

Holiday Luncheon

Wednesday, December 9
12 noon



Please join us at our Annual Holiday Luncheon, sponsored by Heritage Assisted Living of Framingham, which will feature a delicious luncheon and delightful piano music from Eric Weld. Please call and make your reservation at (978) 443-3055. Sudbury residents may reserve a spot beginning on November 30 and all others beginning on December 3.



Boxwood Tree Workshop

Thursday, December 10
10:00 AM

\$15 payable to the *Sudbury Garden Club*

Polly Meltzer of the Sudbury Garden Club returns to offer a fun workshop on creating a boxwood holiday centerpiece. These are made with fresh boxwood, and last for weeks.

To register, please bring a check for **\$15** to the Senior Center, payable to the *Sudbury Garden Club*.

The day of the workshop, please bring clippers or scissors with you. The garden club will supply a simple green holder for the tree, or you can bring a suitable holder from home. *Please sign up and pay the fee at the Senior Center by Tuesday, December 8.*

Take the Chill Off! And tell us how we're doing!

End of Year Wrap-up
with Chili and all the Fixin's
Monday, December 21
12:00-2:00 PM



Tell us what programs and classes you liked this year and what you would like to see in the New Year! While you're here enjoy a light meal of chili (meat and vegetarian), various toppings and cornbread. Please let us know that you are coming so that we can prepare enough food! Call (978) 443-3055 to sign up. Space is limited.

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Coping with Grief and Loss during the Holidays

Monday, December 14, 10:00-12:00

***Lunch following from 12:00-12:30 (optional)**



A workshop facilitated by Nancy Duffy, MA, BC, of Beacon Hospice. For more information, please contact Anne Manning, LMHC, Senior Center Information Specialist at (978) 443-3055. If you would like to order lunch, please let us know by Thursday, December 10, if possible.

PEN & INK REVISITED—Drawing Workshop with Susan Funk

6 Wednesdays, 10:00-12:00

January 6 - February 10

\$25



Come join us as we go back to the “basics” of Pen & Ink drawings. We discuss the variety of textures that can be created as well as practice these techniques. Please feel free to bring subject matter you would like to attempt with pen & ink. Each will build on the previous class’ information, so that by our last class you will feel comfortable with this medium.

Supplies: #2 pencils, erasers, paper/sketchbook, choice of - 1: Bottle of india ink & crow quill nib & handle; 2: Rapidograph (technical ruling pen that utilizes ink cartridges); 3: Micron Markers (markers that come with different nib sizes, colors, permanent ink that has no scent & does not bleed like a Sharpie marker).

All of these supplies, except for #2 are available at Michael’s (along with a weekly coupon online for 40%). If you are unsure of which choice of ink, I suggest #3 - less messy, less expensive & easily available. Any questions, please leave a message for Susan at the Senior Center number (978) 443-3055 and she will contact you. Please sign up and pay at the Sudbury Senior Center by Monday, January 4. Please call (978) 443-3055 for more

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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

Van Riders! Procedures for Using the Van

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.

1. 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 to set up your account. Your account will be debited when you take a ride on the van.
2. 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 business hours in advance of the ride.

Van service is available Monday-Friday from 8:30AM-4:00PM. Tuesdays and Thursdays are reserved for shopping at the Sudbury Farms or Shaw’s Plazas. Most months, the last Monday of the month is a shopping trip and lunch out of town. There are also other trips scheduled each month-see pg. 3.

Cost for a one way ride in town is \$1, one way ride out of town is \$2. If you have any concerns or problems, please call us at (978) 443-3055.

Monday Van Trips for the Holidays!

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



The Connection Van will bring shoppers to the following locations from about 10-12:00 and then go to lunch at a local restaurant (listed) between 12:00 and 1:00, with rides home to follow. Space is limited.

**Monday, December 7 to Solomon Pond Mall
 in Marlborough, Lunch at Bertucci's**

**Monday, December 14 to Target/Home Goods
 in Framingham, Lunch at The Villa**

Please call the MWRTA to register for the trip at (508) 820-4650 no earlier than 2 weeks prior and no later than 48 business hours in advance. First come, first served. Space is limited (times are approximate).

iOS Photo and Video Roundtable Tuesday, December 15 10:00 AM

A follow-up meeting to the iOS Photo and Video workshop in November, this meeting will be in the format of a roundtable. Ken Lefner, who instructed the previous workshop, will facilitate this group meeting. Please bring your iPhone or iPad to the meeting and share your questions, insights and photos with the group. Ken is hoping to convene a regular monthly meeting with those interested in Apple photography and videography. Please sign up by calling the Senior Center at (978) 443-3055.



Boston Post Cane and 25th Anniversary

In September, the Sudbury Senior Center celebrated 25 years at this location! In honor of this milestone, the Senior Center hosted a special event with some of the important figures from the Senior Center's history. Dr. Donald Oasis (former member of the Council on Aging and former President of the Friends of Sudbury Seniors), former Senior Center Director Ruth Griesel, former Council on Aging Chair Carol Oram, and former Council on Aging Chair Patrick Mullen all shared pieces of the Senior Center's growth and history. Selectmen Chair Pat Brown presented Harold Homefield with the Boston Post Cane for the oldest resident. Harold regaled the crowd with his experience as a Council on Aging member and his history as a Commander in the U.S. Navy. Harold's wife, Edith and several of his family members attended. And lastly, Senior Center Director Debra Galloway honored long time staff members: Jean Taylor, Front Desk Receptionist for 24 Years, Edward Gottmann, Volunteer Coordinator for 19 Years, Carolyn Young, former Van Driver for 21 Years and Claire Wigandt, Administrative Coordinator for 18 Years. We are truly blessed to have such wonderful people working for our Senior Center! A special thank you to staff members and volunteers who helped with setup and cleanup for this event!



Be Prepared!

Sand Buckets -An antidote to icy walks!

Our volunteers will deliver a bucket of sand for you to use on your walks and driveways, **free**, just for the asking. Just call 978-443-3055 and tell us if this is a new bucket or a refill. Pick a place for the bucket to be placed and we'll do the rest. Special thanks to Ed Gottmann, Volunteer Coordinator, and the Sand Bucket Brigade volunteers!

By the way, we can always use new volunteers—help out when you can! Leave a message for Ed Gottmann, our Volunteer Coordinator.



Space heaters—Do you have an old, unsafe space heater?

Don't use that old, dangerous space heater! If you are a Sudbury senior with a space heater that should be retired, we'll swap it for a new one! We have some brand new space heaters to trade for your old ones. A new space heater can be yours **free** if you are a Sudbury senior and have an *old, unsafe* heater to trade. To arrange a swap, call 978-443-3055 and leave a message for Ed Gottmann, Volunteer Coordinator.

Crafty Jewelry Group

Thursday, January 21
10-11:30 AM

New!

No meeting in December

Join volunteer facilitator Priscilla Reising with her special guest, award-winning jewelry designer Sharon Forde of Sharon Forde Designs. Sharon fell in love with the beaded jewelry in Venice and decided she had to learn how to create it. Sharon, who has been creating one of a kind jewelry for 10 years, will provide a lesson on jewelry design and repair. No charge.

Please sign up in advance to join this workshop. Sign up by calling (978) 443-3055.

Current Events Group

1st and 3rd Thursdays, 10:00 AM
December 3, 17



The Current Events group meets at the Senior Center twice a month on the first and 3rd Thursdays of the month from 10:00 to 11:30 AM. Please feel free to join the group for a respectful discussion of world and/or local events. For information and to sign up, please call the Senior Center at (978) 443-3055.

Protect Yourself from Scams!

Scams can be perpetrated by phone, email, mail or in person. Be aware. If someone offers you a service in person, ask for a brochure or a phone number. Then you can research the organization and make an educated decision.

If someone calls you on the phone, protect yourself by not speaking with the caller. Simply hang up. Other tips for avoiding phone or email scams:

- Never give out personal information over the telephone, via email or mail.
- Never give out billing information over the phone, or via mail or email, especially if you receive an unsolicited telephone call.
- Never forget that you are in control. You can always hang up, find a company's number and call it directly. Remember this rule of thumb: never give out sensitive information to anyone on the phone unless you initiated the call to a company that you are certain is legitimate.

**Caring Café—with Lunch!**

Monday, December 14
12:30-2:30 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.

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.

Bridges Together!

Changing children's lives...



Would you enjoy getting to know 3rd graders... helping them to learn about older people and learning about what school is like these days? Sudbury's award-winning intergenerational Bridges Together program brings third graders and older adults together for 4 classes, and then a celebration at the Senior Center. This program gives older adults an opportunity to reflect on their own experiences and share them with the students. The Bridges experience helps children develop compassion and respect for older people, as well as aspire to be healthy, active older adults themselves one day.

Become a volunteer! Many children do not have grandparents nearby and would really benefit from your participation. Adults 55 and over are eligible. For more information about Bridges, contact Sharon Wilkes, Program Coordinator, at (978) 443-3055.

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.

Volunteering is the best medicine!



Research has documented that volunteers are healthier and happier! Join the ranks! We have many volunteer opportunities, including some new opportunities in two intergenerational programs. Looking to make a difference and use your skills? Contact Debra Galloway, Director, for more information at (978) 443-3055 on the two opportunities below.

Volunteer Facilitator for the Bridges Together Intergenerational Program -Help to coordinate this award-winning Bridges program.

Volunteer Facilitator for the new Book Buddies Program -Help to place older adult volunteers in kindergarten and/or first grade classrooms to help with reading skills. New program!

Other volunteer opportunities include helping with labelling our monthly newsletter, becoming a Friendly visitor, assisting with Sand bucket delivery, helping with setup and takedown for special events, and more! Just leave a message for Ed Gottmann, our Volunteer Coordinator if you are interested in these volunteer opportunities.

Laughter.. the best medicine!

Laughter Group
Thursdays at 9:30 AM
December 3, 10, 17, 31

Add some laughter to each week, on Thursdays at 9:30 AM.

Laughing is exercise—and it’s good for you! No need to feel self-conscious, Lenore will help you relax and get laughing! The more, the merrier!



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

Sudbury Valley
New Horizons Music
Annual Winter Concert

Sat., December 5, 3:00 PM
Wayland Middle School
Auditorium—Free

Program includes selections from *The Music Man*, Vivaldi’s *Autumn*, a rendition of *Moon River* and more! Enjoy refreshments and meet the performers after the concert. Questions? Want to play with the group? It is never too late and you are never too old! Check their website, www.svnhb.org or contact Diane: muffitt@svnhb.org

Legal Clinic

Tuesday, December 15
10:00AM-12:00 PM



Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Denise Yurkofsky of Wayland. Call (978) 443-3055.

Holiday Schedule Changes
Please note...

the Senior Center will close at 1:00 PM on Wednesday, Dec. 16 and 12:00 noon on Thursday, Dec. 24, and Thursday, Dec. 31.



Property Tax Work-off Program
New Applicants Welcome!

A new year is almost here and that means there are opportunities to work for the town and “earn” a property tax abatement. Town departments that participate include the Goodnow Library, many of the schools, the Town Clerk, the IT department, the Senior Center and more. Use your skills and help the town! Call for an application or for more information leave a message for Josephine King at (978) 443-3055.

FISH—Friends in Service Helping
We are in desperate need of volunteer drivers
for medical appointments!



Friends in Service Helping others (FISH) connects volunteer drivers with their neighbors who need a ride to a medical appointment. Should you or a family member or friend be available to volunteer occasionally, please sign up to be on the FISH volunteer list! We are always in need of new volunteers who can help out on an as-available basis. To volunteer, leave a message at (978) 443-3055.

For those who need rides...volunteer drivers are becoming harder to schedule. Please seek assistance from family and friends first, then if you are still in need of a medical ride (any age resident), please call the FISH line at (978) 443-2145 and leave your name, number and appointment information. Thank you for your understanding!

Please note that the Sudbury Senior Center does not specifically endorse or recommend any of the advertisers in our newsletter. Should you have any concerns about the advertisements, please call Debra Galloway, Senior Center Director, at (978) 443-3055.

DECEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
Happy Holidays! Please note the holiday hours on Dec. 16, 24 and 31. Thank you! SHINE—Medicare Help VH—Van Houten Room SP— Sudbury Pines Room	8:30-10:30 BP Clinic 9:00 Cribbage 9-12 SHINE 9:40/11:00 Yoga (3) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (5)	9:00-3:00 I&R Hours 9:30 <i>Skeptics Guide</i> (11) 10-12 <i>Drawing Workshop</i> (3) 11:00 Fit for the Future 12:00 <i>Wayside Inn Luncheon</i> 1:00 Canasta (SP) 1:00 Quilting No British Art	9-4 SHINE 9:30 Tap Dance (4) 9:30 <i>Laughter Group</i> 10:00 Current Events 12 Pizza and a Movie: <i>The Odd Couple</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (1) 11:00 Fit for the Future 12:30 Friday Movie: <i>Santa Clause</i> 11:30 or 1:45 - Watercolors (1)
<i>Van Trip to Solomon Pond</i> 7	8	9	10	11
9:00-3:00 I&R Hours 11 Fit for the Future 1:00 Better Bones (3) 2:15 Tai Chi (4)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (4) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (6)	9:00-3:00 I&R Hours 9:30 <i>Skeptics Guide</i> (12, last) 10-12 <i>Drawing</i> (4, last) 11:00 Fit for the Future 12:00 <i>Holiday Luncheon</i> 1:00 Canasta 1:30 British Art (7, last) 1:00 Quilting 2:15-4 Teen Tech Wrkshp	9:00-12:00 SHINE 9:30 Tap Dance (5) 9:30 <i>Laughter Group</i> 10:00 <i>Boxwood Tree Workshop</i> (VH) 12:45-2:30 <i>Senior Notes-Singing Grp</i> (SP) 2:30 Connection Circle 3:00 <i>Council on Aging</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (2) 11:00 Fit for the Future 12:00 <i>Lunch and Friday Movie: Lust for Life</i> 11:30 or 1:45 Watercolors (2)
<i>Van Trip to Target</i> 14	15	16	17	18
9:00-3:00 I&R Hours 10-12:30 <i>Coping with Grief and Loss for the Holidays</i> 10:00 Stamp Club 12:30-2:30 <i>Caring Café (for caregivers and their loved ones)</i> 11 Fit for the Future 1:00 Better Bones (4) 2:15 Tai Chi (5)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 10:00 <i>iOS Photo and Video Roundtable Discussion</i> 10-12 Legal Clinic 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (7)	9:00-2:00 I&R Hours No Drawing 11:00 Fit for the Future No Canasta No Quilting *Senior Center Hours 9:00 - 2:00 PM Today for Staff Meeting*	No SHINE today 9:30 Tap Dance (6) 9:30 <i>Laughter Group</i> 10:00 Current Events 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (3) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (3) 12:30 Friday Movie: <i>Family Man</i>
21	22	23	24	25
9:00-3:00 I&R Hours (10-12:30 SNOWDATE for <i>Coping with Grief and Loss During the Holidays</i>) 11 Fit for the Future 12-2 <i>End of Year Wrap-up and Chili!</i> 1:00 Better Bones (5) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (8, last in session)	<i>Warm cider and Goodies 11:00 AM -3:00 PM</i> 9:00-3:00 I&R Hours 11:00 Fit for the Future 12:30 <i>Wednesday Movie: Singin' in the Rain</i> 1:00 Canasta (VH) No Quilting	*Senior Center Hours 9:00am-12:00pm today <i>Have a wonderful holiday and/or long weekend!</i>	Christmas Holiday  Senior Center Closed
No van trip today 28	29	30	31	
9:00-3:00 I&R Hours 9-3 <i>Relax at the Senior Center with a cup of coffee or cocoa, listen to soft music, read the newspaper!</i> 11-12 <i>Winter Gathering at Coolidge at Sudbury</i> No Exercise classes today	NO BP Clinic 9:00 Cribbage No Yoga 12:30-3:30 Bridge 1:00 <i>Winter Gathering at Longfellow Glen</i> No <i>Tai Chi for Healthy Living</i>	9:00-3:00 I&R Hours No Drawing 11:00 Fit for the Future 1:00 <i>Winter Gathering at Musketahquid Village</i> (snowdate Jan. 6 at 1pm) 1:00 Canasta (VH) No Quilting	*Senior Center Hours 9:00am-12:00pm today 9-11 SHINE No Tap Dance 9:30 <i>Laughter Group</i> No Connection Circle	New Year's Day Holiday  Senior Center Closed

WATERCOLORS WORKSHOP

With Sandy Wilensky
December 4—January 29
Fridays at 11:30 AM or 1:45 PM
8 weeks for \$56



Please register and pay at the Senior Center.

Stamp Club Monday, December 14 10:00 AM

The members of the Senior Center Stamp Club want to thank those who save their in-coming stamps and drop them off at the Senior Center. Many times there is just the stamp that someone is looking for. Those that are not needed are given to charity.

Anyone who has an old stamp collection tucked away in the attic is invited to stop by at the monthly meeting of the Club. Several members of the group have the experience to help those folks in deciding what to do with their hidden "treasures". Meetings are the second Monday of every month at 10:00 AM (unless there is a Monday holiday, and then the club meets on the third Monday).

Do you like to sing?

SENIOR NOTES Thursday, 12:45-2:30PM

Did you know that studies have linked singing with lower blood pressure and reduced stress? Join our new singing group on the second Thursday of the month at 12:45 PM. Call to sign up and for more information at (978) 443-3055. Thank you Sam Gorfinkle for suggesting this idea and offering to facilitate the group!

Coming in January....

- ◇ A new lifelong learning DVD series on Wednesday mornings
- ◇ Piano Concert
- ◇ Soup's On!
- ◇ Jewelry Workshop during our monthly Crafty Jewelry Group meeting on Thursday, Jan. 21

Look for information in our January newsletter or our Senior Center Update emails!



Movie and Pizza Thursday, December 3

The Odd Couple
1968
1 hr., 35 mins.

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

Tossed out of the house by his wife, Felix Unger decides the best thing to do is move in with his best pal: deliberately devolved caveman Oscar Madison. Within days, the slovenly Oscar and compulsive neatnik Felix are driving each other bonkers.

Please call to order your slice(s) of pizza by 10:00 AM on December 3 at (978) 443-3055. \$1.25 per slice.

Lunch and Movie Friday, December 11

Enjoy a hot chicken teriyaki and rice lunch at 12 noon, followed by the movie, *Lust for Life* (see below). Or just sign up for the movie. Either way enjoy a Friday afternoon at the Senior Center.

Please sign up for lunch by Wednesday, December 9 at (978) 443-3055. Lunch is provided by BayPath Elder Services and there is a suggested \$3 donation.

Friday (and Wednesday) 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.

December 4 - *The Santa Clause* -1994 - 1hr 40 mins
The snow hits the fan when advertising executive Scott Calvin accidentally kills Santa and suddenly finds himself saddled with jolly Saint Nick's job.

December 11 - *Lust for Life* – 1956 - 2 hrs
Director Vincente Minnelli paints a dramatic portrait of tormented artistic genius Vincent van Gogh in this fictionalized biography. Stars Kirk Douglas.

December 18 - *Family Man* – 2000 - 2 hrs 10 mins
In this modern-day riff on Frank Capra's "It's a Wonderful Life", cutthroat investment banker Jack, who eschews emotional ties, is transported into the life he might have had if he wed his college sweetheart.

December 23 (Wednesday) – *Singin' in the Rain* – 1952 – 1 hr 40 mins. Gene Kelly, Debbie Reynolds and Donald O'Connor combine their talents in one of the greatest big-screen musicals ever made, a two-time Oscar nominee that includes the songs "Good Morning", "Make 'Em Laugh" and the iconic title tune.

TRIPS NEWS**Hello Fellow Travelers-**

Our Trip Coordinators, Joe Bausk and Joanne Bennett, invite you to partake in one of the wonderful trips they have planned! Look for the 2016 Trips Brochure in your January newsletter!

**Hawaii**

January 28-February 7, 2016, 11 days

\$4,449-\$5,359 double occupancy

Fly to Honolulu and then cruise to all the best parts of the islands! Some spaces left, call the Trips Coordinator for more information.

The Great Rivers of Europe—October 7, 2016

15 or 16 days; River cruise only \$3,795,

with Airfare \$4,995 double occupancy

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. \$500 deposit.

The Young Irishlanders -March 10, 2016- \$91

At the Venus De Milo in Swansea, MA. The Young Irishlanders is comprised of eight performers who have Irish traditional music, song & dance running through their veins. \$91.00 includes: transportation, show, luncheon and driver gratuity. Please stop by or call the Sudbury Senior Center for a trip brochure at (978) 443-3055. Checks payable to *Best of Times*.

Coming Soon: information about *Samson* in Philadelphia, a sight and sound theatre production in May 2016.

Please note: All trips require purple registration form and payment when registering. Thank you!

For details, you may call our Trip coordinators Joe at 978-443-8963, and Joanne at 978-443-9600.

Teen Tech Workshop

Wednesday, December 9, 2:15-4:00 PM



Sign up for some time with one of our High School tech volunteers and get one on one help with your iphone, ipad, or other device! Call 978-443-3055.

**To Kill a Mockingbird
December 8 and 9, 7:30 PM**

Fans of Film at Fine Arts Theatre, Maynard, is pleased to present the first of its installation of films at the newly renovated Fine Arts Theatre Place. Tix are just \$7.00. 19 Summer Street, Maynard, 978-897-8100
Website: <http://www.fineartstheatreplace.com/>

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 for the first time. If you have financial need, a partial scholarship may be available. **2016 schedule available soon!**

Fit for the Future with Lois (aerobics/strength)

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

Better Bones, Senior Strength

Mondays at 1PM; **Fridays** at 9:30AM; \$56 - 8 wks
2016 schedule available soon!

Tai Chi

Mondays, 2:15 PM; \$36 for 8 week sessions
2016 schedule available soon!

Tai Chi for Healthy Living*

Tai Chi for those who prefer a slower pace.
Tuesdays, 1:30 PM; \$10; January 5-February 23, 8 weeks; (*supported by the Elder Affairs State Grant)

Tap Dance -Thursdays, 9:30 AM, November 5–
January 14; (No class November 26, December 24, 31)

Yoga for Living Well

Tuesdays, 9:40 or 11:00 AM
November 17-January 12, no class December 29
\$56 for 8 week session

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

Winter Gatherings

Join Senior Center staff and van drivers for an informal coffee and goodies “meet and greet” at the following locations in December:

Coolidge at Sudbury—Monday, Dec. 28, 11AM-12PM

Longfellow Glen Apts.—Tuesday, Dec. 29, 1-2PM

Musketahquid Village—Wed., Dec. 30, 1-2PM

Next Foxwoods Trip

February 1, 2016

Deanna Sklenak and Ron Ragno organize and promote our Foxwoods trips—thanks Deanna and Ron! Please sign up early so that we can be sure to have enough participants to cover the bus fee. \$26 includes bus fee, and \$10 Buffet or Food Voucher Coupon and \$10 Slot Play. Please pay when you register. Call (978) 443-3055 for more information.

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 4:00 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>



Or Current Resident

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

End of Year Wrap-up and Chill-Out with Chili

Monday, December 7
11:30 AM-1:30 PM

Let us know what you liked this year
and what you'd like to do next
year...while enjoying Chili and
cornbread!

Make a difference!

Join the Award-Winning
Intergenerational
Bridges Program this
Year!

Contact Sharon Wilkes, Program
Coordinator for more information at
(978) 443-3055.



Holiday Luncheon and Music Wednesday, December 9 12 Noon

Sudbury residents may sign up as of November 30; all
others may sign up as of December 3. Please call (978)
443-3055.

*Thank you to our Sponsor - Heritage Assisted
Living of Framingham!*

Coping with Grief and Loss During the Holidays

Monday, December 14
10:00-12:00
12:00-12:30 Lunch (optional)

For information, call Anne Manning,
LMHC, Information Specialist, at
(978) 443-3055.

