

## Free Alzheimer's Training for Caregivers

**Monday, November 2, 10-2:30**

**Lunch will be provided!**



The Sudbury Senior Center and Hearthstone Alzheimer Care of Marlborough are offering a free caregiver training for those who care for a person with Alzheimer's disease at home. This specialized training uses the *I'm Still Here*<sup>TM</sup> philosophy which is a proven method for increasing quality of life while reducing behaviors that caregivers often find challenging. Learn how to use Hearthstone's time-tested methods to create strategies for successfully caring for and engaging their loved one at home.

Please register by calling the Sudbury Senior Center at (978) 443-3055 or via email at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us). For more information on this program or resources for caregiving, please leave a message for Anne Manning, Information Specialist at the Sudbury Senior Center at (978) 443-3055 [manninga@sudbury.ma.us](mailto:manninga@sudbury.ma.us).

Comments from past participants were very positive about this program!

## National Memory Screening Day

**Tuesday, November 10**

**9:00 AM-12:00 PM**

Are you concerned about memory problems?

Please join us on **November 10, 2015** for National Memory Screening Day, an annual initiative of the Alzheimer's Foundation of America. Take advantage of free, confidential memory screenings with Phyllis Schilp, R.N., Sudbury's Board of Health Nurse. You can also pick up free educational materials about memory concerns, dementia, caregiving and successful aging.

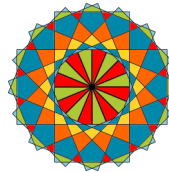
Memory screenings are a significant first step toward finding out if a person may have a memory problem. Memory problems could be caused by Alzheimer's disease or other medical conditions. A memory screening is not used to diagnose any particular illness and does not replace consultation with a physician or other qualified healthcare professional. For more information about National Memory Screening Day please visit [www.nationalmemoryscreening.org](http://www.nationalmemoryscreening.org), or call (toll-free) 866-AFA-8484. To schedule your memory screening, please call (978) 443-3055.

PLEASE NOTE: There will **not** be a blood pressure clinic on this morning.

***Don't forget to sign up for the L-S Thanksgiving Luncheon!***  
***The MLK Action Project student-run luncheon is on***  
***Wednesday, November 25 this year.***

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**Art Fix-it Workshop/Drawing Workshop****with Susan Funk****Wednesdays, 10:00-12:00****November 4, 18, December 2, 9****\$20**

Please come to class with any unfinished, incomplete composition for any media and let's get it one step closer to completion. If you have artwork hanging around and are not sure how to "fix it" or what to do with it or if the composition just does not feel or look right, bring it in for us to work on! If you have any drawing dilemmas, bring them in and we can work on that as well. Consider this a "Fix it Shop" for your artwork! Of course, if you are interested in just coming for Drawing Workshop with Susan, that's fine, too!

Please sign up and pay at the Sudbury Senior Center by Monday, November 2, if possible. Please call (978) 443-3055 for more information.

***Do you like to sing?*****SENIOR NOTES****Thursday, November 12****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!

**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. There are also other trips scheduled each month—see page 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. We will work to solve the problem.

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[www.friendsofsudburyseiors.org](http://www.friendsofsudburyseiors.org)
**SUDBURY SENIOR CENTER**

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

Email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)Webpage: [www.senior.sudbury.ma.us](http://www.senior.sudbury.ma.us)

## 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, November 23 to Christmas Tree Shoppes in Framingham, Lunch at Olive Garden**

**Monday, November 30 to Wegman's in Northboro Lunch at Brittany's**

**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.

## Lincoln-Sudbury High School Martin Luther King Project Thanksgiving Luncheon Wednesday, November 25 12 noon-1:30PM

Come join the L-S Martin Luther King Action Project for their traditional and festive holiday treat for seniors in Lincoln and Sudbury at L/S Regional High School. Turkey and all the fixings donated by Sudbury Farms will be served in the high school cafeteria. Entertainment is included, and there is **no charge**.

Reservations are expected! Call the Sudbury Senior Center at 978-443-3055 by **Thursday, November 12**.

We are very grateful to teacher Tom Danko and student Ella Houlihan. Along with all the other students and staff from the MLK Action Project for hosting this event each year.

*Special Guests: L-S Jazz Band and L-S Dance Troupe!*

## Veterans Day Holiday

The Sudbury Senior Center will be closed for Veterans Day Holiday on Wednesday, November 11. Thank you to all of our Veterans and their families!

## Wayside Inn Holiday Dinner

**Wednesday, December 2, 12 noon**

Get ready for the annual Wayside Inn Dinner! If you would like to enter the lottery, please bring or mail in the form below ***between Monday, November 2 and Friday, November 13***. On Tuesday, November 17 at 10:30 AM, we will pull the lottery tickets. You will be notified by email or phone if your ticket is pulled. Once notified, you ***must send payment by Friday, November 28***, in order to preserve your registration. If payment is not received by that date, another ticket may be chosen. Please call (978) 443-3055 with any questions.

You may enter the lottery for one or two people, and **both must be Sudbury residents**. There is a limit of 90 participants. You will be notified if your ticket is chosen. Your \$20.00 payment will be due by Wednesday, November 25.

### Wayside Inn Holiday Dinner Lottery Entry Form

Name(s)	Telephone	Email	Pot Roast	Salmon

**Crafty Jewelry Group**  
**Thursday, November 19**  
**10-11:30 AM**

*New!*



Join volunteer facilitator Priscilla Reising while you work on your jewelry project, or repair in a group setting (not a workshop). Those working on other crafts are welcome to join this informal group that will meet on the 3rd Thursday of each month. Sign up by calling (978) 443-3055. We will call you with any changes or cancellations.

**Current Events Group**  
 1st and 3rd Thursdays, 10:00 AM  
 November 5 and 19

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. For information and to sign up, please call the Senior Center at (978) 443-3055.

**Medicare Help!**

Don't forget to make your SHINE appointment! Get unbiased guidance and information on Medicare Open Enrollment (make sure you are on the best drug plan for 2016). Open enrollment ends on December 7. Call (978) 443-3055 to make an appointment with our fabulous volunteers. Please note: Volunteer SHINE counselors provide information and guidance at the Senior Center. They are not able to provide phone consultations.

There are a limited amount of SHINE appointments at the Senior Center. When our appointments are full, you will be referred to the SHINE headquarters at either Framingham or Needham. To call the Framingham SHINE office at Callahan Center, dial 508-532-5980, then press 0. To call the Needham office, dial 781-455-7555 and ask for a SHINE appointment. Thank you for your understanding.



**Caring Café**  
**Monday, November 9**  
**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.

**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 Celebrations!**

***Changing children's lives...***

**Tuesday, November 17, Thursday, November 19 and Friday, November 20 at 9:00 AM**

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. The Nixon third graders will join their partners here for a get together and tour of the Senior Center. This program helps the two generations get to know each other and learn about each other. 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. 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.



**iOS Photo and Video Workshop**

Monday, November 9, 11:00 AM-12:00 PM

Instructor and Sudbury resident Ken Lefner will be here to help you understand how to best use your **iphone or ipad** for photos and videos. Learn about the equipment available to enhance these devices, as well as the standard and custom apps that are available. You will also learn how to organize and store your photos and videos. He would like to facilitate a monthly get-together for iphone/ipad users who would like to talk about tricks and tips, and share their best photos and apps. Sign up on the interest list at the workshop!



Please register for this workshop in advance by calling (978) 443-3055.

**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.

**Volunteer Facilitator** for the Bridges Together Intergenerational Program

-Help to recruit, coordinate and facilitate older adult volunteers in the award-winning Bridges program; bringing older adults into 3rd grade classrooms.

**Volunteer Facilitator** for the new Book Buddies Program

-Help to recruit and place older adult volunteers in kindergarten and/or first grade classrooms to help with reading skills. New program!

***Soup's On!*****Safety at Home**

Thursday, November 5



12:00 Soup

12:45 Talk

Brush up on home safety. Sudbury Senior Center and Fire Department staff will share information and tips about what you can do to improve Safety at Home, as well as review programs and services that are available. Please let us know if you would like soup by **Tuesday, November 2 at 4:00 PM**. Call (978) 443-3055 to make your reservation.

**Dance Across the Community****November 5, 12, 19 - Thursdays at 3:10-3:55 PM**

Last year, students from Lincoln Sudbury High School joined with seniors at the Senior Center to teach and practice some simple new dance steps.

Everyone had so much fun, the students are coming back! Sign up to meet with these lovely L-S students on Thursday afternoons in the gym. Please call (978) 443-3055 for more information.

**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.

**New ongoing  
Laughter Group!  
Thursdays at 9:30 AM**

Add some laughter to each week, with Lenore Goldstein, at our ongoing Laughter Group on Thursdays at 9:30 AM. Thank you, Lenore, for volunteering to facilitate this group.



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

**Teen Tech Workshop**Wednesday  
December 9

2:15-4:00 PM



Get to know one of the wonderful students from Lincoln Sudbury High School who volunteer to help with your cell phone, laptop, ipad, or other device. Call the Senior Center at (978) 443-3055.

**Legal Clinic****Tuesday, November 10  
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.

***League of Women Voters*****An Educational Forum on  
Marijuana in Massachusetts**Sunday, November 8, 2:30-4:30PM  
Goodnow Library

Senator Brownsberger, Representative Kane, Robert Moura (Director, Dept. of Pharmacy Services at Emerson Hospital) and Mike Fitzgerald (Founder and CEO of the New England Grass Roots Institute) will be the panelists.

## NOVEMBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:00-3:00 I&R Hours 10:00-2:30 Alzheimers Caregiver Workshop with lunch included 11:00 Fit for the Future 1:00 Better Bones (6) 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30-11:30 <i>Matter of Balance</i> (7) 9:40 & 11:00 Yoga (7) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (1) (R2) 1:30-3:30 <i>Matter of Balance II</i> (5)	9:00-3:00 I&R Hours 9:30-11:30 <i>Skeptics Guide to American History</i> (9) 10:00-12:00 <i>Art Fix-it and Drawing Workshop</i> (1) 11:00 Fit for the Future 1:00 Canasta (R3) 1:00-3:00 Quilting (8) (VH) 1:30 <i>British Art</i> (5)	9-4 SHINE 9:30-11:30 FLU CLINIC 9:30 Tap Dance (1) 9:30 <i>Laughter Group</i> 10 Current Events (SP) 12:00 <i>Soup's On! Safety at Home</i> 2:30 Connection Circle 3:10-3:55 <i>Community Dance w/ L-S Students</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 9:30 Better Bones (7)(R3) 11:00 Fit for the Future 12:30 Friday Movie: <i>The Abduction of Seraglio (opera)</i> 11:30 and 1:45 - Watercolors (10)
9	10	11	12	13
9:00-3:00 I&R Hours 10:00 Stamp Club 11:00 <i>Photo and Video Workshop (Apple devices)</i> 11:00 Fit for the Future 1-2:30 <i>Caring Café for Caregivers and their partners</i> 1:00 Better Bones (7) 2:15 Tai Chi (8)	No BP Clinic today 9:00 Cribbage 9:00 <i>Memory Screening</i> 9:30-11:30 <i>Matter of Balance</i> (8, last) 9:40/11:00 Yoga (8) 10-12 Legal Clinic 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (2) (R2) 1:30-3:30 <i>Matter of Balance II</i> (6)	Veterans Day Holiday   Senior Center Closed	9:00-12:00 SHINE 9-4 9:30 Tap Dance (2) 9:30 <i>Laughter Group</i> 12:00 <i>Veterans Appreciation Luncheon</i> 12:45-2:30 <i>Senior Notes- Singing Group-R1</i> 2:30 Connection Circle 3:00 <i>Council on Aging</i> 3:10-3:55 <i>Community Dance w/ L-S Students</i>	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>Funny Girl</i>  11:30 and 1:45 Watercolors (11)
16	17	18	19	20
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (8) 2:15 Tai Chi (1)	8:30-10:30 BP Clinic 9:00 <i>Bridges Celebration</i> 9:00 Cribbage 9:40/11:00 Yoga (1) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (3) (R2) 1:30-3:30 <i>Matter of Balance II</i> (7)	9:00-3:00 I&R Hours 9:30-11:30 <i>Skeptics Guide (10)</i> 10:00-12:00 <i>Art Fix-it and Drawing Workshop</i> (2) 11:00 Fit for the Future (G) 1:00 Canasta (VH) 1:30 <i>British Art</i> (6) No Quilting	9-12 SHINE 9-4 9:00 <i>Bridges Celebration</i> 9:30 <i>Laughter Group</i> 9:30 Tap Dance (3) 10 Current Events (R1) 10-11:30 <i>Crafty Jewelry Group—new!</i> 12:00 Pizza and a 12:30 Movie: <i>I'll See You in my Dreams</i> 2:30 Connection Circle 3:10-3:55 <i>Community Dance w/ L-S Students</i>	9:00-3:00 I&R Hours 9:00 <i>Bridges Celebration</i> 9:30-11:30 Bingo (VH) 9:30 Better Bones (8) 11:00 Fit for the Future 12:30 Friday Movie: <i>Prize Winner of Defiance Ohio</i> 11:30/1:45 Watercolors (12)
23	24	25	26	27
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (1) 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living</i> (4) (SP) <i>No Matter of Balance</i>	<i>No Skeptics Guide No Art Workshop today</i> 11:00 Fit for the Future 12:00 <i>Thanksgiving Dinner at Lincoln Sudbury High School— reservations req'd</i> No Quilting today No <i>British Art</i> 1-3:30 Canasta (VH)	Thanksgiving Day    Senior Center Closed	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>House of Spirits</i>  No Watercolors
30				
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (2) 2:15 Tai Chi (3)		VH—Van Houten Room SP—Sudbury Pines Rm. R1—Room 1 R2—Room 2 R3—Room 3		



## WATERCOLORS WORKSHOP

**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. Sudbury residents may sign up beginning November 6, all others on November 13.

### *Community-wide Program* **HOPEsudbury Telethon!**

On November 7<sup>th</sup> be sure to watch the HOPEsudbury Telethon and Auction on SudburyTV (Comcast 8 / Verizon 31). Performers of all ages sing and dance their way across stage. There also is an online auction featuring items from many local merchants and restaurants. Proceeds benefit The HOPE Fund, which provides emergency funding for medical and utility bills and other unexpected needs. For more information go to [www.Hopesudbury.org](http://www.Hopesudbury.org)

### **Stamp Club** **Monday, November 9** **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).

### **Sounds of Stow Festival Chorus and Orchestra** **Present Monteverdi's Vespers** **on Sunday, Nov. 22 at 3:00 PM**

For information go to [www.soundsofstow.org](http://www.soundsofstow.org) or buy tickets at Emma's Café in Stow, or Serendipity in Hudson or Maynard.

## **Movie and Pizza** **Thursday, November 19**



***I'll See You in My Dreams***  
 2015 PG-13  
 Rated PG-13 95 mins

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

With her well-ordered life thrown out of balance by the death of her beloved canine companion, aging widow Carol Petersen -- who hasn't dated in 20 years -- unexpectedly finds herself involved with two very different men.

Starring: [Blythe Danner](#), [Martin Starr](#) and [Sam Elliott](#)

Please call to order your slice(s) of pizza by 10:00 AM on November 19 at (978) 443-3055. \$1.25 per slice.

### **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.

November 6—*Abduction of Seraglio (opera)* - 1987—  
**2 hours, 23 minutes**

November 13—*Funny Girl*—1968—**2 hours, 45 minutes**

November 20—*Prize Winner of Defiance Ohio*

November 27—*House of Spirits*—1993

### **Give a Voice to Nursing Home Residents- Become an Ombudsman!**

BayPath Elder Services' Long Term Care Ombudsman Program needs volunteers to visit Long Term Care facilities to make sure residents are getting the care and service they expect. Volunteers work with residents, staff, and families to achieve this end. The initial time commitment is a three day certification process, then up to two hours a week meeting with nursing home residents. There is a monthly volunteer meeting to discuss issues and best practices. If you're interested please call the Program Director, Mary Brooks at (508)-573-7200 ex. 235.

### *League of Women Voters*

**An Educational Forum on Marijuana in Massachusetts**  
 Sunday, November 8 from 2:30-4:30PM  
 Goodnow Library

Senator Brownsberger, Representative Kane, Robert Moura (Director, Dept. of Pharmacy Services at Emerson

## TRIPS NEWS

### 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!



### Manhattan Dolls

**November 10, 2015; \$89**

Music through the decades honoring New England Veterans: a special Manhattan Dolls show at The Flying Monkey Theatre that will take you on a journey of music from the 1930's to the 1960's. Buffet luncheon at the Common Man Inn in Plymouth, NH. Still a few spaces left, call our Trip Coordinators to find out. Checks are payable to *Best of Times*.

### Brandywine Christmas

**December 4-6, 2015**

**\$447 doub. occup.; \$547 single**

Travel to the Brandywine Valley of Pennsylvania for a special holiday tour. Visit the Nemours Mansion and Gardens, the Brandywine River Museum, Longwood Gardens and the QVC studio. Still a few spots left, call the Trip Coordinators to find out. Joe at 978-443-8963, Joanne at 978-443-9600.

### 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

**Flyers are in the Trip Rack for more details! Please note:** All trips require purple form and payment when registering. You must register at the Senior Center.

**See December newsletter for information about what Joe and Joanne have in store for 2016!**

### Meet your neighbors...

Come in and hang out in our lounge...we have the Boston Globe newspaper for sharing, several magazines, coffee and tea for 25 cents donation. Stop by anytime!

## 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.

### 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; November 23-January 25, (no class December 28)

\$56—8 week sessions

**Fridays** at 9:30AM; December 4-February 5, no class 11/13, 11/27, 12/25, 1/1)

\$56 – 8 week sessions

### Tai Chi

Mondays, 2:15 PM;

November 16 – January 11

\$36 for 8 week sessions



### Tai Chi for Healthy Living\*

Tai Chi for those who prefer a slower pace.

Tuesdays, 1:30 PM; \$10

November 3-December 22, 8 weeks

(supported by the Executive Office of Elder Affairs State Formula Grant)

### Tap Dance

Thursdays, 9:30 AM, November 5– January 14

(No class November 26, December 24, 31)

\$40 for 8 week session.

### 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.

## Next Foxwoods Trip

**November 2, 2015**

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>



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PRESORT STANDARD



Or Current Resident

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

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

## Caregiver Workshop

for those caring for someone  
with Alzheimer's Disease

**Monday, November 2**  
**10:00-2:30**

The experienced staff of Hearthstone Alzheimer Care brings this specialized training with valuable and proven methods for helping your loved one to be less anxious at home. Lunch is included. No charge.

Please call the Senior Center to register, or call Anne Manning with questions, at (978) 443-3055.

### Memory Screening

Tuesday, November 10  
9AM-12PM

Please sign up at (978) 443-3055.

## Our 5th Annual Veterans Appreciation Luncheon

Thursday, November 12, 12 Noon

Space is limited. Please call (978) 443-3055 to sign up.

*Thank you to our Veterans of today and tomorrow!*

### FOLLOW-UP FLU CLINIC

**Thursday, November 5**  
**9:30AM**

Did you miss our Flu Clinic?  
Not to worry, Board of Health Nurse Phyllis Schilp, R.N. will be back!

Please call (978) 443-3055 to sign up for a time slot.

