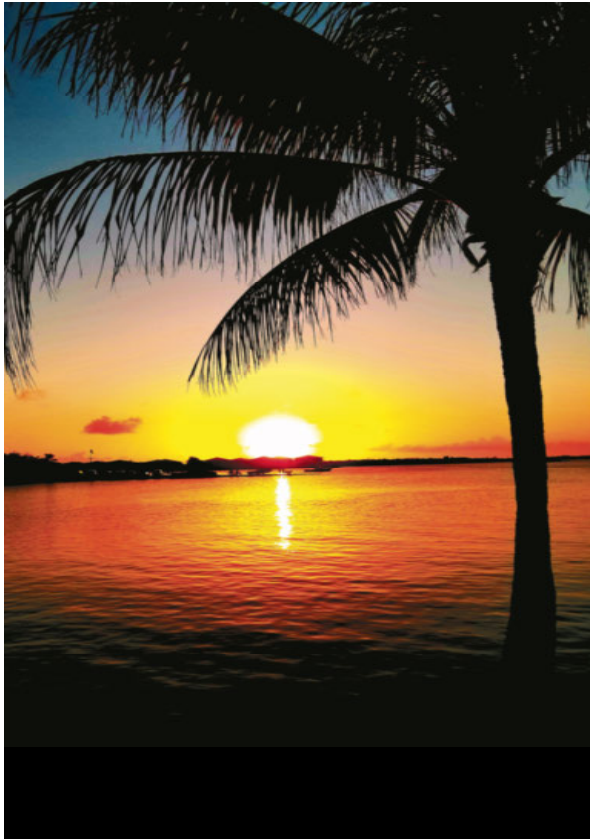


*A Publication of the Sudbury Senior Center: the place for information, learning and connection for all older adults!*



Spring sunset Marathon, Florida submitted by: Sharon K. Wilkes

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**Now's the Time! Make Your Own Plan**

**May 24<sup>th</sup> at 12:30 PM**

**On Zoom**

Presenter Ellen DiPaola, JD, President, Honoring Choices Massachusetts will review a simple step by step process to learn how to make your own plan and complete a MA Health Care Proxy and Personal Directive (Living Will) .

Registration begins on May 2 by calling the Sudbury Senior Center at 978-443-3055 or email [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).



**Mother's Day Gift N' Go**

Tuesday, May 10

10:00 AM—12:00 PM

We would love to see you at our Mother's Day Gift N' Go on Tuesday, May 10. Stop by between 10—12 to pick up a gift bag while supplies last.

"A mother is she who can take the place of all others but whose place *no one else* can take".

Cardinal Mermillad



A message from Debra Galloway, Director

Happy Mother's Day to the Moms and others who mother!

Hopefully April showers have resulted in May flowers for you this month. Stop by the Senior Center on Tuesday, May 10, from 10-12 to pick up a gift bag, while supplies last. See page 1.

Sudbury's Annual Town Meeting starts on the first Monday of the month, May 2, and returns to the Lincoln-Sudbury High School Auditorium. Transportation by the Sudbury Connection vans is available but must be reserved by April 28 at 4:00 PM by calling the MWRTA Call Center at 508-820-4650. Questions? Contact the Senior Center at 978-443-3055. To provide additional spacing, there will be an overflow room open during the town meeting.

Those who are caring for a loved one with a form of dementia may want to sign up for the Dementia Friendly Sudbury 2-part educational series, on May 10 and 24. These talks are sure to be informative. Please see page 12.

Special thanks to the AARP Tax Preparation volunteers who helped so many with their tax returns during this tax season: Emil Ragonas (Coordinator), Fred Taylor and Dave Calder.



I also would like to take this opportunity to recognize the people who work at the Senior Center Front Desk, handling busy phones and email requests and welcoming visitors all day: Tia Kelly, Morning Receptionist, Jo-Ann Howe, Part-time Receptionist, and Pat Howard, Ellen Fraize, Jovanna Magee, and Deanna Sklenak. They provide excellent service with a smile! *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**

[May 3](#)

Lec. 17 - The Barber of Seville, I

[May 10](#)

Lec. 18 - The Barber of Seville, II

[May 17](#)

Lec. 19 - Verdi and Otello, I

[May 24](#)

Lec. 20 - Verdi and Otello, II

[May 31](#)

Lec. 21 - Verdi and Otello, III

**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. The program model involves reading the Great Decisions Briefing book, watching the DVD and then discussing the issues facing America today. The program is currently scheduled to be virtual on Zoom.

Space is limited. If you register in May you will have to purchase your Great Decisions Briefing book on your own.

Sign up now by emailing Chery Finley at [FinleyC@sudbury.ma.us](mailto:FinleyC@sudbury.ma.us).



***The Great Courses DVD Series***  
***Dutch Masters:***  
***The Age of Rembrandt - Zoom***  
**Mondays, 10:00—11:00 AM**  
**April 4—August 22, 2022**  
**No Class May 30**

[May 2](#)

Lec. 7- Franz Hals – Civic Group Portraits

Lec. 8 – Frans Hals – Later Portraits

[May 9](#)

Lec. 9 – Town and City

Lec. 10 – Daily Life in the Town

[May 16](#)

Lec. 11 – Daily Life in the Home

Lec. 12 – Music and the Studio

[May 23](#)

Lec. 13 - Jan Steen – Order & Disorder in Dutch Life

Lec. 14 – Pieter de Hooch & Quietude

***The Great Courses DVD Series***  
***History of the Ancient World –Part 2 - Zoom***  
**Wednesday, 9:30 - 10:30 AM**  
**March 2—May 18, 2022**



[May 4](#)

Lec. 43 - China from Chaos to Order

Lec. 44 - The Golden Age of Tang Culture

[May 11](#)

Lec. 45 - The Rise and Flourishing of Islam

Lec. 46 - Holy Men and Women

[May 18 - Last Class](#)

Lec. 47 - Charlemagne –Father of Europe

Lec. 48 - Endings, Beginnings, What Does it All Mean?

## Low Vision Support Group

Thursday, May 5 at 1:00 PM

Meets on the first Thursday of the month.



### Cribbage

Meets every Monday  
10:00—12:00 PM

No class on May 30

For experienced players. Please sign up by calling 978-443-3055

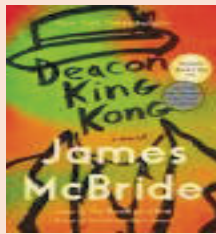
### Turn the Page Book Group

**Date:** Wednesday, May 18

**Time:** 1:00 PM

**Book:** *Deacon King Kong*

**Author:** James McBride.



Sign up by emailing Sharon K. Wilkes at [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us).

## 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 May 30

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

### Stamp Club



Meets on the on the 2nd Monday  
of the month at 10:00 AM

Please sign up by calling 978-443-3055

### Short Story Book Group



2nd Thursday of the month at 1:00 PM

Sign up by emailing Sharon K. Wilkes at [wilkess@sudbury.ma.us](mailto:wilkess@sudbury.ma.us).

### The Career of Vladimir Putin

**May 17 at the Senior Center at 1:00 PM**



Presenter Henry Quinlan will discuss the career of Vladimir Putin .

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

Sign-up begins on May 2 by calling the Sudbury Senior Center at 978-443-3055

### FALL 2022 ADVENTURES <sup>in</sup> LIFELONG LEARNING



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**Tuesdays October 11, 18, 25 and November 1**

Visit our website to join the mailing list and learn more.  
[www.bit.ly/Adventures-FSU](http://www.bit.ly/Adventures-FSU)

Registration will open on Tuesday, September 6, 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 and Marlborough Cultural Council.




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## S.A.I.L.

### Staying Active & Independent for Life



8 Thursdays from 9:15 – 10:00 AM  
April 28, May 5, 12, 19, 26 June 2, 9, 16

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  
May 2, 6, 23, June 6, 13, 20, 27, July 11

No class May 9, 30 & July 4

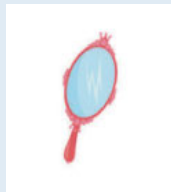
In the GYM - cost \$40.00

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.

If you are searching for that person  
who will change your life.

Look in the mirror



## CHAIR YOGA Hybrid Class

8 Fridays from 9:30 - 10:15 AM  
May 13, 20, 27, June 3, 10, 17, 24, July 1

No class May 6

On ZOOM and in-person - 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  
11:00 - 11:45 AM

No class May 30

- Instructor Lois Leav has been teaching *Fit for the Future* for the past 30 + years
- In the Fairbank Gym
- 20 people can exercise
- Cost of class is \$4.00 per class  
Exact Change Only
- 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](mailto: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.

## Featured Profile: Joe Bausk

By: Kathleen Klofft, Sudbury Senior Center volunteer



Imagine if Sudbury native Jacqui MacLean hadn't been in Virginia with her family when Joe Bausk was there with the Navy during the Korean War? Imagine Sudbury without a Santa Claus?? Joe, a Long Island NY native, served from 1952-1956 as a Petty Officer First Class on two different ships, and while enlisted, he happened to be in Virginia where he met Jacqui and her parents while they were there for a short time. Without this fateful meeting, the town of Sudbury might have missed out on over 60 years of community service humbly provided by Joe!

Joe moved to Sudbury to marry Jacqui and raise their family, Bryon, Brooke, Brenee, who all live nearby, and son Brett who lives in California (a fifth child, Bruce, died as a child). Today, Joe, at 90 years old, lives with his wife, Jacqui, in their family home, just next door to where Jacqui's family raised her. He is also the grandfather of seven and has four great grandchildren. He says that his 65-year marriage to Jacqui and their family are the things he is most proud of, but his service to the town and his country is admirable!

He served on the Council on Aging for six years, and as Chair for 3 years, and is an active volunteer at the Sudbury Senior Center, serving as a Meals on Wheels back-up driver and planning Senior Trips.


In town, there is little that Joe didn't have a hand in, serving the Sudbury Historical Society as a trustee for 20 years and as its president for two, volunteering at the library and food pantry, running the Fourth of July Parade with Jacqui, serving on, and often chairing, committees to identify affordable housing sites, and observing Memorial Day and the 375<sup>th</sup> anniversary of Sudbury. One of the roles he still fills that the children enjoy is playing Santa Claus at Sudbury's annual tree lighting ceremony, with Jacqui by his side as Mrs. Claus.

He and Jacqui were very involved with the Fourth of July Parade over the years and served as Grand Marshalls one year, a job Jacqui describes as the easiest of all their activities: "We just sat in a convertible and waved!" It's easy to see with their sense of humor with one another, how well Jacqui and Joe must have worked together planning and running the Fourth of July parade so many citizens enjoyed!

Joe currently serves as a notary and Justice of the Peace, offering his services pro bono at a local prison and regularly at sessions at the Sudbury Senior Center. He also performs weddings and serves as the director of the Justice of the Peace Association. He related a tale of one wedding where he and the bride-to-be arrived by canoe on the shores of the Concord River and the groom arrived in a separate canoe. He then married them at the confluence of the rivers and, after a shoreside champagne toast, the bride and groom canoed off down the river!

After about 15 minutes of lively conversation about the many roles Joe has volunteered for in our community, Jacqui let it slip that he had been named Sudbury Citizen of the Year, (along with Jacqui!) in 2005! One could tell that this was Joe's personality, quietly volunteering and giving his time and service selflessly, and not looking for recognition. He showed me the certificate he and Jacque received, and it shows that despite his humility, the leaders and citizens of Sudbury are very grateful for his long service to the town and that we are lucky he fell for Jacqui and ended up in Sudbury.

I asked Joe what he liked best about volunteering and he said "I get a big kick out of it myself, it makes me feel good!" .

MONDAY	TUESDAY	Wednesday	Thursday	FRIDAY
Town Meeting 2	3	4	5	6
10:00 Cribbage 10:00 Rembrandt 11:00 Fit for the Future 1:00 Mahjong 1:30—Kick-Off walk at Haskell Field with staff 2:15 Tai Chi	9:00 English Learner 9:30 Opera 1:00 Bingo 3:00 Uber Tech Clinic	9:30 Ancient World 11:00 Fit for the Future 12:00 Loving Spoonful 1:00 Intermediate Bridge 3:30 Dementia Friends Champion Training	9:00 BP Walk-in Clinic 9:15 Tap Dance 9:15 Staying Active for Life 10:00 Current Events 1:00 Low Vision Support Grp. 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga no class 11:00 Fit for the Future 11:15 Uber Tech Clinic 1:00 Movie: Belfast
9	10	11	12	13
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 no class 3:30 COA Mtg.	9:00 English Learner 9:30 Opera 10:00 Mothers Gift N' Go 1:00 Bingo 1:00 Legal Clinic 3:00 Uber Tech Clinic 6:30 DFS-Dementia 101	9:30 Ancient World 11:00 Fit for the Future 12:00 Loving Spoonful 1:00 Intermediate Bridge	9:00 BP Walk-in Clinic 9:15 Tap Dance 9:15 Staying Active for Life 10:00 Current Events 1:00 Short Story Grp. Rm 1 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga 9:30 Hearing Clinic 11:00 Fit for the Future 11:15 Uber Tech Clinic
16	17	18	19	20
10:00 Cribbage 10:00 Rembrandt 11:00 Fit for the Future 1:00 Mahjong 1:00 Adult Paint Class –VH 2:15 Tai Chi	9:00 English Learner 9:30 Opera 1:00 Vladimir Putin talk 1:00 Bingo 3:00 Uber Tech Clinic	9:30 Ancient World 11:00 Fit for the Future 12:00 Loving Spoonful 1:00 Intermediate Bridge 1:00 Turn the Page Book Grp.	9:00 BP Walk-in Clinic 9:15 Tap Dance 9:15 Staying Active for Life 10:00 Current Events 10:00 Acton Arboretum Walk 1:00 Canasta 2:30 Connection Circle	9:30 Chair Yoga 11:00 Fit for the Future 11:15 Uber Tech Clinic 1:00 Movie: House of Gucci
23	24	25	26	27
10:00 Cribbage 10:00 Rembrandt 11:00 Fit for the Future 1:00 Mahjong 2:15 Tai Chi	9:00 English Learner 9:30 Opera 12:30 Make your Own Plan 1:00 Bingo 3:00 Uber Tech Clinic 6:30 DFS- Legal & Financial Planning	11:00 Fit for the Future 12:00 Loving Spoonful 1:00 Intermediate Bridge	9:00 BP Walk-in Clinic 9:15 Tap Dance 9:15 Staying Active for Life 10:00 Current Events 1:00 Canasta 2:30 Connection Circle 3:30 Friends Meeting	9:30 Chair Yoga 11:00 Fit for the Future 11:15 Uber Tech Clinic
30	31		<b>FONT COLORS:</b>	
<b>Closed today in honor of MEMORIAL DAY</b>	9:00 English Learner 9:30 Opera 1:00 Bingo—rm 1 3:00 Uber Tech Clinic		<b>Zoom Events in BLUE</b> <b>On-site events in BLACK</b>	<b>COFFEE HOUR: Monday—Friday 9:00—10:00 AM</b>

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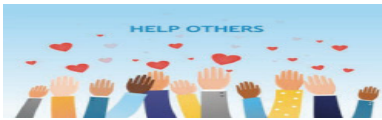
**maryannmorse.org**



**The weather** continues to change and the temperature outdoors is gradually getting warmer, reminding us that summer is not far away. I marvel at the beauty that surrounds us— green grass, fragrant flowers, and stunning trees. Walking outdoors is a favorite pastime of mine;  I soak up the sights and smells of the landscape. I encourage you to do the same!

**The Senior Center is bustling with activity**... the calendar is chock-full of classes, programs and events! Likewise, our Volunteer Programs, many of which have continued to run throughout the pandemic, albeit with modifications if needed, are very well-utilized. We continue to be in touch with the local Board of Health to advise us as to when the suspended Volunteer Programs can be resumed. Please refer to our website for updates.

**A huge thank you** to our Volunteer Greeters who welcome each person as they come into the Senior Center, help with sign-in, and offer friendly conversation. This volunteer role, initiated some months ago, has been embraced by our seniors.



**Kudos to volunteer Kathy Klofft** for the fabulous write-up about Joe Bausk, our Featured Profile. Joe is a kind and giving individual whose years of volunteer work continue to benefit Sudbury residents. Please see page 7.

**Submission of Kindness:** *"It's hard for me to get around. Even at home, it takes awhile to get from room to room. Getting to a store for food is impossible. My husband is sick, too, so I can't depend on that. I have a volunteer that does my grocery shopping. I can count on him to buy what we need.*

*I am grateful."* - anonymous senior



*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](mailto:LipkinJ@sudbury.ma.us). You can decide if you want your name mentioned as the author, or to have it be anonymous.*

**Our Medical Equipment Loan Closet** continues to get incredible usage from residents of all ages. From a grateful individual who borrowed a wheelchair, "Thank you to the Sudbury Senior Center...for loaning this much needed piece of equipment to my family. Your program is much appreciated and I can only hope that that it will continue to bless many more individuals and families as it has blessed us."

If you would like to borrow a piece of equipment from our Loan Closet, please call Janet Lipkin at 978-639-3223. Pick-up and returns are by appointment only. *This is not an urgent-need program*; please allow 2 business days for equipment in stock to be ready for you to pick up.

**Did you know** that we have volunteers who:

- provide technology support in-person at the Senior Center or remotely
- make weekly phone calls or outdoor home visits
- assist with small, outdoor home repairs
- provide weekly grocery shopping
- deliver library materials to your door
- ....plus much more!



For more information about our volunteer services, including details on how to apply to become a volunteer, please visit our website (<https://sudburyseniorcenter.org/services/>) or call Janet Lipkin at 978-639-3223.

## 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](mailto:jnowak@baypath.org) or (508)573-7288 .

**Become a Dementia Friends Champion!**

**Co-sponsored by AARP**

**Wednesday, May 4, 2022**

**3:30 to 6:00 PM—on Zoom**

Participate in a free Zoom training that will give you the knowledge and materials you need to share awareness about dementia.

Dementia Friends is a global public awareness program that helps everyone in a community learn about dementia, how it affects people, and the simple things that we can all do to make a difference. Materials are available in 9 languages.

Adults and high school students in Massachusetts are eligible to participate.

Please register by noon on May 3 by using this Zoom link: <https://us06web.zoom.us/j/81111111111>

If you need assistance , please call the Sudbury Senior Center at 978-443-3055.



Ana Cristina Oliveira, Outreach /Information and Referral 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. She can be reached at [oliveiraa@sudbury.ma.us](mailto:oliveiraa@sudbury.ma.us) or 978-639-3268

**Get a Senior Parking Pass**

Massachusetts residents aged 62 or older are eligible for a discounted lifetime parking pass . This pass covers the cost of parking at most state parks.

You will need the following:

1. **Proof of age, 62 or older**  
(one of the following)  
Copy of a MA driver's license, passport, other government identification, or birth certificate
2. **Proof of Massachusetts residency**  
(one of the following)  
Copy of a MA driver's license, passport, or other government issued identification with address Bills, lease, official government documents.
3. **A contact phone number or email address**

If you're eligible for a Senior Parking Pass, you can *only* order it by mail.

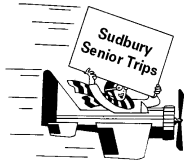
Send a request for a Senior Parks Pass along with your proof of age, proof of residency, phone number and a check in the amount of \$10.00 payable to "Commonwealth of Massachusetts" .

Mail to the address listed below:

Attention: Senior Park Passes  
Department of Conservation and Recreation  
251 Causeway ST.  
Suite 900, 8<sup>th</sup> Floor  
Boston, MA 02114

If you need further information, call the Dept of Conservation and Recreation at (617) 626-1250.

## 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 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 book a trip, stop by the Senior Center. You will need to bring a check to secure your spot and fill out a register form with your contact information.

## Caregiver Support Group - in Person

No May meeting

JUNE 7 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.



**Prescription Advantage** is a state assistance program which may lower the amount you pay for prescription drugs. Members are also allowed to join or change their Medicare drug plan or Medicare Advantage plan one time per calendar year.

Eligibility is based on **income only** and there is **no asset limit!**



### Who can join?

For Massachusetts residents eligible for Medicare, Prescription Advantage may provide secondary drug coverage if you are:

- ⇒ 65 or older with an annual income at or less than \$67,950 for a single person or \$91,550 for a married couple, OR
- ⇒ Under 65 with a disability, with an annual income at or less than \$25,549 for a single person or \$34,423 for a married couple

To schedule a SHINE appointment, contact the Senior Center at 978-443-3055 .

## Movies

Friday, May 6 at 1:00 PM

Belfast, PG-13, 2 hrs.



In 1960s Belfast, Buddy's family lives in a largely Protestant district a few Catholic families, but one day his community and everything he thought he understood about life is suddenly turned upside down. Buddy's family gets caught in the mayhem and must decide to stay or leave the only place they have ever called home. Through it all, his passionate parents and quick-witted grandparents keep the joy alive through music and the magic of movies.

Friday, May 20 at 1:00 PM

House of Gucci, R, 2.5 hrs.



Inspired by the true story of the family behind the Italian fashion empire. When Patrizia Reggiani (Lady Gaga) marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a spiral of betrayal, decadence, and murder.

### COVID-19 Test Kit Distribution

- ◆ Available to Sudbury Seniors/disabled residents.
- ◆ One free kit per person, while supplies last.
- ◆ Pick-up 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](mailto:oliveiraa@sudbury.ma.us)

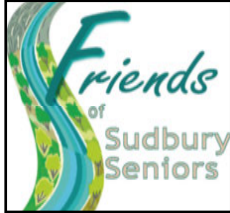
**The Sudbury Council on Aging** is a nine member Town Committee, appointed by the Sudbury Select Board, to identify the needs of Sudbury's older residents, educate the community on the needs, promote services to fill these needs, and support any other programs which are designed to assist older adults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

**Uber Clinic Technology Support**  
Tuesday 3:00 - 4:00 PM,  
Friday 11:15 - 12:15 PM and  
Friday 2:00 - 3:00 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.

**SUDBURY COUNCIL ON AGING**  
Chairperson:  
Jeffrey Levine  
Board of Directors:  
Margaret "Peg" Espinola  
State Rep. Carmine Gentile  
Patricia Lewis  
Robert Lieberman  
Anna Newburg  
Donald Sherman  
Dr. Patricia Tabloski

**Walk-in Blood Pressure Clinic**  
**Every Thursday**  
**from 9:00—10:00 AM**



**SUDBURY SENIOR CENTER STAFF**

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Administrative Coordinator  
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Ron DeMarco  
Volunteer Program Coordinator  
Janet Lipkin

**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.



**ADULT PAINT CLASS**

Sudbury Senior Center  
40 Fairbank Road, Sudbury, MA

Monday, May 16, 2022  
1:00PM - 3:30PM  
Ages: 55+

**\$25**

Come and paint your own "Sunflowers & Starry Nights" to get you in the Spring mood!  
All supplies will be provided!

To Register, Visit [www.sudburyrec.com](http://www.sudburyrec.com)

**INTERMEDIATE TAP DANCE**

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

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

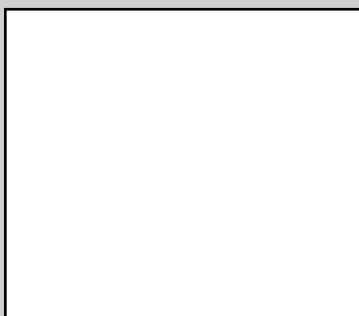


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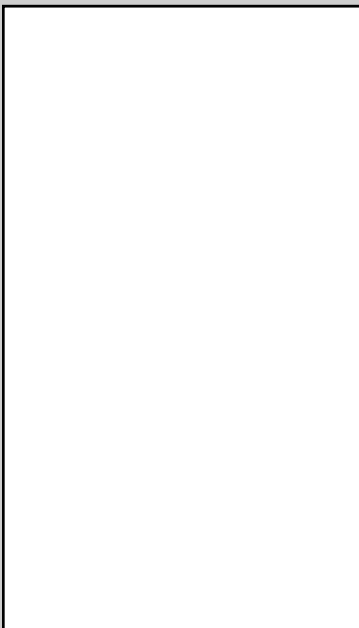



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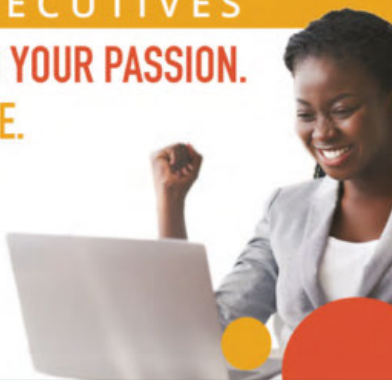
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A monthly publication from:

The Sudbury Senior Center and Sudbury Council on Aging

40 Fairbank Road

Sudbury, Massachusetts 01776-1681



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Or Current Occupant

Phone: 978-443-3055

E-mail: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

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- Enjoy and add to our outdoor and greenhouse gardens
- Feel secure knowing a licensed nurse is scheduled on site 24 hours a day

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