

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

Fairbank Community Center Feasibility Consultant Presentation

Thursday, February 1, 7 PM
Sudbury Senior Center

Here about the recommendations for the Community/Senior Center. Call 978-443-3055 for information, and see page 2.



Lunch and a Movie! Monday, Feb. 12

***12:00 Noon - Lunch;
\$3 suggested donation.**

***12:45 PM - Movie:
*Paris Can Wait***

Sign up for lunch by Wednesday, Feb. 7. \$3 suggested donation. Contact us at 978-443-3055 or senior@sudbury.ma.us.

Live Music!

Shades of Gray

**Wednesday, February 7
1:00 PM**

Push away those winter blues with some Civil War era camp music from *Shades of Gray*! Sure to be a fun time! Sign up by calling 978-443-3055.



February 2018

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

Foxwoods Trip - Monday, February 5, \$26, see page 4.



NEW!! Archery! Free Trial Class - Friday, February 9, 9:30-10:30 AM, Sign up!



Heart of Meditation - 6 Tuesdays, 10:00 AM, \$42; Feb. 13, 20, Mar. 6, 13, 20, 27.

Live Band - *Shades of Gray!* - Wednesday, February 7, 1:00 PM, sign up!



Hearing Clinic - Friday, February 9, 9:30-11:00 AM; please call to make an appointment.

Understanding the Animal World DVD - Fridays, February 9 - April 27, 1:00 PM.

Chinese New Year Celebration! - Saturday, February 10, 12:00-2:00 PM with the Chinese American Association, please sign up, space is limited.

Don't Go Breaking My Heart! - Monday, Feb. 12, 11:00 - Healthy Lifestyle with Board of Health Nurse Phyllis Schilp, RN, BSN.



#Lunch at the Senior Center! - Monday, February 12, 12:00 PM, \$3 suggested donation; sign up by Wednesday, February 7. *Plan to stay for the movie...*

#Monday Movie - Monday, February 12 - "*Paris Can Wait*" - 12:45 PM

Veterans Talk and Coffee - Wednesday, February 14, 9:30 AM

Women's Breakfast - Thursday, February 15, 9:00 AM - please sign up!

***Prescription Advantage Talk** - Thursday, February 22, 10:00 AM

***Soup's On:** Thursday, February 22; Soup at 12 noon, order by Feb. 20.



"Hiring Home Improvement Contractors" - Monday, February 26, 10:00 AM

Comfort Food Caring Café - Monday, February 26, 12:00-2:00 PM

AARP Tax Preparation - Tuesdays and Thursdays: Feb. 27, Mar. 1, 6, 13, 20, Apr. 3, 5, 10, 12; Appts. At 9:00, 10:15, 12:15, 1:30, 2:45. Call to schedule. Also, Saturday Tax Help, page 7.



**Save the Date! Tues., March 13
St. Patrick's Day Luncheon!**

Sign up starts Feb. 1 for residents; Feb. 8 for all others.



Caring for our communities with pride.

A Message from the Chair of the Sudbury Council on Aging

2018 - A very busy year ahead for the Senior Center and the Council on Aging. Please note and follow the progress of these comprehensive projects:

Community Needs Assessment (Livable Sudbury Assessment) being conducted in conjunction with the University of Massachusetts/Boston. Results expected in late Spring.

There is also a group examining the features of our town, as it relates to the AARP Livable Communities initiative, and conducting a Livable Sudbury Survey - if you receive one in the mail, please complete it!

February 1, 2018 (7:00 PM at the Pines room at the Senior Center) - The Community Center Feasibility Consultant, PROS, will present to the Town its recommendation for the Community Center project. This presentation will also be taped for broadcast on the TV channel 8 or www.sudburytv.org.

All citizens of our Town should take the opportunity to visit our Community Center of which the Senior Center is a part. Take a tour, ask questions and see for yourself where your children or grandchildren go, where you might find a program of interest. See where your parents, grandparents and our older residents come for programs, health information and to share their wisdom and keep themselves involved and learning.

John Beeler

New Friday Afternoon Series - Join Us!

Zoology: Understanding the Animal World - Great Courses DVD Series*

Fridays, Feb. 9-Apr. 27, 1:00 PM

In this DVD series, the Great Courses teams up with the Smithsonian to bring you 24 visually rich lectures that take you behind the scenes of not only the animal world but of the scientists trying to understand how it works. Dr. Donald E. Moore III—director of the Oregon Zoo and senior science advisor at the Smithsonian's National Zoo—has crafted a wonderful introduction to the fundamentals of zoology through the eyes of a trained zoologist, bringing you up close and personal with a breathtaking variety of animal species: crocodiles, birds of prey, lions, dolphins, giant pandas, elephants, and more. Packed with exclusive footage from zoos, research parks, and animals in their natural habitats, as well as interviews with other Smithsonian scientists, these lectures will reveal the hidden world of animals...

Please sign up by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us. * Description from The Great Courses at www.thegreatcourses.com

Hearing Clinic

Friday, February 9, 9:30-11:00 AM

Michael Drennan of Rogers Hearing Solutions will offer complimentary wax and hearing screenings. Please call 978-443-3055 to schedule your appt.

NEW!! Archery Workshop - Free Trial Class!

Friday, February 9, 9:30-10:30 AM

You must reserve your spot in advance - contact us at senior@sudbury.ma.us or 978-443-3055.



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~ Special Events ~

Come out for Live Music!

Shades of Gray

Wednesday, February 7, 1:00 PM

Shades of Gray portrays an American Civil War era camp band, playing a mix of 19th century, old time and camp fire songs. The band got its start as a group of Confederate Civil War reenactors. Historically, camp bands were an integral part of camp life for the Civil War era soldier. Shades of Gray had its beginnings as most camp bands of the era would have, with soldiers coming together around the camp fire to swap stories and sing songs. Please sign up as space is limited! Call 978-443-3055 or senior@sudbury.ma.us.



Valentine's Outreach Workshop with the Sudbury Garden Club

Wednesday, February 7, 9:30 AM

The Sudbury Garden Club will host a Valentine's Outreach Workshop for Club Members and all interested Sudbury Residents. The supplies, including carnations, baby's breath, pots, oasis, and decorations, will be provided. 60 Valentine Arrangements will be made for the Residents of the Wingate Rehabilitation and Skilled Nursing Residence in Sudbury. All are welcome.

Please sign up by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us.

Don't Go Breaking My Heart: Tips for a Healthy Lifestyle

Monday, February 12, 11:00 AM

Join the Board of Health nurse Phyllis Schilp for a brief overview of heart disease and healthy choice options. Afterwards stay for a "My Life" Check - screening for Heart Disease. Please sign up so that Phyllis knows how many to prepare for, at 978-443-3055 or senior@sudbury.ma.us.

~ Fitness ~

The Senior Center offers some great classes to get you moving. All instructors offer options for moderating exercises. Take a look at our yoga, aerobics and strength, T'ai chi, Tap dance, and strength and balance classes in the Fitness section on our website, or ask for a Fitness flyer at the Front Desk. All classes are held in 8 week sessions, except for aerobics/strength a.k.a. Fit for the Future, which is a \$3 drop-in class. Please call or stop by for more information!

How Do You Choose? Home Improvement Contractors

Monday, February 26, 10:00 AM



Robin Putnam, Research and Special Projects Manager from the Commonwealth of Massachusetts, Office of Consumer Affairs and Business Regulation and Amy Schram, Senior Community Relations Specialist from the Better Business Bureau, will talk about home improvement contractors. The presentation will include information about their offices and what they do. It will also cover registration of contractors, what to do about complaints, arbitration, and the guaranty fund. Please call or email to sign up for this talk at 978-443-3055 or at senior@sudbury.ma.us.

Soup's On!

Thursday, February 22
12:00 Soup



Soup's On will be a little different this month. We have a few events happening in the morning and the afternoon on Feb. 22, including a very informative talk on Prescription Advantage at 10:00 AM, and would like to encourage you to stay for soup and salad... or come early for your afternoon program and have soup before you attend. Please reserve a spot so that our master Soup makers, Claire and Judy, can make enough for everyone! We do limit the soup reservations to 35 people, so sign up early and don't forget to come!

Please reserve your soup by Tuesday, February 20 at 4:00 PM by contacting us at 978-443-3055 or at senior@sudbury.ma.us.

Veterans Talk and Coffee

Wednesday, February 14, 9:30 AM



Join other veterans for conversation, coffee and a treat! Call 978-443-3055 to sign up and we will notify you of any changes, or just drop in!

This excellent series continues...

Experiencing America:

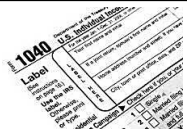
A Smithsonian Tour through American History

DVD Series - Wed., February 7 - March 28* - 9:30 AM

*was cancelled on Jan. 17, extended by 1 week

Coming soon...

"1968" with Gary Hylander and "Long 19th Century Part 2" in April! Sign up for both programs will begin on March 7 for residents, March 14 for all others.



~Special Programs~

AARP Tax Preparation Assistance

Tuesdays and Thursdays

Feb. 27, Mar. 1, 6, 13, 20, Apr. 3, 5, 10, 12

9:00, 10:15, 12:15, 1:30, 2:45

AARP trained Tax assistants will provide free tax return preparation for low to moderate income taxpayers (generally with incomes below \$86,000/year). Thank you to our trained and experienced Tax Assistance volunteers Emil Ragonis and Fred Taylor for returning year after year! One and a quarter hour appointments are available at 9:00, 10:15, 12:15, 1:30 and 2:45.

For people who **don't** have brokerage accounts, help starts **Tuesday, Feb. 27**. For those with brokerage accounts, (including people with stocks) appointments will begin **Tuesday, March 6** because account paperwork is not mailed until after February 15. *Be sure to bring* the year-end tax documents you got in the mail from banks, pension plans and other sources of income, and a *copy of your last year's tax return*. Please make an appointment by calling the Senior Center at 978-443-3055. *See also back page 7 for weekend tax help.



New Book Buddies Orientation

Thursday, February 8, 11:00 AM

For those who have already signed up and those who are new, please come to the Book Buddies orientation at the Senior Center! This new program promises to be a lot of fun and very rewarding. Learn more about this program where you spend time at school listening and encouraging Sudbury kindergarteners with their new reading skills! Please sign up so that we know how many to prepare for and we can contact you with any schedule changes—978-443-3055.

~ Caregivers ~

Comfort Food Caring Café

Monday, February 26 - 12:00–2:00 PM

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: **Pleasantries Adult Day Care** in Marlborough, **Right at Home Senior Care** of Westborough and **Sudbury Farms**.



Foxwoods Trip - February 5 - \$26

Don't miss out on the fun! Your fee includes: \$10 Buffet or Food Voucher Coupon and \$10 Slot Play. Please note: checks should be made payable to the **Friends of Sudbury Seniors**.



NEW!! Heart of Meditation

6 Tuesdays, Feb. 6, 13, 20, Mar. 6, 13, 20
10:00-11:00 AM - \$42

Have you tried meditation lately? Learn a variety of guided meditation practices for beginners designed to teach the fundamentals of meditation in a user friendly way. This class will prepare you to establish a continued meditation practice in your life so you can reap full benefits. You can sit in a chair or lay on the floor, if you prefer. Instructor Katherine McClean LDN, CYT, CPT has been teaching meditation through her workshops and yoga classes for over 20 years and has maintained a personal meditation practice for even longer. She is passionate about sharing her love of meditation with others. Having studied many different meditative styles, she has a wealth of experience, which helps to open her students to the deep and lasting benefits of meditation. Please pay and sign up at the Sudbury Senior Center.

Legal Clinic

Tuesday, February 13 - 1:00-3:00 PM



Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Cathleen Summers of Generations Law Group in Sudbury.

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.



Bridge Group!

Wednesdays, February 7, 14, 21, 28, 1:00-3:30 PM

Our Bridge group will be practicing their Bridge skills on Wednesday afternoons. If you are interested in joining a table, leave a message for our Bridge Coordinator Barbara Clifton at 978-443-3055.



~ Clubs and Groups ~

Turn the Page—Monthly Book Group
2nd Wednesday, February 14, 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. February’s book is *“The Teagirl of Hummingbird Lane”* by Lisa See. Please call 978-443-3055 with questions, or just drop in!

Stamp Club - Monday, February 12, 10:00 AM

Connection Circle - Thursdays, 2:30PM

Short Story Discussion Group
2nd and 4th Thursdays, February 8, 22 - 1-2 PM

Come Sing with Friends at Senior Notes!
Thursdays, February 1, 15, 12:45 PM

Current Events Group
Every Thursday 10:00-11:15 AM

Happy Seniors Club - Tuesdays, 9:30 - 11:30 AM

The Chinese American Association meets at the Senior Center weekly for socialization, T'ai Chi, ping pong and tea/coffee. English Learner Classes have started! Call Ana Cristina Oliveira for information at 978-443-3055.

SHINE (Medicare) Volunteer Counselors Needed!!

Are you looking for a challenging volunteer opportunity? Do you enjoy learning about complex topics? Are you good at analyzing and solving problems? Do you like to work with people? ***The SHINE program may be just what you are looking for!***

Through an intensive training program, SHINE (Serving Health Insurance Needs of Everyone) Counselors become certified to explain health insurance options. They work one-on-one with Medicare beneficiaries to educate, answer questions, solve problems, and screen for low-income programs that help with healthcare costs.

SHINE Counselors are expected to work an average of 5-6 hours per week meeting with clients and doing necessary follow-up work. Knowledge of computers is required. The next SHINE training is planned to begin in late April and run for two days per week over a six-week period. For more information about becoming a SHINE Counselor, call the MetroWest regional office at 781-453-8076. Bilingual, bicultural and minority individuals are encouraged to apply. Thank you!

~ Transportation ~

Monday Van SHOPPING TRIPS

Monday, February 5 - WalMart Plaza in Hudson
Monday, February 12 - Market Basket in Hudson

Join us as we make our special 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.

What is Prescription Advantage and How Can It Help?
Thursday, February 22, 10:00 AM

What do you do when you reach the “donut hole” and can’t afford your prescriptions, or your Medicare drug plan isn’t working for you? Prescription Advantage can help! PA is a state-sponsored pharmacy assistance plan that can lower your prescription drug costs, and allow you to change your Medicare plan when you need to. Sign up for this talk by contacting us at 978-443-3055 or senior@sudbury.ma.us.

~ Arts and Crafts ~

Still Life’s Come to Life!

Drawing Workshop

6 Tuesdays, 12:30-2:30 PM

Feb. 13-March 27, no class Feb. 20- \$30



Come explore the delight of creating a composition with unrelated objects that, through your creativity, will look like first cousins when completed. We will discuss form, texture, composition and shading through color. Please bring a sketch book, pencils and any medium that you would like to use for “coloring in” your creation. We work in a very relaxed atmosphere. Veteran artists as well as newly minted artists are always welcome.

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

Wonderful Watercolors Workshop!

Fridays, March 9 - April 27


\$64

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

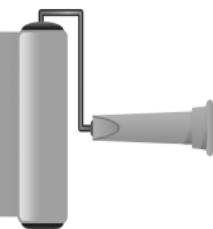


Join our delightfully relaxing Watercolors workshop on Friday afternoons with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome. Learn a new technique, or work on your own projects. Register at the Senior Ctr.

FEBRUARY 2018

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|---|--|---|
| | | | 1 | 2 |
| Our Yoga/Better Bones Instructor will be on vacation from Feb. 5-16. | Heart of Meditation takes place in the Sudbury Pines room, except on March 13. #Dec. 19 Drawing class was cancelled, dates adjusted | *Experiencing America - was cancelled Jan. 17, so is one week behind original January schedule. Numbers are adjusted. | 9-12 SHINE 9 Beginner Tap Dance (1*) 9:30 Tap Dance! (1*) 10-11:15 Current Events 12:45 Senior Notes (R1) Fairbank Center Presentation at 7PM | 9:30-11:30 Bingo (SP) 11 Fit for the Future 11:30 Watercolors (4) 1:45 Watercolors (4) |
| Wal-Mart 5 | 6 | 7 | 8 | 9 |
| 10-11 Pines Room in use for Meeting 11:00 Fit for the Future 1-3:30 Canasta No Better Bones 2:15 Tai Chi (2) | 8:30-10:30 BP Clinic 9:30 Happy Seniors Club No Yoga today 12:30-2:30 Drawing Workshop (6#) (VH) No SHINE today 1:30 Tai Chi for Healthy Living (6) | 9:30 Experiencing America: Smithsonian Tour (5) 9:30 Valentine Pots with Sudbury Garden Club (VH) 11:00 Fit for the Future 1:00 Live Music! Shades of Gray (SP) 1:00-3:30 Quilting (1) (VH) 1:00-3:30 Bridge Group (SP) | 9-12 SHINE 9 Beginner Tap Dance (2*) 9:30 Tap Dance! (2*) 10:00 Book Buddies Orientation! 10:00-11:15 Current Events (SP) 1-2 Short Story Group (VH) 2:30 Connection Circle (VH) | 9:30-11:30 Bingo (SP) 9:30-11 Hearing Clinic 11 Fit for the Future 11:30 or 1:45 - Watercolors (5) 1:00 Understanding the Animal World (1) ----- Sat. Feb. 10, 12-2 PM Chinese New Year! |
| Market Basket Trip 12 | 13 | Wear Your Red Today! 14 | Wear Your Red Today! 15 | 16 |
| 10:00 Stamp Club 11:00 Don't Go Breaking My Heart! 11:00 Fit for the Future 12:00 Lunch and a 12:30 Movie: Paris Can Wait 1-3:30 Canasta No Better Bones today 2:15 Tai Chi (3) | 8:30-10:30 BP Clinic 9:30 Happy Seniors Club No Yoga today 10 Heart of Meditation (1) 12:30-2:30 Drawing (1#) 1-3 Legal Clinic (R1) 1:00-4:00 SHINE 1:30 Tai Chi Healthy (7) 1:30-2:30 Drop-in Tech Help 3:00 Council on Aging | 9:30 Veterans Talk/Coffee VH 9:30 Experiencing America: Smithsonian Tour (6) (SP) 11:00 Fit for the Future (G) 1:00-2:00 Turn the Page - Book Group! (R1) 1:00-3:30 Quilting (2) (VH) 1:00-3:30 Bridge Group (SP) 2:00-4:00 Teen Tech Workshop (L) | 9:00 Women's Breakfast! 9-12 SHINE 9/9:30 Tap Dance (3*) 10-11:15 Current Events 12:00 Pizza and a Movie: Victoria and Abdul 12:45 Senior Notes: Singing Group (R1) 2:30 Connection Circle (VH) | 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (6) 1:00 Understanding the Animal World (2) |
| 19 | 20 | 21 | 22 | 23 |
| Presidents Day Holiday  Senior Center Closed | 8:30-10:30 BP Clinic 9:30 Happy Seniors Club 9:40/11:00 Yoga (4) 10 Heart of Meditation (2) No Drawing today 1:30-2:30 Drop-in Tech Help from Goodnow Library (L) 1:30 Tai Chi for Healthy Living (8, last) | 9:30 Experiencing America: Smithsonian Tour (7) 11:00 Fit for the Future 1:00 Quilting (3) 1:00-3:30 Bridge Group | 9-12 SHINE 9/9:30 Tap Dance! (4*) 10:00 Current Events (SP) 10:00 What is Prescription Advantage and How Can It Help? 12:00 Soup's On!** 1-2 Short Story Group (VH) 2:30 Connection Circle (VH) | 9:30-11:30 Bingo (SP) 11 Fit for the Future 11:30 or 1:45 Watercolors (7) 1:00 Understanding the Animal World (3) |
| 26 | 27 | 28 | | |
| 10:00 Home Improvement Contractors Talk 11:00 Fit for the Future 12-2 Comfort Food Caring Café 1-3:30 Canasta 1:00 Better Bones (2) 2:15 Tai Chi (4) | 8:30-10:30 BP Clinic 9-4 AARP Tax Prep (R1) 9:30 Happy Seniors Club 10 Heart of Meditation (3) 9:40/11:00 Yoga (5) 12:30-2:30 Drawing (2) (VH) 1:00-4:00 SHINE 1:30-2:30 Drop-in Tech Help 1:30 Tai Chi Healthy (1) | 9:30 Experiencing America: Smithsonian Tour (8) 11:00 Fit for the Future 1:00-3:30 Quilting (4) (VH) 1:00-3:30 Bridge Group (SP) 2:00-4:00 Teen Tech Workshop (L) | *Tap Dance schedule start date has been adjusted due to cancelled class on Jan. 4. **Stay for soup after the morning talk, or come early for soup before your afternoon group. Sign up for soup by Tues., Feb. 20. | Chinese New Year celebration, Feb. 10 12-2pm SP - Sudbury Pines Rm. VH - Van Houten Rm. G - Gym R1 - Room 1 R3 - Room 3 |

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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.

**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 south-east. 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.

MCDC (Marlborough Community Development Corp.)**Free Tax Prep on Saturdays!**

IRS-certified volunteers can help you file your Federal and State taxes. Tax preparation is done on Saturday mornings in Marlborough, and Friday evenings in Framingham, from February 3 thru April 14, 2018. Appointments are required. Taxpayers must have less than \$54,000 of income to qualify. Other restrictions apply. Call or text for an appointment: 508-658-0882
Financial Fitness Center, 40 Mechanic St. Suite 300
Marlborough, MA 01752

Pizza and a Movie
Thursday, February 15
Victoria & Abdul

2017

Rated PG-13, 1hr 51 mins.



In this historical drama, young Indian clerk Abdul Karim journeys to Britain to participate in the celebration of Queen Victoria's 50th year on the throne. In the process, he unexpectedly forms a deep friendship with the monarch. Staring Judi Dench and Ali Fazal.

Sign up for pizza by Feb. 15, 10:00 AM; \$1.25 per slice.

Pizza: 12 noon
Movie: 12:30 PM

Monday Movie - Feb. 12 at 12:30 PM**Paris Can Wait**

2017, Rated PG, 1 hr 32 mins

With her daughter at college and her workaholic husband perpetually absent, Anne Lockwood (Diane Lane) is ripe for the wooing when one of her spouse's associates offers to give her a lift from Cannes to Paris -- a seven-hour journey that turns into two days.

Drop-in Tech Help with Goodnow Library

Tuesdays from 1:30-2:30PM beginning on Feb. 13

A Goodnow Library Librarian will be here to answer your tech questions regarding the library or in general. She can help with questions about using your cell phone or your computer. Call for more information at 978-443-3055.

L-S Teen Tech Help

Wednesdays, February 14, 28, 2-4 PM

Lincoln-Sudbury High School students assist with tech questions about cell phones and computers. Please call to schedule your appointment at 978-443-3055.

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.

**LET US PLACE
YOUR AD HERE.**

CONTACT

Contact Lisa Templeton to place an ad today!
ltempleton@4LPi.com or (800) 477-4574 x6377

► Reach the Senior Market

ADVERTISE HERE

~ From our Outreach Information Specialist ~

The Asian Older Adult Outreach Project

The Senior Center staff is working to reach out to underserved minorities in our community. With a grant from BayPath Elder Services under Title III, activities and programs are being offered by a part-time Program Assistant and conversational English Instructor. For more information please contact Outreach Specialist, Ana Cristina Oliveira at 978-443-3055 or at 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 or fund new program offerings. A donation of \$3.00 per class will be requested from each participant of any 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 toward funding additional programs.

Respect for All Participants

The Senior Center is committed to providing respect for all LGBTQ Older Adults and we hope 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 are here to help if you are looking for a SHINE counselor, an elder attorney, or if you need the name of home services that are committed to honoring and respecting LGBTQ 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 Specialist Ana Cristina Oliveira at oliveiraa@sudbury.ma.us or at 978-443-3055.

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 Outreach/Information Specialist, Ana Cristina Oliveira at 978-443-3055 or email at oliveiraa@sudbury.ma.us.

~ From our Volunteer Program Coordinator ~

As the cold weather surrounds us, a wonderful way to stay warm is by volunteering! Did you know that the social benefits of volunteering are many as well? "Volunteerism contributes to healthy aging by enhancing life satisfaction and wellbeing, sense of purpose, self-confidence and personal growth."* We'd love to have you join our terrific team of volunteers who help out with such things as driving people to medical appointments, delivering meals, making small home repairs, helping with decorations/set-up/clean-up at special events, visiting homebound seniors, and bringing groceries to seniors' homes who otherwise cannot get to the supermarket. Volunteers make their own schedules and choose which services they are interested in. Please consider becoming a valued member of our team of volunteers- it is a wonderful way to stay involved, increase your social networks, and provide important service to those in your community. To apply to become a volunteer, please contact Janet Lipkin, Volunteer Program Coordinator at 978-639-3223 or email her at LipkinJ@sudbury.ma.us.

Baked Goods Volunteers

We are in need of 3-4 people to volunteer to help with Baked Goods Pick-Up at Sudbury Farms on a weekly basis. The Baked Goods Pick-Up volunteer arrives at Sudbury Farms at 10:00 AM on an assigned weekday, checks with the bakery department to determine whether there are any donated baked goods. If so, the volunteer picks up the goods and transports them to the Senior Center kitchen. Private automobile and valid driver's license are required. Some lifting is involved, as well. To apply to become a volunteer, please contact Janet Lipkin, Volunteer Coordinator, at 978-639-3223 or at LipkinJ@sudbury.ma.us. Thank you!!

Medical Equipment Loan Closet

The Medical Equipment Loan Closet is a well-utilized program of the Senior Center which allows Sudbury residents to borrow, free of charge, used medical equipment. Items for loan include such things as wheelchairs, transport chairs, walkers, rollators, commodes, elevated toilet seats, shower chairs, canes and more. To arrange to borrow something from the Loan Closet or if you have any medical equipment in very good condition that you would like to donate, please call the Senior Center at 978-443-3055. Thank you!

* <http://www.goomalling.wa.gov.au/the-social-benefits-of-volunteering.aspx>

Services offered by the Sudbury Senior Center

*The Senior Center offers a variety of services to provide assistance to older adults in their homes. For information about any of the services described below, contact the Sudbury Senior Center at **978-443-3055** or senior@sudbury.ma.us (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 register and set up a debit account 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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Sudbury Senior Center and Sudbury Chinese American Association Presents...

The 2018 Chinese New Year Celebration!
Saturday, February 10, 12:00-2:00 PM at the Senior Center



Come celebrate with us and enjoy Chinese food and dessert from a local restaurant. Entertainment will include a piano solo, violin, traditional Chinese instruments, Chinese brush writing, dance and more, all provided by the Sudbury Chinese American Association.

The Chinese New Year celebration is sponsored by a grant through BayPath Elder Services using Title III Older Americans Act funding. Because federal funding is being used we are providing you with an opportunity to make a \$5.00 "Voluntary donation" toward the cost of the event. Whether or not you make a voluntary donation in no way informs or influences your participation.

Please reserve your seat by calling the Senior Center at 978-443-3055. Space is limited.



WOMEN'S BREAKFAST!

Thursday, February 15, 9:00 AM



The Men's Breakfast team has generously offered to fire up the griddles for a Women's Breakfast in February! Enjoy pancakes, sausage, fruit, coffee, tea and juice for \$3! Please sign up so that they know how much to buy. Call 978-443-3055 or email senior@sudbury.ma.us.

Sudbury Senior Center

Phone: 978-443-3055

Fax: 978-443-6009

E-mail: senior@sudbury.ma.us



Caring for our communities with pride.

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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