

**Veterans Appreciation
Luncheon***

Monday, November 6, 12 PM

**The Singing Trooper Dan
Clark will be here!**

*Space is limited. Thank you
for your understanding.*

**Sponsored by Friends of Sud-
bury Seniors, Sudbury Military
Families, Sudbury Senior Cen-
ter Staff and Volunteers, and
the Wayside Inn!*

Wayside Inn Luncheon

with Harpist Nancy Hurrell
Wednesday, November 29
12 noon

*Sudbury residents sign up
now; all others as of Nov. 6.*
\$20 includes salad, salmon or
pot roast, dessert, coffee and
entertainment! Entertain-
ment sponsored by the
Friends of Sudbury Seniors.
Reserve by Tues., Nov. 21!

Save the Date!

Holiday Luncheon

Tuesday, December 5
12 noon; \$5

*Sudbury residents sign up as
of November 1; all others as
of November 20.* Entertain-
ment sponsored by the
Friends of Sudbury Seniors.
Sign up by Tues. Nov. 28!

November 2017

Here are some of the highlights of November!

Volunteer Open House! Thursday, November 2, 1:00-3:00 PM

Savvy Caregiver Workshop - 6 Mondays, 9:00-11:00 AM, October 30-December 11; no class November 6.

The Changing Economic World Order - A Follow Up - with Zaheer Ali
Tuesdays, November 7, 14, 21 - 9:30-10:45 AM

Vets Talk and Coffee - Wednesday, November 8, 9:30 AM

Memory Screening - Thursday, November 9, 10:00-12:00

Goodnow Library Workshop - Wednesday, November 15, 10:00 AM

Bridge Players Practice - Wednesdays, November 15, 22, 29, 1:00-3:15 PM

I Now Pronounce You: Lucy Stone - Thursday, November 16, 11:00 AM; Sudbury residents may sign up now, all others as of Monday, November 6.

Lunch at the Senior Center - Thursday, November 16, 12:30 PM, \$3 donation.

Honoring Choices with Elder Law Atty. Arthur Bergeron
Monday, November 20, 1:00 PM

Lincoln Sudbury High School MLK Project - Thanksgiving Luncheon at LSRHS
Wednesday, November 22, 12 Noon, sign up at Senior Center.

Scientific Secrets of a Powerful Memory - Wednesdays, November 29, 9:30 AM

Wayside Inn Luncheon - Wednesday, November 29, 12:00 PM; \$20.

Continuing...

Long 19th Century: European History 1732-1917-The Great Courses DVD Series
Wednesdays, November 1 and 8, 9:30-11:00 AM

**Lincoln-Sudbury High School
Martin Luther King Project
Thanksgiving Luncheon**

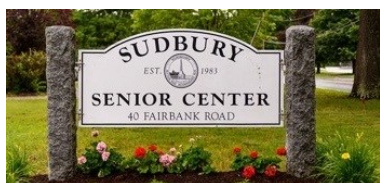
Wednesday, November 22, 12 noon-1:30PM

Come join the L-S Martin Luther King Action Project for their traditional and festive holiday treat for seniors in Lincoln and Sudbury at L/S Regional High School. Turkey and all the fixings donated by **Sudbury Farms** will be served in the high school cafeteria. Entertainment is included, and there is **no charge**. Reservations are expected!

Call the Sudbury Senior Center at
978-443-3055 by **Thursday,**
November 9.



Caring for our communities with pride.



A Message from the Chairperson of the Sudbury Council of Aging

WE WILL NEED YOUR HELP AND CONTINUED INPUT AND SUPPORT

October 3, 4, and 5, representatives from PROS Consulting were meeting with groups of Sudbury residents to get their input for a feasibility study concerning the future of the **Sudbury Senior Center and the Park and Recreation facilities.**

By the time you read this, a survey about the Fairbank Community Center will have been presented to town residents. This survey is online and available on paper as well. Please participate and have your input count!

It is our intent to keep the public informed as this process moves forward.

John Beeler - Chair, Sudbury Council on Aging
Debra Galloway - Director, Sudbury Senior Center

Senior Center Director's Message

As mentioned previously, the Senior Center, in collaboration with the Planning Department and Board of Health, is working with UMass Boston Center for Demographic and Social Research on a needs assessment, now called the "Livable Sudbury Assessment". UMass has started the process, which kicks off with two public forums on Wednesday, November 8. UMass Boston staff will share information and research on Sudbury's demographics, plans for a survey and focus groups, and will facilitate discussion of Sudbury's strengths and opportunities for growth. Please plan to attend one of the forums to learn more and to share your own insights on a Livable (All Age Friendly) Sudbury.

Livable Sudbury Forums

Wed., November 8

3:00 PM at United Methodist Church, 251 Old Sudbury Road

7:00 PM at Goodnow Library

On another note, the Sudbury Board of Health held a successful, well-attended Flu Clinic on Thursday, October 12. Board of Health Nurse Phyllis Schilp, RN, BSN, reports that there were 223 participants! Thank you to Phyllis and her Medical Reserve Corps Team! The clinic was efficient, well-organized and fun. Special thanks also to **Orchard Hill of Sudbury** for the juice, water bottles and goodies for post-clinic recovery.

And, Board of Health Social Worker Bethany Hadvab, would like to share this information: -The Interface Helpline, 1-888-244-6843, provides personalized matches to mental health services and is available for free to residents in Sudbury.

Debra Galloway

Learn More about Goodnow Library with Joanne Adamowicz, Ref. Librarian Wednesday, November 15, 10:00 AM

Joanne will tour the Goodnow website while sharing all the wonderful new features and services at the library, including: reserving museum passes, searching the catalog, learning about book groups, knitting and other groups, movies, as well as low vision/hard of hearing resources. Sign up at 978-443-3055.

COUNCIL ON AGING

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John Beeler

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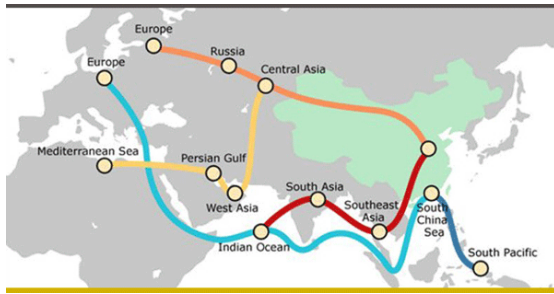
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SUDBURY SENIOR CENTER

Phone: (978) 443-3055
Address: 40 Fairbank Road, Sudbury
Email: senior@sudbury.ma.us
Webpage: www.sudburyseniorcenter.org

~ Classes and Series ~



The Changing Economic World Order (An Update) 3 Tuesdays, 9:30-10:45 AM

With a reduced U.S. footprint in the Middle East, the surplus Chinese funds are finding their way into the economies of several countries. Furthermore, robust economies of South Asia and China are creating a competitive atmosphere between them for a lead regional role. As a result new infrastructural routes, ports, new developmental banks at par with the World Bank and International Monetary Fund etc. have come into existence. This is a topic that was scantily reported in the US media two years ago is now occupying a significant coverage.

Mr. Ali introduced the “One Belt One Road” initiative by China in October of 2015 at the Senior Center under the same title. The current series of lectures will review the progress of various projects started under this initiative. The series will also indulge in the reactions of various impacted countries.

Instructor Zaheer Ali is a scientist, engineer, innovator and a businessman. He holds Master's degrees in Physics, Electrical Engineering and Business Administration. He has published over a dozen technical papers in four different languages. He has four US patents to his credit. Mr. Ali's hobbies include reading, gardening, current Geo-Political affairs and global history. His interests include the history of Islam in general and its impact on the sub-continent of India in specific. He has spoken widely on the subject and has been recognized in the media. Mr. Ali has been a resident of Sudbury for the last 29 years. Please contact the Senior Center to sign up at 978-443-3055 or senior@sudbury.ma.us. Space is limited.

Have Suggestions for Programs? Let us know what classes and programs you'd like-put a note in our Suggestion box!

~ Special Events ~

**I Now Pronounce You:
Lucy Stone**
Thursday, November 16, 11:00 AM



Sponsored by the Friends of Sudbury Seniors

Actress Judith Kalaora performs, *I Now Pronounce You: Lucy Stone™* at the Sudbury Senior Center! Challenging discrimination is not easy, but Lucy Stone is never one to take the easy road. The first woman from Massachusetts to earn a college degree, Lucy defies every obstacle and is an ardent supporter of human rights. Always fierce, her belief that women and men be equal is evident in both her political and personal endeavors. Her message inspired thousands of women to join the suffrage movement; Susan B. Anthony credits Lucy's impassioned speeches for her involvement.

In this fiery presentation, Lucy describes the tension of Antebellum Boston. Her discussion touches on the gender caste system and also encompasses the fierce abolitionist movement. Women were evolving from successful abolitionists to struggling suffragists! Their fight was ferocious, so come along for the ride! Please sign up by contacting the Sudbury Senior Center at senior@sudbury.ma.us or at (978) 443-3055. *Note:* Sudbury residents may sign up immediately, all others as of Monday, November 6.

Scientific Secrets of a Powerful Memory

3 Wednesdays, November 29-December 13, 9:30-10:30

What was the name of your first pet? Where did you put your house keys? How do you get to work every morning? Most likely, you didn't need to look up the answers to these questions. You *remembered* them. Memory is, without a doubt, the most powerful (and practical) tool of everyday life. By linking both your past and your future, memory gives you the power to plan, to reason, to perceive, and to understand. Professor Peter M. Viston, PhD., is Associate Professor of Psychology at The College of William and Mary. His PhD. is in Psychology and Cognitive Science from Cornell University. Please sign up by contacting the Senior Center staff at senior@sudbury.ma.us or 978-443-3055.

Please Note: There will be no Soup's On event in November, look for the next Soup's On in December, when the topic will be Acupuncture.

~ Caregivers ~

Comfort Food Caring Café

Monday, November 27 - 12:00 –2:00 PM

Caregivers and their loved ones with memory challenges are invited for a delicious lunch, entertainment, conversation, arts, music and laughter! This is a chance for you to get out of the house and come to a relaxed environment and let go of your worries. Please sign up if you are able at 978-443-3055; drop-ins are okay.

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

~ Transportation ~

Monday HOLIDAY SHOPPING TRIPS

November 20—Solomon Pond Mall and Bertucci's

November 27—Christmas Tree Shoppes and Brittney's

December 4—Natick Mall and The Villa

December 11—Marshall's/Savers/Ocean St. and Stephen Anthony's

Join us as we make our special Holiday shopping trips with time for lunch. Please call the MetroWest RTA to register for the trips at (508) 820-4650; no earlier than 2 weeks prior and no later than 48 business hours in advance. Van trips are available on a first come, first served basis. Schedule is subject to change.

~ Cards ~

Bridge Practice!**Wednesdays, November 15, 22, 29, 1:00-3:15 PM**

Our Bridge group who has taken lessons with Instructor William 'Nick' Nicholson this fall and last spring, will be practicing their Bridge skills on Wednesday afternoons. If there is a strong interest, Bridge Group will continue into December and on. Contact the Senior Center if you have questions, at 978-443-3055.

**Canasta Group****Mondays, 1:00-3.30 PM**

We have a regular foursome of intermediate players who would welcome another foursome of either intermediate or beginning players to play alongside them. Please call the Senior Center at 978-443-3055 and leave your name and number.

~ Legal ~

Legal Clinic**Tuesday, November 14 - 1:00-3:00 PM**

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Arthur Bergeron. Our Volunteer Elder Law Attorneys provide free 20 minute appointments generally 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.

Legal Update—Honoring Choices with Atty. Bergeron

Monday, November 20, 1:00 PM

Sure, you have a health care proxy, but do you have a health care plan for how you want to be treated if you are sick? Attorney Arthur Bergeron and a guest medical practitioner will talk about the kinds of medical emergencies that you may face and the decisions you should be making ahead of time about how you want to be treated. Please sign up by contacting the Senior Center at senior@sudbury.ma.us or 978-443-3055.

Memory Screenings

Thursday, November 9, 10:00 AM-12:00 PM

Are you concerned about memory problems?

On National Memory Screening Day, an annual initiative of the Alzheimer's Foundation of America, take advantage of free, confidential memory screenings with Phyllis Schilp, R.N., Sudbury's Board of Health Nurse and Bethany Hadvab, MSW, Town Social Worker at the Senior Center. You can also pick up free educational materials about memory concerns, dementia, caregiving and successful aging.

Memory screenings are a significant first step toward finding out if a person may have a memory problem. Memory problems may not be as serious as you think, or could be caused by Alzheimer's disease or other treatable medical conditions. A memory screening is not used to diagnose any particular illness and does not replace consultation with a physician or other qualified healthcare professional. For more information about National Memory Screening Day please visit www.nationalmemoryscreening.org, or call (toll-free) 866-AFA-8484. Make an appointment at senior@sudbury.ma.us or 978-443-3055.

~ Clubs and Groups ~

Turn the Page—Monthly Book Group **2nd Wednesday, November 8, 1:00-2:00 PM**

All are welcome to join the “Turn the Page” Book Group on the 2nd Wednesday of every month! Even if you have not read the book!

November – *Born a Crime* by Trevor Noah

Please call 978-443-3055 with questions, or just drop in! But do check in at the desk to make sure your visit is counted.

Stamp Club - Monday, November 13, 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. No meeting on November 2.

Short Story Discussion Group

2nd and 4th Thursdays, November 9, 30* - 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. *Due to holiday.



Come Sing with Friends at Senior Notes!

Thursdays, November 2, 16, 12:45 PM

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



Happy Seniors Club

Tuesdays, 9:30 - 11:30 AM

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

~ Arts and Crafts ~

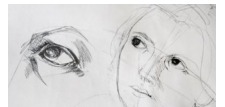
Working with the Masters - Drawing Workshop

6 Tuesdays, 12:30-2:30 PM
October 31 - December 5 -\$30

They are called the Masters because they were so talented. Let's study their drawings and see what we can learn from them. And, maybe see if they made a mistake or two along the way. I will supply reproductions of various artists, you supply the medium you choose to work in. 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: Sketch book, #2 pencils and erasers,

Colored pencils or any medium that you would like to work in; Images that you would like to draw from.



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

Wonderful Watercolors Workshop!

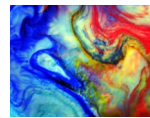
8 Fridays

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

No class on Nov. 10, Dec. 22

\$64

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



Join our delightfully relaxing Watercolors workshop on Friday afternoons with popular instructor and local artist Sandy Wilensky! Beginners and more experienced artists welcome. Learn a new technique, or work on your own projects with instructor available for feedback. Please register and pay at the Senior Center. Make checks payable to “Town of Sudbury”.

Note: Minimum # of participants needed.



Crafty Jewelry Group

This group is on hiatus for now. Please call the Senior Center to check on the schedule.



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. Note: Will be in Room 1 on November 9, and the Van Houten room on Nov. 30. Call 978-443-3055.

NOVEMBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
SHINE—Serving Health Insurance Needs of Elders—Medicare Counseling/Assistance	VH –Van Houten room SP - Sudbury Pines room G - Gym	9:30-11 Long 19th Century: European History 1732-1917 (8) 11:00 Fit for the Future 1:00 Confidence in Bridge (7) (SP) 1:00 Quilting (4)	9-12 SHINE 9/9:30 Tap Dance (7) 10:00-11:15 Current Events 12:45 Singing Group (R1) 1-3 Volunteer Open House No Connection Circle today 3:30 LINC-Intergenerational at Nixon School (2)	9:30-11:30 Bingo (SP) 11 Fit for the Future 11:30 Watercolors (1) 1:45 Watercolors (1) 1:00-4:00 SHINE appts.
6	7	Corvette Doo Wop Trip 8	9	10
No Savvy Caregiver today 11 Fit for the Future - (VH) 12:00 Veteran's Appreciation Luncheon! 1-3:30 Canasta (VH) 1:00 Better Bones (8) (VH) 2:15 Tai Chi (8) (VH)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 Happy Seniors Club (R1) 9:30 Economic World Order (1) 9:30-12:30 SHINE 9:40/11:00 Yoga (1) 12:30-2:30 Drawing (2) 1:30 Tai Chi for Healthy Living (2) (G)	9:30 Vets Talk (VH) 9:30-11 Long 19th Century (9, last) 11:00 Fit for 12:00 Lunch! 1:00 Confidence in Bridge (8, last) (SP) 1:00-2:00 Turn the Page - Book Group! 1:00 Quilting (5) 3:00 and 7:00 PM -see pg. 2 Livable Sudbury Forums	No SHINE 9/9:30 Tap Dance (8, last) 10-12 Memory Screening (R1) 10:00-11:15 Current Events 1-2 Short Story Group 2:30 Connection Circle 3:30-5:00 LINC at Nixon School (3)	Veterans Day  Senior Center Closed
13	14	15	16	17
9:00-11:00 Savvy Caregiver Workshop (2) (SP) 10:00 Stamp Club (VH) 11 Fit for the Future 12:30 Monday Movie: A United Kingdom 1-3:30 Canasta (VH) 1:00 Better Bones (1) 2:15 Tai Chi (1)	8:30-10:30 BP Clinic 9:00 Cribbage (VH) 9:30 Happy Seniors Club 9:30 Economic World Order (2) 9:40/11:00 Yoga (2) 9:30-12:30 SHINE 12:30-2:30 Drawing (3) 1-3 Legal Clinic 1:30 Tai Chi (3) 3:00 Council on Aging	10:00 Goodnow Library Workshop! 11:00 Fit for the Future 1:00-3:15 Bridge Players Practice (SP) 1:00-3:30 Quilting (6) 7:30 LSB Players "The Secret Garden" at Lincoln Sudbury High - p. 7	9-12 SHINE 9/9:30 Tap Dance (1) 10-11:15 Current Events (R1) 11:00 I Now Pronounce You: Lucy Stone 12:30 LUNCH! Pg. 7 12:45 Senior Notes: Singing 2:30 Connection Circle 2:00-4:00 Friends Meeting 3:30-5 LINC/Nixon School	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (2) 1:00-4:00 SHINE appts.
Solomon Pond Trip 20	21	22	23	24
9:00-11:00 Savvy Caregiver Workshop (3) (SP) 11 Fit for the Future 1:00 Better Bones (2) 1:00 Honoring Choices with Atty. Bergeron 1-3:30 Canasta (VH) 2:15 Tai Chi (2)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 Happy Seniors Club 9:30 Economic World Order (3) 9:40/11:00 Yoga (3) 9:30-12:30 SHINE 12:30-2:30 Drawing (4) 1:30 Tai Chi (4)	11:00 Fit for the Future 12:00 Lincoln Sudbury High School Thanksgiving Feast! 1:00-3:15 Bridge Players Practice (SP) No Quilting today	Happy Thanksgiving!  Senior Center Closed	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 or 1:45 - Watercolors (3) 1:00-4:00 SHINE appts.
Christmas Tree Trip 27	28	29	30	
9:00-11:00 Savvy Caregiver Workshop (4) (SP) 11 Fit for the Future 12-2 Caring Café (VH) 1-3:30 Canasta 1:00 Better Bones (3) 2:15 Tai Chi (3)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 Happy Seniors Club (SP or R1) 9:40/11:00 Yoga (4) 9:30-12:30 SHINE 12:30-2:30 Drawing (5) 1:30 Tai Chi for Healthy Living (5)	9:30 Scientific Secrets for Powerful Memory (1) 11:00 Fit for the Future 12:00 Wayside Inn Luncheon! 1:00-3:15 Bridge Players Practice (SP) 1:00 Quilting (7)	9-12 SHINE 9/9:30 Tap Dance (2) 10:00 Current Events (VH) 12:00 Pizza and a 12:30 Movie: Gifted 1-2 Short Story Group 2:30 Connection Circle 3:30-5:00 LINC at Nixon School (5)	VH-Van Houten rm; SP-Sudbury Pines rm; R1-Room 1 R2-Room 2 (billiards) R3-Room 3 (Game rm.) G-Gym SHINE-Medicare Help

TRIPS NEWS

Hello Fellow Travelers-

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



The Corvette Doo Wop Review

November 8, 2017 – cost is \$90. Take a rollicking ride through the good old days of Rock & Roll and listen to the music of the 1950's Doo Wop era. Lunch will be at Lake Pearl in Wrentham.

Wright's Farm and La Salette Lights

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

Venice, Florence & Rome

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

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.

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.

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.

A special Thank You to volunteers **Joanne Bennett** and **Joe Bausk** for all of their hard work on these Trips!

Pizza and a Movie **Thursday, November 30**

Gifted

PG-13 – 1.5 hours



When his sister dies, 30-something bachelor Frank Adler (Chris Evans) assumes the care of her 7 year-old daughter. But his plans to raise her are threatened when the child reveals herself to be a math prodigy, and his mom suddenly gets involved.

Please call to order your pizza by 10:00 AM the day of the movie. \$1.25/slice

Pizza: 12 noon
Movie: 12:30 PM

Monday Movie

November 13 at 12:30 PM

***The United Kingdom*—2016—1 h, 51 m**

The story of King Seretse Khama of Botswana and how his loving but controversial marriage to a British white woman, Ruth Williams, put his kingdom into political and diplomatic turmoil.

Lunch at the Senior Center!

Thursday, November 16, 12:30 PM

Will you be here for the Lucy Stone performance? Or are you coming for Senior Notes or Current Events... Perhaps you'd like to stay for lunch? Sign up by Tuesday, November 14 at 10:00 AM. Menu to be available soon! Call 978-443-3055. \$3 suggested donation.

Complimentary Tickets

to the LSB Players' production of ***The Secret Garden*** Wednesday, November 15, 7:30 PM

Complimentary tickets will be available for pick up at the Senior Center as of Thursday, November 9. Additional tickets or tickets for other performances are available at <http://www.lsrhs.net/sites/lspbplayers/tickets/>. Come see The Secret Garden... You don't want to miss this lovely musical production!

~ 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 Oliveiraa@sudbury.ma.us or 978-443-3055.



Respect for All Participants

The Senior Center is committed to providing respect for all LGBT 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 LGBT 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.

Fuel Assistance 2017-2018 Program

The Fuel Assistance Program is an energy assistance program that can help you pay for heating costs during the heating season, between November 1st and April 30th of each year. It is important to apply as soon as possible. Assistance is provided on a first-come first-served basis to those that qualify. To see if you may qualify call the Senior Center and ask to speak with Outreach/Information Specialist, Ana Cristina Oliveira at 978-443-3055.



~ 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. Please note new fee and bring exact change to Front Desk before class! *No class Nov. 10
Fit for the Future in Van Houten room on Nov. 6

Better Bones, Senior Strength*

Mondays at 1PM; November 13 - Jan. 22 ; no class Dec. 25, Jan. 1, 15
 8 weeks for \$56 Build strength and balance! Van Houten Rm. on Nov. 6

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

T'ai Chi

Mondays, 2:15-3:15 PM;
 Nov. 13 - Jan. 22;
 no class Dec. 25, Jan. 1, 15
 \$40 for 8 weeks; VH room on Nov. 6
 An ancient system of movements designed to maintain strength, balance and focus.

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

T'ai Chi for Healthy Living

Tuesdays, 1:30-2:30 PM;
 8 weeks for \$40, Oct. 31 - Dec. 19;
 Van Houten room Dec. 5
 For those who want a slower pace; work on improved balance and mobility.



Tap Dance!

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

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

Thursdays, 9:30-10:30 AM
 Nov. 16 - Jan. 18, no class Nov. 23, Dec. 28
 \$45 For 8 weeks; \$25/beginner class

Bring tap shoes, comfortable clothes and water!

Yoga for Living Well

Tuesdays, Nov. 7 - Jan. 9
 No class Dec. 26; VH room on Dec. 5

**Bring your mat, block And water!

Yoga 1: 9:40 AM or

Yoga 2: 11:00 AM

\$56 for 8 week session (Add strength and calm to your life!

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

Foxwoods Trip - November 6 - \$25

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.**

Services offered by the Sudbury Senior Center

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

Transportation

Van Transportation: This door-to-door, handicapped accessible service is available **Monday through Friday** from **8:30 AM to 4:00 PM**. On two Mondays every month we provide transportation to a shopping location outside of Sudbury. Riders begin by registering with the MetroWest Regional Transit Authority (MWRTA). Call the MWRTA at 508-820-4650 (or the Senior Center) for an application. Please call at least 48 business hours in advance **to schedule** your ride.

The van travels within Sudbury and to some destinations close to Sudbury's borders. The cost for in-town trips is **\$1.00** each way, and **\$2** each way for our out-of-town trips.

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

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

Health Services

Blood Pressure Clinic: The Senior Center and the Sudbury Board of Health offer weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:30-10:30 AM**. No appointment is necessary.

Medical Equipment Loan Closet:

For those in need of medical equipment such as shower chairs, walkers, canes, commodes, transfer benches and wheelchairs, the Senior Center may provide the item on loan for as long as it is needed, at **no cost**.

Consultation

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

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

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

In-Home Services

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

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

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

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

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

Nutrition

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

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

Veterans Talk and Coffee

Wednesday, November 8, 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!

Friends of Sudbury Seniors

Support the Sudbury Senior Center by joining or donating to the Friends! The Friends is a group of people dedicated to support the Senior Center through fundraising, advocacy and underwriting programs. **November** is the time for the Friends Annual Appeal. Support the Friends as you are able - funds donated are deductible and go toward program support!

If you'd like to support the Friends by donating, please make your checks payable to the "Friends of Sudbury Senior Citizens, Inc.". Thank you!

Wayside Inn Luncheon

Wednesday, November 29

\$20

Join us at our annual Wayside Inn luncheon! Harpist Nancy Hurrell will be providing our entertainment...Sure to get you in the holiday spirit!

Please register at the Senior Center by **Tues., Nov. 21**.

Downsize and Share: Coat, Hat, Mitten, Scarf Drive!

Sudbury Board of Health will donate your **New** Hats, Mittens, Scarves, and **gently used** coats to families in need. Drop-off box will be available at the Senior Center. Thank you for your generosity.

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.

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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