

Celebrate!
Sudbury Senior Center 25th Anniversary!
Friday, September 25
8:30-10:30 AM
Breakfast and Boston Post Cane Ceremony

Did you know that residents 60 and older use to meet at the Congregational church manse? In the 1980s, a group of residents, including Don Oasis, Berthe Lessard, Senior Director Marge Van Houten, Betsy Nikula, Cliff Card and others got together to come up with a plan. The church manse was small and only one room. They needed a place for seniors to meet, to learn and to exercise. The energy and dedication of this group resulted in the opening in September 1990 of the new Sudbury Senior Center!

On September 25, join the Friends of Sudbury Seniors and the Sudbury Council on Aging to honor the people who created the new Senior Center and all of the people who have made the Senior Center such a special place over the last 25 years. Learn more about the interesting history of the Senior Center and some of the great people who continue to support, volunteer and work at the Senior Center. In addition, the Sudbury Council on Aging will present the Boston Post Cane to the oldest citizen in Sudbury!

Please call to sign up so that we can prepare for the audience at (978) 443-3055 or email at senior@sudbury.ma.us. Looking forward to seeing you!

Exhibit of Historically Interesting Model Airplanes
Friday, September 18
9:30-11:30 AM

Resident Neil Kaufman has quite the collection of historically interesting Model Airplanes! He is bringing them to the Senior Center to share with you. Grab a cup of coffee or tea, take a look, talk to Neil and learn more! Thank you, Neil! Call for more information at (978) 443-3055.



A Matter of Balance: Managing Concerns about Falls
Fall Prevention Workshop

Tuesdays, September 15—November 10
9:30-11:30 AM

*Evidence
Based
Program!*

In conjunction with BayPath Elder Services' Healthy Living Center, the Sudbury Senior Center is offering the Matter of Balance workshop for the first time. The class will teach you how to minimize your chances of falling, fall correctly so you are less likely to get hurt, and how to get up safely. Weekly classes also include strengthening exercises. The combination of new skills and improved strength will give you the confidence to get out of the house and live your life! Call the Senior Center at (978) 443-3055 to *sign up*. **No class on Tuesday, September 29.**

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A MESSAGE FROM COUNCIL ON AGING CHAIR JACK RYAN

Well, the summer is behind us and those of you who were away reliving your Surfin' in the 60's years (cue: The Beach Boys) are back to experience all the Senior Center has to offer. It really is amazing all that is available at our little spot on Fairbank Road. So this fall take just a moment to thank all the staff and all the volunteers who give immeasurable time and talent to make the Senior Center all that it is. And watch the news for further developments regarding a new multi-generational community center. Right now the Fairbank Task Force is preparing to ask the 2016 Town Meeting for design fees to design a new community center. That's right! Things could be moving rapidly, so stay on top of the news and don't hesitate to offer input! We need to continue to hear from everyone! And enjoy the fall in New England!

Jack Ryan

Watercolors Workshop

**Fridays, Session 1: 11:30-1:30 or Session 2: 1:45-3:45
September 4-November 20, \$84, 12 weeks**

Join our delightful Watercolors class with Sandy Wilensky! You must register and pay in order to hold your space for this class. Please make your check payable to *Town of Sudbury*.



Please call (978) 443-3055 for information.

BayPath Elder Services - Information Table—September 23, 11:30-1:00

Steve Zafron, BayPath Board member, will be here to share information about BayPath and their new website!

COUNCIL ON AGING

CHAIRPERSON:

John Ryan

BOARD OF DIRECTORS:

- John Beeler
- Phyllis Bially
- Barry David
- Robert Diefenbacher
- Carmine Gentile
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Linda Curran

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VOLUNTEER COORDINATOR

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FRIENDS OF SUDBURY SENIORS

PRESIDENT: Ronald Riggert

OFFICERS:

Jacqui Bausk

Ellen Morgan

Joe Bausk

www.friendsofsudburyseniors.org

SUDBURY SENIOR CENTER

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

Email: senior@sudbury.ma.us

Webpage: www.senior.sudbury.ma.us



IMPORTANT—Transportation News

Current and Future Van Riders! Procedures for Using the Van

As mentioned in previous newsletters and flyers, our Transportation procedures have changed.

1. Sudbury residents who are 60 and older or under 60 and have a disability are eligible for van rides. You must preregister with the MetroWest Regional Transit Authority (MWRTA) to schedule a ride. Applications are available from Van Drivers, the Senior Center or the MWRTA.
2. To pay for rides, please send a check or money order to the MetroWest Regional Transit Authority (checks payable to MWRTA) at 15 Blandin Ave., Framingham, MA 01702. Your account will be debited when you take a ride on the van.
3. Once the account is set up, call the MetroWest Regional Transit Authority Central Reservation phone line at 508-820-4650 to request a ride by the Senior Center van at least 48 hours in advance of the ride.

Van service is available Monday-Friday from 8:30-4:00. Tuesdays and Thursdays are reserved for shopping at the Sudbury Farms or Shaw's Plazas. The last Monday of each month is a shopping trip and lunch out of town.

Cost for a one way ride in town is \$1, out of town is \$2.

If you have any concerns or problems, please call us at (978) 443-3055. We will work to solve the problem.



The Skeptic’s Guide to American History—DVD Series*

**September 9—December 9
Wednesdays, 9:30-11:30 AM**

Everyone recognizes as myths the idea that Columbus was the first to discover America or the story that George Washington admitted cutting down a cherry tree. But very few realize how much of what we think we know about American history is also mythical and mistaken. Historians recognize that many popular beliefs about history in general-and about U.S. history in particular-are myths, either totally false or, at best, only half true. This lecture series from The Teaching Company features Professor Mark A. Stoler, Professor Emeritus of History at the University of Vermont. Each lecture will be augmented by a volunteer moderator who will provide additional information and lead discussion on the topic of the day. Please call the Senior Center at (978) 443-3055 to sign up. *A course outline is available for \$10. If you wish to purchase one, please pay \$10 at the time of registration (or no later than August 24th) so that we will know how many to order. They will be available at the first class.



British Art with Donald Oasis

**Wednesday, 1:30 PM
September 16, 30, October 14, 21, 28, November 4, 18***

Dr Donald Oasis will present a seven session course on British Art. Learn about Rubens, who with the skill of his students brought art from the continent to Britain. Watch the art develop with the help of Gainsborough, Reynolds, and Joseph Wright. Perhaps the greatest of all is HMW Turner whose art greatly influenced the impressionists. The final three meetings will be devoted to the Pre-Raphaelites, JAM Whistler, William Sargeant, and David Hockney. *A donation of \$25 to the *Friends of Sudbury Seniors* would be appreciated. Please register at the Sudbury Senior Center.

Note: A visit to the Museum of British Art at Yale University may occur in early 2016. Those taking the course will have preference if the museum reopens on schedule.

Sing us a song you’re the piano man.

Sing us a song tonight!

Thursday, September 17, 1:00 PM

What a great feeling it is to sing your heart out! Are you interested in becoming part of a singing group? Sam Gorfinkle wants to start an informal acapella group here at the Sudbury Senior Center. Get out and get active by singing some of your favorite upbeat songs from Broadway to Country. Everyone is welcome! Please join us for our first meeting at the Sudbury Senior Center on Thursday, September 17!

**Van Trip to Honey Pot Hill Orchards
in Stow**

Monday, September 21

Pickups: 9:00-10:00 AM
Return Home: 12:30-1:30 PM

Take a trip to the Honey Pot apple orchard! Shop in the store for fresh apples, cider, and cider donuts, as well as vegetables, then relax outside and watch the farm animals, along with the children who visit the orchard!

Please call the MWRTA to register for the trip at (508) 820-4650 no earlier than 2 weeks prior. First come, first served.

Shopping and Lunch on Mondays

**-September 14 to Market Basket and
-September 28 to Walmart in Hudson**

Shopping and Lunch, 10:00-1:00
Pickups: 9:00-10:00 AM
Return: 2:00-3:00 PM

Do you like to shop at Market Basket in Marlborough? Or perhaps you enjoy visiting the Walmart in Hudson? Join your neighbors for a shopping trip and lunch! Please call the MWRTA (508-820-4650) no earlier than 2 weeks prior to sign up for the trip. First come, first serve. Maximum 9 participants.

Truman and the Bomb**Tuesday, September 29
10:30 AM**

\$5



This year marks the 70th anniversary of the end of World War II. After Japanese leaders dismissed Truman's demand to accept unconditional surrender or to face "prompt and utter destruction" from the air, Truman ordered that atomic bombs be dropped on Hiroshima and Nagasaki on August 6th and August 9th, 1945. Saying that the time had come to "bear the unbearable", Emperor Hirohito surrendered thus ending the most destructive war in human history.

Dr. Gary Hylander is a frequent lecturer at historical societies, libraries, and professional organizations. Please pay \$5 to reserve your spot in this sure to be popular class.

Crafty Jewelry Group**Thursday, October 15, 10-11:30 AM**

Join volunteer facilitator Priscilla Reising while you work on your jewelry project, or repair. Those working on other crafts are welcome to join this informal group that will meet on the 3rd Thursday of the month.

Current Events Group1st and 3rd Thursdays, 10:00 AM
September 3 and 17

The Current Events group meets at the Senior Center twice a month on the first and 3rd Thursday of the month from 10:00 to 11:30 AM. Please feel free to join the group for a respectful discussion of world or local events. Don Sherman will lead the last summer meeting on September 3. Our longtime Facilitator Richard Nesmith returns on Thursday, September 17. For information and to sign up, please call the Senior Center at (978) 443-3055.

Talk with our Sudbury Police!
Wednesday, October 7, 1:00 PM

Police Detectives Wayne Shurling and Rick Perodeau return with information on the latest scams and other tips, and are always interested in your questions! Please call to sign up so that we can prepare for the audience.

**Caring Café****Monday, September 14
1:00-2:30 PM**

Designed for caregivers and their loved ones, this afternoon event will include refreshments, music, and time for conversation with others. A wonderful opportunity to get out with your loved one in a supportive and caring environment. Open to anyone in the community accompanied by their caregiver. Please call the Senior Center to RSVP at (978) 443-3055 or call Anne Manning directly at (978) 639-3268. A joint program of the Sudbury Senior Center and Pleasantries Adult Day Care in Marlborough.

**Downton Abbey**

Mondays at 1:00 PM

September 14-28, No class on Sept. 7

Grab your cup of tea and settle in for the drama of Downton Abbey. This hit period series from England is sure to entertain! Sign up by calling (978) 443-3055.

Connection Circle**Thursdays, 2:30-3:30 PM****New Participants Welcome!**

Share interests, memories and pieces of your life stories at our women's discussion group. Kim Schwartz, a 30 year Sudbury resident, leads this congenial group! Please call (978) 443-3055 to sign up or with questions.

Legal Clinic**Tuesday, September 15
10:00AM-12:00 PM**

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Susan Shipley of Natick. Schedule your appointment at (978) 443-3055.

Planning Ahead: Making the Best of a Bad Situation
Thursday, October 29, 1:00-2:30 PM

Elder Law Atty. Arthur Bergeron returns to talk about planning for the possibility of nursing home care. If you need nursing home care, you can always qualify for MassHealth. But is that the right choice? Call the Senior Center at (978) 443-3055 to sign up.

PLEASE NOTE:

Although we make every effort to ensure that the information in our newsletter is accurate, there are times when we inadvertently leave something out or make an error, or information has changed since the publishing date. Please feel free to call us at (978) 443-3055 to verify any programming information.

Make Your Own Sketchbook!

with Susan Funk

September 9—December 2, no class November 11

12 Wednesdays, 10:00-12:00

\$60

Make Your Own Sketchbook! This is a class that offers complete control and design work to you. Whether you bring loose paper or in a sketch book, we will tackle the projects listed below. When almost completed, Susan will show you how to bind your artwork into a sketchbook or assist you in designing the cover of your already-bound sketchbook. Either way, the end result is your unique creation! Ideas of what to include in your sketchbook include:

- ◆ Illumination of your Name
- ◆ “Chuck Close” self-portrait
- ◆ “Bad Hair Day” with lines, color outside the head/hair
- ◆ Perspective – Mouse or Spider’s view
- ◆ Dream Tree House
- ◆ Scratch Art (aboriginal dream)
- ◆ 4 Season Painting using birch trees, cutouts of color
- ◆ Still Life with 5 of your personal favorite objects
- ◆ Aerial Map of Your Neighborhood
- ◆ Family Portrait using Maps for paper, values, etc.

What an amazing keepsake you will have when you finish! Please register and pay at the Senior Center, preferably by Friday, September 4. You may make your check payable to the Town of Sudbury. Call the Senior Center with any questions at (978) 443-3055.

Let’s Laugh Today!

and a new ongoing

Laughter Group!

Thursday, September 10

9:30 AM

Join Linda Hamaker, Certified Laughter Yoga Instructor, for some energizing, rejuvenating laughter! Who doesn’t need a good laugh? She will get everyone comfortable with some warm-ups and then get everyone laughing as much as they’d like. *Bring a water bottle!*

Then add some laughter to each week, with Lenore Goldstein, at our ongoing Laughter Group on Thursdays at 9:30 AM. Lenore enjoyed Linda’s workshop so much in June that she is taking a Laughter workshop with Linda this fall.

Thank you, Lenore, for volunteering to facilitate this group.

Please sign up for these programs by calling the Sudbury Senior Center at (978) 443-3055.

**\$5 in
advance**

**Irish Voices
Thursday, September 24
1:00 PM**



Much of Irish writing deals with the land, the past, the church and the changing political landscape. Performer Stephen Collins brings to life Irish authors and their writings in this dramatic performance. *Please sign up and pay at* the Senior Center. Call for information at (978) 443-3055.

**Media, Religion and Popular Culture
Mondays, September 21, 28, October 5—10:00 AM
\$20 for the series**




Prof. Soterio Zoulas, a Sudbury resident, will offer this 3 session course on the intersection of Media, Religion and Popular Culture. This course explores the relationship between religion and American popular culture in four areas: 1) Film; 2) Sports; 3) Popular Music; and 4) Art. It pays special attention to the influence of different religious sensibilities on the media. This class also uses popular culture to explore the changing boundary between the sacred and the secular in American life. The course will analyze popular culture and examine its role in American society. The goal of the course is to compare and contrast the beliefs and values of the Christian community (and the values and beliefs of non-Christian) with those of contemporary American culture. The student will be asked to consider the question: Is there a conflict between your religious beliefs and your engagement with American popular culture?

Please register and pay the class fee at the Senior Center by Thursday, Sep. 17.

Look for Information in the October newsletter about our *Second Annual Safety Fair!*

SEPTEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
September is National Senior Center Month! September 23 is National Falls Prevention Day! SHINE—Medicare Counseling	8:30-10:30 BP Clinic 9:00 Cribbage (VH) No Yoga today 12:30-3:30 Bridge (VH) No Tai Chi today	9:00-3:00 I&R Hours 9:30 <i>The Vikings (12, last)</i> 11:00 Fit for the Future (G) 1:00 Canasta (VH) No Quilting 3:00 <i>Council on Aging (rescheduled from Sep. 1)</i>	9-12 SHINE No Tap Dance 9:30 <i>Bridges Together Meeting (VH)</i> 10:00 <i>Siena Farms Pickup</i> 10:00 Current Events 12:00 <i>Pizza and Movie</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) No Better Bones 11:00 Fit for the Future 12:30 Friday Movie: <i>Rudy</i> 11:30 or 1:45 - Watercolors (1)
7	8	9	10	11
Labor Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage No Yoga Today 12:30-3:30 Bridge 1:00-4:00 SHINE Counseling 1:30 <i>Tai Chi for Healthy Living (1) (SP)</i>	9:00-3:00 I&R Hours 9:30 <i>The Skeptics Guide to American History (1)</i> 10-12 <i>Sketchbook Wkshop (1)</i> 11:00 Fit for the Future 12:00 Lunch and Learn: <i>Emergency Preparedness (SP)</i> 1:00 Canasta (VH) No Quilting	9:00-12:00 SHINE 9:30 <i>Let's Laugh Today w/Linda Hamaker (SP)</i> 9:30 Tap Dance (1)(G) 10:00 <i>Siena Farms Pickup</i> 12:00 <i>Soups On! (tentative date)</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) NO Better Bones 11:00 Fit for the Future 12:30 Friday Movie: <i>Far from the Madding Crowd</i> 11:30 or 1:45 Watercolors (2)
<i>Rosh Hashanah</i> 14	15	16	17	18
<i>Van Trip to Market Basket</i> 9:00-3:00 I&R Hours NO Fit for the Future NO Better Bones 1-2:30 <i>Caring Café</i> 1:00 <i>Downton Abbey (Season 2, 5)</i> 2:15 Tai Chi (1) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>A Matter of Balance (1) (New!)</i> 9:40/11:00 Yoga (1) (G) 10-12 Legal Clinic 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living (2)</i>	9:00-3:00 I&R Hours 9:30 <i>Skeptics Guide (2)</i> 10-12 <i>Sketchbook Workshop (2)</i> 11:00 Fit for the Future 1:30 <i>British Art (1)</i> 1:00 Canasta (R1 or L) 1:00-3:30 Quilting (1) (VH) (through L-S Adult Ed)	9-12 SHINE 9:30 Tap Dance (2) 9:30 <i>Laughter Group</i> 10 <i>Siena Farms Pickup</i> 10:00 Current Events 1:00 <i>Singing Group Meeting (SP)</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (1) 9:30-11:30 <i>Airplane Exhibit (VH)</i> 11:00 Fit for the Future 11:30 or 1:45 Watercolors (3) 12:30 Friday Movie: <i>Babe</i>
<i>Van Trip</i> 21	22	<i>Yom Kippur</i> 23	24	25
9:00-3:00 I&R Hours 10:00 <i>Media, Religion and Culture (1)</i> 11:00 Fit for the Future 1:00 Better Bones (1) 1:00 <i>Downton Abbey (Season 2, 6)</i> 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Matter of Balance Workshop (2)</i> 9:40/11:00 Yoga (2) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living (3)</i>	9:00-3:00 I&R Hours 9:30 <i>Skeptics Guide (3)</i> 10-12 <i>Sketchbook Workshop (3)</i> NO Fit for the Future 11-1 <i>BayPath Rep Steve Zafron in Lounge</i> 1:00 Canasta (SP) 1:00-3:30 Quilting (2) No British Art	9-12 SHINE 9:30 Tap Dance (3) 9:30 <i>Laughter Group (R1)</i> 10:00 <i>Siena Farms Pickup</i> 1:00 <i>Irish Voices with Stephen Collins</i> 2:30 Connection Circle 3:00 <i>Friends Meeting</i>	8:30 <i>25th Anniversary and Boston Post Cane Ceremony!</i> 9:00-3:00 I&R Hours 9:30-11:30 Bingo * 9:30 Better Bones (2) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (4) (VH) 12:30 Movie: <i>Ex-Machina</i> * Room change today
<i>Van Trip - Walmart</i> 28	29	30		
9:00-3:00 I&R Hours 10:00 <i>Media, Religion and Culture (2)</i> 11:00 Fit for the Future 1:00 <i>Downton Abbey (Season 2, 7)</i> 1:00 Better Bones (2) 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage No <i>Matter of Balance</i> 10:30 <i>Truman and the Bomb (SP)</i> 9:40/11:00 Yoga (3) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living (4)</i>	9:00-3:00 I&R Hours 9:30 <i>Skeptics Guide (4)</i> 10-12 <i>Sketchbook Workshop(4)</i> 11:00 Fit for the Future 1:00 Canasta (R1) 1:00-3:30 Quilting (3) 1:30 <i>British Art (2) (SP)</i>	<i>25th Anniversary Celebration and Boston Post Cane Ceremony is on Friday, Sept. 25!</i>	VH— Van Houten room SP— Sudbury Pines room G—Fairbank Gym L— Lounge R1—Room 1 (next to Gym) R2—Near Park and Rec Office

~ *Lunch and Learn* ~



Are you ready?
Emergency Preparedness
 Wednesday, September 9
 12:00

Join Board of Health Nurse Phyllis Schilp, R.N., to figure out how to be ready for emergencies such as severe weather and power outages. Emergencies and disasters can strike quickly and without warning. Learn how to protect yourself and be ready. Please call to sign up for lunch by Friday, Sep. 4.

Soup's On!

Know Your Bones! 12:00 Soup
 Thursday, September 10 12:45 Speaker

Join us for delicious homemade soup and salad, along with an informative talk from Ryan Stoddard, Board Certified Orthopedic Clinical Specialist and Chief Physical Therapist at Emerson Rehabilitative and Sports Therapy at Thoreau. Mr. Stoddard will share some of the latest information on osteoporosis and how exercise and nutrition can help you prevent and/or stop the progression of osteoporosis.

Please let us know if you would like soup by Tuesday, September 8 at 4:00 PM. You may sign up for the talk until Thursday. Call (978) 443-3055 to make your reservation.



Community Information...More opportunities to sing!

Sing with Sounds of Stow Chorus and Orchestra

The Sounds of Stow Chorus and Orchestra welcomes singers in all voice categories to join us in preparing for our fall concert Sunday, Nov. 22nd at 3:00PM. Artistic Director and Conductor Barbara Jones has selected Monteverdi's "Vespers of 1610", to be presented with full orchestra. Open rehearsals are Monday evenings from 7:30-9:30 PM at the First Parish Church, 353 Great Rd. Stow. First rehearsal is Monday, August 31. Participation in the SATB chorus is open to all—no auditions required. Visit www.soundsofstow.com for more information, or call 978 707-9887.

Movie and Pizza
Thursday, September 3

12:00 *Pizza*
 12:30 *Movie*



Spy

2015 Rated R—2 hrs

Despite having solid field training, CIA analyst Susan Cooper (Melissa McCarthy) has spent her entire career as a desk jockey, working hand-in-hand with dashing agent Bradley Fine (Jude Law). Using high-tech equipment and a hidden earpiece, Susan is the guardian angel who helps Bradley avoid danger... More however, when Bradley is assassinated by Bulgarian arms dealer Rayna Boyanov, Susan wrangles her way into her first undercover assignment to help capture Boyanov and avenge Bradley.

Please call (978) 443-3055 to sign up and to order a slice of pizza (\$1.25/slice) by 10:00 AM that day!

Fridays at the Movies!

Please call to let us know you are coming at (978) 443-3055; we will contact you should the schedule change. All movies start at 12:30 PM

Sept. 4—Rudy -PG, 1993, 2 hrs

In this fact-based drama, Rudy Ruettiger dreams of playing football at Notre Dame. But his father (Ned Beatty) can't afford to send him, so he ends up at a college across the street instead. Undaunted, Rudy eventually transfers to Notre Dame, takes on duties assisting the groundskeeper and joins the school's practice squad.

Sept. 11-Far from the Madding Crowd-PG-13 2015, 2 h

In this period drama based on Thomas Hardy's classic novel, independent and beautiful Bathsheba Everdene wins the hearts of three disparate men: sheep farmer Gabriel Oak, dashing soldier Frank Troy and William Boldwood, a wealthy older man.

Sept. 18—Babe— G 1999, 1 hr 32 mins

Director Chris Noonan's tale of precocious piglet Babe's struggle to fit in and become a champion sheepherder, won the hearts of audiences and critics. Nominated for seven Academy Awards (including Best Picture), Babe won the Visual Effects Oscar.

Sept. 25 - Ex-Machina - R, 2015, 1 hr 48 mins

After winning a chance to spend a week at his boss's Alaskan compound, tech whiz Caleb Smith finds he's been selected to help evaluate a sentient humanoid dubbed Ava—whose feminine wiles prove more formidable than expected. Note: this is a Sci Fi movie.

Hello Fellow Travelers-

Our Trip Coordinators, Joe Bausk and Joanne Bennett, invite you to partake in one of the wonderful trips remaining for this year! There still might be space on the trip to Quebec!

**Quebec City!**

September 20-23—\$719, 4 days, 3 meals

This is an easy bus ride north to Quebec City in Quebec, Canada. Stay at the Star Palace Royal Hotel right outside the walled City! See the Quebec Citadel, stroll the boardwalk of the Hotel Frontenac, visit the plains of Abraham, the outdoor bread ovens and more!

Hawaii

January 28-February 7, 2016, 11 days

Fly to Honolulu and then cruise to all the best parts of the islands! \$4,449-\$5,359 double occupancy. Make your deposit now for the best cabins!

The Great Rivers of Europe—October 7, 2016

River cruise along the Rhine and Danube rivers, visiting Amsterdam, and several famous cities in Germany and Austria. Trip flyers available in the Senior Center Trip Rack! \$4,995 double occ. \$500 deposit.

Please note: All trips participants must register at the Senior Center and complete a Purple Trips Registration Form including emergency contact information. Please pay when registering. *Flyers are in the Trip Rack for more details!*

Hailing those who went on the Nova Scotia Trip!

If you have any photos to share contact Joe Bausk at joebausk@verizon.net or 978-443-8963.

Medicare Open Enrollment is Approaching!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO or PPO), you should receive a notice from your plan by the end of September. That notice outlines changes to be made to your plan for 2016: *it is important to review, understand and save this information!*

During **Medicare Open Enrollment, from October 15 to December 7**, you will be able to change your plan for next year. If you would like help understanding your upcoming changes and options, our trained SHINE counselors are available to offer free and confidential counseling on all Medicare and related health insurance programs. Call to make an appointment at (978) 443-3055.

Senior Center Fitness Classes**Sign-Up Information—Please Note:**

Payment is due at registration, with the exception of Fit for the Future. Please contact us if you would like to visit a class for free to try it out the first time. If you have financial stress, a partial scholarship may be available.

Fit for the Future with Lois (aerobics/strength)

Ongoing classes starting on Wed., Sep. 2
M, W, F at 11:00 AM, \$2 drop-in; no sign-up required

Please note: No class on Mon., Sep. 14, Wed., Sep. 23, due to holidays.

Better Bones, Senior Strength

Mondays at 1PM; September 21-November 16, (no class 10/12)

\$56—8 week sessions

Fridays at 9:30AM; 9/18 – 11/13, no class 10/16

\$56 – 8 week sessions

Tai Chi

Mondays, 2:15 PM;
September 14 – November 9
\$36 for 8 week sessions

Tai Chi for Healthy Living*

Tai Chi for those who prefer a slower pace.
Tuesdays, 1:30 PM; \$10
September 8-October 27, 8 weeks
(supported by the Executive Office of Elder Affairs State Formula Grant)

* **Please Note** Time Change to 1:30 PM.

Tap Dance

Thursdays, 9:30 AM, September 10-October 29
\$40 for 8 week session.

Yoga for Living Well

Tuesdays, 9:40 or 11:00 AM
September 15-November 10, no class 10/13
\$56 for 8 week session

NOTES: Please call (978) 443-3055 for information or ask for a Fitness flyer.

Play Bingo!—Fridays 9:30-11:30 AM

Drop in to try your luck with our friendly bingo players! Please call for Room Change information for September 25 due to the Anniversary Celebration.

Foxwoods Trip

Sign up for our next trip to Foxwoods on November 2!

SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

In addition to our many educational and recreational programs, we offer a variety of services to provide assistance to older adults in their homes and at the Senior Center. For information about any of the services described below, call the Sudbury Senior Center at 978-443-3055 (unless otherwise indicated).

TRANSPORTATION

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday from 8:30 AM to 3:30 PM**. On the last Monday of the month we provide transportation to a shopping location outside of Sudbury. You must be registered with the MetroWest Regional Transit Authority (MWRTA). Call the MWRTA at 508-820-4650 or Senior Center for an application. You must call at least 48 hours in advance before your ride. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and **\$2** each way for our out-of-town trips at the end of each month.

F.I.S.H. (Friends in Service Helping): Volunteers drive clients to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Leave your request on the answering machine, and the coordinator will return your call.

HEALTH SERVICES

Blood Pressure Clinic: The Senior Center, in conjunction with the Sudbury Board of Health, offers weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:30-10:30 AM**.

testing is also provided each **Tuesday from 8:30-9:30AM**. No appointment is necessary.

Medical Equipment Loan Closet: For those in need of medical equipment such as shower chairs, walkers, canes, commodes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost**. We welcome donations of equipment.

CONSULTATION

Information and Referral: Anne Manning, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide information and referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:00 to 3:00**.

Legal Clinic: An elder law attorney is available once a month for **free** private 20-minute consultations with seniors. Call the Senior Center to make an appointment.

S.H.I.N.E./Medicare Help (Serving the Health Information Needs of Elders): Free consultations with trained volunteers about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare. Please call to make a **free** appointment.

IN-HOME SERVICES

In-Home Fix-It Program: Seniors who can no longer (or should not) do small repair tasks at home can get **free** volunteer assistance with these small jobs. Seniors will only be expected to pay for necessary parts and materials.

Friendly Visitor Program:

Seniors who can't get out to socialize can be matched with a volunteer for weekly informal visits.

Grocery Shopping: Volunteer shoppers will make weekly visits to the store, and assist seniors in putting away the groceries. Seniors pay only for the food.

Sand Buckets: Volunteers will deliver a bucket of sand for you to use on your walks and driveway, free. Call the Senior Center, at (978) 443-3055. Let us know where you'd like the bucket to be placed.

Lock Boxes: The Senior Center can install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$60 is requested to cover the cost of the lockbox, but can be waived for those who cannot afford the cost.

NUTRITION

Meals on Site: Once or twice a month a full lunch is served at the Senior Center at noon. Details are available in each newsletter. Please call to make a reservation as specified in the article. A voluntary donation of **\$3.00** a meal is suggested.

Home Delivered Meals: A hot mid-day meal can be delivered to seniors who can't get out. The drivers also check on the well-being of the senior recipient. A voluntary donation of **\$3.00** a meal is suggested. Please call BayPath Elder Services at (508) 573-7200 to ask about eligibility and starting service.

A monthly publication from the

SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING

40 Fairbank Road

Sudbury, Massachusetts 01776-1681

on the web at:

<http://senior.sudbury.ma.us>



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PRESORT STANDARD

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us

Senior Center hours: Monday through Friday, 9 AM to 4 PM/Van Service Hours: Monday through Friday, 8:30 AM to 3:30 PM



*September is Senior
Center Month!*

And did you know...?

*September is National
Emergency*

Preparedness Month

*and September 22 is
Falls Prevention Day!*

Celebrate with us!

**Sudbury Senior
Center**

25th Anniversary

**and Boston Post
Cane Ceremony!**

Friday, September 25, 8:30 AM

8:30 Bagels, Pastry and Fruit

9:15 25th Anniversary and

Boston Post Cane Ceremony

Please let us know if you are coming!