

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

Holiday Luncheon

Tuesday, December 5
12 noon; \$5

Join us for chicken breast dinner with potatoes and vegetables/vegetarian options.

Entertainment sponsored by the *Friends of Sudbury Seniors*. Sign up by Tues. Nov. 28!

Winter Holiday Party! And Sing-a-long!

Wednesday, December 20
1:30-3:00 PM

Join us for hot cocoa, warm cider and lots of treats! Join our Senior Notes Singing Group on some holiday, patriotic and other favorites!

Please sign up by Monday, December 18.

Van Transportation is available for all of our events, including the luncheon and party, as well as to your polling place on Dec. 11. You must be registered with the MetroWest Regional Transit Authority (we have applications), set up a debit account, and reserve your ride at least 2 business days in advance. *Any questions*, please call us at (978) 443-3055.



December 2017

We are offering a number of special programs most at no or low cost. Here are some of the highlights!

Holiday Luncheon - Tuesday, December 5, 12 noon. RSVP by Nov. 28.



Learn More about the Proposed Fire Station! With Chief Miles - Wed., December 6, 11:00 AM

Boxwood Tree Workshop - Wednesday, December 6, 9:30-11:30 AM, \$15; RSVP by Friday, December 1.



Bridge Group Practice - Wednesdays, December 6, 13, 27 1:00-3:15 PM

LGBTQ Legal Planning - Wednesday, December 6, 5:00 PM at Maynard Senior Center, 50 Brown Street, Maynard, page 4.

NEW! Hearing Clinic - Friday, December 8, 9:30-11:00 AM



Stamp Club - Monday, December 11, 10:00 AM



How to Survive the Holidays - Tuesday, December 12, 10:00 AM

Hot Topic 1: The GOP Tax Reform Plan: How does it affect all Americans?
Tuesday, December 12, 1:00 PM

Legal Clinic - Tuesday, December 12, 1:00-3:00 PM, 20 min. appointments.



Vets Talk and Coffee - Wednesday, December 13, 9:30 AM

Alzheimer's Prevention Talk in Mandarin Language - Wednesday, December 13, 11:30 AM

Soup's On: Acupuncture: What's the Point? - Thursday, December 14; Soup at 12 noon; talk at 12:45 PM.

Hot Topic 2: The Happiness Index - Tuesday, December 19, 1:00 PM



Lunch at the Senior Center! - Wednesday, December 20, 12:00 PM, \$3 donation; sign up by Thursday, December 14.

Winter Holiday Party with Sing-a-long - Wednesday, December 20, 1:00-2:30 PM, Bring the Grandkids! Kids of all ages welcome!

Continuing... **Scientific Secrets of a Powerful Memory** - Wednesdays, Nov. 29, December 6, 13, 9:30 AM



Caring for our communities with pride.

The Friends of Sudbury Senior Citizens, Inc.

The Friends of Sudbury Senior Citizens are a volunteer organization whose role is to support the dignity, independence, and life enrichment of our senior citizen community.

Who: Members of the Friends are people who have donated to the Friends annual appeal and indicate interest in serving as a Friends Member. New Members are welcome at any meeting!

What: The Members elect officers and directors annually.

When: The Friends meet monthly at 3:00 pm on the fourth Thursday (except the third Thursday in November and not in December and July).

Where: The Friends meet at the Sudbury Senior Center, 40 Fairbank Road, Sudbury.

Why: The Friends is a partner with the Sudbury Council on Aging. Because the Council is prohibited from raising money, the Friends fulfill this important role. The funds from the town-funded Senior Center budget cover only a small portion of the costs of operating Senior Center Programs. Needs identified by the Senior Center Director but not covered in the Center budget are approved and funded by the Friends. Some examples of these needs are:

- Buying furniture and decorating in the Senior Center.
- Paying for special events for seniors including entertainment, recognition meals, annual get togethers, speakers, etc.
- Paying the postage to mail the monthly Senior Center Bulletin to all town residents over 60 years of age.
- Contributing a substantial amount to the Fairbank Task Force facility study completed in 2015.
- Making a large contribution to the Sudbury Needs Assessment being undertaken through a contract with the University of Massachusetts Gerontology Institute (may be called the *Livable Community Assessment*).
- Other approved requests that may be presented to the Friends from time to time.

How: Donations may be made to *Friends of Sudbury Senior Citizens, Inc.*; 40 Fairbank Road; Sudbury, MA 01776. The Friends is a 501(C)3 organization; gifts are tax deductible.

The Friends' Annual Appeal was mailed to Sudbury households in mid-November. Please give as you are able! Thank you!



NEW!! Hearing Clinic

Friday, December 8
9:30-11:00 AM



Michael Drennan of Rogers Hearing Solutions will offer complimentary wax and hearing screenings on the second Friday of each month from 9:30 - 11:00 AM. Mr. Drennan is a Board Certified Hearing Instrument Specialist serving Marlborough area since 2000.

Please schedule your appointment by calling 978-443-3055.

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~ Classes and Series ~

More Hot Topics with Prof. Larry Lowenthal!**The GOP Tax Reform Plan:****What's in it and How does it affect all Americans**

Tuesday, December 12, 1:00 PM

The GOP insists that the bill will benefit all Americans: the Democrats insist that the bill is a blatant attempt to make the top 1% even wealthier. Who is right? What does a close study of the bill reveal, and why is it critically important for all Americans to understand the key elements of the proposal?

The Happiness Index: Denmark, Costa Rica and Singapore: What can we learn from them?

Tuesday, December 19, 1:00 PM

Why do some countries score high on the international Happiness Index, and other countries score low? What are the basic criteria used to evaluate a nation's happiness status, and why is it important to learn from the success of the leading countries that enjoy a high level of citizen satisfaction?

Dr. Lawrence Lowenthal's wide-ranging experience includes serving a tour of duty in the Israeli army, teaching English and American Literature at Hebrew University in Jerusalem, and offering a variety of courses in the Greater Boston area on Jewish history, film, literature, and humor. Please contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us to register for these classes. These classes are supported by the **Friends of Sudbury Seniors**. *Donations toward the program cost are most welcome!

Learn about the Proposed Fire Station on Route 20!

Wednesday, December 6, 11:00 AM

Fire Chief Bill Miles will be here to explain the proposal and answer your questions. Please sign up!

More info at: <https://www.sudburyfirestation2.org/>

Scientific Secrets of a Powerful Memory DVD Series

3 Wednesdays, November 29-December 13, 9:30 AM

What was the name of your first pet? Where did you put your house keys? Most likely, you didn't need to look up the answers to these questions.

You *remembered* them. Professor Peter M. Viston, PhD., is Associate Professor of Psychology at The College of William and Mary. His PhD. is in Psychology and Cognitive Science from Cornell University. Please sign up at 978-443-3055 or senior@sudbury.ma.us.

~ Special Events ~

How To Survive the Holidays

Tuesday, December 12, 10:00 AM

The "Holiday Season" (the time from Thanksgiving through New Year's) is supposed to be happy filled with get-togethers between friends, neighbors, and family. It might include comfort food, family traditions and conversations by the fireplace — spending quality time with loved ones for the holidays is something we cherish. Unfortunately, this special time of the year can turn out to be a time when joy is replaced with sadness, love with anger, and contentment with anxiety. For many, the holidays magnify losses and become a time of year that's hard to navigate.

Please join Beth Rubio, MSW, LICSW, Director of Client Services at Tandem Care Associates for a discussion and helpful tips for navigating the holidays. Tandem Care Associates is a new innovative home care agency with a unique care delivery model. Beth has over 30 years of senior care experience. As a Medical Social Worker, Beth has worked in all specialties of the health care continuum. She has earned a B.A. Degree in Psychology from St. Michael's College and M.A. in Social Work from Boston College. Please reserve your spot by contacting us at 978-443-3055 or senior@sudbury.ma.us.

Soup's On!**Acupuncture - What's the point?**

Thursday, December 14

12:00 Soup

12:45 Talk



Some of the specific ailments that Acupuncture treats are pain management (orthopedic issues, fibromyalgia, arthritis), digestive disorders (IBD, nausea, constipation), stress management (anxiety, depression), insomnia and also immune system support. Michelle Callihan, Lic.Ac, MAOM owner of Acupuncture 4 Balance in Sudbury is a general practitioner that treats all these ailments plus many more. Michelle graduated from the New England School of Acupuncture with a Masters in Acupuncture and Oriental Medicine. She also teaches Acupuncture at Worcester State University.

Please reserve your soup by Tuesday, December 12 at 4:00 PM by contacting us at 978-443-3055 or senior@sudbury.ma.us.

Alzheimer's and Dementia Information

2017年12月13日 (周三)

讲座时间 : 11:30

随着人类寿命的逐渐延长, 老年痴呆症逐渐成为了影响老年人健康和生活品质的主要疾病之一。但是您知道吗? 老年痴呆症有很多行之有效的预防措施。

康科德市高中毕业班的王诗远 (Charles Wang) 同学对此做了很多调查研究, 今年10月13日他来到Sudbury 老年中心用英文做了这方面的讲座, 受到了广泛的好评。本次的中文讲座希望把老年痴呆症的预防知识在中国老人中得以更广泛的传播, 希望大家能够踊跃报名参加。(报名电话: 978-443-3055) 感谢您的光临!

Alzheimer's Prevention Talk in Mandarin

Wednesday, December 13, 11:30 am

Alzheimer's Disease has become one of the major diseases affecting senior health and quality of life, much in thanks to prolonged life expectancy. However, there are many daily measures one can incorporate into their day to decrease their risk of onset.

Charles Wang, a Concord Carlisle High School student, has researched the latest information and will be presenting it in Chinese to spread awareness of Alzheimer's and how you can decrease your risk. He previously presented at Sudbury on October 13 in English. To register call 978-443-3055.

Thank you! Hope to see you there.

~ Caregivers ~

Comfort Food Caring Café

Monday, January 22 - 12:00 -2:00 PM

Note: There will be no Caring Café in December.

Caregivers and their loved ones with memory challenges are invited for a delicious lunch, entertainment, conversation, arts, music and laughter! Please sign up if you are able at 978-443-3055; drop-ins are okay.

Thank you to our Sponsors: **Pleasanties Adult Day Care** in Marlborough, **Traditions of Wayland Assisted Living, Right at Home Senior Care** of Westborough and **Sudbury Farms**.

Current Events Group

Every Thursday 10:00-11:15 AM

Please feel free to join the group for a respectful discussion of world events where each person has an opportunity to contribute. Call 978-443-3055.

~ Legal ~

Legal Clinic -Tuesday, December 12 - 1:00-3:00 PM

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Denise Yurkofsky. Our Volunteer Elder Law Attorneys provide free 20 minute appointments focusing on: estate planning, financial issues, Medicaid/Mass Health legal questions, etc. For issues that are not in their domain, they will provide referrals to other attorneys. They are not able to prepare documents during these appointments. Call 978 443-3055 to make your appointment.

Basic Planning Documents for LGBTQ Community

Wednesday, December 6, 5:00 PM

Location: Maynard Council on Aging

LGBTQ folks, especially if not married, must take into consideration:

- How they want to dispose of assets upon death
- Who they want to have access to medical information
- Who they want to make medical decisions for them
- Who they want to manage their real and personal property on their behalf
- What they want their burial wishes to be, and who will have authority

Please contact Ana Cristina Oliveira, Outreach Specialist, at oliveiraa@sudbury.ma.us or 978-443-3055 for information or questions.

~ Transportation ~

Monday HOLIDAY SHOPPING TRIPS

December 4-Natick Mall and The Villa Restaurant
December 11-Marshalls/Savers and Stephen Anthonys
Join us as we make our special Holiday shopping trips with time for lunch. 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. Van trips are available on a first come, first served basis. Schedule is subject to change.

Bridge Group!

Wednesdays, December 6, 13, 27, 1:00-3:15 PM

Our Bridge group who has taken lessons with Instructor William 'Nick' Nicholson this fall/last spring, will be practicing their Bridge skills on Wednesday afternoons. Contact the Senior Center if you have questions, at 978-443-3055. No meeting on December 20.



~ Clubs and Groups ~

Turn the Page—Monthly Book Group 2nd Wednesday, December 13, 1:00-2:00 PM

All are welcome to join the “Turn the Page” Book Group on the 2nd Wednesday of the month! Even if you have not read the book! *December’s book is “The Whistling Season” by Ivan Doig.* Please call 978-443-3055 with questions, or just drop in! Do check in at the desk, make sure your visit is counted.

Stamp Club - Monday, December 11, 10:00 AM

Anyone who has an old stamp collection tucked away in the attic is invited to stop by at the monthly meeting of the Club. Or maybe you just like to talk “stamps”! Usually meets on the second Monday of each month.

Connection Circle

Thursdays, 2:30PM

No meeting on December 28

Join Facilitator Kim Schwartz at the Connection Circle! Share interests, memories and pieces of your life stories at our women’s discussion group.



Short Story Discussion Group

2nd and 4th Thursdays, December 14, 28 - 1-2 PM

Join Lois Leav and this lively group at the Senior Center for a discussion of short stories. Call us at the Senior Center to sign up at 978-443-3055.



Come Sing with Friends at Senior Notes!

Thursdays, December 7, 20**, 12:45 PM

Lift your voice and lift your spirits on the first and third Thursdays of each month. Gather with us - we'll provide you with lyrics (and sheet music for those who would like it) for a selection of familiar popular songs to share. Mostly we find a good starting note and sing a cappella, but sometimes we have recorded accompaniment to carry us along. We take suggestions for songs and invite you to join the fun! Please sign in at the Front Desk.

** *This month* the group will sing and encourage others to join in at the Holiday Party on December 20!

Happy Seniors Club

Tuesdays, 9:30 - 11:30 AM



The Asian American Association meets at the Senior Center weekly for socialization, T'ai Chi, ping pong and coffee. Drop in or call for information at 978-443-3055.



~ Arts and Crafts ~

Landscapes via Lines in Pen & Ink Drawing Workshop

6 Tuesdays, 12:30-2:30 PM

December 19, Jan. 2, 9, 16, 23, 30-\$30

Whatever view, whatever time of day or venue, drawing in pen & ink can be invigorating or intimidating, minus a pencil or eraser. Or, feel free to pencil in an image first. Either way, we will construct a landscape using line for our image, maybe a bit of wash as well. Your choice, your comfort level. We will discuss light source, a bit of perspective (foreground, middle-ground, background), line technique to achieve texture and depth, composition, as we work from photos or your imagination. Again, always your choice. We work in a very relaxed atmosphere, so if this appeals to you, please come! Veteran artists as well as newly minted artists are always welcome. *Supplies* —> #2 Pencils, erasers, paper (Optional - Bristol or Hot Press paper surfaces), pen & ink supplies (Optional - Multiple Micron markers with varying nib (tips) sizes).

Please register and pay for the class at the Senior Center. Checks are payable to “Town of Sudbury”.

Boxwood Workshop with Sudbury Garden Club

Wednesday, December 6, 9:30-11:30 AM



The Sudbury Garden Club invites you to build your own Boxwood tree! For a \$15 fee, they will provide all supplies and decorations.

Participants are also invited to come and work with them during the workshop to make small boxwood trees for the residents of the Sudbury Pines Nursing Home. Any helper can take one of the small trees home as a thank you!

Please sign up at 978-443-3055 by Friday, December 1.



Wonderful Watercolors Workshop!

Nov. 3, 17, 24, Dec. 1, 8, 15, 29, Jan. 5




No class on Dec. 22

\$64

11:30 AM - 1:30 PM or 1:45 - 3:45 PM

Join our delightfully relaxing Watercolors workshop on Friday afternoons with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome. Learn a new technique, or work on your own projects with instructor available for feedback. ***New session starting in January 2018!***

DECEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
Please note: Due to special events and the Election, several fitness classes will be moved to alternate locations on December 8 and 11.		Please Note: Senior Center Closes at 12:30 PM on December 22 for Staff Holiday Celebration <i>*Drawing dates changed due to cancelled class last session</i>		9:30-11:30 Bingo (SP) 11 Fit for the Future 11:30 Watercolors (4) 12:30 Friday Movie: <i>Going in Style</i> 1:45 Watercolors (4) 1-4 SHINE
Natick Mall Trip 4	5	6	7	Election Setup 8
9:00-11:00 Savvy Caregiver Workshop (5) (SP) 11:00 Fit for the Future 1-3:30 Canasta 1:00 Better Bones (4) (G) 2:15 Tai Chi (4) (G)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors Club</i> (R1) 9:40/11 Yoga (VH) (5) 9:30-12:30 SHINE 12:00 Holiday Luncheon 12:30 <i>Drawing Wrkshp</i> (5*) 1:30 <i>Tai Chi for Healthy Living</i> (6) (VH)	9:30 Scientific Secrets for Powerful Memory (2) 9:30-11:30 Holiday Boxwood Workshop (VH) 11:00 Learn about Proposed Fire Station! 11:00 Fit for the Future 1-3:15 Bridge Group (SP) 1:00-3:30 Quilting (8) (VH) 5:00 <i>Estate Planning for LGBTQ Maynard Senior Ctr.</i>	9-12 SHINE 9/9:30 Tap Dance! (3) 10:00-11:15 Current Events (SP) 12:45 <i>Senior Notes: Singing Group</i> (SP) 2:30 Connection Circle (VH) 3:30-5:30 LINC Intergenerational at Senior Center (6)	9:30-11:30 Bingo (SP) 9:30-11 Hearing Clinic 11:00 Fit for the Future (VH) 11:30 or 1:45 - Watercolors (5)
Marshall's/Savers Trip 11	Hanukkah Begins 12	13	14	15
<i>Special Town Election</i> 9:00-11:00 Savvy Caregiver Workshop (6) (SP) 10:00 Stamp Club 11 Fit for the Future (VH) 1-3:30 Canasta (SP) 1:00 Better Bones (5) (VH) 2:15 Tai Chi (5) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage (VH) 9:30 <i>Happy Seniors Club</i> 9:40/11:00 Yoga (6) (G) 10 Surviving the Holidays 10:45-1:15 SHINE 12:30 Drawing (6, last*) 1 <i>Hot Topic: GOP Tax Plan</i> 1-3 Legal Clinic (R1) 1:30 <i>Tai Chi /Healthy</i> (7) 3:00 <i>Council on Aging</i>	9:30 Scientific Secrets for Powerful Memory (3) (SP) 9:30 Veterans Talk & Coffee 11:00 Fit for the Future 11:30 Alzheimer's Prevention Talk (VH) (Mandarin speaking) 1:00 <i>Turn the Page Book Group!</i> (R1 Or SP) 1-3:15 Bridge Group (SP) 1:00-3:30 Quilting (9) (VH)	9-12 SHINE 9/9:30 Tap Dance (4) 10-11:15 Current Events (VH) 12:00 <i>Soup's On!</i> (VH-SP) 12:45 <i>Acupuncture: What's the Point?</i> 1-2 Short Story Group (VH) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (6) 12:30 Friday Movie: <i>A Dog's Purpose</i>
18	19	Hanukkah Ends 20	21	22
11:00 Fit for the Future 1-3:30 Canasta 1:00 Better Bones (6) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 <i>Happy Seniors Club</i> 9:40/11:00 Yoga (7) 9:30-12:30 SHINE 12:30 <i>Drawing Wrkshp</i> (1*) 1:00 <i>Hot Topic: The Happiness Index!</i> 1:30 <i>Tai Chi Healthy</i> (8, last)	11 Fit for the Future 12:00 Lunch! 1:00-2:30 Winter Holiday Party—Senior Notes will sing—you can join them! No Bridge Group today No Quilting today	No SHINE today 9/9:30 Tap Dance! (5) 10-11:15 Current Events (SP) 12:00 Pizza and a Movie: <i>The Promise</i> **NO 12:45 Senior Notes today** 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future No Watercolors today ----- Senior Center closes at 12:30 PM - Staff Holiday celebration
25	26	27	28	29
Christmas Holiday  Senior Center Closed	NO BP Clinic today No Cribbage today 9:30 <i>Happy Seniors Club</i> No Yoga today No SHINE No <i>Drawing Workshop</i> No <i>Tai Chi Healthy Living</i>	11 Fit for the Future 1-3:30 Bridge Group (SP) No Quilting	No SHINE today No Tap Dance 10:00 Current Events (VH) 1-2 Short Story Group (VH) No Connection Circle No <i>Friends meeting</i>	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (7)

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THAT SUPPORT OUR COMMUNITY



TRIPS NEWS

Hello Fellow Travelers-

Trip Coordinators, Joe Bausk and Joanne Bennett, invite you to partake in one of our wonderful trips! **Stay tuned** as Joe and Joanne are working on some exciting new one day trips for 2018.



Wright’s Farm and La Salette Lights

Thursday, December 7, 2017: cost is \$60. A delightful holiday tour with a full course “**all you can eat**” lunch at Wright’s Chicken Farm Restaurant and the magnificent Christmas lights/chorus at La Salette Shrine.

Venice, Florence & Rome

April 14 – 21, 2018 – cost is \$3,699 double occ. Join us for a fabulous tour of Italy, exploring the magic of Venice, Florence & Rome. These cities are filled with history, culture, art and romance.

Southern Charm

June 2–8, 2018 – cost is \$2,799 double occ. Experience the warm and southern hospitality in America’s southeast. Come to know its rich history and deep traditions on this tour highlighted by stays in Jekyll Island, Savannah and Charleston.

Iceland’s Magical Northern Lights

October 15–21, 2018 – cost is \$2,999 double occ. Discover Iceland, a land and culture forged by fire and ice. It has steaming lava fields and massive glaciers sculpted mountains and many natural wonders. You may even see the aurora borealis.

Please note: All trips require purple registration form and payment to the Tour Company when registering. Please read the Trip guidelines on the Trip Brochure.

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

**Pizza and a Movie
Thursday, December 21**

The Promise
2017 - Rated PG-13
2hrs 13 mins



As the Ottoman Empire is waning and the population of Constantinople stands on the brink of World War I, a love triangle develops among a veteran American journalist, an unassuming doctor-to-be, and a beautiful Armenian woman.

**Pizza: 12 noon
Movie: 12:30 PM**

Sign up for pizza by Dec. 21 at 10:00 AM; slice is \$1.25.

Friday Movies at 12:30 PM

Dec.1 - **Going in Style** - 2017 - Rated PG-13 1hr, 36m
Cheated out of their pensions, three elderly friends decide to extract justice from the system by robbing a bank and then heading for Las Vegas. But their grand plan starts to fall apart when a dogged FBI agent picks up their trail. Starring, Morgan Freeman, Michael Caine and Alan Arkin.

Dec. 15 - **A Dog's Purpose** - 2017 - Rated PG,1hr, 40m
Unfolding through the prospect of a reincarnated dog, this affecting family tale follows the faithful canine as he learns the purpose of his existence through the lives of his numerous owners. Starring, Josh Gad, Dennis Quaid and Peggy Lipton.

**Have a Delicious Lunch and
Enjoy the Holiday Celebration and Sing a long!**
Wednesday, December 20
12:00 PM

Sign up by Thursday, December 14. Menu to be available soon! Call 978-443-3055.

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YOUR AD HERE.**

CONTACT

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stwomey@4LPi.com or (800) 950-9952 x5854

~ From Ana Cristina Oliveira, Outreach Specialist ~

The Asian Older Adult Outreach Project

The Senior Center staff would like to improve our job serving underserved minorities in our community. The Sudbury Senior Center was awarded grant funding under Title III for the Asian Older Adult Outreach Program to help pay for a part-time Program Assistant and an Instructor to teach English for speakers of other languages. We are seeking to hire an English instructor to teach once a week for two hours for 3 twelve-week sessions as well as a bilingual Mandarin speaking Program Assistant to help support programming needs for the growth of the program. For additional information contact the Outreach/Information Specialist, Ana Cristina Oliveira at 978-443-3055 or Oliveiraa@sudbury.ma.us.

Voluntary Donation Policy Statement

The Asian Older Adult Outreach project is funded by BayPath Elder Services Area Agency on Aging Title III funding from the Massachusetts Executive Office of Elder Affairs (EOEA). EOEA requires that participants in any program funded by an EOEA grant be given the opportunity to make a donation to help offset the cost of that program/activity or fund new program offerings. A donation of \$3.00 per class will be requested from each participant of any program, activity or class given by the Senior Center staff or contractor of services. No senior shall be denied access to any program because they are unable or unwilling to donate. All donations will go towards funding enrichment programs offered by the Senior Center.

Respect for All Participants

The Senior Center is committed to providing respect for all LGBTQ Older Adults in order to increase opportunities for members to become engaged in activities and educational programs at our center. Call us when you need guidance, and let us know how we can help. We want to share our expertise with you! We are here to help if you are looking for a SHINE counselor, an elder attorney who can help you get your affairs in order, or if you need the name of home services that are committed to honoring and respecting LGBTQ older adults. If you have any questions at all about getting the support you need in order to live independently and engaged in our community, contact Outreach/Information Specialist Ana Cristina Oliveira at 978-443-3055 or oliveiraa@sudbury.ma.us.

~ Fitness ~

Sign-Up Information- Checks payable to "Town of Sudbury" at registration.

Fit for the Future with Lois (aerobics/strength)

Ongoing classes on M, W, F 11:00 AM-12:00 PM

\$3 drop-in. *in Van Houten room on Dec. 8, 11*

Better Bones, Senior Strength

Mondays at 1PM; November 13 - Jan.

22 ; no class Dec. 25, Jan. 1, 15

8 weeks for \$56 Build strength and

balance! **Van Houten Rm. on Dec. 11**

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

T'ai Chi

Mondays, 2:15-3:15 PM;

Nov. 13 - Jan. 22;

no class Dec. 25, Jan. 1, 15

\$40 for 8 weeks; **Van Houten**

rm. on Dec. 11; An ancient system of movements designed to maintain strength, balance and focus.

Tai Chi students: Bring comfortable clothes to move in, and water.

T'ai Chi for Healthy Living

Tuesdays, 1:30-2:30 PM;

8 weeks for \$40, Oct. 31 - Dec. 19; Jan. 2-

Van Houten room Dec. 5, no class Dec. 26

For those who want a slower pace; work on improved balance and mobility.



Tap Dance!

1 hour class 9:30-10:30 AM and/or

Beginner 1/2 hour class 9-9:30 AM

Thursdays, 9:30-10:30 AM

Nov. 16 - Jan. 18, no class Dec. 28

\$45 For 8 weeks; \$25/beginner class

Bring tap shoes, comfortable clothes and water!

Yoga for Living Well**

Tuesdays, Nov. 7 - Jan. 9

No class Dec. 5, 26



**Bring your mat, block and water!

Yoga 1: 9:40 AM or **Yoga 2:** 11:00 AM

\$56 for 8 week session (dates were adjusted, due to change in session 1 schedule)

Add strength and calm to your life!

NOTE: Please call (978) 443-3055 for information.

Fuel Assistance 2017-2018 Program

The Fuel Assistance Program can help you pay for heating costs during the heating season from November 1 -April 30. Apply as soon as possible; assistance is provided on a first-come first-served basis to those that qualify. Call the Senior Center and ask to speak with Outreach/Information Specialist, Ana Cristina Oliveira at 978-443-3055 or email at oliveiraa@sudbury.ma.us.

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. Riders begin by registering with the MetroWest Regional Transit Authority (MWRTA). Call the MWRTA at 508-820-4650 (or the Senior Center) for an application. Please 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.

***Note:** Pilot transportation programs are in the works, call for information.*

F.I.S.H. (Friends in Service Helping): *When family and friends are unavailable, 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 and the Sudbury Board of Health offer weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:30-10:30 AM**. 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**.

Consultation

Outreach and Information: Our Outreach Information Specialist provides information about resources and services for older adults and their families in Sudbury. She can provide information for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Monday through Friday from 9:00 to 4:00**.

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 Fire Department 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. Meals are delivered by Sudbury volunteers!



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Veterans Talk and Coffee

Wednesday, December 13, 9:30 AM

Join other veterans for conversation, coffee and maybe a treat! Sudbury's Veterans Agent Nick Charbonneau is usually here, along with other veterans from Sudbury and surrounding towns. Call 978-443-3055 to sign up and we will notify you of any changes, or just drop in!

A New Way to Support the Friends

Support the Sudbury Senior Center by joining or donating to the Friends! The *Friends* have joined **Amazon Smile**. When making a purchase through Amazon, you have the option of *directing a percentage of the proceeds to the Friends!*

You may have received the *Friends* Annual Appeal in the last few weeks. Support the *Friends* as you are able - funds donated are tax deductible and go toward program support! Thank you!

A Message from our Volunteer Coordinator

I would like to thank everyone for the warm welcome I have received as the new Volunteer Coordinator at the Senior Center. I have had the great pleasure of meeting numerous volunteers already, and I look forward to meeting many more of you in the coming months. We had two successful Volunteer Open Houses in the last few weeks, enabling much mingling, eating, sharing of stories, and meeting other volunteers. If you are a volunteer that has not yet completed the updated Volunteer Paperwork that was mailed to you in September, please be sure to fill it in and either mail it back to the Senior Center (marked Attention: Janet Lipkin) or bring it with you the next time you are coming to the building. If you have not yet received your volunteer lanyard name badge and you have completed the Volunteer Paperwork, please call me at 978-639-3223 so that I can leave your lanyard at the front desk for you to pick up at your convenience. Thank you so much!

Janet Lipkin, Volunteer Coordinator

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 sudburyseniorcenter.org



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