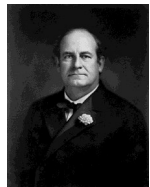


INSIDE!

**Look for our insert on the Fairbank Task Force
Community Center Recommendations!**



The old Fairbank roof and building are in need of replacement. Learn more about what the Task Force is recommending. Forums will be held on April 14!



Gary Hylander
A is for Assassin
6 Mondays, May 2-June 27
2:00 PM
\$35/Individual Classes \$10

**See Sign-up
Guidelines below!**
**No classes May 9,
30, June 20**

An assassination is a deliberate, premeditated murder of a prominent figure for political, religious or ideological reasons. Typically, the assassination is public, violent and unexpected. Join us as we examine the historical context and long-term consequences of the following assassinations:

President William McKinley

While visiting the Pan-American Exposition in Buffalo in September, 1901, McKinley was assassinated by Leon Czolgosz.

Archduke Francis Ferdinand

Heir to the Austria-Hungarian throne, Archduke Francis Ferdinand was assassinated in June, 1914 by Gavrilo Princip, a Serbian nationalist, while visiting Sarajevo.

Mahatma Gandhi

Mahatma Gandhi was a highly visible spiritual and political leader of the Indian independence movement.



Ngo Dinh Diem

The arrest and assassination of Ngo Dinh Diem, the president of South Vietnam and his brother, Ngo Dinh Nhu, was a result of a successful coup carried out by the Kennedy administration in November, 1963.

Malcolm X

Born Malcolm Little in Omaha, Nebraska, Little became an American Muslim leader and took the name Malcolm X.



Anwar Sadat

In the aftermath of the overthrow of King Farouk of Egypt in 1952, Anwar Sadat emerged as Egypt's third president in 1970.

Registration for Sudbury residents begins on April 1, registration for all others begins on April 13. Please sign up and pay the fee (checks payable to *Town of Sudbury*) at the Sudbury Senior Center. Space is limited!

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The Senior Center has a new website!

Take a look at our beautiful new website! Designed by Dannay Designs, and sponsored by the *Friends of Sudbury Seniors*, the new Senior Center website is more appealing and has more information. There is a printable calendar and information is better organized. You can access the website at www.senior.sudbury.ma.us. Please feel free to call with questions, contact Sharon Wilkes, Program Coordinator or Debra Galloway, Director at (978) 443-3055 or at senior@sudbury.ma.us.

Transportation Update

Beginning May 17, 2016 on a Trial Basis:

New Dial-a-Ride Service from 4:00-7:00 PM Tuesdays/Thursdays and

Rides to the Boston Hospital Shuttle in Framingham on Tuesdays

As we explore how to expand and best meet the transportation needs of Sudbury's residents (adults 60+ and any age with a disability), we are offering on a trial basis: expanded hours on Tuesdays and Thursdays, an opportunity to use our van to get to a Boston Hospital shuttle in Framingham and opportunities to use our van to connect with other van transportation routes in Framingham and Marlborough. Learn more...

Transportation Update Meetings:

Longfellow Glen Apts.– 655 Boston Post Road - Monday, April 4 - 1:00PM

Musketahquid Village Apts., 55 Hudson Road - Tuesday, April 5 - 10AM *Not confirmed by printing time*

Coolidge at Sudbury Apts., 89 Boston Post Road- Wed., April 6 at 1:00PM

Sudbury Senior Center—40 Fairbank Road - Thursday, April 7 at 10:00AM

For information, please attend one of the meetings above or call (978) 443-3055 and ask from Sharon Wilkes, Program Coordinator or Debra Galloway, Director.

Information on the Boston Hospital Shuttle is available online at the MWRTA website. The shuttle stops at: West Roxbury VA Hospital, Jamaica Plain VA Hospital, N.E. Baptist Hospital, Brigham and Womens, Dana Farber, Beth Israel, Joslin Clinic and N. E. Deaconess. You must register and set up an account in advance to use the Boston Hospital shuttle. The cost is \$2 one way. ***Registration information at 508-820-4650.***

**Charlie Card Event
Monday, April 11, 1-2:30 PM**

Get your free Charlie Card—card gets you senior/disabled discount on MWRTA bus routes, and MBTA T and bus.

First come, first served. Please sign in when you arrive!

**Van Field Trip!
Tuesday, April 26
12:30 -2:30 PM**

Learn how to use the Sudbury Connection Van to connect with the bus routes in Framingham and take a trip to the Natick Mall and back! Carl Damigella from MWRTA will be your guide! Sign up by calling (978) 443-3055. Maximum of 8 riders.

COUNCIL ON AGING

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Carmine Gentile
Melissa Immonen
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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

Meet Melissa Murphy-Rodrigues! Sudbury's Town Manager



Thursday, April 21
10:00 AM– 12:00 PM

Grab a coffee and pull up a chair and get to know Sudbury's new Town Manager. Melissa has been in the position since November 1 and is looking forward to meeting town residents, learning about you and finding out what you think!



Soup's On!

Changes in Vision as We Get Older

Thursday, April 21

Soup at 12:00 PM

Talk at 12:45 PM



Most people find that their vision changes as they get older. Some changes are normal; but, some changes are associated with age-related diseases, like macular degeneration, glaucoma, cataract, or diabetic eye disease. Learn more about these conditions, as well as benefits and services available through the Commission for the Blind and other agencies. You will have an opportunity to learn about helpful and interesting low vision aids, Andrea Schein does public education for the BRIDGE Elder Blind Program at the Massachusetts Commission for the Blind. Please sign up by Tuesday, April 19, 4PM by calling (978) 443-3055.

Be a Friend! Help Reduce Postage Costs!

Did you know that the Friends of Sudbury Seniors spend \$900-\$1,000 per month to mail this newsletter to Sudbury residents? Many people use email and might like to receive the newsletter via email instead—if you would like this and could help reduce all of that spending, please sign up for our email online at www.sudbury.ma.us and click on “Subscribe”, or contact Claire Wigandt, via phone at (978) 443-3055 or email at senior@sudbury.ma.us.

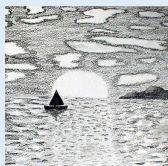
The Friends are a great group of people dedicated to helping to fundraise for senior needs at the Senior Center. Their funds pay for the mailing of the newsletter, sponsor the annual Volunteer Appreciation Luncheon, and other events. The Friends meet monthly to discuss senior needs and fundraising. Join us—we are always looking for convivial, fun, and interested people to work with us! You can drop in to a Friends' meeting anytime. Meetings are usually held on the 4th Thursday of the month at 3:00 PM., and generally listed in the Senior Center calendar. You can always call the Senior Center to verify this at (978) 443-3055.

Don't forget to Thank a Friend for sponsoring the St. Patrick's Luncheon this year!

(Friend—member of the Friends of Sudbury Seniors—*this could be You!*)

Need Help with Medicare?

Call for a SHINE (Serving the Health Insurance Needs of Everyone (on Medicare)) appointment at (978) 443-3055. Our trained, unbiased volunteer counselors can help.



Relax and Draw an Ocean Scene...

6 Wednesdays

10:00 AM-12:00 PM

April 6-May 18 (no class April 20)

\$25

Join us as we attempt to capture the glory, energy and beauty of the ocean. Whether it is portrayed crashing into a lighthouse or in a calm inlet, we will discuss how to create a breathtaking seascape. Feel free to bring your own photos and whatever media you choose to work in (I always bring drawing paper, pencils & erasers if you forget your own supplies). We work in a very relaxed atmosphere, so if you love the ocean and want to express this thru your art, please come! Veteran artists as well as newly minted artists are always welcome.

Please register by bringing your check, payable to *Town of Sudbury* to the Senior Center!



The Poetry of Robert Frost
5 Thursdays, April 28—May 26
\$30

Instructor/Performer Stephen Collins returns with a seminar on Robert Frost and his Poetry. The first class will be a biographical sketch of the man and his life. In following classes, Stephen will review many of his more popular poems but also discuss some of the less well known. Some of the poems that will be touched on include: "Storm Fear", "Mowing", "The Wood Pile", "An Old Man's Winter Night", "Hyla Brook", "The Oven Bird", "Bond and Free", "The Sound of the Trees", "Nothing Gold Can Stay", and "Spring Pools".

Please register and pay for this class at the Senior Center by April 26. Checks payable to "Town of Sudbury".



Our Night Sky - DVD series
6 Wednesdays, 9:30-10:30 AM
March 30 - May 4

From asteroids to the zodiac, from the Big Dipper to variable stars, *Our Night Sky* is designed to provide a comprehensive overview of what there is to see and the best way to see it, whether you live in the city or the country, whether you are a novice observer or an old hand at astronomy who needs a refresher on constellation and star names, locations, lore, and what to expect from season to season as the heavens present a gloriously changing panorama.

Award-winning astronomer and Professor, Edward M. Murphy of the University of Virginia teaches this DVD course .

Note: Description excerpted from "The Great Courses" online.

Please sign up online at www.senior.sudbury.ma.us.



iOS Photo Group
Tuesday, April 12
10:00 AM

Sudbury resident Ken Lefner, who enjoys taking photos with his iPhone, will facilitate this group meeting. Bring your iPhone or iPad to the meeting and share your questions, insights and photos with the group. Please sign up by calling the Senior Center at (978) 443-3055.

Recurring Programs

Current Events Group
1st and 3rd Thursdays
10:00-11:30 AM



Please feel free to join the group for a respectful discussion of world events.



Crafty Jewelry Group
3rd Thursday, April 21
10:00-11:30 AM

Bring a project your working on or start a new one at this informal group, facilitated by Sudbury resident, Priscilla Reising.

Senior Notes: Singing Group
2nd Thursday, April 14, 12:45-2:30 PM



Volunteer Leader Sam Gorfinkle leads this once a month group.



Monday Van Trips

Pickups: 9:00-10:00 AM*

Shopping and Lunch, 10:00-1:30*

Return: 1:30-3:00 PM*

Monday, April 11 to Market Basket in Hudson

Monday, April 25 to WalMart in Hudson

Please call the MetroWest RTA to register for the trips at (508) 820-4650 no earlier than 2 weeks prior and no later than 48 business hours in advance. First come, first served. *Times are approximate.

AARP Tax Help

Only a few days left...

Need some help with your income tax return? Please call to make an appointment at (978) 443-3055.



Legal Update

with Elder Law Attorney Denise Yurkofsky
Thursday, April 7, 1-2:30 PM

Get the most up-to-date information on legal issues! Elder Law Attorney Denise Yurkofsky will share the latest information, discuss how to plan ahead and answer your questions. Please sign up in advance by contacting the Senior Center at (978) 443-3055 or senior@sudbury.ma.us.

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.

Delight in the Soft and Relaxing Tones of the Harp

With Harpist Rebecca Swett

Tuesday, April 5, 1:00 PM
\$5



Settle back and receive the beautiful music of the harp... Classically trained harpist Rebecca Swett has over 30 years experience, beginning to play the harp at age 10! She plays a variety of music including classical, popular, relaxing and Celtic. She is also happy to take special requests. She has performed solo, in ensemble, and symphony concerts. She has performed with many orchestras, including: the New England Music Festival Orchestra, the Connecticut All State Orchestra, the Atlantic Classical Orchestra and many more. Please register for this special event by calling the Senior Center, cost is \$5 at the door. Space may be limited.

Legal Clinic

Tuesday, April 12
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 to sign up.

Stamp Club—2nd Monday of the month at 10:00 AM.

Suggestions Welcome!

We are always interested in what programs, classes or entertainers you would like to see at the Senior Center. Please feel free to drop a note in the Suggestion Box at the Front Desk!

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 (978) 443-3055.



Songbirds vs. Birds of Prey

with Mass Audubon

Thursday, April 14, 1:30 PM
\$5 at the door



Meet your local bluebird!

Get up close and personal with a Great Horned Owl!

Mass Audubon educators will be bringing live native birds to share with us! Learn about the birds' features, habitats, food sources, and more. To maintain a safe and calm atmosphere for the birds, there will be a strict limit to 30 participants in the room. **Please sign up by calling (978) 443-3055. Sudbury residents may sign up as of April 1, all others as of April 8.**

SAVE THE DATE! Celebrate the 400th Anniversary of Shakespeare! Thursday, June 2, 1:00 PM



Celebrate the Bard with a performance from Stephen Collins on Thursday, June 2 at 1:00 PM. \$5 at the door, but you must sign up for a seat in advance at (978) 443-3055.

Sudbury residents may sign up as of April 1, all others as of April 14.


Put and Take Needs You!

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. There are openings in the DPW's Put n Take at the Transfer Station, along with some town offices. Use your skills and help the town! Please note: a slot is not guaranteed and the abatement is considered income by the Federal government. Call for an application or leave a message for Coordinator Josephine King at (978) 443-3055.

SAFELY DISPOSE OF YOUR PRESCRIPTIONS AND OTHER MEDICATIONS AT THE POLICE STATION

The Police and Fire departments invite residents to dispose of unwanted prescription and over-the-counter medications, ointments and vitamins at a special drop-off box in the lobby of the Police Station. Just bring them in! They cannot accept needles, inhalers, thermometers and some other items. You may call the Police Department business line at (978) 443-1042 for more information.

APRIL 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
VH—Van Houten room; SP— Sudbury Pines room; R1-Room 1 R2-Room 2 (billiards) R3-Room 3 (Game rm.) G-Gym SHINE—Medicare Counseling	Transportation Information Visits are scheduled for April 4-7—see below		I & R is Information and Referral help from our Information Specialist Anne Manning. Call her directly to schedule an appointment!	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (7) 12:30 Friday Movie: <i>A Night at the Opera</i>
4	5	6	7	8
<i>Van Shopping Day</i> No AARP Tax Help 9:00-3:00 I&R Hours 10 <i>Military Blunders</i> (9) 11:00 Fit for the Future 1:00 Better Bones (7) 1:00 <i>Longfellow Glen Transportation Info Mtg.</i> 2:15 Tai Chi (1)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (1) 10:00 <i>Musketahquid Vlg. Transportation Info Mtg.</i> 12:30-3:30 Bridge 1:00 <i>Harpist Rebecca Swett</i> 1:30 <i>Tai Chi for Healthy Living</i> (6)	<i>Van Shopping Day</i> 9-2 AARP Tax Help R3 9:00-3:00 I&R Hours 9:30 <i>Our Night Sky</i> (2) 10-12 <i>Drawing</i> (1) 11 Fit for the Future 1:00 Canasta (SP) 1:00 <i>Coolidge at Sudbury Transportation Info Visit</i> 1:00-3:30 Quilting (2)	9-12 SHINE 9:30 Tap Dance (2) 10:00 <i>Transportation Update at Senior Center</i> 10:00 Current Events 1:00-2:30 <i>Elder Law Update with Denise Yurkofsky</i> No Connection Circle this week	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 and 1:45 - Watercolors (8) 12:30 Friday Movie: <i>To Kill a Mockingbird</i>
Market Basket Trip 11	12	13	FORUMS TODAY! 14	15
<i>Van Shopping Day</i> 9-2 AARP Tax Help R1 9:00-3:00 I&R Hours 10:00 Stamp Club 10 <i>Military Blunders</i> (10) 11:00 Fit for the Future 1:00-2:30 <i>Charlie Card Event</i> 1:00 Better Bones (8) 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (2) 10-11:15 <i>iOS Photography Group</i> 10-12 Legal Clinic 12:30-3:30 Bridge 1:00-4:00 SHINE 1:30 <i>Tai Chi for Healthy Living</i> (7)	<i>Van Shopping Day</i> 9:00-3:00 I&R Hours 9:30 <i>Our Night Sky</i> (3) 10-12 <i>Drawing</i> (2) 11 Fit for the Future 1:00 Canasta (SP) 1:00-3:30 Quilting (3) 2-4 Teen Tech Help	9-12 SHINE 9:30 Tap Dance (3) 10:00 <i>Community Center Forum!</i> 12:45 <i>Senior Notes: Singing Prey—Mass. Audubon</i> 2:30 Connection Circle 3:00 <i>Council on Aging</i> 5-7pm <i>Community Ctr. Tours</i> 7:30 <i>Community Ctr. Forum</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (9) 12:30 Friday Movie: <i>Five Flights Up</i>
18	Water Dist. Voting 19	20	21	22
Patriot's Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (3) (G) 12:30-3:30 Bridge 1:00-4:00 SHINE 1:30 <i>Tai Chi for Healthy Living</i> (8)	<i>Van Shopping Day</i> 9:00-3:00 I&R Hours 9:30 <i>Our Night Sky</i> (4) No <i>Drawing</i> this week 11 Fit for the Future 1:00 Canasta (SP) 1:00-3:30 Quilting (4)	9:00 <i>Men's Breakfast</i> 9-12 SHINE 10-12 <i>Town Manager Hours</i> No Tap Dance 10:00 Current Events 10:00 <i>Crafty Jewelry Group</i> 12:00 <i>Soup's On! Vision Changes</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (10) 12:30 Friday Movie: <i>Bridge of Spies</i>
WalMart Trip 25	26	27	28	29
<i>Van Shopping Day</i> 9:00-3:00 I&R Hours 10 <i>Military Blunders</i> (11) 11:00 Fit for the Future No <i>Better Bones</i> this week 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage No <i>Yoga</i> this week 12:30-3:30 Bridge 12:30 <i>Van Field Trip to Natick Mall</i> (p. 2) 1:30 <i>Tai Chi for Healthy Living</i> (1)	<i>Van Shopping Day</i> 9:00-3:00 I&R Hours 9:30 <i>Our Night Sky</i> (5) 10-12:00 <i>Drawing</i> (3) 11 Fit for the Future 1:00 Canasta (SP) No Quilting 2-4 Teen Tech Help	9-12 SHINE 9:30 Tap Dance (4) 10:30 <i>Robert Frost</i> (1) 12:00 Pizza and a 12:30 Movie: <i>The Intern</i> 2:30 Connection Circle 3:00 <i>Friends Meeting</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (11) 12:30 Friday Movie: <i>The Age of Adeline</i>

Friday 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—unless noted.

April 1 **A Night at the Opera** 1935 NR 1 hr 35 mins
The Marx Brothers -- Groucho, Harpo and Chico -- wreak havoc in the opera house in one of their biggest hits. Penned by Morrie Ryskind and George S. Kaufman, the film contains perhaps the greatest Marx comedy bit ever: the crowded stateroom scene. Kitty Carlisle and Allan Jones are charming as the singing romantic leads whom the Marxes help transform into big-time opera stars. This was the first MGM film for the Marxes.

April 8 **To Kill a Mockingbird** 1962 NR 1 hr 30 mins
Southern comforts abound in this big-screen adaptation of Harper Lee's novel as lawyer Atticus Finch (Gregory Peck, in an Oscar-winning role) defends an innocent black man (Brock Peters) against rape charges but ends up in a maelstrom of hate and prejudice. Meanwhile, with help from a friend (John Megna), Finch's children, Jem (Phillip Alford) and Scout (Mary Badham), set their sights on making contact with a reclusive neighbor (Robert Duvall).

April 15 **Five Flights Up** 2015 PG-13 1 hr 32 mins
Married for four decades, New Yorkers Alex (Morgan Freeman) and Ruth (Diane Keaton) had a wonderful life together - most of it spent in their cherished Brooklyn walk-up. But now that it's time to sell, the universe seems determined to thwart them.

April 22 **Bridge of Spies** 2015 PG-13 2 hrs 10 mins
At the height of the Cold War in 1960, the downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney James Donovan into the middle of an intense effort to secure the aviator's release.



Friday at the Movies—Continued...

April 29 **The Age of Adeline** 2015 PG-13 2 hrs
After 29 year old Adeline (Blake Lively) recovers from a nearly lethal accident, she inexplicably stops growing older. As the years stretch on and on, Adeline keeps her secret to herself till she meets a man who changes her life.

Movie and Pizza Thursday, April 28

The Intern

2015 PG-13 1.5 hrs

12:00 Pizza; 12:30 Movie

Agreeing to participate in a community outreach program, e-commerce entrepreneur Jules Ostin (Anne Hathaway) hires Ben Whittaker (Robert De Niro) a 70-year-old intern who ends up bringing his special brand of business savvy to her fashion enterprise.

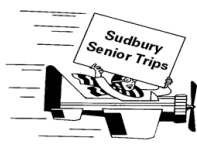
Please call to order your slice(s) of pizza **by 10:00 AM** on April 28 at (978) 443-3055. \$1.25 per slice.



Men's Breakfast Thursday, April 21, 9:00 AM \$3 at the door



Ed Carr, Administrator of the MetroWest Regional Transit Authority, and veteran transportation planner, will be joining us for breakfast and will share information about our local transportation system. Please sign up in advance, so that we can make enough pancakes and sausage! Call (978) 443-3055.



TRIPS NEWS

Hello Fellow Travelers-

Trip Coordinators, Joe Bausk and Joanne Bennett, invite you to partake in one of our wonderful trips!

Samson!

May 23-25, 2016

\$471 pp double occupancy

In Philadelphia, a Sight and Sound theatre production. Tour Penn. Dutch country; Longwood Gardens, Barnyard Art Studio and Gallery, Kitchen Kettle Shopping Village, and Philadelphia. Payable to Tours of Distinction. Dep. due Mar. 9, in full by Apr. 6, 2016.

Highwaymen and Queens of Country

Wednesday, June 22, \$91

An unforgettable tribute to some of country music's most famous performers: Dolly Parton, Waylon Jennings, Willie Nelson, Johnny Cash, Reba McEntire. The lookalike and sound-alike performers are outstanding! Lunch and matinee. Checks payable to *Best of Times*.

Shades of Ireland

August 17-26, 2016

\$3,449 pp double occupancy

10 day trip touring Dublin, Blarney, Castle, ring of Kerry, Cliffs of Noher, and much more, includes airfare, 13 meals, fees, etc. Collette Tours. \$250 deposit due on Feb. 3 and \$280 insurance highly recommended. Final payment due: June 10.



Forever Motown

Wednesday, September 21, \$91

The iconic sounds and choreography of Motown performed by veteran entertainers. Featuring songs of the Four Tops, Temptations, Supremes, Marvin Gaye, Smokey Robinson, Stevie Wonder and more. Lunch and show. Payable to Best of Times by Aug. 9.

Jimmy Lehoux Band and the Turkey Train, Oct. 19.
President's Trip on Cape Cod, Nov. 11-12.

Please note: All trips require purple registration form and payment when registering. Trip guidelines are available on the back of the 2016 Trip Brochure, or by request. Thank you!

Foxwoods Trip with Deanna and Ron

Monday, May 2 - \$26 Sign up is happening right now! Don't miss out on the fun!

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.



*Bring your mat, 2 sets of weights, resistance band, and water!

Better Bones, Senior Strength*

Mondays at 1PM; \$56 - 8 weeks
May 2-July 11 (no class May 30, June 20, July 4)

Tai Chi

Mondays, 2:15 PM; \$36 for 8 weeks
April 4-June 13 (no class April 18, May 2, 30)

Tai Chi for Healthy Living#

Tai Chi for those who prefer a slower pace and may need to work on balance.
Tuesdays, 1:30 PM; \$15 #
April 26-June 21, 8 weeks; (# supported by the Elder Affairs State Grant) (no class May 3)

Tap Dance -Thursdays, 9:30 AM

March 31-May 26; (no class Apr. 21)
The latest craze! Good for body and mind!
\$40 for an 8 week session.

**Bring your mat, block and water!

Yoga for Living Well**

Tuesdays, 9:40 or 11:00 AM
\$56 for 8 week session
April 5-May 31 (no class Apr. 26)
Improve balance, strength, flexibility and learn to relax!

NOTES: Please call (978) 443-3055 for information or ask for a Fitness flyer (includes schedule and class descriptions). Bring water to all classes!

Teen Tech Workshop

Wednesday, April 13, 27

2:00-4:00 PM

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



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 two Mondays every month we provide transportation to a shopping location outside of Sudbury. You must be registered with the MetroWest Regional Transit Authority (MWRTA) to get rides. Call the MWRTA at 508-820-4650 or Senior Center for an application. You must call at least 48 business hours in advance **to schedule** 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.

As of March 14, 2016, shopping days are Mondays and Wednesdays.

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

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.

THE
SUDBURY
SENIOR

SCENE

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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 4:00 PM

Charlie Card Event

Monday, April 11

1:00-2:30 PM

First come-First Served
Sign in when you arrive!

Van Field Trip

Tuesday, April 26

12:30-2:30 PM

Take a trip on our van, transfer to the Framingham bus to Natick Mall and then return on our van. You will be escorted by Carl Damigella from MWRTA. Learn about transfers!



Men's Breakfast

Thursday, April 21

9:00 AM



The Men's Breakfast team brings you hot pancakes and sausage, fruit, juice, coffee and tea! All for \$3 at the door!

Guest Speaker: Ed Carr of the MetroWest Regional Transit Authority (MWRTA)

Pizza and a Movie

The Intern

Rated PG-13

Pizza at 12 noon

Movie at 12:30 PM



Please order your pizza slice by 10 AM on April 28.

\$1.25/slice
Thank you!