

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



THE SKEPTIC'S GUIDE TO AMERICAN HISTORY, PART 2
11 Wednesdays, September 14 – December 7
9:30 –11:00 AM*
No class on October 12, November 23

Last fall, our history course enjoyed the lectures of Mark A. Stoler, Professor Emeritus of History at the University of Vermont, who contended that much of what we think we know about American history is mythical and mistaken. The first half of this 24-lecture series from The Teaching Company covered the 17th through early 20th centuries. This fall, the second half of this thought-provoking series will highlight the 20th Century. Topics are: *Myths about American Isolation and Empire; Early Progressives; Woodrow Wilson and the Rating of Presidents; the Roaring Twenties Reconsidered; Hoover and the Great Depression Revisited; Roosevelt's New Deal; World War II Misconceptions and Myths; the Cold War; and the Real Blunders of the Vietnam War.* The last three lectures are general in nature: *Myths about American Wars; Who Matters in American History?* and finally *History Did Not Begin with Us.* The course is far from limited to challenging our often sacredly-held beliefs. It will also examine how and why these myths arose and what historians now say about what really happened—as opposed to what most Americans believe happened.

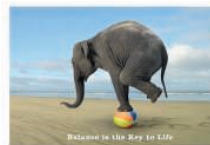
The lecture each week will be augmented by a volunteer moderator who will provide additional information and lead discussion on the topic of the day. Please call the Senior Center at (978) 443-3055 to sign up. There is no charge for the course, although an extensive outline that includes all the lectures will be available for a fee of \$10. So that we know how many copies to order, please indicate whether you will purchase an outline when you sign up for the class. The deadline to order the outline is Wednesday, August 31. Additional copies will not be ordered after the class begins.

Please note: There is no class on Wednesday, October 12 and the class on November 16 will run about 15 minutes longer than the other classes.

***November 16 class will be 9:30-11:15 AM**

Fall Prevention Day!
Balance Assessments by All Access Physical Therapy
Friday, September 23
10:00 AM-12:00 PM

There are many factors that effect your risk of falls: your medications, your vision, your shoes, the environment, and your own balance. Sign up for a 15 minute Balance Assessment from Physical Therapist Mark Greenberg, Lead Therapist at All Access Physical Therapy in Sudbury. While you're here pick up information on minimizing your fall risk at home and when you are out and about! Questions? Information Specialist Anne Manning will be on hand! In addition, check out the Fall Prevention bulletin board that Phyllis Schilp, RN, our Board of Health Nurse has created. An appointment is necessary for a balance assessment, please call (978) 443-3055. Space is limited.



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A Message from the Director

As we move forward into the fall season, change is more evident, with the trees turning russet, gold and orange, the cooler evenings... At the Senior Center, we strive to continue with our valued services and our popular programs while at the same time researching new ideas that might offer something new for our current participants or something inviting for someone who has not ventured through our doors yet. Your suggestions are always welcome!

Last year, we offered our first *A Matter of Balance* workshop with BayPath Elder Services—it was so popular we added another session. Unfortunately, we were not able to locate facilitators for the spring, but are partnering with the MetroWest YMCA to offer this program in October! Exact dates and times are still to be determined, but should be available by mid-September.

We are very excited to partner with BayPath Elder Services on their initiative to create Dementia Friendly communities! BayPath has been working with 3 communities on their *Come2Be Dementia Friendly* initiative and now Sudbury and Westborough will begin working with them as of October 1. If you are interested in learning more about this initiative or joining our team, please contact Debra Galloway, Director, at 978-443-3055.

Finally, we are keenly aware of the lack of transportation options for those who do not drive in Sudbury. The Senior Center staff and the Council on Aging discuss this issue and are constantly looking for ways to enhance our service and to make it easier for non-drivers to get out to do what they need to do, to continue with a full life.

In that light, I am curious how many of you have heard of Uber, or Lyft? Uber and Lyft are on-demand transportation services accessible by a smartphone (or computer). People use their smartphones to register for the service using a credit card for payment. When they need a ride, they type in the information and are given estimates on the timing and cost of a ride from an Uber or Lyft driver—who drive their own cars. Please stay tuned for further developments...

Looking forward to seeing you at the Senior Center! *Debra*

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****

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 MWR-TA Call Center at 508-820-4650 to register for a ride.

****This new service is offered on a trial basis until mid-November.***

Part-time Substitute Van Drivers Needed!

Van drivers are needed to drive on an occasional basis, to fill in for our regular drivers when they are on vacation or out sick.

Please see the job posting online at www.sudbury.ma.us/hr/ and complete an online application at <https://sudbury.ma.us/hr/employment-application/> and send it to Debra Galloway, Sudbury Senior Center, 40 Fairbank Road, Sudbury, MA 01776.

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SUDBURY SENIOR CENTER

Phone: (978) 443-3055

Address: 40 Fairbank Road, Sudbury

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Webpage: www.senior.sudbury.ma.us



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 by calling the Senior Center by Friday, September 30 at (978) 443-3055.

Watercolors Workshop

Fridays, 8 weeks, \$56
 September 9-October 28
 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 beginning artists.

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

Be Prepared for Flu Season!

Thurs., October 6; 11AM-2PM; 6-8PM

Board of Health Nurse, Phyllis Schilp, RN, and her team will be providing both regular and extra-strength flu shots. Wear loose sleeves; bring your insurance cards, including Medicare cards. You must make an appointment at 978-443-3055.

Continuing....

World’s Greatest Paintings DVD Series*

Mondays from 1:00-2:00 PM
September 19, 26, October 3, 17, 24, 31
12:30 PM Bring your own Lunch!
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 World's Greatest Paintings leads you in a compelling discovery of some of the most significant paintings in Western art. Taking you from the 14th century to the 20th, distinguished art historian and veteran Great Courses Professor William Kloss reveals a group of works that, in his expert judgment, rank among the greatest paintings ever made.

***The first half of this series was shown over the summer, this is the second half.** Please sign up by calling the Senior Center at (978) 443-3055. *Course description from The Great Courses catalog.

HERE YE, HERE YE!

The Senior Center hereby wishes to express gratitude for the following acts of generosity and kindness!

Thank you to Bill and Jean Semple for filling the two buckets in front of the Senior Center and under our sign with beautiful flowers and plants every season—lovely geraniums for the summer!

Thank you to the Sudbury Garden Club for volunteering to teach a workshop on Container Gardening in June! And to Sharon Wilkes, Program Coordinator for setting this up!

Thank you to our many L-S High School Student Volunteers for helping with Teen Tech and other projects this year!

Thank you to High School Students Olivia Gish and Jordan Wolkon for playing delightful piano music for us during the summer!

Thank you to Brian Needham, our new Facilities Coordinator for all the hard work on sprucing up, organizing and repairing our space!

IN MEMORIAM

Margarzt “Peg” Whittzmorg



Peg Whittmore was a force of nature who knew everyone, volunteered for a great many different projects (too many to name), was a female trailblazer in Chemistry and a good, good friend to many. She was a regular practitioner of Tai Chi here at the Senior Center and her always positive energy will be greatly missed!

**Coffee and Conversation
Meet New Town Social Worker
Bethany Hadvab**

Tuesday, September 20 at 9:30 AM



Bethany started on July 5 and has been meeting with all of the Town Departments, visiting various community spots, and generally getting to know everyone. 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.

**Relax this Fall
with Some Homegrown Aromatherapy
Monday, September 26
10:00 AM**



Create your own lavender sachets with the Wednesday Sudbury Garden Club! Enjoy a relaxing workshop with music and the soothing scent of fresh lavender. Make an extra sachet for one of our home delivered meals recipients. Please sign up by calling 978-443-3055. Space may be limited.

Short Story Discussion Group

2 Thursdays, September 8, 22
1:00-2:00 PM



Join Lois Leav at the Senior Center for a discussion of a short story. The short story will be decided in late August, call the Senior Center to find out. Lois, who is a book and story lover, will facilitate the discussion about this short story. Please call the Senior Center to let us know that you will attend at 978-443-3055.

Legal Clinic

**Tuesday, September 13
10:00AM-12:00 PM**



Schedule a free 20 minute consultation at the Senior Center with Elder Law Attorney Susan Shipley of Natick. Our Volunteer Elder Law Attorneys provide free assistance generally focusing on: estate planning, financial issues, Medicaid/Mass Health legal questions, etc. For other issues, they will provide referrals to other attorneys. They are not able to prepare documents.



Monday Van Trips

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

Monday, September 12 to WalMart

in Hudson

Monday, September 19 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, September 22
Soup at 12 Noon;
Talk at 12:45 PM



This Soup's On features Jonathan O'Dell, **Communication Access, Training and Technology Services Director** for the Massachusetts Commission on the Deaf and Hard of Hearing. Mr. O'Dell, who is an advocate for the hard of hearing, will share information on Assistive Technology for those individuals with hearing loss, detailing the differing technologies available to those with hearing loss and those with cochlear implants. He will bring with him some of the many practical devices to help those who are hard of hearing – from vibrating alarm clocks to small personal amplifiers, so attendees can see for themselves all the various devices able to help them lead easier lives.

Please sign up for soup by Tuesday, September 20 at 4:00 PM.

Drawing Workshop
"Cityscapes"

**New Day
 and Time!**

Tuesdays, 12:30-2:30 PM
September 13-October 25
\$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 pay and register by Friday, September 9!

Current Events Group

Every Thursday beginning on September 1-10:00-11:15 AM

Please feel free to join the group for a respectful discussion of world events where each person has an opportunity to contribute! 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, address, phone.**

Join the Friends and help us plan our next event! Leave a message at 978-443-3055 or email senior@sudbury.ma.us and a Friend will contact you.

Would you like to get to know the next generation?

A new intergenerational club is coming to Sudbury... LINC is an after school club that will take place at each of the elementary schools in Sudbury this fall. Volunteers (55+) will meet with small groups of students (grades 4 and 5, with some 3rd graders), enjoy some social time along with an exciting curriculum. Each week will feature a new theme and project.

LINC follows on the heels of the excellent *Bridges Together, Inc.*, program which was offered in the Sudbury Schools for 25 years. Due to several changes and differing needs of both the Schools and the Senior Center, the LINC program will take its place this year. Questions? Please call and leave a message for Judy Battat, Intergenerational Coordinator at 978-443-3055.

Senior Notes: Singing Group
Thursday, September 15 -
12:45PM

Join Sam Gorfinkle and friends for a fun and relaxing Sing along!

Join the Stamp Club!
Monday, September 12
10:00 AM

Bring your stamps for review... 2nd Monday of the month at 10:00 AM.



Siena Farms Veggies!
Thursday afternoons

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

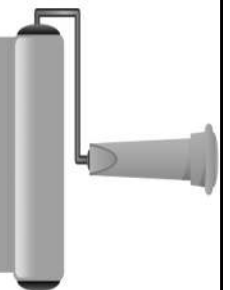
SHINE—Serving the Health Insurance Needs of Everyone on Medicare

Make your SHINE appointments now for Medicare Open Enrollment which starts on October 15.

SEPTEMBER 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
VH—Van Houten room; SP— Sudbury Pines rm; R1-Room 1 (next to gym) R2-Room 2 (billiards) R3-Room 3 (Game rm.) G-Gym		<i>Please note:</i> <i>Fit for the Future</i> <i>changes back to 11 AM</i> <i>-12 PM as of Sept. 7</i>	9-12 SHINE 10:00-11:15 Current Events 1:00 <i>Siena Farms Pickup</i> 1-4 SHINE 2:30 Connection Circle	9:00-3:00 I&R Hours 9:00-11:00 <i>Caring Café</i> 9:30-11:30 Bingo (SP) 10:00 <i>Fit for the Future</i> 12:30 Friday Movie: <i>Shane</i> 11:30- Watercolors (8) 2:00 <i>Watercolors en Plein Air</i> (outdoors) (8)
5	Election Setup 6	7	State Primary Election 8	9
Labor Day Holiday  Senior Center Closed	8:30-10:30 BP Clinic 9:00 Cribbage No Yoga today 12:30-3:30 Bridge 1:30 <i>Tai Chi for Healthy Living (1)</i> (R2*room may change)	10:00 Mediterranean Cooking DVD (8, last) 11:00 <i>Fit for the Future</i> (R2* - room may change) 1:00 Canasta (SP) No Quilting	9-12 SHINE <i>No Tap Dance</i> 10:00-11:15 Current Events (SP) 1:00 <i>Siena Farms Pickup</i> 1:00 <i>Short Story Group</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 <i>Fit for the Future</i> 12:30 Friday Movie: <i>Kiss of the Spider Woman</i> 11:30/1:45 - Watercolors (1)
Van Trip-WalMart 12	13	14	15	16
9:00-3:00 I&R Hours 10:00-12:00 <i>Buried in Treasures Group (SP)</i> 10:00 Stamp Club (VH) 11 <i>Fit for the Future (G)</i> 1:00 <i>Better Bones (1)(G)</i> 2:15 <i>Tai Chi (1) (G)</i> 3:00 <i>Collette Tours presents 2017 Trips (page 8) (SP)</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (1) 10-12 Legal Clinic 12:30-3:30 Bridge 12:30-2:30 <i>Drawing Workshop (1)</i> 1:30 <i>Tai Chi for Healthy Living (2) (G)</i>	9:30-11 <i>Skeptics Guide to American History (1)</i> 11:00 <i>Fit for the Future (G)</i> 1:00 Canasta (SP) 1:00-3:30 Quilting (1)	9-12 SHINE 10:00-11:15 Current Events Group (SP) 12:00 Pizza and a... 12:30 Movie: <i>Singing in the Rain</i> 12:45 <i>Senior Notes: Singing Group!</i> 1:00 <i>Siena Farms Pickup</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 <i>Fit for the Future (G)</i> 12:30 Friday Movie: <i>Brooklyn</i> 11:30/1:45 - Watercolors (2)
Van Trip-Market Basket 19	20	<i>Forever Motown Trip 21</i>	22	<i>Fall Prevention Day! 23</i>
9:00-3:00 I&R Hours 10:00-12:00 <i>Buried in Treasures Group (VH)</i> 11:00 <i>Fit for the Future (VH)</i> 1:00 <i>Better Bones (2)</i> 1:00 <i>World's Greatest Paintings DVD (7)</i> 2:15 <i>Tai Chi (2)</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:30-11:00 <i>Coffee with Town Social Worker</i> 9:40/11 Yoga (2) 12:30-3:30 Bridge 12:30-2:30 <i>Drawing Workshop (2)</i> 1:30 <i>Tai Chi for Healthy Living (3)</i>	9:30-11 <i>Skeptics Guide to American History (2)</i> 11:00 <i>Fit for the Future (VH)</i> 1:00 Canasta (VH) 1:00-3:30 Quilting (2)	9-12 SHINE 9:00 <i>Beginner Tap Dance (1)</i> 9:30 <i>Tap Dance! (1)</i> 10:00-11:15 Current Events Group 12:00 Soup's On! 12:45 <i>Can you hear me?</i> 1:00 <i>Short Story Group</i> 1:00 <i>Siena Farms Pickup</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 10-12 <i>Fall Prevention: Balance Assessments!</i> 11:00 <i>Fit for the Future (VH)</i> 12:30 Friday Movie: <i>The Mikado (opera)</i> 11:30/1:45 - Watercolors (3)
26	27	28	29	30
9:00-3:00 I&R Hours 10:00 <i>Garden Club—Aromatherapy (VH)</i> 11:00 <i>Fit for the Future (VH)</i> 1:00 <i>Better Bones (3)</i> 1:00 <i>World's Greatest Paintings DVD (8)</i> 2:15 <i>Tai Chi (3)</i>	8:30-10:30 BP Clinic 9:00 Cribbage 9:40/11 Yoga (3) 12:30-3:30 Bridge 12:30-2:30 <i>Drawing Workshop (3)</i> 1:30 <i>Tai Chi for Healthy Living (4)</i>	9:30 <i>Skeptics Guide to American History (3)</i> 11:00 <i>Fit for the Future (VH)</i> 1:00 Canasta (SP) 1:00-3:30 Quilting (3)	9-12 SHINE 9:00 <i>Beginner Tap Dance (2)</i> 9:30 <i>Tap Dance! (2)</i> 10:00-11:15 Current Events Group 1:00 <i>Siena Farms Pickup</i> 2:30 Connection Circle	9:00-3:00 I&R Hours 9:30-11:30 Bingo (SP) 11:00 <i>Fit for the Future</i> 12:30 Friday Movie: <i>Hope and Glory</i> 11:30/1:45 - Watercolors (4)

SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY



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

*September 2 - **Shane** 1953 G 1 hr 58 mins*
 Alan Ladd plays a mysterious drifter who rides into a tiny homesteading community and accepts the hospitality of a farming family. Patriarch Joe Starrett is impressed by the way Shane handles himself when facing down the minions of land baron Emile Meyer, though he has trouble placing his complete trust in the stranger, as his Marion is attracted to Shane in spite of herself, and his son Joey flat-out idolizes Shane.

*September 9 - **Kiss of the Spider Woman** 1985 R 2 hrs.*
 Two cellmates in a South American prison – one, a gay man and the other a political activist – learn to live with each other despite their differences and over the course of time find a mutual respect. Caution: rated R, strong subject matter.

*September 16 - **Brooklyn** - 2015 PG-13 1 h 51 m*
 Eilis Lacey (Saoirse Ronan), a young Irish immigrant navigating her way through 1950s Brooklyn. Lured by the promise of America, Eilis departs Ireland and the comfort of her mother's home for the shores of New York City. A new romance sweeps Eilis into the intoxicating charm of love but soon, her new vivacity is disrupted by her past, and Eilis must choose between two countries and the lives that exist within.

*September 23 - **The Australian Opera-The Mikado** 1987 NR 2 hr. 30 min*
 The parody of British Victorian life, spiced with the usual topical allusions to English customs and institutions, set in a Japanese Never-Never Land, is performed by The Australian Opera.

*September 30 - **Hope and Glory** 1987 PG-13 1 h 37 m*
 The film is set in London during World War II; we see all through the eyes of Boorman's alter ego, 9-year-old Billy. Though surrounded by the horror and tragedy of the war, Billy adopts a child's objectivity. After his family's home is destroyed, Billy is given a different perspective on life when he is evacuated to his grandfather's idyllic country home.

Pizza and a Movie
Thursday, September 15
Pizza: 12 noon
Movie: 12:30 PM

Singin' In the Rain

1952
 Rated: G
 1 hour, 42 mins.



Singin' in the Rain is one of the greatest and most successful musicals ever filmed - filled with memorable songs, lavish routines and Kelly's fabulous song-and-dance number performed in the rain. Set during the advent of "talkies," Don Lockwood has risen to stardom during Hollywood's silent-movie era - paired with the beautiful and jealous Lina Lamont. And when Lockwood becomes attracted to young studio singer Kathy Selden, Lamont has her fired. But with the introduction of talking pictures, Lockwood finds his career in jeopardy.

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

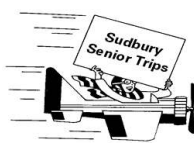
Computer/Tech Instructors
Share your Skills!

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

Do you play or teach Bridge?

We have space for more Bridge players on Tuesday afternoons... and would also like to offer Bridge lessons. Teachers can contact Sharon Wilkes, Program Coordinator at 978-443-3055.

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!

Special 2017 Trip Info Meeting!

Monday, September 12, 3:00 PM

Learn about upcoming multi-day trips to the **Northern National Parks** and **Memphis** from Collette Tours! Please call 978-443-3055 to sign up so that we can prepare for the audience.

Forever Motown

Wednesday, September 21

The iconic sounds and choreography of Motown performed by veteran entertainers. Songs of the Four Tops, Temptations, Supremes, Smokey Robinson, Stevie Wonder and more. Lunch and show at Venus de Milo. Payable to Best of Times by Aug. 9.

NEW DATE!

Jimmy Lehoux Band and the Turkey Train, New DATE! Tuesday, October 19 (instead of Oct. 18)

Fall foliage, country music, and Hart's Turkey Luncheon in Meredith NH! Payable to Best of Times.

President's Trip on Cape Cod, Nov. 11-12

Oceanfront hotel in Falmouth, visit Sandwich, Hyannisport, JFK Museum. Payable to Conway Tours.

Boston Symphony-2016 Holiday Pops!

Friday, December 9, 2016

Matinee Show and Luncheon included!

Reserved seating at Symphony Hall; wonderful luncheon at Venezia Waterfront restaurant. Meal choice: Chicken Parmesan or Baked Scrod. **Sign up now! We make final payment by Oct. 11.** Checks payable to Best of Times.

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!

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

Sign up is happening right now! Don't miss out on the

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

fun! Your \$26 fee includes: \$10 Buffet or Food Voucher Coupon and \$10 Slot Play. Please note: checks for Foxwoods should be made

payable to the **Friends of Sudbury Seniors.**

Senior Center Fitness Classes - Fall Schedule

Sign-Up Information—Please Note: 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

Better Bones, Senior Strength*

Mondays at 1PM;
September 12-November 7, no
class October 10
\$56 for 8 weeks
Build strength and balance!

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

T'ai Chi

Mondays, 2:15-3:15 PM;
September 12-November 7
\$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#**
September 6-October 25

This is an adapted class for those who need a slower pace and want to work on improved balance and mobility. (#Formerly subsidized. Those who register for both T'ai Chi classes, will receive a discount on this class and pay only \$18 for a total of \$54 for both.)

Tap Dance!

Intermediate level

Thursdays, 9:30-10:30 AM
\$40 for 8 weeks
Sept. 22 -Nov. 10

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

New! Beginner Tap Dance Review

Thursdays, 9-9:30 AM; 8 weeks for \$25
Sept. 22 -Nov. 10

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

September 13-November 1
Improve balance and strength,
and learn to relax!

**Bring your
mat, block and
water!

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 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 weekly **free** drop-in health clinics. Clinic hours are **Tuesdays 8:30-10:30 AM.** No appointment is necessary.

Medical Equipment Loan Closet:

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

CONSULTATION

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

**For advertising information, call Kim Moehlenpah at LPI today.
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New! Beginner Tap Dance Review
Thursdays from 9-9:30 AM
\$25



Substitute Van Drivers Needed
Training Required
See page 2



Check out new Fall Classes!

Skeptic's Guide to History
Wednesday Mornings

17th Century Dutch Art
Wednesday Afternoons

Pearl Harbor—The Rest of the Story
Tuesday Mornings

Fall Prevention Day!
Friday, September 23
10:00 AM-12:00 PM



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are supposed
to fall.
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and information on
how to prevent a fall!

Board of Health and Senior Center
FLU CLINIC

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

Appointments are a must! Call 978-443-3055.