

A PUBLICATION OF THE SUDBURY SENIOR CENTER: THE PLACE FOR THE *NEW* OLDER ADULT



**Dementia-Friendly Communities  
What Are They and Why are They Important?**

Thursday, March 31  
1:00 PM

Join Elder Law Attorney Arthur Bergeron and guests from BayPath Elder Services to learn about making our community a Dementia-Friendly Community, where you and your loved ones can live out your lives with dignity, even if one of you becomes memory impaired. Attorney Bergeron will also discuss the Frail Elder Waiver (FEW) and other government programs that could help you and your loved ones manage long term care.

BayPath Elder Services has started working with 3 local communities as they begin working to become dementia-friendly. Wouldn't you like to live in a dementia-friendly and age-friendly community? Sudbury is ready to join this movement—learn more! Please let us know that you are coming, by calling (978) 443-3055. Space may be limited.

***Soup's On!*  
All You Ever Wanted to Know about Social Security  
But Were Afraid to Ask!**

Thursday, March 24  
12:00 Soup and Salad  
12:45 Presentation



Social Security is celebrating an 80 year anniversary this year. This program, widely recognized as the most successful domestic program in the history of our country, provides protection for all of us. Please join Sabrina Feliciano, Social Security Regional Representative, to learn about or get a refresher on benefits and services from Social Security, as well as how and when to apply, and about time saving online services and planning tools. You may want to visit the website before attending at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). Please register for this talk by calling the Senior Center at (978) 443-3055 by Tuesday, March 22 at 4pm.



**St. Patrick's Day Luncheon and Entertainment!**  
Thursday, March 17, 12 noon

The Sudbury Senior Center's annual St. Patrick's Day luncheon will be catered by Buffet Way of Marlborough and sponsored by the *Friends of Sudbury Seniors*. Join us for hearty corned beef, cabbage and potatoes.

We are in for a special treat! Our entertainment will be John Fitzsimmons, who many of you will know from his gigs at the Colonial Inn on Thursday nights, and with his band, The Salty Dawgs, on occasional Saturday nights. Please come for the food and stay and enjoy some really beautiful music and song!

Reservations **must be received by Wednesday, March 9** in order to have an accurate count for the caterer. Please contact the Senior Center at (978) 443-3055 or [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) to make your reservation.



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**Fairbank Community Center News**

As you may know, the Sudbury Senior Center is part of the Fairbank Community Center. The Fairbank Community Center was created from an elementary school, built in the 1960s. The roof that covers most of the old building reached the end of its life. This affects only part of the Senior Center, as most of the Senior Center is part of the addition to the building that was built in 1989. However, parts of the Senior Center, and most of the Park and Recreation Department and the School department are affected and end up with leaks and water damage several times a year. Sometimes Park and Rec staff have to cover their desks with tarps to keep them dry!

The roof deterioration precipitated the creation of the Fairbank Task Force and the commission of an architectural feasibility study that recommended that the building be replaced rather than refurbished. The Fairbank Task Force is developing a recommendation for a new Community Center based on Senior Center and Park and Recreation needs. The Task Force will host another Public Forum (the third) in the coming months to provide the latest information to the general public. Keep posted for opportunities to share your input and learn more!

You can also find an enlarged Community Center conceptual design on a bulletin board at the Senior Center. Feel free to take a look and leave your comments!

*Debra Galloway*, Director

**The Senior Center has a new website—soon...**

The new Senior Center website has had some delays. We hope to have it fully functional by the beginning of March. When the new website is ready we will begin allowing you to register online for some programs. If you do not have a computer, or don't know how to register online, we will have volunteers available to help you at the Senior Center. The schedule of help hours will be forthcoming. Please feel free to call with questions, contact Sharon Wilkes, Program Coordinator or Debra Galloway, Director at (978) 443-3055 or at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us).

***Transportation Update*  
Shopping Days are Changing  
to Mondays and Wednesdays on March 14**

The Sudbury Council on Aging and Senior Center staff continue to analyze transportation needs and are creating plans for expansion. In order to offer new options, we need to make a change to our current scheduled days for shopping. As of March 14, the shopping trips will no longer be offered on Tuesdays and Thursdays, but will move to Mondays and Wednesdays. We realize this is a big change and sympathize with those who will be affected. However, this is necessary in order to expand services in April. This change will facilitate the new options that we are going to implement on a trial basis in April. More information will be available in the April newsletter. *Thank you for your understanding* as we try to expand and improve transportation services! If you have questions or concerns, please contact Debra Galloway, Director, at (978) 443-3055 or [gallowayd@sudbury.ma.us](mailto:gallowayd@sudbury.ma.us).

***Computer/Tech Instructors Needed!***

The Senior Center is looking for instructors and tutors with computer experience, who can help people to learn to register online for programs, and to offer classes on how to use software, ipads, etc. Please contact Debra Galloway, Director, at (978) 443-3055 for more information.

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[www.friendsofsudburyseniors.org](http://www.friendsofsudburyseniors.org)

**SUDBURY SENIOR CENTER**

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

Email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)

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

**Diabetes Checkup and Blood Pressure Clinic**  
**Tuesday, March 22**  
**8:30-10:30 AM**



Join us on March 22, 2016 as we give America a wakeup call. Type 2 Diabetes is a condition characterized by high blood glucose levels caused by either a lack of insulin or the body's inability to use insulin efficiently. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people. You can be part of the movement to Stop Diabetes. Take the Diabetes Risk Test to find out your risk for developing type 2 diabetes. The Board of Health Nurse will be at the Senior Center from 8:30-10:30am on Tuesday March 22<sup>nd</sup>. Please stop by and see if you are at risk. You can get your blood pressure checked at the same time!

*Don't forget to fast if you are having the Diabetes checkup!*

**Crafty Jewelry Group**  
**Thursday, March 17**  
**10:00 AM-11:30 AM**



Join volunteer facilitator Priscilla Reising at the Crafty Jewelry Group. Bring your projects, or start a project; ask questions of the group, make suggestions for future meeting ideas.

Please sign up in advance to join this group- we will call with schedule changes. Sign up by calling (978) 443-3055.

**Be Prepared! Sand Buckets -An antidote to icy walks!**

Our volunteers will deliver a bucket of sand for you to use on your walks and driveways. Just call 978-443-3055 and tell us if this is a new bucket or a refill. Pick a place for the bucket to be placed and we'll do the rest.

**Space heaters—Do you have an old, unsafe space heater?**

Don't use that old, dangerous space heater! If you are a Sudbury senior with a space heater that should be retired, we'll swap it for a new one!

**Medical Equipment Donations Needed**

The Senior Center Medical Equipment Loan Closet could use new inventory! We are looking for donations of used or new medical equipment in good and clean condition, especially, wheelchairs, transport chairs, shower chairs and 4-wheeled walkers, with a seat and hand brakes. (Also known as rollators.) We do not need crutches. **For information** about sand buckets, space heaters, or to donate medical equipment, please call (978) 443-3055. Leave a message for Volunteer Coordinator Ed Gottmann if you would like to donate or have a question at (978) 443-3055.

**Drawing Seascapes**

6 Wednesdays, 10:00 AM-12:00 PM  
 April 6-May 18  
 \$25



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

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

**News from the SHINE Program:  
 How Does Medicare Cover Vaccines?**



Medicare covers vaccines differently depending on which vaccine you need. Some vaccines are covered by Part B, which is your medical coverage. These include vaccines for the flu, pneumonia, and in some cases Hepatitis B. Whether you have Original Medicare or a Medicare Advantage plan, these vaccines will be covered as preventive services at no cost. Additionally, if you have been exposed to a dangerous disease, your vaccine will be covered, but you may have a copay. For example, if you step on a rusty nail, a tetanus shot will be covered.

All other vaccines are covered by your Medicare Part D drug coverage. Both Medicare Advantage prescription drug plans and stand-alone Part D plans must include all commercially available vaccines on their drug formularies, including the vaccine for shingles (herpes zoster). However, you may pay different amounts depending on where you get vaccinated. Check directly with your plan for coverage rules and costs.

SHINE - Serving Health Insurance Needs of Everyone on Medicare





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

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

Under the guidance of award-winning astronomer and Professor, Edward M. Murphy of the University of Virginia, you will learn how to read celestial coordinates to locate objects precisely, how to appreciate the deep cultural roots of astronomy, and how to decipher the science behind planets, stars, and galaxies.

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

**Please sign up online** at [www.senior.sudbury.ma.us](http://www.senior.sudbury.ma.us).

**View the Riches of the Universe from Your Own Backyard!**



**Current Events Group**  
**1st and 3rd Thursdays, 10:00 AM**  
**March 3, 17**

The Current Events group meets at the Senior Center twice a month on the first and 3rd Thursdays of the month from 10:00 to 11:30 AM. Please feel free to join the group for a respectful discussion of world events. The Facilitator strives to include all voices in the group discussion.

Welcome and thank you to volunteer facilitator Don Sherman! For information and to sign up, please call (978) 443-3055.



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

Please sign up in advance, so that we can make enough pancakes and sausage!



**Monday Van Trips**

Pickups: 9:00-10:00 AM\*  
 Shopping and Lunch, 10:00-1:30\*  
 Return: 1:30-3:00 PM\*

**Monday, March 14 to Market Basket in Hudson**

**Monday, March 28 to WalMart in Hudson**

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

**AARP Tax Help**  
**Mondays and Wednesdays**  
**March 2—April 11\***



Need some help with your income tax return? Once again this year our specially trained volunteers from the AARP Tax Assistance program will help you with your forms, for **free**. Returns will be filed electronically.

One hour appointments are available on Mondays and Wednesdays (9:15, 10:15, 11:15, 1:00 and 2:00). Be sure to arrive **15 minutes before** your scheduled appointment to complete the intake form.

Be sure to bring with you 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*. A list of suggested items can be mailed to you.

The Affordable Care Act requires that taxpayer's have proof of insurance coverage for all of 2015. Most people who have had a Medicare plan all year will not need to be concerned about this.

Emil Ragonos and Fred Taylor have returned to volunteer as our Tax Aides again this year! Thanks to Emil for coordinating the schedule!

This service is targeted toward taxpayers age 60 and older who **do not** have complex returns, as well as low and moderate income individuals and families. Please call the Senior Center at (978) 443-3055 to schedule an appointment and for more information.

**\*Please note** there will be no appointments on March 21, 23 and April 4.

**Be counted! Get a keycard!**

Sign up for a keycard—this helps us to count the number of individuals who participate and use that information to advocate for funding.

**PLEASE NOTE:**

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

**Property Tax Work-off Program  
New Applicants Welcome!**



There are opportunities to work for the town and “earn” a property tax abatement. Town departments that participate include the Goodnow Library, many of the schools, the Town Clerk, the IT department, the Senior Center and more. There are openings in the DPW’s Put n Take at the Transfer Station, along with some town offices. Use your skills and help the town! Please note: a slot is not guaranteed and the abatement is considered income by the Federal government. Call for an application or leave a message for Coordinator Josephine King at (978) 443-3055.

**Senior Notes: Singing Group  
Thursday, March 10, 12:45-2:30 PM**



Volunteer Leader Sam Gorfinkle leads this once a month group. Join the group and sing! Singing can be relaxing, energizing, fulfilling and social. Please call to sign up and for more information at (978) 443-3055.

**Weather Policy**

The Sudbury Senior Center policy for winter weather is as follows: when the Sudbury Public Schools close due to severe weather, the Senior Center will cancel all programs, but the office will remain open, unless the Town Manager has decided to either delay or not open the Town offices due to the severe weather/poor travel.

If the schools have a delayed opening, we will cancel morning classes. We may also cancel classes if the instructor is unable to make it to the class. Please call the Senior Center main telephone number (987) 443-3055 to find out about cancellations and changes to the schedule.

**Please note** that the Sudbury Senior Center does not specifically endorse or recommend any of the advertisers in our newsletter. Should you have any concerns about the advertisements, please call (978) 443-3055.

**Laughter.. the best medicine!  
Laughter Group  
Thursdays at 9:30 AM**

Add some laughter to each week, on Thursdays at 9:30 AM. Laughing is exercise—and it’s good for you! No need to feel self-conscious, Lenore will help the group relax and get laughing! The more, the merrier!



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

**Legal Clinic  
Tuesday, March 8  
10:00AM-12:00 PM**



Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Susan Shipley of Natick. Call (978) 443-3055 to sign up.

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

**Suggestions Welcome!**

Please feel free to drop a note in the Suggestion Box at the Front Desk!

**SHINE (Medicare) Volunteer Counselors Needed!!**

Are you looking for a challenging volunteer opportunity?

**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. They generally counsel at Senior Centers or other public settings that have a private meeting space. SHINE Counselors must also attend monthly meetings where they receive on-going training and support. Knowledge of computers is required. The spring SHINE training will begin in April and run for two days per week over a six-week period. For more information about becoming a SHINE Counselor, call Kathy Worhach, MetroWest Regional SHINE Director at (781) 455-7555, Ext. 207.

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

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

## MARCH 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4
SHINE—Medicare Help VH—Van Houten Room SP— Sudbury Pines Room	<i>Van Shopping Day</i> 8:30-10:30 BP Clinic 9:00 Cribbage 9-12 SHINE 9:40/11:00 Yoga (4) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living (1)</i>	9-2 AARP Tax Return Help (R1) 9:00-3:00 I&R Hours 9:30 <i>Fall of the Pagans (9)</i> 10-12 <i>Draw Your Home (2)</i> 11:00 Fit for the Future 1-2:30 Bereavement Grp. 1:00 Canasta (L or R1) 1:00 Quilting (5) (VH)	<i>Van Shopping Day</i> 9-12 SHINE 9:30 Tap Dance (6) 9:30 <i>Laughter Group</i> 10:00 Current Events 12 Pizza and a Movie: <i>A Walk in the Woods</i>  2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>Bizet's Carmen</i> (opera) 11:30 or 1:45 - Watercolors (3)
7	8	9	10	11
9-2 AARP Tax Help 9:00-3:00 I&R Hours 10 <i>Military Blunders (5)</i> 11 Fit for the Future 1:00 Better Bones (3) 2:15 Tai Chi (5)	<i>Van Shopping Day</i> 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 10-12 Legal Clinic 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living (2)</i>	9-2 AARP Tax Return Help 9:00-3:00 I&R Hours 9:30 <i>Fall of the Pagans (10)</i> 10-12 <i>Draw Your Home (3)</i> 11:00 Fit for the Future 1-2:30 Bereavement Grp. (6, last) (SP) 1:00 Canasta (SP) 1:00 Quilting (6) (VH) 2:15-4 Teen Tech Hours	<i>Van Shopping Day</i> 9:00-12:00 SHINE 9:30 Tap Dance (7) 9:30 <i>Laughter Group</i> 12:45-2:30 <i>Senior Notes-Singing Grp (SP)</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>Remember the Titans</i> 11:30 or 1:45 Watercolors (4)
<i>Market Basket Trip</i> 14	15	16	17	18
<i>Van Shopping Today</i> 9-2 AARP Tax Help 9:00-3:00 I&R Hours 10 <i>Military Blunders (6)</i> 10:00 Stamp Club 11 Fit for the Future 1:00 Better Bones (4) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living (3)</i>	<i>Van Shopping Today</i> 9:00-2:00 AARP Tax Help 9:00-3:00 I&R Hours 9:30 <i>Fall of the Pagans (11)</i> 10-12 <i>Draw Your Home (4)</i> 11:00 Fit for the Future 1:00 Canasta (SP) No Quilting	9:00-12:00 SHINE No Tap Dance 9:30 <i>Laughter Group</i> 10 Current Events (VH) 10:00-11:30 <i>Crafty Jewelry Group</i> 12:00 <i>St. Patrick's Luncheon with John Fitzsimmons!</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 Watercolors (5) 12:30 Friday Movie: <i>Mother of Mine</i>
21	Diabetes Checkup 22	23	24	<i>Gym Setup for Election</i> 25
<i>Van Shopping Day</i> No AARP Tax Help 9:00-3:00 I&R Hours 10 <i>Military Blunders (7)</i> 11 Fit for the Future 1:00 Better Bones (5) 2:15 Tai Chi (7)	8:30-10:30 <i>Diabetes Checkup and BP Clinic</i> 9:00 Cribbage 9:40/11:00 Yoga (7) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living (4)</i>	<i>Van Shopping Day</i> No AARP Tax Help 9:00-3:00 I&R Hours 9:30 <i>Fall of the Pagans (12) (last)</i> 10-12 <i>Draw Your Home (5)</i> 11:00 Fit for the Future 1:00 Canasta (VH) No Quilting 2:15-4 Teen Tech Hours	9:00-12:00 SHINE 9:30 Tap Dance (8) 9:30 <i>Laughter Group</i> 12:00 <i>Soup's On!</i> <i>All You Want to Know about Social Security</i>  2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future* 11:30 or 1:45 Watercolors (6) 12:30 Friday Movie: <i>Dirty Rotten Scoundrels</i>  *Check on room
<i>WalMart Van Trip</i> 28	29	30	31	
<i>Van Shopping Day</i> <i>Town Election Today</i> 9:00-2:00 AARP Tax Help (R3) 9:00-3:00 I&R Hours 10 <i>Military Blunders (8)</i> 11 Fit for the Future 1:00 Better Bones (6) 2:15 Tai Chi (8)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (8) 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living (5)</i>	<i>Van Shopping Day</i> 9:00-2:00 AARP Tax Help 9:00-3:00 I&R Hours 9:30 <i>Our Night Sky (1)</i> 10-12 <i>Draw Your Home (6, last)</i> 11:00 Fit for the Future 1:00 Canasta (SP) 1:00 Quilting (1)	9-11 SHINE 9:30 Tap Dance (1) 9:30 <i>Laughter Group</i> 1:00 <i>Dementia Friendly Communities - Atty. Arthur Bergeron</i> 2:30 Connection Circle	BP Clinic—Board of Health Nurse Phyllis Schlip is available for blood pressure readings

### Friday at the Movies!

**Please call** to let us know you are coming at (978) 443-3055; we will contact you should the schedule change. All movies start at 12:30 PM—unless noted.

March 4 ***Bizet's Carmen*** - 1984, PG 2 h 15 m

In 19th-century Seville, tempestuous gypsy Carmen (Julia Migenes-Johnson) seduces army corporal Don José (Plácido Domingo). The corporal forsakes his military career, his fiancée and even his ailing mother to win the beauty's heart -- but she shuns his advances in favor of a bullfighter (Ruggero Raimondi). Domingo is in fine form in this film version of the opera classic shot on location in Spain

March 11 ***Remember the Titans*** - 2000, PG 1h 53 m

The year is 1971, and the people of Alexandria, Va., are none too pleased when African American Herman Boone is given the nod to head a newly integrated football team. As the season progresses, however, their contentious attitudes begin to change.

March 18 ***Mother of Mine*** - 2007, NR 1 h 21 m  
Director Klaus Härö tackles the real-life drama of history in this heartbreaking film set against the backdrop of World War II. Evacuated to the safety of neutral Sweden along with more than 70,000 other Finnish children, 9-year-old Eero grapples with feeling abandoned by his biological parents and yet detached from his surrogate family. Unfortunately, things only get worse when he returns to a much different home life.

March 25 ***Dirty Rotten Scoundrels*** -1998, PG 1 h 50 m  
Small-time con man Freddy (Michael Cane) butts heads with Lawrence (Michael Cane) , a successful European swindler working the Riviera. Hoping to get rid of one another, they make a loser-leaves bet to scam the fortunes of a wealthy heiress.



### Movie and Pizza Thursday, March 3

***A Walk in the Woods***  
2015 R 1.5 hrs

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



Returning to America after living abroad many years, aging travel writer Bill Bryson (Robert Redford) decides to focus on his native land by hiking the length of the Appalachian Trail with his long-estranged pal Stephen Katz -- a tottering, wisecracking ex-alcoholic.

Please call to order your slice(s) of pizza **by 10:00 AM** on March 3 at (978) 443-3055. \$1.25 per slice.

### ***A Year with Frog and Toad*** **Complimentary Seating!**

Tuesday, March 8th at 3:00 PM  
Efraim Curtis Middle School

The ECMS Theatre Troupe invites you to enjoy their production of ***A Year with Frog and Toad*** with complimentary seating!

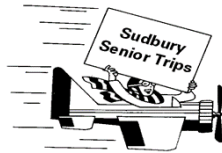
*A Year with Frog and Toad* is based on Arnold Lobel's well-loved books. Frog and Toad are great friends with rather different outlooks on life. When they wake from hibernation in the spring, they rake leaves, plant gardens, go sledding and learn life lessons. Join Frog and Toad on their journey!

Please reserve your spot by calling the Senior Center at (978) 443-3055. (Tickets are not needed, but you must reserve your spot.)



**TRIPS NEWS****Hello Fellow Travelers-**

Our Trip Coordinators, Joe Bausk and Joanne Bennett, invite you to partake in one of the wonderful trips they have planned for 2016!



**Samson! May 23-25, 2016**  
**\$471 pp double occupancy**

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

**Highwaymen and Queens of Country**  
**Wednesday, June 22, \$91**

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

**Shades of Ireland August 17-26, 2016**  
**\$3,449 pp double occupancy**



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

**The Great Rivers of Europe—October 7-22, 2016**  
**15 or 16 days; River cruise only \$3,795,**  
**with Airfare \$4,995 double occupancy**

River cruise along the Rhine and Danube rivers, visiting Amsterdam, and several famous cities in Germany and Austria. Trip flyers available in the Senior Center Trip Rack. \$500 deposit due by March 1; in full by July 5, 2016.

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

**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. Please call (978) 443-3055 to sign up.

**Senior Center Fitness Classes**

**Sign-Up Information—Please Note:** Payment is due at registration, with the exception of Fit for the Future. Please contact us if you would like to visit a class for free to try it out for the first time. If you have financial need, a partial scholarship may be available.

**Fit for the Future with Lois** (aerobics/strength)  
 Ongoing classes on M, W, F at 11:00 AM,  
 \$2 drop-in; no sign-up.

**Better Bones, Senior Strength\***

**Mondays** at 1PM; \$56 - 8 weeks  
 Feb. 22-April 11

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

**Tai Chi**

**Mondays**, 2:15 PM; \$36 for 8 weeks  
 January 25-March 28\* *end date changed due to snow day*  
 April 4-June 6

**Tai Chi for Healthy Living#**

Tai Chi for those who prefer a slower pace and may need to work on balance.  
 Tuesdays, 1:30 PM; \$15 #  
 March 1-April 19, 8 weeks; (# supported by the Elder Affairs State Grant)

**Tap Dance -Thursdays, 9:30 AM, Jan. 21 –Mar. 24;**  
**no class Mar. 17.**

The latest craze! Good for body and mind!  
 \$40 for an 8 week session.

**Yoga for Living Well\*\***

**Tuesdays**, 9:40 or 11:00 AM  
 \$56 for 8 week session  
 January 26-March 29  
 April 5-May 24

\*\*Bring your mat, block and water!

Improve balance, strength, flexibility and learn to relax!

Sign-up for classes starting in April begins on March 2.

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

**Teen Tech Workshop**  
**Wednesday, March 9, 23**  
**2:15-4:00 PM**



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





## SERVICES OFFERED BY THE SUDBURY SENIOR CENTER

*In addition to our many educational and recreational programs, we offer a variety of services to provide assistance to older adults in their homes and at the Senior Center. For information about any of the services described below, call the Sudbury Senior Center at 978-443-3055 (unless otherwise indicated).*

### TRANSPORTATION

**Van Transportation:** This door-to-door, handicapped accessible service is available **Monday through Friday from 8:30 AM to 4:00 PM**. On two Mondays every month we provide transportation to a shopping location outside of Sudbury. You must be registered with the MetroWest Regional Transit Authority (MWRTA) to get rides. Call the MWRTA at 508-820-4650 or Senior Center for an application. You must call at least 48 business hours in advance **to schedule** your ride. The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and **\$2** each way for our out-of-town trips.

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

**F.I.S.H. (Friends in Service Helping):** Volunteers drive clients to medical appointments. Call **978-443-2145** one week in advance to schedule a ride. Leave your request on the answering machine, and the coordinator will return your call.

### HEALTH SERVICES

**Blood Pressure Clinic:** The Senior Center, in conjunction with the Sudbury Board of Health, offers 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**. We welcome donations of equipment.

### CONSULTATION

**Information and Referral:** Anne Manning, our I&R Specialist, provides information about resources and services for older adults and their families in Sudbury. She can provide information and referrals for home care services, assisted living and nursing home facilities, support groups, adult day health services and more. She is at the Senior Center **Mondays, Wednesdays and Fridays from 9:00 to 3:00**.

**Legal Clinic:** An elder law attorney is available once a month for **free** private 20-minute consultations with seniors. Call the Senior Center to make an appointment.

**S.H.I.N.E./Medicare Help (Serving the Health Information Needs of Elders):** Free consultations with trained volunteers about your health insurance concerns, including coverage questions, difficulty with claims, and the changes in Medicare. Please call to make a **free** appointment.

### IN-HOME SERVICES

**In-Home Fix-It Program:** Seniors who can no longer (or should not) do small repair tasks at home can get **free** volunteer assistance with these small jobs. Seniors will only be expected to pay for necessary parts and materials.

### **Friendly Visitor Program:**

Seniors who can't get out to socialize can be matched with a volunteer for weekly informal visits.

**Grocery Shopping:** Volunteer shoppers will make weekly visits to the store, and assist seniors in putting away the groceries. Seniors pay only for the food.

**Sand Buckets:** Volunteers will deliver a bucket of sand for you to use on your walks and driveway, free. Call the Senior Center, at (978) 443-3055. Let us know where you'd like the bucket to be placed.

**Lock Boxes:** The Senior Center can install lock boxes for Sudbury seniors. These are small safes containing a key to the house, accessible only by the Fire Department. A donation of \$60 is requested to cover the cost of the lockbox, but can be waived for those who cannot afford the cost.

### NUTRITION

**Meals on Site:** Once or twice a month a full lunch is served at the Senior Center at noon. Details are available in each newsletter. Please call to make a reservation as specified in the article. A voluntary donation of **\$3.00** a meal is suggested.

**Home Delivered Meals:** A hot mid-day meal can be delivered to seniors who can't get out. The drivers also check on the well-being of the senior recipient. A voluntary donation of **\$3.00** a meal is suggested. Please call BayPath Elder Services at (508) 573-7200 to ask about eligibility and starting service.

THE  
SUDBURY  
SENIOR

# SCENE

*A monthly publication from the*

**SUDBURY SENIOR CENTER AND SUDBURY COUNCIL ON AGING**

40 Fairbank Road  
Sudbury, Massachusetts 01776-1681

*on the web at:*

<http://senior.sudbury.ma.us>



Or Current Resident

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Sudbury, MA  
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PRESORT STANDARD

**Sudbury Senior Center**

**Phone: 978-443-3055**

**Fax: 978-443-6009**

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

**Senior Center hours:** Monday through Friday, 9 AM to 4 PM/**Van Service Hours:** Monday through Friday, 8:30 AM to 3:30 PM

## St. Patrick's Luncheon and Entertainment

Thursday, March 17  
12 Noon



With Special Guest *John  
Fitzsimmons*

“A Master of Folk” says the Boston Globe.

You must make your reservation by  
Wednesday, **March 9!**  
Call (978) 443-3055.



Sponsored by the  
*Friends of Sudbury Seniors*

## Dementia-Friendly Communities

What are they and Why are they important?

Thursday, March 31

1:00 PM

Elder Law Atty. Arthur Bergeron and BayPath Elder Services Staff will be here to explain. You can also learn about the Frail Elder Waiver and how this can help you, should you need long term care.

Please sign up in advance, call (978) 443-3055.

## Laughter Group

Thursdays, 9:30 AM



## Crafty Jewelry Group

Thursday, March 17 10:00 AM