

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



Photo of Twin Falls, Idaho submitted by: Julie Norton

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"A Life Story" - Legacy Writing Workshop **Tuesday, April 19 at 1:00 PM; in-person**

What does it mean to leave a legacy? In simple terms, a legacy is passed from one generation to the next.

"A Life Story" is a precious family heirloom. Each participant will receive a copy of the book to record their special life memories. The book serves as a tool to record your memorable moments, family tree, special events, and so much more. Presented by Barbara Lebrowski, Bereavement Coordinator, Faith & Family Hospice.

Register by calling the Senior Center at 978-443-3055.

BLUES to BLUEGRASS

*Live entertainment at the
Senior Center by:*

Roger Tincknell

April 26 at 1:00 PM .

Sign up begins on April 7, by calling 978-443-3055.



Sponsored in part by a grant from the Sudbury Cultural Council, a local agency, which is supported by the Massachusetts Cultural Council, a state agency.



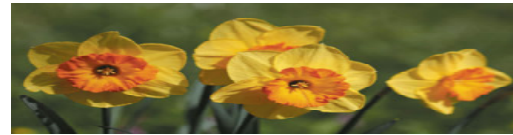
A message from Debra Galloway, Director

April is Volunteer Appreciation Month and we would like to recognize and thank our many volunteers. Volunteers assist us with many important tasks, such as mailing the newsletter, welcoming people to the Center, check-ins for Special Events, Tech Help, and keeping accurate statistics at the Senior Center. In the community, volunteers provide valuable services such as Fix-it, Phone Buddies, Friendly Visitor, Sand Bucket delivery, Goodnow-toGo delivery, home-delivered meals, and more. Volunteers are crucial in our effort to extend our reach to help residents who need a hand. We are holding a special event for our volunteers on Tuesday, April 26.

On another note, Council on Aging Chair Jeff Levine and I have been working with the BH+A Architectural team all year to refine plans for the new Senior Center. Community Center construction is expected to begin this summer. Due to the nature of the project, there will be changes to parking and entering the building for both Park and Recreation and Senior Center participants. Please read details of the upcoming changes on page 7 of the newsletter. As with many large and complex projects, we expect that plans will shift and change as we move forward. We will all need patience and a sense of humor!

Should you have any concerns during the process, please feel free to reach out!

Debra



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The Great Courses DVD Series
**How to Listen to
 and Understand Opera - Zoom**
Tuesdays, 9:30—10:30 AM
April 5—Aug 2, 2022

[April 5](#)

Lec. 13 - The Marriage of Figaro, I

[April 12](#)

Lec. 14 - The Marriage of Figaro, II

[April 19](#)

Lec. 15 - The Marriage of Figaro, III

[April 26](#)

Lec. 16 - The Marriage of Figaro, IV

Great Decisions Discussion Group 2022

Wednesdays, 9:30 AM - ZOOM

**June 1, 8, 22, July 6, 20,
 August 3, 17, 31 & September 14**

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 now by emailing Chery Finley at FinleyC@sudbury.ma.us.

Space is limited.

The Great Courses DVD Series
Dutch Masters:

The Age of Rembrandt - Zoom

Mondays, 10:00—11:00 AM

April 4—August 22, 2022



April 4

Lec. 1- Art and Society in 16th Century Netherlands

Lec. 2- The Years of Crisis in the Netherlands

April 11

Lec. 3- Art in Haarlem and Utrecht

Lec. 4 - Facing the Truth—Candid Portraits

April 18—No class

April 25

Lec. 5 - Dutch Portraits

Lec. 6 - Frans Hals—The Early Years

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

Wednesday, 9:30 - 10:30 AM

March 2—May 18, 2022



April 6

Lec. 35 - Pots and Pyramids

Lec. 36 - Blood and Corn

April 13

Lec. 37 - Hunter-Gatherers and Polynesians

Lec. 38 - The Art and Architecture of Power

April 20

Lec. 39 - Comparative Armies

Lec. 40 - Later Roman Empire

April 27

Lec. 41 - The Decline and Fall of the Roman Empire

Lec. 42 - The Byzantine Empire

Low Vision Support Group

Thursday, April 7 at 1:00 PM

Meets on the first Thursday of the month.



Cribbage

Meets every Monday

No class on April 18

10:00—12:00 PM

Please sign up by calling 978-443-3055

Turn the Page Book Group

Via Zoom

Date: Wednesday, April 20

Time: 1:00 PM

Book: The Maid

Author: Nita Prose

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

No class on April 18

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

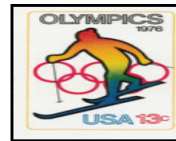


Intermediate Bridge

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 at 10:00 AM

Short Story Book Group



2nd Thursday of the month at 1:00 PM

NOTE: Starting in May, class will meet on-site .

Sign up by emailing Sharon K. Wilkes at wilkess@sudbury.ma.us .

Vladimir Putin—Corrupt, Competent and Enigmatic

May 17 at the Senior Center at 1:00 PM



Presenter Henry Quinlan will discuss the career of Vladimir Putin as an autocrat who is corrupt, competent and enigmatic. There are many reasons his popularity stays above 60%.

This is an examination of the policies and actions that could lead to a new “Cold War.” Who would believe that Russia could be the leading food producer in the world in the future? But that is a real possibility. It is one of the results of Putin’s competence. This is a full examination of the following:

- The opening of the Northern Passage and its impact on international trade.
- The points of conflict within the Arctic Council and the Paris Accords.
- The role of China in supporting Russia’s goals.
- The current war in Ukraine – is this the end of the Putin era or the beginning of a new East vs. West?

Sign-up begins on May 2 by calling the Sudbury 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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S.A.I.L.

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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.



FIT FOR THE FUTURE

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

No class Friday, April 22

- Instructor Lois Leav has been teaching *Fit for the Future* for the past 30 + years
- In the Fairbank Gym
- Cost of class is \$4.00 per class
Exact Change Only
- Check-in at the front desk



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

NOTE: Beginning on May 2, class will be back in the Fairbank Gym

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.

CHAIR YOGA

Going Hybrid on May 6

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.

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. The Zoom link is used each week.

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



New Community Center Update

We are excited about our new Community Center! The following changes will be put into place in the coming months in order to maintain safety and access while facilitating the construction process.

Construction will begin on the side of the building closest to Hudson Road, necessitating the closure of the Sudbury Park and Recreation parking lot, and eventually all of the entrances on that side of the building during construction. This will be a temporary change and will only last about 18 months. Fortunately, it will lead us to our brand-new spacious Community Center!

May/June 2022

Construction of a Flashing Light Signal at the Crosswalk from Haskell Field to the Community Center.

June 2022

Installation of a fence around the parking lot for Sudbury Park and Recreation and the Atkinson Pool. A sidewalk will continue to be open from Fairbank Road to the Sudbury Park and Recreation entrance. People parking at Haskell Field will cross at the crosswalk and walk directly to the Park and Recreation entrance doors to go to the pool or a Park and Recreation program.

Look for more information about parking and entrance changes in future newsletters, as we learn more details about the construction plans.

As always, if you have any questions or concerns during this temporary phase of building construction, please do not hesitate to reach out. Our goal is to continue offering programs and providing services as fully as possible, while maintaining safety.

Please note: The dates above are estimated and may change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
FONT COLORS: Zoom Events in BLUE On-site at the Senior Center events in BLACK	COFFEE HOUR: Monday—Friday 9:00—10:00 AM			9:30 Chair Yoga 11:15 Uber Tech Clinic 11:00 Fit for the Future
4	5	6	7	8
9:00 AARP Tax Help 10:00 Cribbage 10:00 Rembrandt 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi	9:00 AARP Tax Help 9:00 English Learner 9:30 Opera 1:00 Bingo 2:00 Caregiver Support Group	9:30 Ancient World 11:00 Fit for the Future 1:00 Intermediate Bridge	9:00 BP Walk-in Clinic 9:15 Tap Dance 9:15 Staying Active for Life 1:00 Low Vision Support Group 1:00 Canasta 1:00 Help for Hurting Hearts 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for the Future 11:15 Uber Tech Clinic 1:00 Movie: Knives Out
11	12	13	14	15
10:00 Cribbage 10:00 Rembrandt 10:00 Stamp Club - rm 1 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi 3:30 COA Mtg.	9:00 English Learner 9:30 Opera 1:00 Bingo 1:00 Legal Clinic	9:30 Ancient World 11:00 Fit for the Future 1:00 Intermediate Bridge	9:00 BP Walk-in Clinic 9:15 Tap Dance 9:15 Staying Active for Life 10:30 Ask the Nurse 1:00 Short Story mtg. 1:00 Canasta 1:00 Help for Hurting Hearts 2:30 Connection Circle	9:30 Chair Yoga 11:15 Uber Tech Clinic 11:00 Fit for the Future
18	19	20	21	22
Senior Center is closed today Patriots Day	9:00 English Learner 9:30 Opera 1:00 Bingo 1:00 A Life Story Writing Workshop	9:30 Ancient World 11:00 Fit for the Future –VH 1:00 Intermediate Bridge 1:00 Turn the Page Mtg.	9:00 BP Walk-in Clinic 9:15 Tap Dance—no class 9:15 Staying Active for Life (8) 1:00 Canasta 1:00 Help for Hurting Hearts 2:30 Connection Circle	9:30 Chair Yoga 11:15 Uber Tech Clinic 11:00 Fit for the Future no class 1:00 Movie: I'll See You in my Dreams
25	26	27	28	29
10:00 Cribbage 10:00 Rembrandt 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi (8)	9:00 English Learner 9:30 Opera 12:00 Volunteer Apprec. Drop-in Lunch 1:00 Bingo—rm 1 1:00 Roger Tincknell Concert	9:30 Ancient World 11:00 Fit for the Future 1:00 Intermediate Bridge	9:00 BP Walk-in Clinic 9:15 Tap Dance 9:15 Staying Active for Life 1:00 Canasta 2:00 FOSS Mtg 2:30 Connection Circle	9:30 Chair Yoga (8) 11:15 Uber Tech Clinic 11:00 Fit for the Future

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From Janet Lipkin, Volunteer Program Coordinator

Spring is here, and with it comes warmer weather and flowers beginning to peek through the soil. Hope abounds with new beginnings!



April is National Volunteer Month. It is an opportunity to recognize and thank our volunteers who lend their time and talents to help to meet the needs of our seniors. This month (and always!), we salute them for their unwavering service which inspires others to volunteer and be involved. It truly does “take a village.”

History of National Volunteer Month: “National Volunteer Month is an extension to an already-established holiday-week, National Volunteer Week, that was first held in 1943 in Canada. The week was dedicated to paying tribute to the unwavering contributions of women during World War II who would collect supplies and help the wounded soldiers. It was in the early 20th century that organized volunteering reached its peak. Numerous groups opened up to escalate humanitarian services, many of which are still active today such as the Red Cross.

Once the war was over, the celebrations were damped down but resurged in the early 1970s. National Volunteer Week debuted in 1974 in the United States and was revered by the general public. Since then, National Volunteer Week, which later went on to become National Volunteer Month, has been celebrated with zeal and enthusiasm every April. It was made official worldwide in 1990.

Presidents of the United States throughout the years have proclaimed National Volunteer Week and Month, saluting the unparalleled services of the volunteers who have given countless hours for the betterment of mankind, communities, and the American way of life.” <https://nationaltoday.com/national-volunteer-month/>

SAVE THE DATE: *All of our volunteers are invited to join us at the Senior Center on April 26 at noon for a Volunteer Appreciation Drop-in lunch.*



We continue to look for new clients for our Friendly Visitor, Phone Buddy, and Goodnow To Go programs. Friendly Visitor volunteers are matched with a client and, weather permitting, make a weekly outdoor home visit lasting approximately an hour. On weeks that an outdoor visit isn't possible, the visit can take place as a phone call. Phone Buddy volunteers are matched with a client and make a weekly 15-30 minute phone call to them, offering a respite from isolation. Goodnow To Go volunteers are matched with a client unable to get to the library, and pick up and deliver books to them. If you are interested in having a Friendly Visitor, Phone Buddy or Goodnow To Go volunteer matched to you, please call Janet Lipkin (978-639-3223).

Do you have some free time? Want to make new friendships? Do you wish to get that wonderful feeling of having made a difference in someone's life? We encourage you to become part of our valued team of volunteers. For more information about our volunteer opportunities go to <https://sudburyseniorcenter.org/about-us/get-involved/>; to apply to become a volunteer, please contact Janet Lipkin at 978-639-3223 (LipkinJ@sudbury.ma.us).

With heartfelt appreciation to each and every Senior Center volunteer... you are changing lives by your acts of kindness. Thank you for being YOU!

- Janet Lipkin , Volunteer Program Coordinator

Pictured are some members of our valued team of volunteers



From Outreach and Information Specialist, Ana Cristina Oliveira

PATHWAYS Events

LGBTQ+ folx and SOFFAs (Significant Others, Family, Friends, and Allies) of all ages are welcome to join our conversations!

Please note that some topics discussed, for instance the Stonewall Uprising, may be better suited to mature audiences.

To RSVP or for assistance finding support groups and resources related to the rainbow community, please contact :

Julie Nowak, LGBTQ+ Initiative Coordinator at BayPath Elder Services: jnowak@baypath.org or (508)573-7288 .



Affordable Connectivity Program

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more.

The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

Who Is Eligible for the Affordable Connectivity Program?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the Federal Poverty Guidelines, or if a member of the household meets at least *one* of the criteria below:

- Participates in certain assistance programs, such as SNAP, Medicaid, Federal Public Housing Assistance, SSI, WIC, or Lifeline;
- Participates in Tribal specific programs, such as Bureau of Indian Affairs General Assistance, Tribal TANF, or Food Distribution Program on Indian Reservations;
- Participates in the National School Lunch Program or the School Breakfast Program, including through the USDA Community Eligibility Provision;
- Received a Federal Pell Grant during the current award year; or
- Meets the eligibility criteria for a participating provider's existing low-income internet program.

Two steps to enroll:

- ◆ Go to ACPBenefit.org to submit an application or print out a mail-in application.
- ◆ Contact your preferred participating provider to select a plan and have the discount applied to your bill.

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

HELP FOR HURTING HEARTS

March 24, 31, April 7, 14, 21

1:00 – 2:30 PM

On-site at the Senior Center

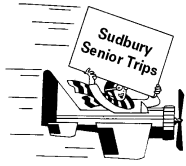
“We don’t get over our losses, we get through them.”

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. 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



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

April 5 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.us.

Meet Paul, our New Van Driver!



Paul Marchand joined the Sudbury Senior Center as a new Van Driver on Wednesday, February 16, 2022.

Paul comes to the Senior Center with plenty of customer service and driving experience, having worked at Radio Shack and Lazy Boy Furniture. He has enjoyed the training process and meeting many of our current riders, and looks forward to meeting new ones in the future.



A hearty welcome to Paul!

Movies

Friday, April 8 at 1:00 PM

Knives Out - PG-13, 2 hrs.

The circumstances surrounding the death of crime novelist

Harlan Thrombey are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure: everyone in the wildly dysfunctional Thrombey family is a suspect. Now, Blanc must sift through a web of lies and red herrings to uncover the truth.



Friday, April 22 at 1:00 PM

I'll See You in My Dreams - PG-13, 2 hrs.

After realizing how lonely and routine her life has become, a longtime widow (Blythe Danner) begins relationships with two very different men (Martin Starr and Sam Elliott).

COVID-19 Test Kit Distribution

The Sudbury Senior Center has received COVID-19 Test kits from the Sudbury Board of Health that are available to Sudbury Seniors/disabled residents.

Stop by to receive one kit per person, while supplies last.

Monday through Friday from 9:00—3:00 PM.

If you have any questions or need further information, please contact Ana Cristina Oliveira at 978-639-3268 or oliveiraa@sudbury.ma.us

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 and
 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 appreciate the advertisers who support this newsletter, we cannot endorse any products or services.

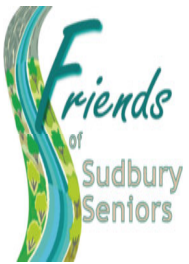
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NOTARY SERVICES

*Free notary services provided By:
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 an appointment at 978-443-0240*

SUDBURY SENIOR CENTER STAFF

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Administrative Coordinator
 Chery Finley

Outreach/Information Specialist
 Ana Cristina Oliveira

Program Coordinator
 Sharon K. Wilkes

Receptionist
 Tia Kelly

S.H.I.N.E. Counselors
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Tax Work-off Coordinator
 Josephine King

Trip Coordinators
 Joe Bausk
 Joanne Bennett

Van Drivers
 Linda Curran
 Paul Marchand
 Ron DeMarco

Volunteer Program Coordinator
 Janet Lipkin

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<p><u>Consultation</u></p> <p>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>S.H.I.N.E. (Serving the Health Information Needs of Everyone on Medicare) Free consultation on Medicare health insurance by appointment.</p>	<p><u>Community Services</u></p> <p>Phone Buddies Volunteers make weekly calls to older adults who would like to socialize.</p> <p>Friendly Visitor Program Volunteers make weekly visits to seniors unable to leave their homes to socialize.</p> <p>Grocery Shopping Volunteers make weekly visits to supermarket and bring food to the door.</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>Nutrition</u></p> <p>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>Safety</u></p> <p>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>
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B I N G O

Playing 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 5, 12, 19 & 26

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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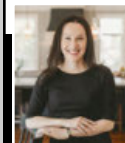
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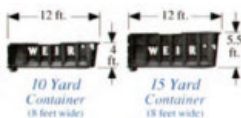
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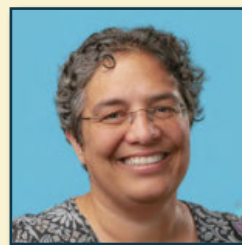


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Sudbury, Massachusetts 01776-1681



Get up, Get out, Get active

Or Current Occupant

Phone: 978-443-3055

E-mail: senior@sudbury.ma.us

Webpage: <http://sudburyseniorcenter.org>



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:

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- Feel connected to the community
- Participate in stimulating activities
- Be treated with dignity and compassion

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New Horizons

- Explore new activities; have new adventures
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