

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

Veterans Appreciation Luncheon*

Monday, November 6
12 noon

The Singing Trooper Dan Clark will be here!

Please reserve your spot by Monday, October 30!

Please Note:
*Veterans from **other towns** may sign up as of **October 5.***

New this year - Sign up will be Monday-Friday, between the hours of **12 noon and 4:00 PM.** Space is limited! Thank you for your understanding.

**Sponsored by Friends of Sudbury Seniors and Wayside Inn*

Both Senior Center and Military Family Volunteers make this event a special one each year—make sure to thank your server!

**October 2017
Highlights**



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

Alzheimer's Prevention Talk, Wednesday, October 4, 11:30 AM-12:00 PM; p. 2.

Vets Talk and Coffee - Wednesday, October 11, 9:30 AM; p. 12.

Brush and Easel: Art and Art History - Monday, October 16, 10 AM-12 PM, p. 2.

Life Reimagined! - Tuesday, October 17, 1:00-3:00 PM, p. 2.

Women of the Greatest Generation: Stories of Faith, Hope, Love and Courage - Wednesday, October 18, 1:00 PM, p. 3.

Men's Breakfast! - Thursday, October 19, 9:00 AM; p. 3, \$3.

Soup's On! - Certified Fraud Analyst Natalie Roberge - Thursday, October 26; order your soup by Tuesday, October 24 at 4:00 PM; pg. 3.

Nutrition Counseling - Thursday, October 26, appointments at 1, 2, or 3 PM, p. 4.

LINC Intergenerational Program at Nixon School - Thursdays, October 26-December 7; 3:30-5:00 PM, p. 4; also **Book Buddies**, p. 4.

Savvy Caregiver Workshop - 6 Mondays, 9:00-11:00 AM, October 30-December 11; no class November 6; p. 3.

Save the Date!

Flu Clinic

Thursday, October 12
11:00 AM - 2:00 PM
And
5:00 - 7:00 PM

Please sign up for an appointment time.

**Programs will be moved to other rooms to accommodate the clinic.*

**Sudbury's First
Repair Café!**

Toss it? No way!



Saturday, October 28
9 AM - 12 PM

What do you do with a broken lamp? Or toaster? Come to the Repair Café! The Repair Café brings together folks who like to fix things with people who need things fixed. You can learn how to do the repair or just watch and wait. Meet your neighbors, and have a coffee and a muffin! Call 978-443-3055 for more information or to volunteer! Event will take place at the Sudbury Senior Center.

Special thanks to the **Rotary Club of Nashoba Valley** for sponsoring this event! And thank you **Sudbury Historical Society** for coordination and special support!

A Message from the Senior Center Director

We are compiling information from a recent informal survey on transportation needs, and at the same time, planning to offer new options on a trial basis. Keep posted for news on new options such as van trips to local hospitals, transportation in the evening, and to further destinations. In addition, we have scheduled a van to be available for transportation for upcoming town events. Transportation is available for the "Envision Melone" charrette event at the Fairbank Gym on Tuesday, October 3, 7-9 PM, for the fall Town Meeting at L-S High School on Monday, October 16 at 7:30 PM, and for the Repair Café on Saturday, October 28 from 9 AM-12 PM at the Senior Center. Please call the Senior Center for a transportation registration form, complete the form, and let us know you'd like to reserve a ride (reservation deadline is 2 business days before the event). There will be no charge for the rides.

Debra



~ Special Events ~

Life Reimagined!

Tuesday, October 17

1:00-3:00 PM

Introducing the **Life Reimagined Checkup**, a free, 2 hour experience to help you understand where you are in life and what your next move could be. Led by a trained Life Reimagined Guide, this event brings people together to talk about the challenges and choices they're facing and how to make the most of them. Share your experiences and get inspired about your possibilities. Whether it's work, family, or health on your mind, you'll discover new methods and tools to help you achieve your goals. Life Reimagined! A program from AARP.

Please sign up via email at senior@sudbury.ma.us or phone at 978-443-3055.



Brush and Easel

Art History and Art Making

Monday, October 16

10:00 AM - 12:00 PM

\$10



Delve into the lives and history of two 20th century female artists: French-American sculptor, painter and filmmaker, Niki de Saint Phalle (29 October 1930 – 21 May 2002) and the Russian (later French) painter, Zinaida Yevgenyevna Serebriakova (12 December 1884 – 19 September 1967). How were they similar, what context were they working in, how did their art impact the future art styles of the 20th century? After exploring the lives of these two women and their art, use your new knowledge and inspiration to create your own experimental art! All supplies are provided.

Please sign up at the Senior Center! Checks payable to "Town of Sudbury".

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SUDBURY SENIOR CENTER

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

Email: senior@sudbury.ma.us

Website: www.sudburyseiorcenter.org

~ Caregivers ~

The Savvy Caregiver Workshop

6 Mondays, October 30 - December 11
No class November 6.

The Savvy Caregiver Program is a FREE six-session training series for family and friends who are active caregivers! Taking care of a person living with Alzheimer's or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves. This workshop will help you:

- Understand the impact of dementia on both you and the person you are caring for.
- Learn the skills you need to manage daily life in this new situation.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel better about your caregiving.
- Take care of you!

Please register for this workshop early, maximum enrollment of 12. Provided by BayPath Elder Services, with grant support from ACL. Call 978-443-3055.

Alzheimer's Prevention - The Daily Diet Approach

Wednesday, October 4, 11:30 AM-12:00 PM

What can you do to decrease your chances of getting Alzheimer's disease? Charles Wang, a student at Concord-Carlisle High School has researched the latest information and will be here to share it with you. Please sign up by calling the Senior Center at 978-443-3055.



Comfort Food Caring Café

Monday, October 23 - 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 MetroWest and **Sudbury Farms**.

Suggestion Box

We love your suggestions! Let us know what classes you'd like to see - put a note in our Suggestion box!



~ Special Events ~

Women of the Greatest Generation: Stories of Faith, Hope, Love and Courage

Wednesday, October 18, 1:00 PM

Nurses in combat, teenage plane spotters, rat tamers, black marketeers, USO dancers, kids who waved to blimp pilots, refugees, war brides, children in Nazi Germany and Japan, and the moms, grandmothers, sisters, fiancées and girl friends who kept the home fires burning...Women of the Greatest Generation!

Hospital chaplains, The Rev. Dr. Fran Bogle and the Rev. Nancy Reed, realized that the amazing stories of women who lived throughout the Second World War were often untold and disappearing. They began meeting women and collecting their stories seven years ago. The *Just Peace Players* share the stories of the women of World War II in their own words. Please sign up for this special program by calling the Sudbury Senior Center at 978-443-3055. Space is limited.

Men's Breakfast!

Thursday, October 19

9:00 AM

\$3 at the door



Reserve your spot for the semi-annual Men's Breakfast put on by our excellent Men's Breakfast Team! Pancakes (plain, blueberry and pumpkin!), hot sausage, fresh fruit, juice and coffee! You can't beat the price, nor the company! Call 978-443-3055.

Soup's On!

What are the Latest Scams to be Wary of?

Thursday, October 26

12:00 Soup

12:45 Presentation



Certified Fraud Analyst Natalie Roberge of Sudbury will be here to talk about the latest scams and how to avoid being ensnared!

Please order your soup by Tuesday, October 24 at 4:00 PM.

~ Cards and Consultations ~



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. Most Mondays, group meets in the Van Houten room, occasionally the group will meet in the lounge or Room 1. **Please note:** Due to space constraints, on Monday, Sep. 25, Canasta will meet in Room 1 or lounge. Please add your name and number to our list! Call 978-443-3055.

Nutrition Consultations

Thursday, October 26 - 1, 2, or 3 PM



Make an appointment with Traci Robidoux, RN, LDN, a licensed nutritionist from BayPath Elder Services, who can offer information and guidance about special diets, weight gain or loss diets, eating for one, eating with diabetes and more. This private consultation is free. Call the Senior Center at 978-443-3055 to schedule your appointment, let us know what topic you wish to discuss with Traci.

~ Transportation ~

Monday Van Trips

October 2, 23 - WalMart/Hudson

October 16, 30- Market Basket/Hudson



Join us as we make our monthly special shopping trips to WalMart and Market Basket 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.

Keep in mind, that the Shopping trips are in addition to our daily transportation Monday-Friday from 8:30-4:00 within Sudbury and about 1 mile into surrounding towns (Wayland, Framingham, Marlborough). New riders will need to complete a registration form, and set up a debit account with the MetroWest Regional Transit Authority. Ride reservations are made 2 weeks to 2 business days before the ride. Contact Outreach Coordinator Ana Cristina Oliveira for more information at oliveiraa@sudbury.ma.us or 978-443-3055.



~ Legal ~

Legal Clinic

Tuesday, October 10 - 1:00-3:00 PM

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

Our Volunteer Elder Law Attorneys provide free 20 minute appointments 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.

Save the Date - Legal Update

Monday, November 13, 1:00 PM

Honoring Choices with Atty. Bergeron

~ Intergenerational ~



LINC

Oct. 26-Dec. 7, 3:30-5:00 PM, 6 Thursdays

The Learning Intergenerational Community (LINC) program is an afterschool program for older adults and 4th and 5th graders, who follow a curriculum that offers opportunities for learning, relationship building, STEAM activities, and fun. The 6 classes are facilitated by an experienced teacher and our Intergenerational Coordinator. This series, which builds on the Bridges Together program, is a collaboration of the Sudbury Public Schools and the Sudbury Senior Center. Please contact Intergenerational Coordinator Judy Battat at 978-443-3055 or battatj@sudbury.ma.us if you would like to participate or learn more about the program. Volunteer Orientations will take place on Oct. 5, 19.

*STEAM—Science, Technology, Engineering, Art, and Math

BOOK BUDDIES!

Kindergartners need some extra practice with reading... you can help next fall! The program has flexible time slots beginning soon. An orientation will be provided. If you would like more information, please call 978-443-3055 and leave a message for Intergenerational Program Coordinator Judy Battat or email her directly at battatj@sudbury.ma.us.

Teen Tech Workshop

Wednesday, October 25, 2:00-4:00 PM

Get help with your tech devices from student volunteers from the high school! Call 978-443-3055.

~ Clubs and Groups ~

Come Sing with Friends at Senior Notes!

1st and 3rd Thursdays, Oct. 5, 19, 12:45 PM

Lift your voice and lift your spirits! 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! 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.

Turn the Page—Monthly Book Group 2nd Wednesday, October 11, 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!

October – *Hillbilly Elegy* by J. D. Vance

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, October 16, 10:00 AM

Anyone who has an old stamp collection tucked away in the attic is invited to stop by at the monthly meeting of the Club. Or maybe you just like to talk "stamps"! Usually meets on the second Monday of each month.

Connection Circle

Thursdays, 2:30PM

Join Facilitator Kim Schwartz at the Connection Circle! Share interests, memories and pieces of your life stories at our women's discussion group.

Short Story Discussion Group

1st and 3rd Thursdays, October 5, 19 1:00-2:00 PM

Join Lois Leav at the Senior Center for a discussion of short stories. Call us at the Senior Center to sign up at 978-443-3055.

~ Arts and Crafts ~

See *Brush and Easel* program information on page 2!

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.

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

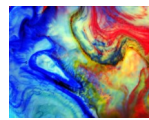
Wonderful Watercolors Workshop!

8 Fridays

Nov. 3, 17, 24, Dec. 1, 8, 15, 29, Jan. 5
11:30 AM - 1:30 PM or 1:45 - 3:45 PM

No class on Nov. 10, Dec. 22

\$64



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 to run class.

Crafty Jewelry Group

This group is on hiatus for now. Please call the Senior Center to check whether the group will meet in October.

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 the Van Houten room on Oct. 5, 19; Room 1 on Oct. 12. Call 978-443-3055 to confirm room information.

OCTOBER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Wal-Mart Trip 2	3	4	5	6
11:00 Fit for the Future 12:30 Monday Movie: <i>The Eagle Huntress</i> 1-3:30 Canasta 1:00 Better Bones (4) 2:15 Tai Chi (4) *Sudbury Planning Dept. Hosts a Forum at Fairbank Gym Oct. 3—Transp. Available—pg. 2.	8:30-10:30 BP Clinic 9:00 Cribbage (VH) 9:30 Happy Seniors Club 9:40 & 11:00 Yoga (4) 9:30-12:30 SHINE 12:30-2:30 Drawing (3) 1:30 <i>Tai Chi</i> (4) *7-9 pm “Envision Melone” forum-Gym-Transp. Pg. 2.	9:30-11 Long 19th Century: European History 1732-1917 (4) 11:00 Fit for the Future 11:30 Alzheimer’s Prevention Talk 1:00 Confidence in Bridge (4) (SP) 1:00-3:30 Quilting	9-12 SHINE 9/9:30 Tap Dance (4) * 10:00 Current Events (R1-tentative) 12:45-2:30 <i>Senior Notes: Singing Grp.</i> (R1-tentative) 1:00 Short Story Group 2:30 Connection Circle 3:00 LINC Volunteer Orientation	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 1:30 and 1:45 - Watercolors (6)
9	10	11	FLU CLINIC! 12	13
Columbus Day Holiday  Se osed	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 Happy Seniors Club 9:40/11:00 Yoga (5) 9:30-12:30 SHINE 12:30-2:30 <i>Drawing (4)</i> 1-3 <i>Legal Clinic (R1?)</i> 1:30 <i>Tai Chi</i> (5) 3:00 <i>Council on Aging</i>	9:30-11 Long 19th Century (5) 9:30 Vet Talk/Coffee(VH) 11 Fit for the Future 12:00 LUNCH (VH)? 1:00 <i>Turn the Page—Book Group (VH?)</i> 1 Confidence in Bridge (5) 1:00-3:30 Quilting	No SHINE today 9/9:30 Tap Dance (5)* 10:00 Current Events (R1-tentative) 11:00-2:00 FLU CLINIC 2:30 Connection Circle# #R1 or R3 5:00-7:00 FLU CLINIC	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30 and 1:45 Watercolors (7)
Market Basket Trip 16	17	18	19	20
10:00-12:00 Brush and Easel - History and Art 10:00 Stamp Club 11:00 Fit for the Future 12:30 Movie: <i>The Hollars</i> 1-3:30 Canasta 1:00 Better Bones (5) 2:15 Tai Chi (5) Sudbury Fall Town Meeting at L-S 7:30 Transp. Available—pg. 2.	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 Happy Seniors Club 9:40/11:00 Yoga (6) 9:30-12:30 SHINE 12:30-2:30 <i>Drawing (5)</i> 1:00-3:00 Life Reimagined –AARP Prog. 1:30 <i>Tai Chi-Healthy Living (6)</i>	9:30-11 Long 19th Century(6) 11:00 Fit for the Future No Bridge Lessons today 1:00 Women of the Greatest Generation No Quilting today	9:00 Men’s Breakfast 9-12 SHINE 9/9:30 Tap Dance (6)* 10:00 Current Events No Crafty Jewelry Group 12:00 Pizza and a 12:30 Movie 12:45-2:30 <i>Senior Notes: Singing Grp.</i> 1:00 Short Story Group 2:30 Connection Circle 3:00 LINC Vol. Orientation	9:30-11:30 Bingo (SP) 11:00 Fit for the Future 11:30/1:45 Watercolors (8) 1-4 SHINE Appts.
Wal-Mart 23	24	25	26	27
11:00 Fit for the Future 12:00-2:00 Caring Café (VH) 1-3:30 Canasta 1:00 Better Bones (6) 2:15 Tai Chi (6)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 Happy Seniors Club 9:30-12:30 SHINE 9:40/11:00 Yoga (7) 12:30-2:30 <i>Drawing (6)</i> 1:00 Hot Topic: North Korea Crisis 1:30 <i>Tai Chi for Healthy Living (7, last)</i>	9:30-11 Long 19th Century(7) 11 Fit for the Future 1:00 Confidence in Bridge (6) (SP) 1:00-3:30 Quilting 2:00 Teen Tech Hours	9-12 SHINE 9/9:30 Tap Dance (7)* 10:00 Current Events 12:00 Soup’s On! 12:45 Certified Fraud Analyst Natalie Roberge 1-4 Nutrition Counseling 2:30 Connection Circle 3:00 Friends Meeting 3:30 LINC Starts	9:30-11:30 Bingo 11:00 Fit for the Future 11:30/1:45 Watercolors (1) 1-4 SHINE Appts. Sudbury Repair Café! Sat. Oct. 28, 9-12, p. 1
Market Basket 30	31			
9:00-11:00 Savvy Caregiver Workshop (1) (SP)* 11:00 Fit for the Future 1-3:30 Canasta 1:00 Better Bones (7) 2:15 Tai Chi (7)	8:30-10:30 BP Clinic 9:00 Cribbage 9:30 Happy Seniors Club 9:40/11:00 Yoga (8, last) 9:30-12:30 SHINE 12:30-2:30 <i>Drawing (1)</i> 1:00 Hot Topic: Climate 1:30 <i>Tai Chi (1)</i>	VH—Van Houten Room SP—Sudbury Pines Room R1—Room 1 R2—Room 2 R3—Room 3	*Tap Dance—due to the cancellation of Class #1 on Sep. 14, the class will run Sep. 21-Nov. 9	

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 –sign up by Oct 1, 2017
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

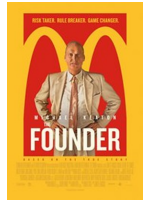
June 2–8, 2018 – cost is \$2,799 double occ. Experience the warm and southern hospitality in America's south-east. Come to know its rich history and deep traditions on this tour highlighted by stays in Jekyll Island, Savannah and Charleston.

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

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, October 19

The Founder
PG-13 - 2 hours



The story of Ray Kroc, a salesman who turned two brothers' Richard and Maurice McDonald innovative fast food eatery, McDonald's, into the biggest restaurant business in the world with a combination of ambition, persistence and ruthlessness. Starring Michael Keaton as Ray Kroc.

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 Movies

Please note: Monday Movies begin at 12:30 PM.

October 2 - **The Eagle Huntress** – G – 1.5 hours

This spellbinding documentary follows Aisholpan, a 13-year-old nomadic Mongolian girl who is fighting to become the first female eagle hunter in twelve generations of her Kazakh family.

October 16 - **The Hollars** – PG-13 - 1.5 hours

Aspiring NYC artist John Hollar returns to his middle America hometown on the eve of his mother's brain surgery. Joined by his girlfriend, eight months pregnant with their first child, John is forced to navigate the crazy world he left behind as his dysfunctional family, high school pals, and over-eager ex-girlfriend flood back into his life ahead of his mother's operation.

Coming Soon - Wayside Inn Luncheon!

The Wayside Inn luncheon is scheduled for Wednesday, November 29 at 12 noon this year. Sudbury residents may sign up and pay the \$20 fee as of October 2, all others as of November 6. This year we will enjoy the delightful music of Harpist Nancy Hurrell. Nancy Hurrell is a well-known Boston harpist who performs at special events in all the major venues in the area. Find more information on her at www.hurrellharp.com.

Important Notice!

Medicare Open Enrollment October 15 - December 7

Assistance with Open Enrollment, i.e. reviewing your 2018 prescription drug insurance options, will be available at the Senior Center on Tuesday and Thursday mornings and Friday afternoons during the Open Enrollment period. Appointments are available with our trained, unbiased volunteer SHINE Counselors Kathleen Fitzgerald and Elizabeth Ganz.

Please call the Senior Center at 978-443-3055 and leave a message for Ana Cristina Oliveira, Outreach Information Specialist, who will be scheduling SHINE appointments. When appointments at the Senior Center become full, you will be referred to the Framingham and Needham SHINE headquarters sites. You may also call 1-800-AGE-INFO and press 2 for SHINE Medicare help.

SHINE - Serving the Health Insurance Needs of Elders/ Everyone on Medicare - a special program that has a very small staff who coordinate and train volunteers to assist with Medicare counseling and advocacy.

~ Notices ~

Please note:

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

Anticipated Room/Time Changes

- Current Events - will move to Room 1 on Oct. 12, to the Van Houten room on Oct. 19.
- Canasta will be held in Room 1 or the Lounge on Monday, October 23.

Fitness Changes: Fit for the Future will now cost \$3 per visit. Please bring exact change and pay at the Front Desk before you go to class.

- **COFFEE/TEA DRINKERS - IMPORTANT NOTICE:** Please do not bring your hot coffee or other beverages into the Sudbury Pines room. This is a safety as well as a cost concern. *Thank you for your understanding and cooperation!*

~ Fitness ~

****New Schedules will be available October 13.****

Fitness classes are back in the GYM as of September! **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!

Better Bones, Senior Strength*

Mondays at 1PM; September 11 - Nov. 6; no class Oct. 9
8 weeks for \$56 Build strength and balance!

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



T'ai Chi

Mondays, 2:15-3:15 PM;
Sep. 11 - November 6
No class Oct. 9
\$40 for 8 weeks

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

An ancient system of movements designed to maintain strength, balance and focus.



T'ai Chi for Healthy Living

Tuesdays, 1:30-2:30 PM;
7 weeks for \$35; **8 wks for \$40**
Sep. 12 – October 24; October 31-December 19
For those who want a slower pace; work on improved balance and mobility.

Tap Dance!

1 hour class 9:30-10:30 AM
Beginner 1/2 hour class 9-9:30 AM

Thursdays, 9:30-10:30 AM

Sep. 14-Nov. 2

\$45 For 8 weeks; \$25 for beginner class.

Bring tap shoes, comfortable clothes and water!

Yoga for Living Well*

Tuesdays - Sep. 12-Oct. 31

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

\$56 for 8 week session

**Bring your mat, block and water!

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, 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**.

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!

Vet Talk and Coffee

Wednesday, October 11, 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 supporting the Senior Center through fundraising and advocacy. Drop in on the 4th Thursday of most months at 3:00 PM at the Senior Center. Please call 978-443-3055 to confirm the time of the meeting or leave a message for a Friend!

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!

7th Annual Veterans Appreciation Luncheon

Monday, November 6, 12 Noon

We take the time to honor and thank our veterans for their service with a special luncheon and special guest. This year we have the continuing support of Wayside Inn with a delicious luncheon. Following lunch we have a very special guest, who has sung at Fenway Park, on many news shows, and special events: Daniel Clark, the Singing Trooper! Veterans, make sure to reserve your spot by Oct. 30!

Hot Topic! With Prof. Larry Lowenthal

2 Tuesdays, October 24, 31, 1:00 PM

Prof. Lowenthal returns with two Hot Topics: The North Korea Crisis and The Climate Change Debate. Join Prof. Lowenthal for an educated review of these topics, include a deep background on the North Korea situation and a discussion of the beliefs on both sides of the Climate Debate as well as the science. This will be interesting! Please sign up in advance at 978-443-3055.

Sudbury Senior Center

Phone: 978-443-3055

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



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