

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



**Fall Art History - 17th Century Dutch Art
with Donald Oasis**

7 Wednesdays, 1:30 – 2:45 PM

October 5, 26, November 2, 9, 16, 30, December 7

We will attempt to understand how Dutch art was unique and how it developed out of the Middle Ages. In many ways it laid a foundation for modern painting. Small paintings were much prized by the newly developed middle class. The wealth incumbent with living near the ocean encouraged new businesses, insurance and banking; and the genesis of the guild system is of great import. The Dutch needed to see their vulnerable position as a mercantile republic squeezed between two absolute monarchies. The artists that we will discuss include Jacob and Saloman van Ruisdael, Vermeer, Jan Steen, Frans Hals, Rembrandt, and Peter de Hooch. Many were instrumental in the development of genre painting. Watch the industrial revolution develop through their eyes. Classes are power point presentations. Discussion is encouraged.



A donation of \$25 to *Friends of Sudbury Seniors* would be appreciated.



Pearl Harbor, “The Rest of the Story”

Tuesdays at 9:30 AM

October 4, 11, 18

With Pat Mullen

We all know what happened on December 7, 1941, but do you truly understand the real Why & How? The Japanese successful attack on Pearl Harbor resulted from a vast combination of interrelated, complicated, and strange historical and cultural factors: on one hand, bountiful human errors of a great variety, false assumptions, fallacious views and a vast store of intelligence badly handled; on the other hand, precise planning, tireless training, fanatical dedication, determination, tactical excellence, guts and uncommon luck. In the first of three sessions we will examine the actions and events that contributed to these factors. In the second session we will view the Film “Tora, Tora, Tora” and see how all these played out.

The third session will review the findings of the five major Pearl Harbor investigations which looked for someone or something to blame for what happened on December 7. These investigations began on December 22, 1941 and ended with the Joint congressional committee on July 15, 1946.

Please register online at www.sudburyseniorcenter.org. Registration is completed by the EventBrite program. Creating an EventBrite account is encouraged and will make it easier to register next time. If you need assistance with online registration, please call 978-443-3055 and leave a message for online registration assistance.

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Learning Intergenerational Community—LINC

We are excited to share news of a new intergenerational program coordinated by the Sudbury Public Schools and the Sudbury Senior Center! LINC begins in October at Noyes and Haynes schools. Adults 55+ are invited to learn more about the program by contacting the Senior Center Intergenerational Coordinator Judy Battat at battatj@sudbury.ma.us or 978-443-3055 and leaving a message.

New Volunteer Training: Thursday, Oct. 13, 10:00 AM

Noyes School-Tuesdays from 3:30-5:00 PM—October 18-November 29*

Haynes School-Thursdays from 3:30-5:00 PM—October 20-December 1*

*Transportation may be available.

~Senior Center Transportation Information~

Extended Van Service Hours

4:00-7:00 PM Tuesdays/Thursdays*

and

Rides to Framingham to catch the Boston Hospital Shuttle on Tuesdays (early morning, return midday or early eve.)

For information, please call (978) 443-3055 and ask for Sharon Wilkes, Program Coordinator. If you are a registered van rider, you may call the MWRTA Call Center at 508-820-4650 to register for a ride.

**This new service is offered on a trail basis.*



Talking about a Taboo...

Death Café

Wednesday, October 5

6:30-7:00 Light Refreshments

7:00-8:30 PM Discussion

A joint program of the Sudbury Senior Center and Goodnow Library, the Death Café is an organized event that started in London.

Join other adults for an evening of open, lively, and insightful discussion about death. While not a support group nor a venue for bereavement, a Death Café seeks to provide an unscripted, non-judgmental platform for those wishing to explore the many facets of this often taboo subject. Come with an open mind, a healthy curiosity, and a willingness to share your thoughts, feelings, and questions with other like-minded individuals. Facilitated by Andover resident, Richard Davis. To learn more about Death Cafés, visit www.deathcafe.com. Please register online www.goodnowlibrary.com or call the library at 978-440-5520.

Assistive Listening System

The Senior Center has assistive listening headphones available for those who would like to have amplification for any programs in the Sudbury Pines room. Please feel free to use them, or to ask for assistance in using them!



Nutrition Counseling

Wednesday, October 26

1:00, 2:00 and 3:00 PM

Do you need tips for making meals for one? Do you have osteoporosis, and need information on improving your diet? Do you want to make your diet more brain healthy?

Sign up for one-to-one nutrition counseling with nutritionist Traci Robidoux, RD, LDN, of BayPath Elder Services. She will be scheduling 1 hour appointments at 1:00, 2:00 and 3:00 PM.

Please call to sign up at (978) 443-3055 and **let us know a general idea what your topic of interest is** so that Traci can have materials ready. If appointments fill, please leave your name on a waiting list.

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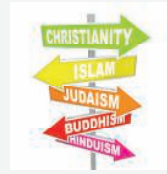
Address: 40 Fairbank Road, Sudbury

Email: senior@sudbury.ma.us

Website: www.sudburySeniorcenter.org

World Religions: What are the Common Elements and Questions that Lie Embedded in Each Faith?

4 Tuesdays at 10:30 AM
November 1, 8, 15, 22
Prof. Larry Lowenthal
\$30



Dr. Larry Lowenthal's presentations will focus on the primary faith groups in the world--Judaism, Christianity, Islam, Hinduism and Buddhism--but will include common elements that lie in other religions as well.

After many years as a professional community leader, Dr. Lowenthal now presents lectures and discussions on timely topics throughout the Greater Boston area. His topics include literature, film, humor, world religions, national and international issues and more. He holds a Ph.D. from New York University.

Please register and pay for the class at the Senior Center. Make checks payable to "Town of Sudbury".

Be Prepared for Flu Season!

Thursday, October 6
11:00 AM—2:00 PM
6:00-8:00 PM



Board of Health Nurse, Phyllis Schilp, RN, and her team will be providing both regular and extra-strength flu shots.

Please make an appointment! And remember to bring your Medicare and other insurance cards, and roll-up sleeves!



Pumpkin Decorating with the Preschoolers!

Wednesday, October 26, 10:30 AM



Sudbury Park and Rec Preschool 2 and 3 year olds will be at the Senior Center to do some simple pumpkin decorating. They would love to have some partners to help them out! Please sign up by calling 978-443-3055. This will be a lot of fun!

Caring Café

Friday, October 7, 9:00-11:00 AM



Are you caring for a loved one with Alzheimer's or other memory impairment? The Caring Café encourages socialization with other caregivers 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 may 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.

Please call 978-443-3055 to sign up. Many thanks to sponsors Tammy Pozericki, *Pleasantries Adult Day Care*, Bob DePeron of *Right at Home* and Jessica Brook of *Traditions of Wayland*. For more information, call Anne Manning at 978-443-3268.

Fall Session

Watercolors Workshop

Friday, 7 weeks, \$52.50
November 4-December 30
No class December 23
11:30 AM-1:30 PM or
1:45-3:45 PM

Join our delightful Watercolors Workshop on Friday afternoons! Class is open to those with lots of experience as well as newer artists.

Please pay when you register for class. Checks are payable to "Town of Sudbury". If you have a question, you may leave a message for our instructor Sandy Wilensky at (978) 443-3055.

Continuing....

World's Greatest Paintings DVD Series*

Mondays from 1:00-2:00 PM

October 3, 17, 24, 31

12:30 PM *Bring your own Lunch if you like!*

1:00-2:00 PM DVD (two 30 minute lectures)

Great paintings challenge us to understand them, to penetrate their mysteries, and to appreciate their riches. Within the vast history of art, there exist only a small number of paintings that transcend the traditional role of art to become cultural signifiers—works that allow us to comprehend more deeply the world and our place within it.

***The first half of this series was shown over the summer, this is the second half, but you can start watching anytime.** Please sign up by calling the Senior Center at (978) 443-3055.

*Course description from The Great Courses catalog.

Men's Breakfast*From the Breakfast Team!***Thursday, October 13****9:00 AM****\$3 at the door**

Come on down for delicious hot breakfast: freshly flipped pancakes (regular, blueberry, pumpkin), sausages, fruit, juice and coffee or tea made by our team of volunteers: Joe Bausk, Barry David, John Beeler, Bob Diefenbacher, and Hal Cutler. After breakfast, learn a bit about Men's Nutrition with BayPath Nutritionist Traci Robidoux, R.D. You must sign up in advance so that we have enough pancakes!! Please call 978-443-3055 or email senior@sudbury.ma.us.

**Coffee and Conversation
Meet New Town Social Worker
Bethany Hadvab**
Thursday, October 20 at 9:30 AM

Bethany comes to Sudbury with lots of great experience and is excited to meet you! If you would like to contact her with a question, please call 978-440-5476.

**Stamp Club****Monday, October 17****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. Several members of the group have the experience to help those folks in deciding what to do with their hidden "treasures".

The Stamp Club usually meets on the second Monday of each month; when there is a Monday holiday on that day, the meeting is postponed to the following Monday. Call the Senior Center with questions at (978) 443-3055.

Policemen's Picnic**Saturday, October 8****12 Noon—2:00 PM**

Join your local Police Department staff for a delicious complimentary lunch and music at the Fairbank Gym. Please reserve your spot by Thursday, October 6 by calling 978-443-3055.

**Short Story Discussion Group****2 Thursdays, October 13, 27****1:00-2:00 PM**

Join Lois Leav at the Senior Center for a discussion of a short story. The group chose "A Perfect Day for Banana Fish" - J.D. Salinger and "The Three Questions" by Leo Tolstoy as stories for October. Lois, who is a book and story lover, will facilitate the discussion about this short story. Call us at the Senior Center to let us know that you will attend at 978-443-3055. Thank you Lois for suggesting this idea!

Legal Clinic**Tuesday, October 11****10:00AM-12:00 PM**

Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Denise Yurkofsky in October.

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 sign up.

Friendly Sudbury!

Plans are underway for a Sudbury Needs Assessment to help the Sudbury Senior Center and Council on Aging develop a strategic plan to meet the needs of our growing 60+ population. We hope to help Sudbury become family, age, dementia, and disability friendly!

**Monday Van Trips**

Pickups: 9:00-10:00 AM*

Shopping and Lunch, 10:00-1:30*

Return: 1:30-3:00 PM*

Monday, October 3 to in WalMart /Hudson**Monday, October 17 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. Van trips are available on a first come, first served basis.

MWRTA Reservation center # is 508-820-4650.

* Times are approximate.

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.



Soup's On!
Thursday, October 27
Safety and Emergency Preparation for Winter
Soup at 12 Noon;
Talk at 12:45 PM

Learn more about being prepared for winter emergencies from our panel, including Police Chief Scott Nix, Board of Health Director Bill Murphy, Board of Health Nurse Phyllis Schilp and Fire Dept. Lieut. Kevin Cutler. How can you best prepare for a potential road closure on your street or a power outage? What can you have ready at home?



Please sign up for soup before Tuesday, October 25 at 4:00 PM.

Drawing Workshop
"Cityscapes"
6 Tuesdays, 12:30-2:30 PM
October 4—November 15
\$25



One & Two Point Perspective are introduced as we demystify the mystery of drawing multiple buildings. Our goal is to graduate to cityscapes by incorporating images near and far using perspective & shading. Casual sketches of cities are explored as well. Always welcome: New & returning students with all levels of experience.

Supplies: #2 Pencils, erasers, paper, ruler (12" or 24"), media to color in with, images you would like to draw. Please register and pay at the Senior Center. Checks are payable to "Town of Sudbury".



Current Events Group
Thursdays, October 5, 13, 20, 27
10:00-11:15 AM
Welcoming new members

Please feel free to join the group for a respectful discussion of world events where each person has an opportunity to contribute! Thank you to volunteer Facilitator Don Sherman!

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 newsletter online** at 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 to let her know to remove you from the mailing list. Please include your full name and address.

We welcome new members—Join the Friends! Leave a message at 978-443-3055 or email senior@sudbury.ma.us and a Friend will contact you.

Senior Notes:
Singing Group
Thursday, October 20
12:45PM

Did you know that studies have linked singing with lower blood pressure and reduced stress? Join our singing group on the second Thursday of the month at 12:45 PM. Call to sign up and for more information at (978) 443-3055. Thank you to Sam Gorfinkle for suggesting this idea and offering to facilitate the group!

Teen Tech Help
Is Back!

2nd/4th Wednesdays, 2:15-4 PM
 October 12 and 26

Students will be available by appointment, to meet with you and help you with navigating your smartphone, laptop, tablet, or downloading an app, etc. Call for an appointment at 978-443-3055.

Siena Farms Veggies!
Thursday afternoons
around 12:30 PM


Enjoy a sampling of fresh, organic vegetables donated by Sudbury's Siena Farm CSA on Thursdays in October!

Bridge Players
and Instructors Wanted!

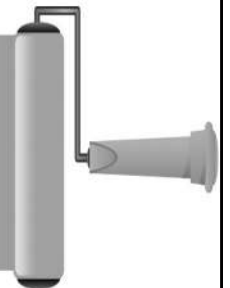
We have some tables available for Bridge on Tuesday afternoons. We are also interested in offering bridge lessons. Call 978-443-3055 for more information.

Please note although we appreciate their support, the Sudbury Senior Center cannot specifically endorse or recommend any of the advertisers in our newsletter. Should you have any questions, please call (978) 443-3055.

OCTOBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wal-Mart Trip 3	4	5	6	7
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (4) 1:00 <i>World's Greatest Paintings DVD</i> (9) 2:15 Tai Chi (4) <i>Rosh</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:30-11 <i>Pearl Harbor</i> (1) 9:40/11:00 Yoga (4) 12:30-3:30 Bridge (SP) 12:30-2:30 <i>Drawing Workshop</i> (1) (VH) 1:30 <i>Tai Chi for Healthy Living</i> (5) <i>Hashanah</i>	9:30 <i>Skeptics Guide to American History</i> (4) 11:00 Fit for the Future 1:00 Canasta (SP) 1:30-2:45 <i>Dutch Art</i> (1) 1:00-3:30 Quilting (4) 6:30 Death Café at Goodnow Library	9-12 SHINE 9:30 Tap Dance! (3) 10:00-11:15 Current Events Group (R1*) <i>FLU CLINIC</i> 11AM-2PM and 6-8 PM 12:30 <i>Siena Farms Pickup</i> No Connection Circle * tentative	9:00-3:00 I&R Hours 9:00-11:00 <i>Caring Café</i> 9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (5) 12:30 Friday Movie: <i>Meet Me in St. Louis</i> Saturday, October 8 Policemen's Picnic! 12PM
10	11	Yom Kippur 12	13	14
Columbus Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage 9:30-12:15 <i>Pearl Harbor</i> (2) 9:40/11:00 Yoga (5) 10:45-1:15 SHINE 10-12 Legal Clinic 12:30-3:30 Bridge (SP) 12:30-2:30 <i>Drawing Workshop</i> (2) (VH) 1:30 <i>Tai Chi for Healthy Living</i> (6)	<i>No Skeptics Guide</i> 11:00 Fit for the Future 1:00 Canasta (SP) 1:00-3:30 Quilting (5) No Dutch Art this week 2:15-4 Teen Tech Help	9:00 Men's Breakfast! (SP) No SHINE today 9:30 Tap Dance! (4) 10:00 <i>LINC Training</i> (VH) 10:00 Current Events (R1) 12:00 Pizza and a 12:30 Movie: <i>Spotlight</i> 1-2 Short Story Group 12:30 <i>Siena Farms Pickup</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 11:30 and 1:45 - Watercolors (6) 12:30 Friday Movie: <i>My Big Fat Greek Wedding</i> Mercury Collection Sat., Oct. 15, 11-1
Mkt Basket Trip 17	Turkey Train Trip* 18	19	20	21
9:00-3:00 I&R Hours 10:00 Stamp Club 11:00 Fit for the Future 1:00 Better Bones (5) 1:00 <i>World's Greatest Paintings DVD</i> (10) 2:15 Tai Chi (5) 7:30 Town Meeting	8:30-10:30 BP Clinic 9:00 Cribbage 9:30-11 <i>Pearl Harbor</i> (3) 9:40/11:00 Yoga (6) 10:45-1:15 SHINE 12:30-3:30 Bridge (SP) <i>No Drawing this week</i> 1:30 <i>Tai Chi for Healthy Living</i> (7) <i>LINC starts at Noyes</i>	9:30 <i>Skeptics Guide to American History</i> (5) 10-12 <i>Drawing</i> (1) 11:00 Fit for the Future 1:00 Canasta (SP) 1:00-3:30 Quilting (6) No Dutch Art this week	9-4 SHINE 9:30 Tap Dance! (5) 9:30 <i>Coffee Hour with Town Social Worker</i> 10:00 Current Events 10-12 <i>Crafty Jewelry Group</i> 12:45 <i>Singing Group</i> 12:30 <i>Siena Farms Pickup</i> 2:30 Connection Circle <i>LINC starts at Haynes</i>	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 (7) 12:30 Friday Movie: <i>Eye in the Sky</i>
24	25	26	27	28
9:00-3:00 I&R Hours 11:00 Fit for the Future 1:00 Better Bones (6) 1:00 <i>World's Greatest Paintings DVD</i> (11) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11:00 Yoga (7) 10:45-1:15 SHINE 12:00 Lunch 12:30-3:30 Bridge (SP) 12:30-2:30 <i>Drawing Workshop</i> (3) (VH) 1:30 <i>Tai Chi for Healthy Living</i> (8)	9:30 <i>Skeptics Guide to American History</i> (6) 10:30 <i>Pumpkin Decorating w/Preschoolers!</i> 11:00 Fit for the Future 1-4 Nutrition Counseling 1:00 Canasta (SP) 1:30-2:45 <i>Dutch Art</i> (2) 2:15-4 Teen Tech Help No Quilting	9-4 SHINE 9:30 Tap Dance! (6) 10:00-11:15 Current Events 12:30 <i>Siena Farms Pickup</i> 12:00 <i>Soup's On!</i> 12:45 <i>Winter Community Safety—Panel Discussion</i> 1:00-2 Short Story Group 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 (8) 12:30 Friday Movie: <i>Quartet</i> Mercury Collection Sat., Oct. 29, 11-1
31				
9:00-3:00 I&R Hours 11 Fit for the Future 1:00 Better Bones (7) 1:00 <i>World's Greatest Paintings DVD</i> (12) 2:15 Tai Chi (7)	BP Clinic—Blood pressure screening, blood sugar testing, and questions answered. First come, first served.	* <i>LINC—Learning Intergenerational Community-collaboration with Sudbury Public Schools</i>	S.H.I.N.E. – Serving the Health Insurance Needs of Everyone – Medicare insurance counseling by trained, unbiased volunteers	VH—Van Houten room; SP—Sudbury Pines room; R1-Room 1 R2-Room 2 (billiards) R3-Room 3 (Game rm.) G-Gym

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Friday at the Movies All movies start at 12:30 PM

October 7 - *Meet Me in St Louis* 1944 NR 1hr 53 mins
Judy Garland stars as Esther Smith, who just can't ignore the boy next door (Tom Drake), in director Vincente Minnelli's musical masterpiece about the trials and tribulations of a tight-knit family living in St. Louis on the eve of the 1904 World's Fair. Memorable characters and charming songs, which include "Have Yourself a Merry Little Christmas" and "The Trolley Song," make this one of the greatest American musicals ever filmed.

October 14-*My Big Fat Greek Wedding* 2002 PG 1h 35
In this romantic comedy, a single Greek woman falls in love with a non-Greek man, which is a problem for members of her strict family -- particularly her traditional father, whose Greek pride knows no bounds.

October 21 - *Eye In the Sky* 2015 R 1hr 45 mins
Leading an operation to nab a terrorist and her collaborators in Kenya, Col. Katherine Powell (Helen Mirren) ends up in a political and moral quagmire as the mission changes and a drone strike is ordered, putting a young girl at risk of becoming collateral damage.

October 28 - *Quartet* 2012 PG-13 1hr 40 mins
A trio of retired opera singers' annual celebration of Verdi's birthday sours when their estranged fourth member shows up but refuses to sing. Tensions rise and diva drama erupts -- will personal problems prevent the show from going on?

Senior Staff News!

Claire Wigandt, Administrative Coordinator at the Senior Center for 19 years now, has just become a great-grandmother! Stop by and congratulate her on the birth of great-granddaughter *Claire Rose*; she would love to tell you more!

Awesome Aquatics at the Atkinson Pool

Sudbury Park and Rec offers a fantastic aquatics program Monday, Tuesday and Thursday mornings beginning on September 26. Great for rehab. Take a look at the Park and Rec Fall [brochure](#) for more information!

Pizza and a Movie—Thursday, October 13 Pizza: 12 noon; Movie: 12:30 PM

Spotlight

2015

Rated: R

2 hrs, 10 min.



Revealing a string of cover-ups stretching back decades, a team of "Boston Globe" reporters exposes the Catholic Archdiocese's history of keeping reports about child molestation and other priest-initiated abuse under wraps.

Starring Mark Ruffalo, Michael Keaton, Rachel McAdams, Liev Schreiber and Stanley Tucci.

If you would like a slice of pizza for \$1.25, please call 978-443-3055 to order it by 10:00 AM.

Dance Across the Community

Wednesday Afternoons

Students from Lincoln-Sudbury High School will be coming to meet and teach a small group some warm-ups, exercises, a few dance or Zumba moves and a cool-down. Kate Weiler who led this group for the last 3 years has graduated—thank you Kate! Sydney Barnett is organizing a new group and changing the format a bit. Please sign up to meet these lovely young women and enjoy a simple workout with them! Dates and times will be available soon. Please call 978-443-3055 for info.

Computer/Tech Instructors

Share your Skills!

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

Please watch for information about the upcoming 6th Annual **Veterans Appreciation Luncheon**—Thursday, November 10, 12 Noon!

Space for Sale SPONSOR THIS NEWSLETTER!!!
For more information, please call

800-888-4574



TRIPS NEWS

Hello Fellow Travelers-

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

President's Trip on Cape Cod

Nov. 11-12, \$315 double
Oceanfront hotel in Falmouth, visit Sandwich, Hyannisport, JFK Museum. Payable to Conway Tours.

Boston Symphony-2016 Holiday Pops!

Friday, December 9, 2016, \$101
Matinee Show and Luncheon included!
Checks payable to Best of Times. May sell out!

American's Music Cities

May 21-28, 2017, Double \$2,999
Featuring New Orleans, Memphis and Nashville

Northern National Parks

August 14-21, 2017
Double \$2,799 (time limited price)
Yellowstone and Grand Teton National Parks

Coming in 2017 - Tall Ships trip!

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

**Please arrive
by 7:15 AM!**

**Foxwoods Trips
with Deanna and Ron
Monday, November 7 - \$26**

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, June 14, 2016 checks for Foxwoods should be made payable to the **Friends of Sudbury Seniors**. Next Trip is February 1, 2017!

**Don't Wait Until It's Too Late!
Medicare's Open Enrollment period is from
October 15—December 7, 2016.**

Medicare plans change every year. Get help from our Volunteer SHINE Counselors—they are trained and ready to help you examine your options for 2017. Call now for an appointment during Open Enrollment.

For assistance from a Medicare customer service representative 24 hours/day, 7 days/week, call **1-800-MEDICARE**. For SHINE related matters (other than an appointment), call **1-800-AGE-INFO (1-800-243-4636)**, then press or say 3. Leave your name and number. A volunteer will return your call within 2 days.

Senior Center Fitness Classes - Fall Schedule

Please note: Registration begins October 11 for November class sessions.

Payment is due at registration, with the exception of Fit for the Future which is drop-in.

Fit for the Future with Lois (aerobics/strength)

Ongoing classes on M, W, F 11:00 AM-12:00 PM
\$2 drop-in; No classes October 10, November 11

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

Better Bones, Senior Strength*

Mondays at 1PM;
November 14-January 23
No class October 10
\$56 for 8 weeks
Build strength and balance!



T'ai Chi

Mondays, 2:15-3:15 PM;
November 14-January 23
No class October 10
\$36 for 8 weeks

Bring comfortable clothes to move in and water.

An ancient system of movements designed to maintain strength, balance and focus; based on traditional T'ai Chi but at a slower pace.

T'ai Chi for Healthy Living

Tuesdays, 1:30-2:30 PM; 8 weeks for \$36
November 1-December 20

This is an adapted class for those who need a slower pace and want to work on improved balance and mobility.

Tap Dance! Intermediate level

Thursdays, 9:30-10:30 AM

\$40 for 8 weeks
November 17-January 19
No class November 24

Please bring: Tap shoes, comfortable workout clothes, water.

New! Beginner Tap Dance Review

Thursdays, 9-9:30 AM; 8 weeks for \$25
November 17-January 19

Learn the basic steps in this new 1/2 hour class.

Yoga for Living Well**

Tuesdays, Yoga 1: 9:40 AM or
Yoga 2: 11:00 AM
\$56 for 8 week session
November 8-January 3

**Bring your mat, block and water!

Improve balance and strength, and learn to relax!

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

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). Call the MWRTA at 508-820-4650 or Senior Center for an application. You must call 508-820-4650 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.

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, in conjunction with the Sudbury Board of Health, offers a weekly **free** drop-in health clinic. 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 and Fridays from 8:30 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.

Sudbury Council on Aging and Liturgical Publications Inc. invite you to become their partner in publishing this newsletter. Your support will permit the newsletter to receive this service at no cost.

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Fax: 978-443-6009

E-mail: 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

Sudbury Policemen's Picnic

**Saturday, October 8
12 Noon—2:00 PM**

**Delicious food served by your
local Sudbury Police officers!**

**Along with delightful music
and door prizes!**



FREE

**Sponsored by the
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Save the Date!

***Veterans Appreciation Luncheon
Thursday, November 10, 12 noon***

Men's Breakfast

Thursday, October 13
9:00 AM



\$3 at the door

*Talk by Traci Robidoux, R.D.
BayPath Elder Services Nutritionist*

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