



Lunch and Listen!
Wednesday, January 17

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

***1:00 PM - Live Band**
"Flashback"

Sign up for lunch by Jan. 11.
Sign up for band by Jan. 16.
Contact us at 978-443-3055
or senior@sudbury.ma.us.

Van Transportation

Van transportation is available for many of our events, to locations in town, and some locations outside of town. You must be registered with the MetroWest Regional Transit Authority (applications available at the MWRTA and Senior Center), set up a debit account with the MWRTA, and reserve your ride at least 2 business days in advance.

Call the MWRTA at 508-820-4650. Any questions, please call the Senior Center at (978) 443-3055.



January 2018 - Happy New Year!

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

NEW!

Experiencing America - Smithsonian Tour - DVD Series! - Wednesdays, January 3 - March 21, 9:30 AM

Bridge Group Practice - Wednesdays, January 10, 17, 24, 31; 1:00-3:15 PM

Stamp Club - Monday, January 8, 10:00 AM

What is Pre-Diabetes? - Nutritionist Traci Robidoux, Monday, January 8, 1:00 PM



Heart of Meditation - Tuesdays, 10:00 AM, \$50



Legal Clinic - Tuesday, January 9, 1:00-3:00 PM, 20 min. appointments.

Vets Talk and Coffee - Wednesday, January 10, 9:30 AM

Soup's On: Mysteries of Magnification - Thursday, January 11; Soup at 12 noon; talk at 12:45 PM.



NEW! Hearing Clinic - Friday, January 12, 9:30-11:00 AM

Lunch at the Senior Center! - Wednesday, January 17, 12:00 PM, \$3 suggested donation; sign up by Thursday, January 11. Stay for live music...



Live Band - Flashback! - Wednesday, January 17, 1:00 PM, sign up to come early for lunch...

Comfort Food Caring Café - Monday, January 22, 12:00-2:00 PM



Historic U.S. Route 20! - Tuesday, January 23, 1:00 PM

Computer and Email Security Workshop - Wed., January 24, 2-4pm

AARP Homefit - Monday, January 29, 1:00 PM

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



Trips News - Page 7

Out of Town Subscribers, please note: See page 12!



Caring for our communities with pride.

Goodbye 2017! Welcome to 2018!

As we transition into a new year, and look back at 2017, there were many changes at the Senior Center. Most recently, our 21 year veteran Administrative Coordinator Claire Wigandt retired on December 13. Claire has been the glue that has held the Senior Center together over the years, through 3 different Directors. She has managed the Senior Center when the Director is out of the office, including handling emergencies with calm and caring. Claire has a knack for foreseeing problems and finding creative ways to prevent them. She is also just a terrific person and will be greatly missed by her fellow staff, all of the volunteers who work with her, and all of our participants. Claire was celebrated by her many friends, staff and volunteers at two events in November/December. Thank you Claire!

We also said goodbye to 20 year Volunteer Coordinator Ed Gottmann in June as he retired. Ed was our first Coordinator of Volunteer Programs. He created almost all of our volunteer programs and services, such as In-Home Fix-it, Space Heater swap, Medical Equipment Loan Closet, and many more. We celebrated his dedication, positive attitude and sales and recruitment abilities at our Volunteer Appreciation Luncheon in June.

We are so fortunate to have welcomed a fabulous new Coordinator of Volunteer Programs—Janet Lipkin in August. She has hit the ground running and exhibits many of the wonderful qualities that Ed does - lots of energy, excellent communication skills, problem solving, and dedication!

And just as Claire moves on to new adventures, we welcome Amber Forbes as our new Administrative Coordinator. Amber comes to us with plenty of municipal experience, and fantastic office and coordination skills. Her experience as Asst. Director/Program Coordinator for Sudbury Park and Recreation for 7 years will serve her well here. Welcome Amber!

This year the Sudbury Council on Aging members and Senior Center staff focused on several priorities: the Fairbank Community Center/Senior Center facility planning, transportation research and expansion, All Age Friendly initiative, outreach to underserved persons, new programs and entertainment, and reviewing our volunteer policies and procedures. With the recommendation of the Fairbank Task Force, a Feasibility study of the building, and program needs for space is in process. The consultants' recommendations will be shared with the Board of Selectmen in late December.

Two grants were awarded to the Senior Center by BayPath Elder Services this year. One grant enables the Senior Center, working with the MWRTA, to offer a shuttle back and forth along Route 20, from Marlborough to Wayland, in spring 2018. The other grant will enable additional programming for our Asian-American senior population. In addition, Sudbury joined Cross-Town Connect (CTC) Transportation Management Association in Acton. We hope to work with our neighbors to the north on new transportation opportunities. And lastly, the Senior Center is piloting some evening transportation services, as well as some expanded out-of-town service!

Wishing all a healthy, enlightening New Year!

Debra Galloway, Senior Center Director

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~ Classes and Series ~

Experiencing America:**A Smithsonian Tour through American History**

DVD Series

January 3 - March 21

12 Wednesdays, 9:30 AM

The Smithsonian is a repository of America's history, achievements, aspirations, and identity. It holds the artifacts of great leaders, and those of ordinary Americans. It houses scientific specimens and technological wonders. It is home to art, music, films, writings—a vast treasure trove of objects of extraordinary beauty and outstanding design. With a collection of some 137 million items in more than two dozen museums and research centers, the Smithsonian brings our national epic to life as nothing else can.

Consider these examples of its riches:

- George Washington's simple but elegant army uniform and sword;
- Thomas Jefferson's Bible, which he compiled by hand so he could study the Gospels in four different languages;
- Jacqueline Kennedy's stunning silk gown, worn at the inaugural balls for President John F. Kennedy; and
- The spacesuit that protected Neil Armstrong when he took his "one small step" on the Moon.

Such outstanding holdings are the reason a tour of the Smithsonian museums is an American tradition. *Experiencing America: A Smithsonian Tour through American History* showcases 20 authentic historic objects along with detailed replicas and photographs of almost 100 other artifacts and exhibits. Together, these evocative items tell the story of America, its people, and its diverse cultures in 24 lavishly illustrated half-hour lectures.

Your guide is the distinguished scholar, administrator, and bestselling author, Dr. Richard Kurin, Under Secretary for History, Art, and Culture at the Smithsonian. Among his many responsibilities, Dr. Kurin oversees most of the Smithsonian's national museums, libraries, and archives, making him the curator of the country's greatest treasures—and the ideal host for this remarkable survey. **Please sign up** in advance by contacting the Senior Center at 978-443-3055 or senior@sudbury.ma.us. Note: Description excerpted from The Great Courses catalogue.

~ Special Events ~

Historic U.S. Route 20

With Bryan Farr

Tuesday, January 23, 1:00 PM

In 2010, Bryan Farr drove across the country and wrote a coffee table book about his experience. While researching the book, he found more and more information about the unique sites and small towns that dotted the historic highway. With this information, he formed a non-profit organization to promote the small towns, businesses and historic sites along all 3365 miles of Historic Route 20. This program will highlight the history of America's Longest Highway from an early Native American trail to a modern transcontinental highway.

[Please sign up in advance for this special talk! Contact us at 978-443-3055 or \[senior@sudbury.ma.us\]\(mailto:senior@sudbury.ma.us\).](#)

Veterans Talk and Coffee

Wednesday, January 10, 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!

Soup's On!**Mysteries of Magnification**

Thursday, January 11

12:00 Soup

12:45 Talk

Did you know that over 25% of Americans over the age of 75 have some form of vision impairment? Loss of vision can be challenging, physically and emotionally. To help our community understand vision loss and what can be done please join us for a presentation by The Carroll Center's Low Vision Specialist, Robert McGillivray, to learn about the latest magnification devices and technologies that can enhance quality of life and maximize options for those with vision loss. He will educate you about how vision loss affects your daily life, demonstrate solutions and answer your questions.

Please reserve your soup by Tuesday, January 9 at 4:00 PM by contacting us at 978-443-3055 or senior@sudbury.ma.us.

~Special Programs~

AARP HomeFit

Monday, January 29, 1:00 PM



The AARP HomeFit program provides information on how to continue to navigate all living spaces independently and remain in your own home as you get older. Learn how to easily evaluate your own home for "livability" should you or a family member become unable to use stairs, or need to rely on assistive devices.

Beth Gray-Nix, a HomeFit facilitator, will help you understand how homes can be designed and modified to help you get around independently in all of your living areas and how to make your home as safe as possible. You will also receive a personal copy of the AARP Home Fit Guide.

Please sign up in advance by contacting the Sudbury Senior Center at senior@sudbury.ma.us or



NEW!! Hearing Clinic

Friday, January 12
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 the Marlborough area since 2000. Please schedule your appointment by calling 978-443-3055.

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**. Please note new fee!

~ 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: **Pleasantries Adult Day Care** in Marlborough, **Traditions of Wayland Assisted Living**, **Right at Home Senior Care** of Westborough and **Sudbury Farms**.

English as a Second Language Classes

Tuesdays, 9:30 and/or 10:30 AM



Details are still being worked out on a new *English as a Second Language* (ESL) program to be offered at the Senior Center hopefully beginning on January 9. Please contact Outreach Specialist Ana Cristina Oliveira at oliveiraa@sudbury.ma.us or 978-443-3055.



NEW!! Heart of Meditation

8 Tuesdays, 10:00-11:00 AM
\$50

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. She has completed 3, 7 and 10 day silent meditation retreats. Please pay and sign up at the Sudbury Senior Center.



Legal Clinic

Tuesday, January 9 - 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.



Bridge Group!

Wednesdays, January 10, 17, 24, 31, 1:00-3:15 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, January 10, 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, January 8, 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**



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, January 11, 25 - 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, January 4, 18, 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). We take suggestions for songs and invite you to join the fun! Please sign in at Front Desk.

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 tea/coffee. ESL Classes starting soon! Drop in or call for information at 978-443-3055.

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.

~ Transportation ~

Monday Van SHOPPING TRIPS

Monday, January 8 - WalMart Plaza in Hudson
Monday, January 22 - 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.

Computer and Email Security Workshop

With Eagle Scout Candidate Dan Stutman
Wednesday, January 24, 2:00-4:00 PM

Dan will bring members of his Boy Scout troop to assist you with computer and email security issues. They will share information and then provide some one-to-one help. You can bring your phone or laptop, or a list of questions. This workshop will take place at the Senior Center in the Sudbury Pines room. Please sign up!

~ 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

Next Session: Feb. 6 -March 20, no class Feb. 20

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 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 mark-*



Wonderful Watercolors Workshop!



Fridays, January 12 - March 2

\$64

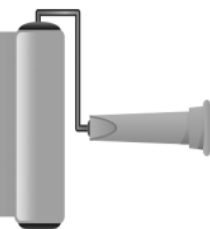
11:30 AM - 1:30 PM or 1:45 - 3:45 PM

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.

JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Happy New Year!  Senior Center Closed	8:30-10:30 BP Clinic 9:30-11:30 Happy Seniors Club (R1) No Yoga today 12:30-2:30 Drawing (2) (VH) 1:00-4:00 SHINE 1:30 Tai Chi for Healthy Living (1)	9:30 Experiencing America: Smithsonian Tour (1) 11:00 Fit for the Future No Quilting today - new session soon* *Quilting is offered through L-S Adult Ed program	9:00-12:00 SHINE 9:00 Beginner Tap Dance (6) 9:30 Tap Dance! (6) 10:00-11:15 Current Events (12:45 Senior Notes: Singing Group (R1 or VH) 2:30 Connection Circle (VH)	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 and 1:45 - Watercolors (8, last)
Wal-Mart trip 8	9	10	11	12
10:00 Stamp Club 11:00 Fit for the Future 12:30 Monday Movie 1:00 Learn about Pre-Diabetes - Nutritionist Traci Robidoux 1-3:30 Canasta 1:00 Better Bones (7) 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9:30-11:30 Happy Seniors Club 9:40/11 Yoga (8, last) (G) 10:00 Heart of Meditation (1) 12:30-2:30 Drawing (3) (VH) 1-3 Legal Clinic (R1) 1:00-4:00 SHINE 1:30 Tai Chi Healthy Living (2) 3:00 Council on Aging	9:30 Experiencing America: Smithsonian Tour (2) 9:30 Veterans Talk/Coffee 11:00 Fit for the Future 1-3:30 Bridge Group (VH) 1:00-2:00 Turn the Page - Book Group! (SP) No Quilting today	9-12 SHINE 9:00 Beginner Tap Dance (7) 9:30 Tap Dance! (7) 10-11:15 Current Events 12:00 Soup's On! 12:45 The Miracles of Magnification 1-2 Short Story Group (VH) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 9:30-11:00 Hearing Clinic 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (1)
15	16	17	18	19
Martin Luther King Holiday Senior Center Closed 	8:30-10:30 BP Clinic 9:30-11:30 Happy Seniors Club 9:40/11:00 Yoga (1) (G) 10:00 Heart of Meditation (2) 12:30-2:30 Drawing Workshop (4) (VH) 1:00-4:00 SHINE 1:30 Tai Chi Healthy Living (3)	9:30 Experiencing America: Smithsonian Tour (3) 11:00 Fit for the Future 12:00 Lunch 1:00 Flashback - Live Band!! 1-3:30 Bridge Group (VH) No Quilting today	9-12 SHINE 9:00 Beginner Tap Dance (8) 9:30 Tap Dance! (8, last) No Crafty Jewelry Group???? 10:00 Current Events (SP) 12:45 Senior Notes: Singing Group (R1 or VH) 2:30 Connection Circle	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (2)
Market Basket trip 22	23	24	25	26
11:00 Fit for the Future 12:00-2:00 Comfort Food Caring Cafe 1-3:30 Canasta 1:00 Better Bones (8) 2:15 Tai Chi (8)	8:30-10:30 BP Clinic 9:30-11:30 Happy Seniors Club 9:40-11 Yoga (2) 10 Heart of Meditation (3) 12:30-2:30 Drawing Workshop (5) (VH) 1:00 Historic US Route 20 1:00-4:00 SHINE 1:30 Tai Chi Healthy Living (4)	9:30 Experiencing America: Smithsonian Tour (4) 11:00 Fit for the Future 2-4 Eagle Scout Project - Computer and Email Security 1-3:30 Bridge Group (VH or SP) No Quilting today	9-12 SHINE 9:00 Beginner Tap Dance (1) 9:30 Tap Dance! (1) 10:00 Current Events (VH) 12:00 Pizza and a 12:30 Movie! The Glass Castle 1-2 Short Story Group (VH) 2:30 Connection Circle 2:30 Friends Meeting	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:00 or 1:45 Watercolors (3)
29	30	31		
11:00 Fit for the Future 1-3:30 Canasta 1:00 AARP HomeFit 1:00 Better Bones (1) 2:15 Tai Chi (1)	8:30-10:30 BP Clinic 9:30-11:30 Happy Seniors Club (R1) 9:40/11 Yoga (3) 10 Heart of Meditation (4) 9:30-1:12:30 SHINE 12:30-2:30 Drawing Workshop (6, last) (VH) 1:00-4:00 SHINE 1:30 Tai Chi Healthy Living (5)	9:30 Experiencing America: Smithsonian Tour (5) 11:00 Fit for the Future 1-3:30 Bridge Group (SP or VH) No Quilting today		

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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.

Community Event!**LSB Players presents "The Emperor's New Clothes"**

Looking for a family-friendly fun outing with the grandkids? Audiences of all ages will enjoy the hilarious adaptation of this classic tale. The LSB Players are excited to offer TYA (theatre for young audiences)! Tickets available for shows on Friday, January 26, 6:00 pm, Saturday, January 27 at 2:00* and 6:00 pm, and Sunday, January 28 at 2:00 pm in the Kirshner Auditorium of Lincoln Sudbury Regional High School. Senior Tix are \$8. Reserve tix at lsbtickets@gmail.com. *Sat. 2:00 pm show is sensory-friendly.

LET US PLACE
YOUR AD HERE.

Pizza and a Movie
Thursday, January 25
The Glass Castle

2017

Rated PG-13 2hr 7m



Adapted from the novel of the same name, this family drama follows Jeannette Walls, who spends her hard-scrabble childhood on the run with her negligent artist mother and storytelling alcoholic father. Fast forward Jeannette Walls is now a successful socialite and journalist, is on her way to a fancy-schmancy New York City party.

Looking out the window of a taxi, she watches a homeless woman.

It's her mother. Jeannette realizes she needs to check her privilege, and she tells us the story of how she got to where she is, schmoozing with society folk while her homeless Mom is literally sifting through garbage.

Pizza: 12 noon
Movie: 12:30 PM

Sign up for pizza by Jan. 25 , 10:00 AM; \$1.25 per slice.

Monday Movie at 12:30 PM**January 8, 2017 - A Quiet Passion**

2017 PG-13- 2hr 4m

Cynthia Nixon delivers a triumphant performance as Emily Dickinson as she personifies the wit, intellectual independence and pathos of the poet whose genius only came to be recognized after her death. Acclaimed British director Terence Davies (House of Mirth, The Deep Blue Sea) exquisitely evokes Dickinson's deep attachment to her close knit family along with the manners, mores and spiritual convictions of her time that she struggled with and transcended in her poetry.

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.

► Reach the Senior Market

ADVERTISE HERE

CONTACT

Steve Twomey to place an ad today!
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.

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

Better Bones, Senior Strength

Mondays at 1PM; **Nov. 13 - Jan. 22;**

no class Jan. 1, 15; **Jan. 29-Apr. 9;**

no class 2/5, 12, 19; 8 weeks for \$56

Build strength and balance!

T'ai Chi

Mondays, 2:15-3:15 PM;

Nov. 13 - Jan. 22; no class

Jan. 1, 15; **Jan. 29-Mar. 26,**

no class Feb. 19. \$40 for 8

weeks; 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;

Jan. 2-Feb. 20; 8 weeks for \$40

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



Tap Dance!

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

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

Thursdays, **Nov. 16 - Jan. 18;**

Jan. 25-Mar. 29

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

Yoga for Living Well

Tuesdays

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

Nov. 7-Jan. 9, No class Jan. 2;

Jan. 16-Mar. 20, No class Feb. 6, 13

\$56 for 8 week session

Add strength and calm to your life!

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

Bring tap shoes, comfortable clothes and water!

**Bring your mat, block and water!

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

*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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Name Street Apt./No. Town State Zip

Email Address

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! Interested in learning more about the Friends, contact the Senior Center at 978-443-3055 or senior@sudbury.ma.us and ask for a Friend to get in touch.

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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