

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

**History of Hitler's Empire: 2<sup>nd</sup> Edition**  
**DVD series from the Great Courses**  
**6 Wednesdays, 9:30-10:30 AM**  
**May 11-June 22 (no class May 18)**

Prof. Thomas Childers, PhD., University of Pennsylvania

Know thy enemy. That's what the wisdom of history teaches us. And Adolf Hitler was surely the greatest enemy ever faced by modern civilization. Over half a century later, the horror and fascination still linger. No one is better able to explain the unexplainable about this man and his movement than Professor Thomas Childers. In these lectures, you will see what great teaching is all about.

**Two Crucial Questions**

Professor Childers has designed this course to answer two burning questions that have nagged generations for decades, ever since Hitler and Nazism were destroyed.

- 1) How could a man like Adolf Hitler and a movement like Nazism come to power in 20th-century Germany? An industrially developed country with a highly educated population, it lies within the very heart of Western Europe.
- 2) How were the Nazis able to establish the foundations of a totalitarian regime in such a short time and hurl all of Europe—and the world—into a devastating war that would consume so many millions of lives?

And the answers lead us to other questions:

- Who voted for the Nazis and why?
- How did the Nazis campaign?
- What did they seem to stand for?
- Why was there apparently so little resistance to them?
- What made the regime popular at home?
- How were Nazis able to seize control of the press, radio, courts, and police with so little trouble?
- Can it happen again?
- How can we make sure that it doesn't?
- How did it all begin?

You start by exploring the catastrophic impact of World War I on Germany and how the war and the humiliating Treaty of Versailles crippled the Weimar Republic.

Note: Description above is excerpted from "The Great Courses" online course description.  
 Thank you to Sarah Bailin for sharing this DVD series!

**Please sign up online** at [www.sudburyseniorcenter.org](http://www.sudburyseniorcenter.org). If you need assistance, please call or visit during our Help Hours on April 29 10AM-12PM; or in early May. Times and days will be available at the Front Desk and on the bulletin board.

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**The Senior Center has a new website!**

You can access the website at [www.sudburyseniorcenter.org](http://www.sudburyseniorcenter.org). We are currently continuing to add to and improve the website. Please feel free to contact us 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).

Please register for the following programs online: **History of Hitler's Empire—see front page.**

**Transportation Update—Beginning May 17, 2016 on a 6 month Trial Basis:**

**New Dial-a-Ride Service from 4:00-7:00 PM Tuesdays/Thursdays and Rides to the Boston Hospital Shuttle in Framingham on Tuesdays (early morning, return midday or early eve.)**

Evening Service on Tuesdays and Thursdays from 4:00-7:00 PM will be on the Dial-a-Ride van by Kiessling Transportation. The same company will provide early morning transportation from 7:00-8:30AM on Tuesdays for people who'd like to ride the Boston Hospital Shuttle into Boston.

For information, please call (978) 443-3055 and ask for Sharon Wilkes, Program Coordinator or Debra Galloway, Director.

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

**Please note:** Van Shopping Trips to WalMart and Market Basket in Hudson have moved to the 1st and 3rd Mondays of the month.

**Volunteer Appreciation Luncheon**  
Wednesday, May 18, 12 noon

Where would we be without volunteers? Volunteers deliver meals, set up for events, help with Fix-it projects in the home, drive people to medical appointments, provide friendly visits, help with Soup's On, label this newsletter, and so much more! Our Volunteer Luncheon is one small way that we say thanks - look for your invitation in the mail!

**Due to space limitations, Invites Only Please**

**Note: If you are a Senior Center volunteer, and we inadvertently do not send you an invitation, please call and leave a message for Ed Gottmann!**

**Mercury Collection**  
**Saturday, May 14**  
**Saturday, June 11**  
**11:00 AM—1:00 PM**

Mercury is a highly toxic compound that needs to be removed from the home. It should not be included in your weekly trash, as this may cause it to be released into the environment.

Bring your mercury containing items to the Senior Center and we will make sure they are safely and properly disposed of. This includes: old mercury thermometers or thermostats, small fluorescent lightbulbs, and other small mercury containing items. Don't forget your **button batteries** as they contain mercury! For information, call the Senior Center at (978) 443-3055.

**COUNCIL ON AGING**

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

**SUDBURY SENIOR CENTER**  
Phone: (978) 443-3055  
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Email: [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us)  
Webpage: [www.senior.sudbury.ma.us](http://www.senior.sudbury.ma.us)

**Don't Get Bamboozled!**

Avoid Scams and Abuse  
 Tuesday, May 10, 10:00 AM

Middlesex District Attorney Marion Ryan, joined by Tiziana Rossi, Branch Manager at Middlesex Bank, April Evans, Protective Services Manager at Springwell Elder Services and our own Police Department present a program on the latest ways that we can keep ourselves safe.

Seniors continue to be the target for scams, such as the "grandparent scam," fake lottery prizes, and other ploys by criminals. This program aims to give you the tools to identify a potential scam, protect yourself from becoming a victim, and how to stay safe in your own home. The program also discusses safe banking practices and financial abuse.

Prior to her appointment as District Attorney, Ryan served for 18 years as the chief of Middlesex District Attorney's Office's Elder and Disabled Unit, which prosecutes those who commit crimes against seniors and disabled persons. District Attorney Ryan launched the Senior Protection Seminars as an important prevention effort to teach seniors how to stay safe and avoid being the victim of a crime. The program includes information on safe banking practices, how to avoid scams or theft, and how to access local services.

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

**Watercolors Workshop With Sandy Wilensky**

Friday, May 13-July 1  
 8 weeks, \$56  
 11:30 AM-1:30 PM or  
 1:45-3:45 PM

Join our delightful Watercolors Workshop class at 11:30 or 1:45 on Friday afternoons. Class is open to those with lots of experience and those who are newer artists.

Please pay the fee when you register for class. If you have a question, you may leave a message for Sandy with the Senior Center Receptionist at (978) 443-3055.

Minimum: 12 students per class time

**Crafty Jewelry Group Participants—Please note:**

The Crafty Jewelry Group is on hiatus until October 2016. This group will meet on the third Thursday of the month from October—April from 10AM-12PM.

**Gary Hylander**

**A is for Assassin**  
 6 Mondays, May 2-June 27  
 2:00 PM  
 \$35

No classes  
 May 9, 30,  
 June 20

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

- President William McKinley**
- Archduke Francis Ferdinand**
- Mahatma Gandhi**
- Ngo Dinh Diem**
- Malcolm X**
- Anwar Sadat**

**Please sign up and pay the fee (checks payable to *Town of Sudbury*) at the Sudbury Senior Center. Space is limited!**

**Meet Us Now/Use Us Later**

Monday, May 16 at 10 AM

Come meet Mary Brooks and Chris Hildreth - Directors of the Long Term Care Ombudsman Program at BayPath Elder Services. Learn how they may be able to assist if you or a loved one ever find you need a long term care facility- be it for a short term or a long term stay.

Ombudsmen advocate for residents' rights and quality care; educate consumers and providers; resolve residents' complaints; and provide information to the public on nursing homes and other long-term care facilities and services. Learn more about this very important program.

Refreshments will be served!  
 Please sign up so that we can prepare for the audience, at (978) 443-3055.

### **“Buried in Treasures” - Cluttering Support Workshop**

*Do you avoid having people over because of the cluttered state of your home?  
Do you have trouble getting rid of your stuff?  
Do you buy more than you actually need?*

Research shows that working through the book “Buried in Treasures” in a structured group is one of the most effective ways to address cluttering behaviors. The Senior Center in conjunction with *Marlborough Community Development Corporation* will offer Peer Group Support Meetings beginning in May.

*Learn more about the Peer Group Meetings at:*

#### **Peer Group Information Session Monday, May 2 at 10:00 AM**

At this session, Lorraine Gilmore will present: Full House: A Hoarder’s Journey. Lorraine will share her journey, her struggles and which strategies helped her, during this one hour session. Please call to sign up for this info session at (978) 443-3055.

#### **Peer Group Support Meetings Mondays 10:00 AM-12 Noon May 16 - Sep. 26**

Peer Group participation is free, the book “Buried in Treasures” costs \$20 and is required for participation. Scholarship may be available. Please call Anne Manning, LMHC, for more information at (978) 639-3268.

#### **Current Events Group 1st and 3rd Thursdays May 5, 19 10:00-11:30 AM**



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

*Please note:* The group will meet in the Van Houten room in May due to the Poetry class.

#### **Senior Notes: Singing Group 2nd Thursday, May 12, 12:45-2:30 PM**

Sing your heart out! Singing is associated with positive feelings and outlook. Try it out!



### **A Field Trip to Cavicchio’s**

Monday, May 9, 1:00-2:15 PM

Have you always wondered what the greenhouses, fields and bogs look like down at Cavicchio’s? Join us on the Connection van for a delightful tour around the Cavicchio greenhouses, gardens and fields in Sudbury!

Please reserve your ride by Thursday, May 5 at 2:00 PM. Please sign up by calling (978) 443-3055. Minimum number of passengers, 4; maximum 8.

#### **Caring Café**



#### **Monday Van Trips**

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

#### **Monday, May 2 to WalMart in Hudson Monday, May 16 to Market Basket/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. MWRTA Reservation center # is 508-820-4650. \* Times are approximate.

Friday, May 6, 9:00-11:00 AM

Are you caring for a loved one with Alzheimer’s or other dementia?

The Caring Café encourages socialization with other caregivers and loved ones where you can just be yourself. This is a wonderful opportunity to get out with your loved one and have an enjoyable morning. It’s a time to step out of the daily routine, leave the disease at the door, and enjoy a positive experience in a supportive environment. The morning will consist of conversation, entertainment, music, arts, games, refreshments, and most importantly, laughter. It is open to anyone in the community at any stage of the disease process accompanied by friends, family, and loved ones.

This Café, Singer, Alexandria Bianco will perform and encourage us to sing-a-long. Please call 978-443-3055 to sign up. For more information, call Anne Manning at 978-443-3268.

#### **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.

**Police Talk and Tour!**  
**Tuesday, May 24, 10:30 AM**  
**At the new**  
**Sudbury Police Station**  
*Max 35 participants*

Det. Wayne Shurling will be your host for a talk and tour! Det. Shurling provides an update on the latest scams and other safety issues in Sudbury and also answers your questions. After the talk, take a tour of the new station!

Please sign up by calling the Senior Center at (978) 443-3055. There is a maximum of 35 participants for this event.

**Looking toward Fall...**

**The Skeptic's Guide to American History**  
**DVD Series**

September 14 - December 14  
 No classes October 12, November 23

Get ready for part 2! Sign up begins on **June 15**.

**Fall Art History - 17<sup>th</sup> Century Dutch Art with Donald Oasis**

7 Wednesdays – October 19, 26; November 2, 9, 16, 30, December 7  
 1:30-2:45 PM

\$25 donation to the *Friends of Sudbury Seniors* is suggested

Sign up begins on **June 15**.

**Legal Clinic**  
**Tuesday, May 10**  
**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!**

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

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

**SAVE THE DATE! Celebrate the 400th Anniversary of Shakespeare!**  
**Thursday, June 2, 1:00 PM, \$5**



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



**Be a Friend! Help Reduce Postage Costs!**

Did you know that the Friends of Sudbury Seniors spend over \$1,000 per month to mail this newsletter to Sudbury residents? Many people use email and might like to receive the newsletter via email instead—if you would like this and could help reduce all of that spending, please **sign up for our email online** at [www.sudbury.ma.us](http://www.sudbury.ma.us) and click on “Subscribe”, and **contact Claire Wigandt, via phone at (978) 443-3055 or email at [senior@sudbury.ma.us](mailto:senior@sudbury.ma.us) to let her know to remove you from the mailing list. Please include your address.**

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

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

## MAY 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Foxwoods Trip!</i> 2	3	4	5	6
<i>Van WalMart Trip</i> 9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures Information Session</i> 10 <i>Military Blunders</i> (12, last) 11:00 Fit for the Future 1:00 Better Bones (1) 2:00 <i>A is for Assassin</i> (1) No Tai Chi today <i>Town Meeting tonight!</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:40 & 11:00 Yoga (4) 12:30-3:30 Bridge No Tai Chi for <i>Healthy Living today</i> <i>Town Meeting tonight!</i>	9:00-3:00 I&R Hours 9:30 <i>Our Night Sky</i> (6, last) No <i>Drawing Workshop</i> 11:00 Fit for the Future 1:00 Canasta (R3) 1:00-3:30 Quilting (5) (VH)	9-4 SHINE 9:30 Tap Dance (5) 10:00 Current Events (VH) 10:30 <i>Robert Frost</i> (2) 2:30 Connection Circle	9:00-11:00 <i>Caring Café (VH)</i> 9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>Madame Butterfly</i> 11:30 and 1:45 - Watercolors (12, last)
<i>Field Trip-Cavicchio</i> 9	10	11	12	13
9:00-3:00 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Bones (2) 1:00 <i>Cavicchio Field Trip on Van</i> No <i>A is for Assassin</i> this week 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (5) 10-11:30 <i>Don't Get Bamboozled!</i> (Avoiding Scams and more) 10-12 Legal Clinic 12:30-3:30 Bridge 1:30 Tai Chi for <i>Healthy Living</i> (2)	9:00-3:00 I&R Hours 9:30 <i>History of Hitler's Empire</i> (1) (SP) 10:00-12:00 <i>Drawing Workshop</i> (3) 11:00 Fit for the Future 1:00 Canasta (R3) 1:00-3:30 Quilting (6) last	<i>Make reservations for Van Expanded Service</i> 9:00-12:00 SHINE 9:30 Tap Dance (6) 10:30 <i>Robert Frost</i> (3) 12:45-2:30 <i>Senior Notes-Singing Group</i> (G) 1:00 <i>Protecting Your Home—Atty. Bergeron</i> 2:30 Connection Circle 3:00 <i>Council on Aging</i>	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>Learning to Drive</i> 11:30 and 1:45 Watercolors (1) <i>Mercury Collection</i> Sat. 5/14, 11am-1pm
Election Setup today 16	Special Election 17	18	19	20
<i>Van Market Basket Trip</i> 9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures Peer Group Meeting</i> 10:00 <i>Meet Us Now/ Use Us Later</i> 11:00 Fit for the Future (R3 or VH) 1:00 Better Bones (3)(R2) 2:00 <i>A is for Assassin</i> (2) 2:15 Tai Chi (4) (R2) <i>Fitness classes not in gym today-check at Desk</i>	<i>Van Expanded Service starts</i> 8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (6) (R2) 12:30-3:30 Bridge 1:30 Tai Chi for <i>Healthy Living</i> (3) (R2) <i>Water District Voting</i> 3-9 PM—Lounge	9:00-3:00 I&R Hours No <i>History of Hitler</i> 10:00-12:00 <i>Drawing Workshop</i> (4) 11:00 Fit for the Future (R3 or VH) 12:00 <i>Volunteer Luncheon - Invitees only please</i> 1:00 Canasta (VH) No Quilting	9-12 SHINE 9:30 Tap Dance (7) 10:00 Current Events (VH) 10:30 <i>Robert Frost</i> (4) <i>Crafty Jewelry Group Returns in October</i> 12:00 Pizza and a 12:30 Movie: <i>The Martian</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>Cats</i> 11:30/1:45 Watercolors (2)
23	24	25	26	27
9:00-3:00 I&R Hours 10:00 <i>Buried in Treasures Peer Group Meeting</i> 11:00 Fit for the Future 1:00 Better Bones (4) 2:00 <i>A is for Assassin</i> (3) 2:15 Tai Chi (5)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 10:30 <i>Police Station Talk/Tour at Station</i> 12:30-3:30 Bridge 1:30 Tai Chi for <i>Healthy Living</i> (4)	9:00-3:00 I&R Hours 9:30 <i>History of Hitler's Empire</i> (2) (SP) 10 <i>Drawing Workshop</i> (5) 11:00 Fit for the Future No Quilting 1-3:30 Canasta (VH)	9-12 SHINE 9:30 Tap Dance (8, last) 10:30 <i>Robert Frost</i> (5) 2:30 Connection Circle 3:00 Friends Meeting	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 12:30 Friday Movie: <i>Joy Luck Club</i> 11:30/1:45 Watercolors (3)
30	31			
Memorial Day Holiday  losed	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (8) 10:00 <i>Bridges Reunion</i> 12:30-3:30 Bridge 1:30 Tai Chi for <i>Healthy Living</i> (5)	VH—Van Houten Room SP—Sudbury Pines Room R1—Room 1 R2—Room 2 R3—Room 3	Bridges Together is the intergenerational program bringing older adults and 3rd graders together in the classroom!	

### 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.

May 6 - *Madam Butterfly* 1995 NR 1 hr  
Frédéric Mitterrand directs this award-winning adaptation of Giacomo Puccini's heartrending opera about a beautiful young geisha who sacrifices her family, her religion and, ultimately, her life for her American husband. Cio-Cio-San (Ying Huang) is the young bride of Lt. Pinkerton (Richard Troxell), who buys her love while stationed in Japan with no intention of ever taking her home to America

May 13 - *Learning to Drive* 2015 R 1hr 30 mins  
When soon-to-be-divorced Wendy Shields (Patricia Clarkson) signs up for driving lessons, her instructor is Darwan, a Sikh (Ben Kingsley) immigrant to America. Though their cultural perspectives are poles apart, the two begin to develop a bond that transcends their differences. Rated R for strong language.

May 20 - *Cats* (musical) 1998 NR 1hr 30 mins  
Elaine Paige the original London Grizabella leads an all-star cast culled from the London, Broadway and Amsterdam productions of Andrew Lloyd Webber's smash-hit musical, captured on film by director David Mallet. Featuring the beloved songs "Memory," "The Jellicle Ball," "Mr. Mistoffelees" and many more, the program stars John Mills, Ken Page and Rosemarie Ford and includes a behind-the-scenes "making of" feature.

May 27 - *Joy Luck Club* 1993 R 1 hr 40 mins  
This drama based on a novel by Amy Tan follows four Chinese women living in California who gather weekly to play mah-jongg and share their life stories. They also enjoy sharing stories about their daughters, lamenting some of the younger generation's choices.

**Protect Sudbury -Information Meeting  
Goodnow Library  
Tuesday, May 3  
10:30-12:30**

If you would like more information about this local group, please see their website at [www.protectsudbury.org](http://www.protectsudbury.org).

### Movie and Pizza Thursday, May 19

#### *The Martian*

2015, Rated PG-13  
2 hrs., 24 mins



Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney (Matt Damon) must find a way to survive the planet's harsh environment -- despite having only 28 days of supplies left.

**Starring Matt Damon, Jessica Chastain, Kristen Wiig.**

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

Please call to order your slice(s) of pizza **by 10:00 AM** on May 19 at (978) 443-3055. \$1.25 per slice.

### Join the BayPath Advisory Council!

BayPath's Area Agency on Aging is looking for new members to join the Advisory Council! Members of the Advisory Council advocate on behalf of older people and the issues that affect their lives. Meeting six times per year, the Council is a voluntary group of citizens mandated by the Older Americans Act to provide information, guidance, advice and support to the Area Agency on Aging. We rely on Advisory Council members to help us improve services for older adults in the Metrowest area. The Council fulfills this obligation by working through the BayPath Board of Directors, the Area Agency staff, its own committees and community leadership. If you wish to learn more about the Area Agency on Aging or may be interested in attending a meeting, please contact Fran Bakstran at 508-573-7346 or [fbakstran@baypath.org](mailto:fbakstran@baypath.org).

BayPath Elder Services is located at 33 Boston Post Rd. West, Marlborough, MA 01752. Sudbury is part of BayPath's service area for information, resources, home delivered meals and more.



## TRIPS NEWS

### Hello Fellow Travelers-

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

### **Highwaymen and Queens of Country** **Thursday, June 23, Please Note New Date!!** **\$91**

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

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

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



### **Forever Motown** **Wednesday, September 21, \$91**

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

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

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

### **Foxwoods Trips** **with Deanna and Ron** **Mondays, May 2 and August 1 - \$26** **Please arrive by 7:15 AM!**

Sign up is happening right now! Don't miss out on the fun! Your \$26 fee includes: \$10 Buffet or Food Voucher Coupon and \$10 Slot Play.

Please note: As of Tuesday, May 3, 2016 checks for Foxwoods should be made payable to the **Town of Sudbury**.

## Senior Center Fitness Classes

**Sign-Up Information—Please Note:** Payment is due at registration, with the exception of Fit for the Future.

### **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  
May 9-July 18 (no class May 30, June 20, July 4)

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

### **Tai Chi**

**Mondays**, 2:15 PM; \$36 for 8 weeks  
April 11-June 20 (no class April 18, May 2, 30)

### **Tai Chi for Healthy Living**

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

### **Tap Dance -Thursdays, 9:30 AM**

March 31-May 26; (no class Apr. 21)  
\$40 / 8 week session. Class on hiatus for the summer.

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

**Tuesdays**, 9:40 or 11:00 AM  
\$49 for 7 week session  
June 7 - July 26 (no class July 5)  
Improve balance and strength,  
and learn to relax!

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

**NOTES:** Please call (978) 443-3055 for information or ask for a Fitness flyer (includes schedule and class descriptions). Bring water to all classes! Both Better Bones and Tai Chi had a snowday on Monday, April 4, so the session was extended by one day.

### *In the Community...*

### **Having Fun with Scottish Music!**

The Strathspey and Reel Society  
Sunday, June 5, 2:00 PM

### **Celebrate Wayside Inn's 300th Anniversary!**

Tickets are available through Wayside Inn.  
\$12.50 each

Please reserve your space by May 22  
by calling The Wayside Inn at 978-443-1776 x1.

Any questions, please call Marilyn Goodrich  
at 978-443-6865.



## 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

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

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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 4:00 PM

**Don't Get Bamboozled!  
Get Educated!**  
Tuesday, May 10  
10:00 AM

Get the tools to identify potential scams, and protect yourself. Please sign up in advance at (978) 443-3055.

History of Hitler's Empire, 2nd Ed.  
DVD Series  
Wednesdays, 9:30-10:30 AM  
May 11-June 22

A fascinating look at the history of the "greatest enemy that ever faced modern civilization".

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

**Meet Us Now/Use Us Later**  
Monday, May 16  
10:00 AM

Mary Brooks and Chris Hildreth  
of BayPath Elder Services  
Ombudsman Program

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

**"Buried in Treasures"**  
Information Session  
Monday, May 2, 10:00 AM

Workshop starts on May 16. Please call Anne Manning at (978) 443-3055 for information.