Berg and the 12-tone Method****March 8****Lec 22- Twentieth-Century Masters****March 15****Lec. 23 - Elliott Carter****March 22****Lec. 24—Servants to the Cause and Guilty Pleasures***The Great Courses DVD Series****In the Footsteps of Vincent van Gogh - Zoom***

Mondays, 10:00—11:00 AM

February 7 - March 28

March 7

Lec. 7 - Vincent and Theo in Paris

Lec. 8 - Vincent and the Post Impressionists

March 14

Lec. 9 - The Spring of Provence

Lec. 10 - Vincent's Classical Period

March 21

Lec. 11 - The Studio of the South

Lec. 12 - The Asylum in St. Reimy

March 28

Lec. 13 - The Art World in 1890

Lec. 14 - Vincent in Auvers-sur-Oise

Lec. 15 - An End and a Beginning

Great Decisions Discussion Group 2022

Wednesdays, 9:30 AM - ZOOM

June 1, 8, 22, July 6, 20,

August 3, 17, 31 & September 14

Registration begins on MARCH 15 ends MARCH 31

This 9-session foreign policy program is designed to encourage thoughtful discussion relating to current global challenges. Created by the Foreign Policy Institute, the program model involves reading the Great Decisions Briefing Book and meeting to watch the DVD and discuss the most critical global issues facing America today. The program is currently scheduled to be virtual on Zoom, but could transition to in-person if safe to do so.

We are offering two methods to purchase the book: 1) Direct purchase by the participant, and 2) Bulk purchase to save on postage.

Please register for the class and indicate whether you will buy your own book, be sharing a book, or buying one through the group purchase (the cost will be \$33-37 depending on the size of the order).

Sign up by contacting Chery Finley, Administrative Coordinator, beginning on March 15. Space is limited. Note: If you miss the group purchase, briefing books are available for your purchase at the Foreign Policy Association website at www.fpa.org.

*The Great Courses DVD Series****History of the Ancient World –Part 2 - Zoom***

Wednesday, 9:30 - 10:30 AM

March 2—May 18

March 2

Lec. 25 - The Great Empire of the Han Dynasty

Lec. 26 - People of the Toga

March 9

Lec. 27 - The Crucible

Lec. 28 - The Death of the Roman Republic

March 16

Lec. 29 - Augustus—Creator of the Roman Empire

Lec. 30 - Roman Emperors

March 23

Lec. 31 - Han and Roman Empires Compared-

Lec. 32 - Han and Roman Empires Compared - Govt.

March 30 -

Lec. 33 - Han and Roman Empires Compared—Problems

Lec. 34 - Early Americas

Inclement Weather Policy

If the Sudbury Public Schools are closed due to weather, all Sudbury Senior Center in-person activities and programs will be cancelled. If the schools are delayed or close early, Senior Center staff will determine whether activities will be held. If the schools are not closed, but the weather is poor, call the Senior Center at 978-443-3055 before you come to see if activities are cancelled. We will attempt to reach all scheduled participants with regard to cancellations.

If Town Manager Henry L. Hayes, Jr. determines that the Town offices will not open due to severe weather, the Senior Center will be closed. Announcements will be sent out on the town's Emergency Notification system and the sudburyseniorcenter.org webpage.

Sign up for Emergency notifications at www.sudbury.ma.us.



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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Low Vision Support Group

Thursday, March 3 at 1:00 PM

Meets on the first Thursday of the month.



Cribbage

Meets every Monday

10:00—12:00 PM

Please sign up by calling 978-443-3055

Turn the Page Book Group

Via Zoom

Date: Wednesday, March 16

Time: 1:00 PM

Book: Cloud Cuckoo Land

Author: Anthony Doerr

CANASTA

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

We are Looking for new and experienced players.

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

MAHJONG

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



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

Intermediate Bridge—No class 3/16/22

Playing every Wednesday

1:00—3:30 PM

Please sign up by calling 978-443-3055



The Stamp Club meets at the Senior center on the 2nd Monday of the month.

Short Story Book Group

2nd Thursday of the month at 1:00 PM



The March 10 meeting is on site at the Senior Center followed by a viewing of the movie "Smooth Talk"

Email Sharon K. Wilkes at wilkess@sudbury.ma.us to sign up.

S.A.I.L.

Staying Active & Independent for Life



8 Thursdays from 9:15 – 10:00 AM
March 3, 10, 17, 24, 31, April 7, 14 & 21

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
Feb 28, March 7, 14, 21, 28 April 4, 11 & 25

No class on April 18

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, and meditation to help promote relaxation, and well-being.

SHOUT OUT



Grazie tante **Ron Ragno**,

for making spaghetti, homemade meatballs and gravy for our seniors and staff. It was delicious!

CHAIR YOGA

8 Fridays from 9:30 - 10:15 AM
March 11, 18, 25, April 1, 8, 15, 22 & 29

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.

Fit for the Future

Mondays, Wednesdays & Fridays
NO CLASS on 3/25 & 3/28
11:00 - 11:45 AM in the Fairbank Gym

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

- Instructor Lois Leav has been teaching *Fit for the Future* for the past 30 + years
- Cost of class is \$4.00 per class
Exact Change Only
- Limited to the first 18 people who sign up.
- Check in at the front desk



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.
- The Zoom link and password will be emailed to you the day before the class.

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



Profiles: Hal and Betsey Cutler

One of the many couples among the Sudbury Senior Center volunteer brigade is Hal and Betsey Cutler. Hal has lived in Sudbury all his life, and is descended from the Goodnow family members who were among the first settlers of Sudbury Plantation in 1638.

Betsey was born in New Haven, CT. Her ancestors arrived in Milford, CT. in 1636. She grew up in the White Plains, NY area and often explains that “the Goodnow/Cutler Clan, being related to most of the early settlers in town, needed fresh blood to improve the gene pool.” Hal and Betsey met in NY at college and married in 1965. They moved to Sudbury in 1966.

The Cutlers’ volunteerism over the years has been expansive, including Hal serving as Vice Chair of the Sudbury 350th Anniversary Celebration Committee in 1989, and as Co-chair of the 375th Anniversary Celebration Committee, participating in Sudbury’s Fourth of July Parade since the early 1950’s, and for many years, participating in Colonial Days at the Haynes and Noyes Elementary Schools, speaking about Sudbury’s History, and demonstrating the firing of his musket.

Both Betsey and Hal have been active members of the Sudbury Companies of Militia and Minute since 1969, act as greeters at the Wayside Inn on Sunday afternoons numerous times a year (including giving Colonial History lessons to visiting guests), and staff the Colonial Faire and Muster of Fyfes and Drums at the Wayside Inn the last Saturday in September. The Cutlers are active members of Memorial Congregational Church (MCC) in its outreach ministry, and were involved for 20 years, from 1996 to 2016, as coordinators of MCC’s once-a-month dinner prep at Rosie’s Place in Boston.

Prior to the pandemic, Betsey and Hal were regular drivers for FISH, a volunteer-based transportation service of the Sudbury Senior Center. They have been especially valuable in their role as FISH drivers because of their willingness to drive clients to Boston. Betsey currently delivers for Meals-on-Wheels and was a paid driver of the Senior Van for several years. Hal has assisted with the Men’s Breakfast at the Senior Center. More recently, they are also serving as volunteers at the Open Table Food Pantry in Maynard.




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
FONT COLORS: Zoom Events in BLUE Onsite at the Senior Center events in BLACK	9:00 English Learner 9:30 The Concerto (21) 1:00 Bingo 2:00 Caregiver Support Group	9:30 Ancient World (25&26) 11:00 Fit for the Future 1:00 Intermediate Bridge	9:00 Coffee Hour 9:15 Tap Dance (5) 9:15 Staying Active for Life (1) 10:00 Current Events 1:00 Canasta 1:00 Low Vision Support Grp 2:30 Connection Circle	9:30 Chair Yoga (8) last class 11:15 Uber Tech Clinic 11:00 Fit for the Future
7	8	9	10	11
9:00 AARP Tax Help 10:00 Cribbage 10:00 Van Gogh (7&8) 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (2)	9:00 AARP Tax Help 9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (22) 1:00 Legal Clinic 1:00 Bingo	9:30 Ancient World (27&28) 10:00—LGBT Training Video 11:00 Fit for the Future 1:00 Intermediate Bridge 1:30 LGBT Training Video	9:00 Coffee Hour 9:15 Tap Dance (6) 9:15 Staying Active for Life (2) 10:00 Current Events 1:00 Notary Services 1:00 Canasta 1:00 Short Story Mtg & Movie 2:30 Connection Circle	9:30 Chair Yoga (1) 9:30 Hearing Clinic - No Clinic 11:00 Fit for the Future 11:15 Uber Tech Clinic 1:00 Movie: Made in Italy
National Pi Day 14	15	16	St. Patrick's Day 17	18
9:00 AARP Tax Help 10:00 Cribbage 10:00 Van Gogh (9&10) 10:00 Stamp Club 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (3)	9:00 AARP Tax Help 9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (23) 1:00 Bingo	9:30 Ancient World (29&30) 11:00 Fit for the Future 12:30 The Bards Irish music concert 1:00 Turn the Page Mtg. 1:00 Intermediate Bridge—No class	9:00 Coffee Hour 9:15 Tap Dance (7) 9:15 Staying Active for Life (3) 10:00 Current Events 1:00 Canasta 1:30 LGBT Training Video 2:30 Connection Circle	9:30 Chair Yoga (2) 11:15 Uber Tech Clinic 11:00 Fit for the Future
21	22	23	24	25
9:00 AARP Tax Help 10:00 Cribbage 10:00 Van Gogh (11&12) 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (4)	9:00 AARP Tax Help 9:00 Coffee Hour 9:00 English Learner 9:30 The Concerto (24) 1:00 Bingo	9:30 Ancient World (31&32) 11:00 Fit for the Future 1:00 Intermediate Bridge	9:00 Coffee Hour 9:15 Tap Dance (8) last class 9:15 Staying Active for Life (4) 10:00 Current Events 1:00 Canasta 1:00 Help for Hurting Hearts 2:00 FOSS Mtg 2:30 Connection Circle	9:30 Chair Yoga (3) 11:15 Uber Tech Clinic 11:00 Fit for the Future—No Class 1:00 Movie: Dream Horse
Town Election 28	29	30	31	NOTE:
9:00 AARP Tax Help 10:00 Cribbage 10:00 Van Gogh(13,14,15) 11:00 Fit for the Future – No class 1:00 Mahjong 2:15 Tai Chi (5)	9:00 AARP Tax Help 9:00 Coffee Hour 9:00 English Learner 1:00 Bingo 1:00 All about Taxes presentation	9:30 Ancient World (33&34) 11:00 Fit for the Future 1:00 Intermediate Bridge 3:00 Sudbury Garden Club mtg—VH room	9:00 Coffee Hour 9:15 Tap Dance (1) 9:15 Staying Active for Life (5) 10:00 Current Events 1:00 Canasta 1:00 Help for Hurting Hearts 2:30 Connection Circle	The COA Meeting is now being held on Monday, March 14 at 3:30 PM 


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MARY ANN MORSE
AT HERITAGE



MARY ANN MORSE
HOME CARE



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From Janet Lipkin, Volunteer Program Coordinator

I am a fan of quotes. I love the way that they conjure up thoughts and views in just a few words. One that resonated with me, written about the month of March, is as follows: *"It was one of those March days when the sun shines hot and the wind blows cold: when it is summer in the light, and winter in the shade."* - Charles Dickens How different things can feel depending on where you are standing! And though not weather, I can tell you that standing as a member of our valued team of volunteers is a wonderful way to find that sunlight and warmth. Helping others keeps you active, engaged, and fills you with a wonderful sense of making a difference in others' lives. So – if you have some free time to get involved, give me a call or visit our website (<https://sudburyseniorcenter.org/about-us/get-involved/>) to learn about the various volunteer roles that we offer. Do it for yourself, and for others!

Submission from a grateful recipient of a homemade card made by a volunteer:

"I live alone ...family couldn't get together for the holidays, darn pandemic. I opened the colorful card with a big heart on it. Inside was an adorable picture. It said, "Have a great day. You are not alone." Even though it was given to me right before Christmas, do you know that it is still on my refrigerator? I look at it every day.

A huge thanks to the Girl Scout troops, Boy Scout troops, students of the town's elementary schools, middle and high school, as well as other town residents who have made such beautiful cards for the town's seniors. They have helped so much with the loneliness and isolation experienced by so many.

Program Highlight: Uber Clinic Tech Support

Have you ever wanted to call for an Uber but don't know how to do it? Do you have the app on your phone but are not sure how to use it? If so, our Uber Tech Support volunteers can help! If interested in an appointment, call the Senior Center at 97-443-3055.

A special thank you to Sudbury Senior Center volunteers Hal and Betsey Cutler who are inspirational in all that they do within the town of Sudbury. The huge array of their volunteer work benefits so many in the community. See page 7 for their featured profile.

OUR VOLUNTEERS ARE BUSY helping others, bringing smiles to seniors, and expanding their knowledge by participating in wonderful trainings on dementia, diversity and inclusiveness.



Picture of Volunteers helping with affixing mailing labels to our newsletter

If you're interested in becoming a Senior Center volunteer, Please contact Janet Lipkin at LipkinJ@sudbury.ma.us or call 978-639-3223.

Quotes of note:

"No act of kindness, no matter how small, is ever wasted." - Aesop

"Wherever there is a human being, there is an opportunity for a kindness." - Senecas

"Volunteerism is the voice of the people put into action. These actions shape and mold the present into a future of which we can all be proud." - Helen Dyer

"Volunteering is an act of heroism on a grand scale. And it matters profoundly. It does more than help people beat the odds; it changes the odds." - Bill Clinton



From Outreach Information Specialist, Ana Cristina Oliveira

Emerson Hospital Free Wellness Classes for People with Parkinson's and Caregivers

Join us for an 8-week class taught on Zoom by certified Emerson instructors.

Research shows that people with PD can slow progression of the disease and increase their language capabilities, balance, and flexibility, by taking classes taught by certified instructors.

SPRING 2022 CLASSES

Introduction to SPEAK OUT! And LOUD Crowd

Fridays, 10:00 -10:50 AM

March 4 through April 22

Circuit Training for People with Parkinson's

Fridays, 11:00 - noon

March 4 through April 22

Introduction to Dance for PD

Tuesdays, 11:00 - noon

March 8 through May 3

Learn more and register at:

[www.EmersonHospital.org/
ParkinsonsClasses,](http://www.EmersonHospital.org/ParkinsonsClasses)

or call Emerson Hospital at 978-287-8229.

All classes are taught by instructors specialized in PD, using the latest therapeutic approaches.



These programs are supported by a community grant from the Parkinson's Foundation.

Ana Cristina Oliveira, Outreach and Information Specialist, provides assistance to individuals age 60 and over in the areas of food, utilities assistance, Medicare counseling, caregiver support, transportation, and information/referral on a variety of other services.

SERVICES/INFORMATION & RESOURCES

The following are services and resources available:

- SHINE Counseling (Serving the Health Needs of Everyone on Medicare)
- Assistance in Applying for SNAP (Food Stamps)
- Used Furniture Assistance
- Legal Assistance/Referral
- Low- Income Home Energy Assistance Program
- BayPath Elder Services Referral
- Transportation application assistance
- Caregiver Support Group
- Home Services Information

HELP FOR HURTING HEARTS

March 24, 31, April 7, 14, 21

1:00 – 2:30 PM

Onsite at the Senior Center

“We don't get over our losses, we get through them.”

Join this five-week journey together for those who have experienced a recent loss with group facilitator: Elizabeth Castle, M.Ed. Chaplain/Bereavement Coordinator, Faith & Family Hospice Marlborough MA

You will learn tools to identify, own and express feelings associated with grief; adjust to familiar environments associated with loss; say goodbye to what can no longer be; plus more. Discover common grief reactions and ways to adjust to life after loss. Sign up by calling the Sudbury Senior Center at 978-443-3055

SUDBURY SENIOR TRIPS 2022

April 19, 2022—Newport Playhouse (Royal Tours) a full buffet luncheon, a comedy show called “Social Security,” and a cabaret show. Cost per person \$114 (includes gratuities).

June 23, 2022—The Patsy Cline Tribute Show and luncheon (Best of Times) Davenport Yacht Club, Danvers, MA. Cost per person \$101 (includes gratuities).

July 21, 2022— Icons & Legends (Best of Times) Fosters, York, ME The Ultimate Tribute Show, includes a traditional Maine Lobster bake & transportation. Cost per person \$101.00 (includes gratuities).

Cruises

Aug 19—26, 2022—Boston to Bermuda to Boston cruise with Norwegian Cruise line.

Sept 18—25, 2022— Boston to Canada to Boston cruise with the Royal Caribbean cruise line.

Repositioning Cruise

Oct 15—27, 2022—Boston to Miami with Celebrity Cruise line.

To sign-up call Joe Bausk, Trip Coordinator at 978-443-8963.

Caregiver Support Group - in Person

MARCH 1 at 2:00 PM

Caregivers often feel like they are alone. Support groups develop a sense of community through shared feelings and experiences.

Come join us if you’re caring for a loved one with memory loss.

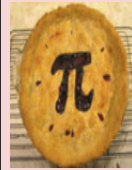
We are meeting in person at the Senior Center on the first Tuesday of the month.

To register, please call the Sudbury Senior Center at 978-639-3268 or email Ana Cristina Oliveira at oliveiraa@sudbury.ma.



Did you know . . .

March 14 marks Pi Day, an annual celebration of the mathematical sign pi. Founded by physicist Larry Shaw. March 14 was designated because the numerical date represents the first three digits of pi?



To celebrate please stop by the Senior Center on 3.14 after 10:00 AM to pick up a free single serve Table Top pie .

While supplies last.

All About Taxes

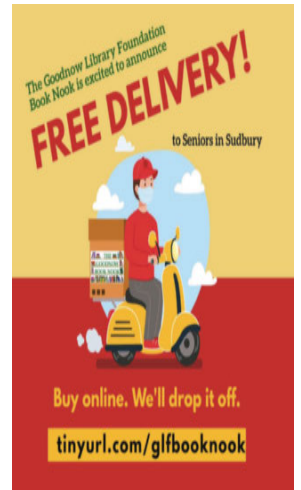
March 29

at 1:00 PM

at the Senior Center

Presenter: Attorney Arthur Bergeron

Call 978-443-3055 to reserve your spot



Movies

Friday, March 11 at 1:00 PM

Made in Italy - PG-13, 2 hours

When London artist Robert travels to Italy with his estranged son to sell the house they've inherited, they're shocked at the villa's condition. As they work on repairs, their relationship becomes even more strained, but a bond slowly begins to form.



Friday, March 25 at 1:00 PM

Dream Horse- PG-13, 2.5 hours

A true story of Dream Alliance, an unlikely racehorse bred by small-town bartender Jan Vokes. Jan convinces her neighbors to chip in their meager earnings to raise Dream and compete against the racing elites.

Sit back and enjoy some live Irish folk music by "The Bards"

Wednesday, March 16 at 12:30 PM
in the Sudbury Pines Room .

Space is limited to the first 25 seniors that register.

Sign up begins on 3/4/22

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 on the needs, promote services to fill these needs, and support any other programs which are designed to assist older adults in the community.

Uber Clinic Technology Support
Tuesday 3:00 - 4:00 PM
Friday 11:15 - 12:15 PM
Friday 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.

SUDBURY COUNCIL ON AGING

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Van Drivers
Linda Curran
Ron DeMarco
Volunteer Program Coordinator
Janet Lipkin

NOTARY SERVICES
Free notary services provided By:
Joe Bausk on March 10
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

<p><u>Consultation</u> Outreach and Information Information about resources and services for older adults, caregivers, and their families in Sudbury. Free consultation by appointment.</p> <p><u>Legal Clinic</u> Free 20-minute phone consultation by appointment.</p>	<p><u>Community Services</u> 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.</p>	<p><u>Nutrition</u> 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.</p>
<p><u>S.H.I.N.E. (Serving the Health Information Needs of Everyone on Medicare)</u> Free consultation on Medicare health insurance by appointment.</p>	<p><u>Lockbox</u> 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.</p>	<p><u>Safety</u> 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.</p>

B I N G O
 We are playing Bingo
 every Tuesday
 at the Senior Center
 1:00—3:00 PM

**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
 March 31, April 7, 14, 28
 May 4, 11, 18 & 25
No class April 21

Stop by and pay \$48.00 when you register for the class.

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



When I retired, I wasn't sure how to best spend my time...
 Then this happened! My neighbor introduced me to the RMA – Retired Men's Association

The RMA offers the opportunity to associate with other retirees to pursue and develop interests in civic, educational, arts, historical and other aspects of life. Use your talents and experience for the benefit of your community. Members participate in organized outdoor activities, visit interesting places and attend monthly meeting with fascinating speakers. If you think you may be interested in joining please email rmena.acct@gmail.com.



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06-5177

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A monthly publication from the

Sudbury Senior Center and Sudbury Council on Aging

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

<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

Memory Care at New Horizons



Peace of mind can be a tall order for people with Alzheimer's and dementia. Discover a better life with New Horizons' Memory Care program, where a team of dedicated caregivers is ready to help residents:

- Stay physically active
- Honor traditions and spirituality
- Enjoy frequent social interaction
- Feel connected to the community
- Participate in stimulating activities
- Be treated with dignity and compassion

Our program is supported by a full-time director, social worker, and activities director who are fully invested in maximizing each resident's quality of life.

New Horizons

- Explore new activities; have new adventures
- Choose from program options tailored to meet each resident's wants and needs
- Enjoy three daily home-cooked meals, prepared according to each diner's dietary needs
- For new residents, we will guarantee no increase for **six years** to the basic monthly fee!

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